

Art Omi Residency Manual

Welcome! The following document has been prepared to provide essential information about residencies at Art Omi. A set of guidelines specific to your residency program can be found upon your arrival. We request that all residents read this document in its entirety. If you need assistance with reading English or understanding this document, please contact your program director. We are available to clarify any of the policies or instructions included herein.

Please note that all residents will be held accountable for adhering to the contents of this manual throughout the duration of their stay at Art Omi.

1. In Case of Emergency

The emergency phone number in the US is 911

When you call 911, police personnel will answer your call and ask a series of questions to determine if the call requires an emergency response. If an emergency response is required, you will be asked to remain on the line while they send someone from the appropriate service department (fire, police, emergency medical services, etc.).

Residents should always contact their Program Director prior to calling 911 unless it is a matter of life or death. Directors, staff, alumni-in-residence, and interns have access to transportation for minor injuries or ailments.

First Aid kits are located in Ledig House kitchen and the kitchen at the Studio Barns. These kits include: bandages, sterile wraps, rubbing alcohol, hydrogen peroxide, sunblock, insect repellent, itch relief, Neosporin, Advil, burn relief, and allergy medication.

Health care options:

1. For non-life threatening injuries or illnesses: an Urgent or Rapid Care visit is recommended; we will take you to a health clinic that will charge less than an emergency room visit.
2. Life-threatening injuries or illnesses: these will require hospital emergency room treatment; *please be aware this is often very costly for those without US health insurance.*

In the event that you need Urgent Care, here are directions to two "Rapid Care," clinics less than 15 minutes away:

Hudson, NY: 446 Fairview Ave Ste. 200, Hudson, NY 12534 (1-518-267-3496), open daily, 8am - 8pm

- Head southwest on Co Rte 22 toward Talerico Rd (1.4 miles)
- Turn left onto NY-9H S (2.4 miles)
- Turn right onto County Rd 20 (1.9 miles)
- Continue on Stottville Village Rd to Greenport (.6 mile)
- Turn left onto NY-9 S/Fairview Ave (.2 mile)
- Urgent Care will be on the left near Aspen Dental and Verizon (.2 mile)

Valatie, NY: 2827 Route 9, Valatie NY 12184 (1-518-758-4300), open daily, 9am - 9pm

- Head north on Letter S Rd towards Quinn Lane (1.4 miles)
- Continue onto Fischer Rd (1.9 miles)
- Turn right onto NY-9H North (2.2 miles)
- Use the right lane to take the ramp to Kinderhook St (466 feet)
- Turn left onto Kinderhook St (0.9 miles)
- Continue onto US 9 North/Albany Ave
- Rapid Care is in the Ocean State Job Lot plaza on the left

In the event that you need a Hospital, Columbia Memorial Hospital is only 15 minutes away:

71 Prospect St, Hudson NY 12534 (1-518-828-7601), emergency room open 24 hours a day

- Head south on Letter S Rd toward County Route 22 (0.2 miles)
- Turn right onto County Route 22 (2.0 miles)

- Turn left onto NY-9H South (3.4 miles)
- Slight right onto NY-66 South/Union Turnpike (3.1 miles)
- Continue straight onto Columbia St (0.2 miles)
- Slight left onto Prospect Ave (0.2 miles)
- The hospital is on the right, follow signs for emergency entrance

2. Where am I?

Welcome to Art Omi! Founded in 1992, Art Omi is a non-profit arts center offering artist residencies, exhibitions, educational programs, and events. Each year, The Fields Sculpture Park welcomes over 30,000 visitors to explore works of sculpture from contemporary artists and architects.

Art Omi has five distinct residency programs. Through a competitive jury process, residents are chosen, invited to attend at no cost to themselves, except travel. Abundant, catered meals and comfortable, beautiful lodgings are provided in a scenic location in Columbia County, New York. Art Omi is two hours north of New York City by train.

- Art Omi: Artists invites 30 artists from around the world, representing a wide diversity of artistic styles and practices, to gather in rural New York for four weeks each summer to experiment, collaborate and share ideas. Concentrated time for creative work is balanced with the stimulation of cultural exchange and critical appraisal.
- Art Omi: Architecture is the first residency program of its kind in the nation, inviting 10 early- to mid-career architects from around the world to develop their work during a full two-week residency on Art Omi's campus. Art Omi: Architecture aims to nurture experimentation at the intersection of architecture, art and landscape.
- Art Omi: Dance brings together 10 accomplished dance artists from around the world for three weeks of creative exchange each summer. Residents experience each other's creative process and the freedom to play in this collaborative residency program.
- Art Omi: Music invites approximately 12 musicians and composers from around the globe to come together for two and a half weeks each summer for a uniquely collaborative music making residency.
- Art Omi: Writers, formerly known as Ledig House, hosts authors and translators from around the world for residencies throughout the spring and fall. The program's strong international emphasis provides exposure for global literary voices and reflects the spirit of cultural exchange that is essential to Art Omi's mission.

