



Finger Lakes **Independence** Center

*Opening Doors to Independence*

**Our Mission**  
**To empower all people with disabilities while creating an inclusive society through the elimination of social and architectural barriers.**

## What's New at FLIC

### Accessible Scale

Individuals with disabilities often face barriers to accessibility and inclusion over a lifetime. Barriers can be physical, mental, emotional, or societal. Whatever the obstacle, all barriers have an impact on quality of life and overall community inclusion.

One of the most significant barriers to meaningful community living is access to healthcare. People with disabilities may feel misunderstood by doctors, or may feel that their concerns are not being taken seriously by providers. They may not have transportation to get to appointments, so they forgo health maintenance. Sometimes the problem is far more basic. For example, they cannot physically enter a facility or use needed medical equipment.



At Finger Lakes Independence Center, we have a healthcare advocacy goal which states that “at least one dental or healthcare provider office will improve physical and communication access for persons with disabilities.” In the light of this goal FLIC was motivated when they received a call from community member Ashley Bohn.

Ashley contacted FLIC because she was frustrated by the lack of accessible scales. In her words “... individuals who have poor balance, are unable to stand unassisted, or who utilize a wheelchair (manual or power chair) are unable to be weighed.”

She had contacted healthcare facilities to find a solution but was told, “We don’t have a wheelchair scale” or, “We have one, but it’s not open to the public due to liability reasons.” So Ashley decided to solve the issue herself by creating a Facebook fundraiser. She raised \$3100 to purchase an accessible scale to be installed at FLIC for public use.

FLIC is thrilled to report that the scale is here, operational, and ready for use! No appointment is necessary. Please stop by and check it out during normal business hours, Monday-Friday 9-5.

**FLIC would like to thank Ashley and Patrick Bohn** for their indomitable drive to obtain the scale, and for giving FLIC this great opportunity to continue to help people with disabilities.

### Tompkins County Job Fair

Thursday, May 2, 2019  
9 a.m. to Noon (9:00- 9:30 reserved for Veterans ONLY)  
The Space @ Greenstar, 700 W. Buffalo St., Ithaca.

Area employers, with positions to offer, will be available to talk with job seekers. The job fair is an

opportunity for job seekers to make connections with recruiters and to discover the employment opportunities that are available. Each employer will have information about jobs with their company. Some will have applications or will encourage you to apply online. Talk to as many employers as you'd like. It's free, open to the public; no registration is required.

For information visit [www.TompkinsCountyNY.gov/wfny](http://www.TompkinsCountyNY.gov/wfny) or contact Rachel at the Finger Lakes Independence Center, 272-2433 or [Rachel@fliconline.org](mailto:Rachel@fliconline.org).

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## Access and Functional Needs FEMA Region II – Core Advisory Group Work Session and Introductory Briefing

Monday, May 6, 2019  
9:00-11:30 am  
Tompkins County Health Department  
Rice Conference Room  
55 Brown Road, Ithaca



**Jim Flemming**, FEMA (Federal Emergency Management Agency) Region II Disability Integration Specialist, will be coming to Ithaca, New York to discuss the concept of a Core Advisory Group and Access and Functional Needs concept for expanding participation of persons with disabilities within county emergency and disaster management planning.

The **Finger Lakes Independence Center** and the **Tompkins County Department of Emergency Response** are partnering with FEMA to promote the benefits of embracing the concept of whole community inclusiveness. Current promising practices will be discussed as well as the challenges faced when this is not implemented.

- The success of such planning is dependent on the participation and input of many different agencies and consumers in Tompkins County.
- Please forward to individuals from the disability community and any first/emergency responder in your community.

All attendees are required to RSVP by May 1 to [bharrington@tompkins-co.org](mailto:bharrington@tompkins-co.org)  
Accommodations available upon request.



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### Check Out FLIC Services

[Benefits Education & Employment Assistance](#)

[Loan Closet](#)

[Student Transition Services](#)

[Educational Outreach](#)

[Peer Support](#)

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### Attention City of Ithaca Residents

*Do you or someone you know need a modular ramp to safely enter and exit your home?*  
Thanks to an Ithaca Urban Renewal Grant (IURA) award, FLIC has modular ramping available.  
Call 272-2433 for an assessment.

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### Meet Carolyn Boone, FLIC Board Member

Carolyn L. Boone has been a post-secondary education disability services coordinator for 25 years. She became interested in the field while serving as the graduate assistant for law students with disabilities at the University at Buffalo School of Law. She currently serves as the Coordinator of Access & Equity Services at Tompkins Cortland Community College, having previously served in the same role at SUNY Fredonia and D'Youville College (Buffalo). Prior to law school, Carolyn had been a

special education teacher in Utica and Greenville (NY).

Carolyn received her AS in Business Administration from Schenectady County Community College and her BS cum laude in Special Education from the College of St. Rose. She earned her JD from the University at Buffalo School of Law with an Education Law concentration. Carolyn currently serves on the Workforce Investment Board Services for Persons with Disabilities committee.

Carolyn has been a member of FLIC's Board of Directors since February of 2015. Carolyn notes that her interest and background in K-12 and post-secondary education is helpful to FLIC in the areas of assistance for transition planning from high school to college and assistive technology trends. She finds it particularly rewarding to watch FLIC grow their Student Transition Services.



## Signs of Accessibility: Esty Street Garden

The Esty Street Garden is run by GreenStar Community Projects (GSCP), which partners closely with other organizations, most prominently with CFCU, Cooperative Extension, Loaves & Fishes, and Friendship Donations Network. GSCP has received funding for this garden from United Way and GreenStar.

The purpose of the garden is to engage youth (especially those who have lived with food shortages) in producing their own food, and sharing excess that they cannot use at home, with Loaves & Fishes. **The garden has 2 wheelchair accessible planters built to ADA specification by BOCES. They each measure 3 x 8 feet in length, with wheelchair clearance beneath as well as packed gravel that extends to the sidewalk.** The garden aspires to provide informal connections that support healthy opportunity, and highlight a culture of acceptance, healthy eating, and happiness!

For more information, contact:

Holly Payne, Director (she/her)  
GreenStar Community Projects (GSCP)  
[holly@greenstar.coop](mailto:holly@greenstar.coop)  
607.229.3540 [greenstar.coop/gscp](http://greenstar.coop/gscp)

**Building a community food system that nourishes *everyone*.**

**The Finger Lakes Independence Center is committed to ensuring that people with disabilities are able to participate in meaningful activities of daily life. If your organization is taking active steps to make your activities, meetings and events accessible, [please tell us!](#) We want to highlight and share best practices for making our community more inclusive for all.**

## Disability Etiquette Tip: Take Time to Listen

When we meet someone for the first time, it takes our brains 1/10 of a second to make assumptions about another person's intelligence. These 'quick to judge' brains of ours can and should be challenged. Especially when meeting someone who communicates in a different way.

Slower speech patterns, looser pronunciation, loud pitch, repetition, sign language and synthesized voices are sometimes associated with lack of competence and intelligence. This is a misconception we can challenge by taking time to listen. After all, one of the greatest minds of our time, Professor Stephen Hawking, used a synthesized computer voice for over thirty years. What a great loss it would have been if no one had taken the time to listen to him.

[Donate](#)

**Finger Lakes Independence Center, 215 5th Street, Ithaca, NY 14850**

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**Website: [www.fliconline.org](http://www.fliconline.org)**

