



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

B&B Floor Coverings is excited to invite you to...

THE BIG REVEAL

Come celebrate & see the complete transformation of the Finger Lakes Independence Center (FLIC)!

SATURDAY | FLIC | 2:30PM
6.8.19 | 215 5th Street | Ithaca, NY 14850

RSVP: omer@bbfloor.com



You Are Invited!

The Finger Lakes Independence Center is pleased to invite you to the grand opening of our newly remodeled space.

Thanks to **Design for a Difference**, a community driven design movement that brings designers together to transform not-for-profits (<https://designforadifference.com/>) and our local lead sponsor, **B & B Flooring in Dryden**, the Finger Lakes Independence Center (FLIC) was chosen for an amazing makeover of our space.

We hope to see you on June 8th at 2:30 when we will all see what can happen when our community designers, builders, painters, furniture suppliers and many others come together to show their support for the human service sector. Please RSVP to OMER@BBFLOOR.com

We need help giving them a huge thanks for their contributions!

Core Advisory Group Work Session Update

On May 6, the **Finger Lakes Independence Center (FLIC)** and the **Tompkins County Department of Emergency Response (TCDoER)**, along with **Jim Flemming, Region II Disability Integration Specialist with the Federal Emergency Management Agency (FEMA)**, hosted a Core Advisory Group work session and introductory briefing. The purpose of this meeting was to promote the benefits of embracing the concept of whole community inclusiveness, to expand participation of people with disabilities within county emergency and disaster management planning, and to form a Core Advisory Group in Tompkins County.



Thirty-nine people with disabilities and human service providers attended the initial meeting providing diverse perspectives and engaging dialogue. Participants learned about individual preparedness, awareness and education, and community preparedness. Current available programs were discussed and priority issues and needs were highlighted. Then, participants discussed the need for and obstacles to creating an on-going Core Advisory Group.

Emergency and disaster management planning is critical for any community, and including the voices of people with disabilities in the planning process is vital to the safety and security of everyone. FLIC and the TCDoER were delighted with the response and participation of people with disabilities during this work session and introductory briefing and thank Jim Flemming for facilitating the discussion.

For more information or to join the Core Advisory Group, contact Jan Lynch, Director, FLIC at jan@fliconline.org or Beth Harrington, Assistant Director, Emergency Medical Services, at bharrington@tompkins-co.org. A follow up meeting will take place later in June.

Signs of Accessibility: Hangar Theatre Company

ADA and Beyond

June 3, 2019
10:00-11:30 AM
Tompkins County Public Library
Borgwarner Room
101 East Green Street
Ithaca, NY 14850



Join the **Finger Lakes Independence Center (FLIC)** and the **Hangar Theatre Company** for a free training geared toward front-line customer service employees and volunteers who have common interactions with patrons with accessibility needs. This training will give an overview of the Americans with Disabilities Act, as well as provide information on public accommodations, hospitality, and interacting with customers with disabilities. Learn how your organization can demonstrate an inclusive and welcoming atmosphere to all patrons and clients, while familiarizing employees and volunteers with proper communication tactics.

Please [RSVP HERE](#) by May 31 to reserve your spot.

For more information, please visit:

<https://hangartheatre.org/event/ada-and-beyond/>

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.

Harmonicas for Health

Wednesday, June 12 – July 17, 2019
3:30-5:00
Finger Lakes Independence Center
215 Fifth Street, Ithaca

To register, call the Tompkins County Health Department at (607)274-6600. Ask for Susan or Samantha.

Do you have asthma or COPD? Harmonicas can make it easier to breathe.

- Play the harmonica to exercise breathing muscles
- Learn to breathe easier
- Socialize, decrease stress, have fun!
- No experience necessary – harmonicas provided
- FREE

For more information, visit www.TompkinsCountyNY.gov/health/breathe



Supported by the Human Services Coalition of Tompkins County, Cayuga Medical Center, the Tompkins County Health Department, and the COPD Foundation.

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.

Try It Room Item of the Week

Each week FLIC highlights one of our many pieces of equipment from our [Try It Room](#).

The items in our Try it Room can be borrowed for a month. There is no deposit or cost associated when using items from the Try it Room.

Sign up now for an Item of the Week flyer delivered to your inbox. Please contact Rachel@fliconline.org or call 272-2433.



AMERICAN LIFETIME CLOCK

The American Lifetime clock features an extra-large, high contrast display ideal for individuals with vision loss. In addition, the display includes weekday, time of day, time, and date. The additional information is helpful for individuals with dementia or other memory loss/confusion.

This item is available in the Finger Lakes Independence Center's Try It Room. We currently have 1 available. The items in our Try It Room can be borrowed for a month. There is no deposit or cost associated when using items from the Try It Room.



The Finger Lakes Independence
Center
215 Fifth Street
Ithaca, NY 14850
607.272.2433

Have You Created a My Social Security Account?

Have you created a my Social Security account? If not, now is the time!

You may be wondering, "why do I need a my Social Security account?" The Finger Lakes Independence Center is here to tell you.

With a my Social Security account you can securely:

- Check eligibility for benefits
- Begin an SSDI application
- Check the status of your application or appeal
- Obtain a free benefits verification letter
- Change your address or phone number
- Report wages
- And more!

Sign up today by visiting <https://www.ssa.gov/myaccount/>. The Finger Lakes Independence Center is available to assist by appointment.

Additional Benefits Advisement services at FLIC include:

- Assistance applying for SSDI
- Support applying for SSI for an adult or child
- Assistance managing benefits
- Advisement on benefits and work
- And more!

If you want more information about my Social Security accounts or Benefits Advisement services, please contact Rachel Ferrara, MSW, WIP at 607-272-2433 or Rachel@fliconline.org.

Donate

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Website: www.fliconline.org

Facebook: www.facebook.com/fingerlakesindependence