Art Omi Campus

- Resident Housing is located at 59 Letter S Road, Ghent, NY 12075. At the top of the driveway are the four residency houses: Ledig House is available to all residents for use of the kitchen, living room, and library. Upstairs at Ledig House, there are staff offices as well as guest lodging for residency visitors. Residents reside in Reynolds Cottage, Betsy's Cottage, and Sanford House for the duration of their stay.
- Art Omi: The Fields and Art Omi: Architecture provide dozens of sculptures, and an ideal setting for relaxed nature walking.
- The Benenson Center the public entry for The Fields Sculpture Park, and is open daily 9 - 5 to both residents and the public. A cafe offers snacks and beverages on the weekdays, and light lunch fare on the weekends. Coffee and tea are free for all residents, and there are tables inside and outdoors where you are welcome to work, check email, and meet with visitors and the Art Omi staff. A gallery inside the Benenson Center provides a year-round calendar of exhibitions. The address of the Benenson Center is: **1405 County Route 22, Ghent, NY 12075.**
- The Studio Barns are located at the intersection of County Route 22 and Letter S Road, Ghent, NY 12075. The Studio Barns are utilized by the residency programs to provide studio-setting workspaces to collaborate or work independently, depending upon the residency.

Surrounding Area

Art Omi derives its name from Omi (pronounced "Oh, my!"), a small hamlet within the Township of Ghent, NY. Ghent, NY is a town comprised of several hamlets with a population of 5,400 located within Columbia

County, a rural and agricultural region located in the upper Hudson Valley. Ghent is approximately two and a half hours north of New York City, which is where most Art Omi residents start the US portion of their journey.

Downtown Ghent offers limited services approximately 4 miles from the Art Omi campus. On State Route 66, you can find gas stations, a diner and a fast food restaurant, and The Bartlett House, a daytime cafe that also offers dinner service on Friday and Saturday nights.

Continuing north on State Route 66 from Ghent for approximately 3 miles, you will find Chatham, a lively small town featuring a number of shops and cafes. Highlights include Chatham Brewing (local beer with a brew pub serving affordable food), Our Daily Bread's two locations, Chatham Real Food Market Co-Op (a grocery also offering some prepared foods), book and thrift stores, and the Crandell Theatre, a 1920's era Spanish-style Art Deco theater showing new and old films.

Hudson is the only city in Columbia County with a population of nearly 7,000 within its two square miles. Hudson's population is ethnically and economically diverse, and in recent years the city has developed as a regional hub of arts and cultural tourism. Warren Street is the main commercial corridor in the city, and is lined with restaurants, shops, bars, art galleries, and performance venues. Warren Street is a 15 minute drive from Art Omi. A train station (Amtrak) is located within walking distance of Warren Street.

Love Apple Farm, located 2.5 miles from Art Omi, is open daily, and is the closest option for produce and other provisions. A concentration of larger retail outlets for groceries, personal needs, clothing, and more are located at State Route 9 (Fairview Avenue), between Art Omi and Hudson.

Please note that due to the rural location of Art Omi, it is recommended that you convert your currency to U.S. dollars before arriving at Art Omi. It is very difficult to do this in the immediate area.

3. Sending and Receiving Packages/Mail

Regular mail is delivered to Art Omi daily, except Sundays. Purchase of stamps and mailing of packages can be taken care of at the Ghent Post Office. Regular service to Art Omi by Federal Express, Airborne Express, UPS, etc., is available, including overnight service. If you intend to receive mail or packages, your mailing address while at the Art Omi is:

Your Name
c/o Art Omi
59 Letter S Road
Ghent, New York 12075
USA

4. Kitchen Etiquette: Ledig House, Betsy's Cottage, & The Studio Barns

Ledig House: If you use any dishes in Ledig kitchen, please hand wash, or rinse before placing in the dishwasher. Pots and pans must be hand washed. If you notice the dishwasher has completed a cleaning cycle, please the clean dishes away in their proper places.

During the warmer months, dirty dishes and food left out will attract ants and other bugs. All open containers of items such as cereal, bread, sugar, etc must be stored in plastic Tupperware. Perishable items such as butter and milk must not be left out when not being used.

Recycling bins for paper, glass, metal and recyclable plastics can be found on the back porch. You do not need to separate the recyclables. If the bins become full, please empty them into the green recycling container in the trash shed next to the parking in front of Ledig.

