



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**



**United Way  
of Tompkins County**

### **Emergency Preparedness is Everyone's Responsibility: Part 1**

The Finger Lakes Independence Center offers FREE Emergency Preparedness presentations to groups of older adults and people with disabilities. Presentations and all materials are funded through a grant from the United Way.

Presentations consist of five or more people and last no more than an hour and a half. Get together a group and we will come to you!

Participants learn:

- How to be prepared in an emergency for up to 72 hours
- Preparation for blizzards, flooding, and other disasters
- How to build and connect with a support system
- Other considerations & recommended resources

Participants receive:

- A Go-Stay-Kit: an easy and organized emergency planner and assistance filling it out
- A Back Pack to store emergency supplies
- A flash light/whistle key chain and a water bottle

To schedule a presentation or to learn more, call 272-2433 or email Amy Jo. DeKoeper at [amyjo@fliconline.org](mailto:amyjo@fliconline.org) or Jeff Boles at [jeff@fliconline.org](mailto:jeff@fliconline.org).

### **Emergency Preparedness is Everyone's Responsibility: Part 2**

- Are you a person with a disability?
- Do you work for an agency that provides services to people with disabilities?
- Are you an emergency responder?
- Are you interested in emergency preparedness?

If so, then join the Emergency Preparedness Core Advisory Group, a work group hosted by FLIC. The next meeting is Thursday, August 22 at 10:00 in FLIC's main conference room. *Everyone is welcome.*

### **Consumer Directed Personal Assistance Program (CDPAP) Update**

While the NYS Department of Health is attempting to make changes to CDPAP as we know it, FLIC is

trying very hard to fight for the rights of seniors and people with disabilities to receive care in their home by aides of their choosing and maintain the CDPAP services that our consumers rely upon.

CDPAP is a Medicaid program that provides in-home services for more than 70,000 chronically ill and disabled individuals and employs more than 100,000 workers across New York. Fiscal intermediaries, like FLIC, provide a range of support services to the program's consumers and interface with the state Medicaid program. NYS is proposing drastic funding cuts to fiscal intermediaries.

FLIC has joined the Consumer Directed Personal Assistance Association of NYS (CDPAANYS), the New York State Association of Health Care Providers (HCP), and the New York Association on Independent Living (NYAIL), and 11 other fiscal intermediaries as plaintiffs in a lawsuit against the New York State Department of Health arguing that the proposed funding cuts will force many fiscal intermediaries to stop providing CDPAP services.

FLIC is committed to serving CDPAP consumers and will continue to provide updates as the litigation moves forward.

For more information, visit:  
<https://ilny.us/press-releases>  
<https://cdpaanys.org/>

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## FLIC Welcomes Kimberly A. Bennett, MSW

Kim is an Employment Advocate working in the American Disability Employment Network (ADEN) program. ADEN is a national administrative Employment Network providing services to individuals receiving Social Security Administration (SSA) disability benefits under the Ticket to Work program.

Kim received her MSW from Temple University in Philadelphia, PA, and has worked with people with disabilities and older adults for over 20 years. She has received additional training in Bonding and Relation Techniques (BART), Community Integration Counseling (CIC) and Independent Living Skills Training (ILST). Kim enjoys working with people from all backgrounds and has experience in many fields including corrections and parole, addiction and recovery, mental health, and group homes.



In addition to her work at FLIC, Kim recently joined the Board of Directors at AIM Center for Independent Living in Corning, New York.

If you are receiving SSA disability benefits under the Ticket to Work program and want to set up an appointment with Kim, call 272-2433 or email [Kim@fliconline.org](mailto:Kim@fliconline.org).



## Thank You, Joshua!!

This summer, FLIC had the pleasure of hosting a United Way Summer of Service intern, Joshua Kuplen. Joshua will be a senior at the Ithaca City School District this fall and is planning to attend college after graduation.

When asked about his experience at FLIC, Joshua said it felt like his first "real job" working alongside FLIC staff. He also described his work planning FLIC's annual Hunt for Independence as a "real world experience" exposing him to planning steps and meeting deadlines to make the event a success. He also enjoyed working at the front desk and helping people select items in the Loan Closet.

Overall, Joshua found FLIC staff very friendly and willing to answer his many questions. Their openness allowed him to "dig deeper into disability" in the workplace and with regard to employment barriers and solutions. He said this understanding will be beneficial for him as he pursues a degree in Economics and Business Administration.

Everyone at FLIC wishes Joshua the very best and we thank the United Way for the opportunity to have Joshua as our Summer of Service intern.

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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.

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## Save the Date: 26<sup>th</sup> Annual Mental Health Conference: Finding Your Voice

Friday, November 8, 2019  
9:00 – 3:30 (registration begins at 8:30)  
Tompkins County Public Library

*More information to come!*

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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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## Learn American Sign Language Register Now for ASL I

8-Week Course  
Wednesday evenings 6:00 – 8:00 pm  
Wednesday, September 11 – Wednesday, October 30  
Instructors: Brent and Cheryl Chandler

Course Fee: registration form & \$80.00 payment due at FLIC by September 6, 2019  
Required Textbook: The Joy of Signing (blue cover, 3rd edition, 2014)  
Author: Lottie L. Riekehof, Publisher: Assemblies of God  
ISBN-13: 978-1607313618, ISBN-10: 1607313618  
Order online at [walmart.com](http://walmart.com) for about \$27 inc shipping, or from [amazon.com](http://amazon.com) \$30, free shipping (as of 10/18/18). We recommend the hard copy and not e-reader versions of this book.

Optional textbook (not required, grammar lesson handouts from this textbook):  
A Basic Course in American Sign Language, approx \$15 online or from Barnes & Noble

- This course is for adults and teens with no ASL experience, or very little ASL experience
- The course may be cancelled if fewer than 8 people register
- No refunds are available once class begins
- Please make checks payable to "Finger Lakes Independence Center"
- For more information, call 272-2433 or email [info@fliconline.org](mailto:info@fliconline.org)
- Class will meet September 11, 18, 25 and October 2, 9, 16, 23 and 30

**Free ASL preview lesson Wednesday, September 4 from 6:00 – 7:00 pm at FLIC.**  
Come & learn what ASL is like, meet the instructors, and register for ASL I class if you like.

To print a registration form, [click here](#).

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## Exciting New Credential Opportunity for Direct Support Workers in the Disability Services Field



Tompkins Cortland Community College has developed a Micro-Credential in response to a request from Racker for people who provide direct service to individuals with disabilities, and is open to employees of other agencies or individuals as well. The Micro-Credential is designed to be a standalone credential used to further careers, or to be stacked along with existing degrees to show specialized knowledge in the field of disability studies. It only takes four classes to complete the credential, which will also earn college credits that can be applied toward a degree if desired. Anyone interested in learning more about the Direct Support Micro-Credential can Contact Biz at

[Biz@tompkinscortland.edu](mailto:Biz@tompkinscortland.edu) for more information.

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[Donate](#)

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