If you notice the trash in the kitchen is full, please remove the bag and place it into the black trash containers in the trash shed and replace the bag in the kitchen with a new one.

There is no glass permitted in the pool area. If you are enjoying a beverage near the pool, please only use a plastic cup. **In order to use the pool, you must sign a waiver—please read the regulations carefully.**

Betsy's Cottage Kitchenette: There is no food permitted in the kitchenette in Betsy's Cottage. This space must be used for preparing coffee, tea, or beverages only.

The Studio Barns Kitchen: Please wash all cups, silverware, dishes etc. that you use; do not leave them in the sink for someone else. Please do not remove kitchen items from the barn area!

5. Laundry

There are two locations for residents to do laundry on campus:

- Betsy's Cottage (**no laundry before 8 AM or after 9 PM**)
- Ledig House (laundry access 24/7, located in basement, entry from outside near porch)

Please be considerate in your water usage. Team up! Coordination and cooperation among the residents is key for a smooth use of the machine. If you need help, please reach out to a staff member.

6. Internet, computers & phone

Our campus is equipped with public high-speed wifi throughout the Residency Houses, Studio Barns, and Benenson Center. We request that any lengthy downloads are made at night. At times, the internet may be slow because many residents are downloading large files at the same time. Doing this at night will help allow residents to work during the daytime at a decent speed.

If you anticipate needing to use a computer regularly during your residency, we strongly recommend that you bring a laptop computer to Art Omi. There is a communal computer for your use, but availability is on a first-come first-served basis, and we do not allow installation of new or specialty software. We do not guarantee its effectiveness, capacity, or working order. If you come with your own laptop, please remember to bring an adapter so that you can plug your machine into U.S. outlets.

Local phone calls (i.e. those within the 518 area code, or toll-free 1-800 or 1-888 calls) may be made from Ledig House, if you need to place an international call and prefer not to use Skype or other internet-based software, you must purchase a phone card.

If you need to obtain a U.S. SIM card, we recommend that you do so before arriving upstate. It is much easier to do this in New York City than in the immediate area of Art Omi.

7. The Ledig House Library

On the first floor of Ledig House near the large stairs, you will find a library. The library contains a collection of works by writers and translators from more than seventy countries who have participated in the Art Omi: Writers Residency. There are also several general reference books available. To borrow a book, please fill out the sheet on the desk, return the book to the marked bin when you're done, and be sure to write in that it was returned. In addition, a computer, printer, and office supplies are available for resident use.

8. Swimming & Biking

Bicycles are available at Ledig House and the Studio Barns from April - November. Please store all bicycles under the designated bike sheds at each location to avoid weather damage. Be careful, as the gravel roads in the area can be dangerous. There are also several bicycle helmets available.

We have a swimming pool available for use during residencies that take place from May - September. **In order to use the pool, you must sign a waiver—please read the regulations carefully.** **There is no glass permitted in the pool area.** Residencies from June - August take place at the same time as Camp Omi (our

children's summer art camp). The pool is used by the children from 12 - 2:30 PM M-F during this period. Please avoid using the pool when the children are there.

9. Suggested Walking, Running, and Biking Routes

These are two of the more popular routes. The first is a fairly short, quick escape from Omi passing the Benenson Center at its end, with the second providing a longer, more intensive workout, and passing the Studio Barns at its end.

Three miles:

1. Left out of Ledig driveway
2. Left onto Quinn Lane
3. Left onto Leggett Rd
4. Left onto Rt. 22
5. Left onto Letter S Rd

Nine miles:

1. Left out of Ledig driveway
2. Right onto Merwin Lake Rd
3. Right onto Mile Hill Rd
4. Right onto Gardner Rd
5. Slight right onto Rt 22
6. Right onto Letter S Rd

Columbia County has several public conservation sites suitable for hiking year-round. Please visit www.clctrust.org/public-conservation-areas for more information about these sites.

10. Taxis & Transportation

There is no public transportation to or from Art Omi, and taxis must generally be arranged by phone. In addition to taxi services, recently implemented ride-share services like Uber and Lyft have become options, though their availability is sporadic versus what is found in major cities.

- McManns Transport (518) 610-0071
- Pronto Taxi (518) 822-9500
- Riverview Taxi (518) 828-3355
- Warren Taxi (518) 828-4040
- Hudson City Transport (518) 822-8880 (518) 828-3356
- S Taxi (518) 828-4545

11. Ticks & Lyme Disease

If you have been bitten by a tick you are at risk for a tick-borne illness. These illnesses include but are not limited to: Lyme, Anaplasmosis, Babesiosis. These are the most common diseases with the most severe symptoms.

Symptoms: multiple rashes (bull's-eye rashes are a common indicator), chills, fever, headache, stiff neck, muscle/joint pain, swollen lymph nodes, nausea, fatigue

Symptoms develop 1-4 weeks after a tick bite. If you experience any of the symptoms above, please see a physician immediately and bring with you the list of names of the following diseases that occur from a tick bite: Lyme, Anaplasmosis, Babesiosis. Tests for these diseases will allow the physician to determine if you have any of these illnesses.

The faster the treatment, the faster you will feel better. Ignoring your symptoms and failing to treat Lyme is not a good decision, and can lead to very serious sickness.

Prevention is key! Protective clothing should be worn, such as long pants tucked into socks, long sleeve shirt, hat, long hair pulled back. Use repellents such as Permethrin (applied to shoes and clothes), or all natural Citriodiol (on skin). Stay out of high grass areas and perform regular tick checks if you must be in these areas.

Have you checked everywhere? Armpits, genitalia (believe it!), behind the ear, scalp, behind the knees, etc. It is best practice to check yourself every night before bed and remove any ticks that you find. The sooner the removal, the less chance of contracting disease.

Removal: Use fine-tipped tweezers or a specialty "tick spoon" (these are located in Ledig kitchen & Studio Barns) to grasp the tick as close to the skin's surface as possible. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers.

For more information, please see enclosed brochures.

12. Poison Ivy and Poison Oak Leaves

What are poison ivy and poison oak?

Poison ivy and poison oak are plants that can cause a skin rash (called "allergic contact dermatitis") when they come in contact with your skin. The red, uncomfortable, and itchy rash often shows up in lines or streaks and is marked by fluid-filled bumps (blisters) or large raised areas (hives). It is the most common skin problem caused by contact with plants (plant dermatitis).

Poison oak has leaves that look like oak leaves, usually with three leaflets but sometimes up to seven leaflets per leaf group. It grows as a vine or a shrub.

Poison ivy usually has three broad, spoon-shaped leaves or leaflets ("Leaves of three? Let it be!"), but it can have more. It may grow as a climbing or low, spreading vine that sprawls through grass (more common in the eastern United States) or as a shrub (more common in the northern United States, Canada, and the Great Lakes region). It is frequently found on the shady side of trees, and along roads and paths.

Prevention:

- Learn how to identify these plants and avoid them. When hiking or engaging in other activities that might expose you to these plants, try to stay on cleared pathways.
- Wear protective clothing. If needed, protect your skin by wearing socks, boots, pants, long sleeves and vinyl gloves.
- Wash your skin. Within 30 minutes after exposure, use soap and water to gently wash off the harmful resin from your skin. Scrub under your fingernails too. This helps prevent a rash. Even washing after an hour or so after contact can help reduce the severity of the rash.
- Clean contaminated objects. If you think you've come into contact with poison ivy, wash your clothing promptly with detergent – ideally in a washing machine. Handle contaminated clothes carefully so that you don't transfer the active ingredient – urushiol – to yourself, furniture, rugs or appliances. Also wash any other contaminated items – such as outdoor gear, garden tools, jewelry, shoes and even shoelaces – as soon as possible. The oil from the plant can stay volatile for a year on clothing or other objects.
- Apply a barrier cream. Try over-the-counter skin products that are intended to act as a barrier between your skin and the oily resin that causes poison ivy rash.

Treating a rash:

- Apply an over-the-counter corticosteroid cream for the first few days.
- Apply calamine lotion to help with itching.
- Take oral antihistamines, such as diphenhydramine (Benadryl).
- Soak in a cool-water bath containing an oatmeal-based bath product.

- Place cool, wet compresses on the affected area for 15 to 30 minutes several times a day.

13. Other Rules + Policies

1. There is no smoking or vaping allowed inside any of the buildings at Art Omi. Residents are welcome to smoke outdoors. Please respect the property by using ashtrays to dispose of cigarette butts.
2. Residents are not permitted overnight visitors at Art Omi, including spouses and other family members. Personal visitors are welcome on a limited basis according to the guidelines of the particular program. We are happy to suggest hotels for your guests.
3. It is the policy of the Art Omi, and the law, to be a drug-free environment. We also ask that residents consume alcohol responsibly.
4. **Statement of non-discrimination:** Art Omi is committed to a policy of nondiscrimination and equal opportunity for all persons regardless of race, sex, color, religion, creed, national origin or ancestry, age, marital status, sexual orientation, gender identity, gender expression, physical ability or disability. Art Omi will not tolerate any behavior that has the purpose or effect of unreasonably interfering with an individual's work performance or creating an intimidating, hostile, or offensive environment. Our aim is to create a vibrant and safe creative sanctuary, and strive to provide an environment that accommodates artists from a multiplicity of backgrounds and circumstances.