



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

FLIC Welcomes New Advocacy Specialists



Chelsea Hill serves as an Advocacy Specialist at FLIC. She is also trained in NY Connects services. NY Connects is a statewide information and referral service for anyone who needs long-term, community-based, services and supports. She is an Ithaca native and has been a community disability advocate for many years. She recently graduated from SUNY Empire with her Bachelor's Degree in Human Services. She is a parent of a child with a disability and has worked closely with many local agencies for the past eight years. Chelsea is comfortable working with people of all backgrounds and abilities and has a history working with at risk youth with developmental disabilities as well as 1:1 with youth in the educational system with IEPS. She is dedicated to increase accessibility, grow opportunities and advocate for inclusion for those with



Valerie Horn serves as an Advocacy Specialist at FLIC. She works to create policy change at the Local and State-Wide Level. Valerie is a strong advocate for disability rights and uses her personal experience as a Deaf person and professional experience to help people with disabilities to achieve their goals in the community. She recently graduated from Rochester Institute of Technology with a Bachelors in Public Policy and a Masters of Science, Technology and Public Policy. Her past experiences include working at New York State Assembly and as a Program Associate for a grassroots organization in Philadelphia and volunteered at Yang Tan Institute, Cornell University.



FLIC Wishes Everyone a Joyous Holiday Season

FLIC will be closed on December 24, 25 and January 1.

Thank You, Carly Ng!

FLIC was fortunate to have Ithaca College student, Carly Ng, as an intern this past semester. Carly had this to say about her experience at FLIC:

FLIC has granted me invaluable experience working alongside compassionate and dedicated individuals to serve the community in necessary, meaningful ways. Through this experience, I have discovered my passion to advocate for and attend to the needs of marginalized groups, and it has greatly inspired the trajectory of my career path and life journey. Thank you to the wonderful team at FLIC and for those I have met along the way for making this an incredibly fulfilling internship--I will always be grateful to you!--
Carly Ng (IC graduate 2020)

FLIC Receives TOGO Award

At the ninth annual Cornell Town-Gown Awards, several local agencies were honored for their partnerships with Cornell University, and numerous local officials were honored for their dedication to public service as well. The awards are held every year to celebrate the connection between the Ithaca community and the Cornell University community, connecting the city with the university that holds such significant importance to it.



FLIC is thrilled to be one of the local organizations recognized this year!

FLIC has collaborated with Cornell in the following capacities:

- CU Office of Community Relations supports the World of Skills Job Fair, which was re-branded last year and now called the Tompkins County Job Fair
- FLIC has tabled at the CU Service Fair 2 years in a row
- Last year, FLIC participated in Into the Streets – Cornell University Deaf Awareness Project organized our equipment loan rooms
- FLIC's Deaf Services Coordinator assisted CUDAP when advocating for the inclusion of ASL classes
- FLIC participated in the ILR School's Introduction to Disability Studies class panel for many years
- staff have been guest speakers in Introduction to Disability Studies and Transitions Across the LifeSpan classes
- regularly tables at CU's Staff Development Day
- participated in student-run events, such as Mental Health Awareness Panels
- member of the Disability Service Providers Roundtable
- presented to the CU Work/Life Group about available services
- collaborated with Student Disability Services on alternative format materials (large print flyer)
- met with Campus Services and Facilities inclusion committee on recruiting and hiring more individuals with disabilities
- 2 FLIC Board members are from Yang Tan Institute at CU



FLIC Receives United Way Youth and Philanthropy Grant

Youth and Philanthropy (YAP) empowers youth to take an active role in their community and understand the role of philanthropy in their lives. The program accomplishes its mission by enabling students to take part in a process of grant review benefiting local organizations.

The YAP program was first introduced to Tompkins County over eighteen years ago, and now over 200 students

from every school district in Tompkins County have participated in the United Way of Tompkins County's Youth and Philanthropy Program. This program is made possible from funding received by the Triad Foundation.

Thank you United Way of Tompkins County and to the Youth who support FLIC!

Emergency Preparedness is Everyone's Responsibility: Part 1

Join Now: Core Advisory Group (CAG) In Tompkins County

The Core Advisory Group (or "CAG") was formed with the support from FEMA's (Federal Emergency Management Agency) Disability Integration Unit, by persons with access and functional needs, agencies that provide services to them, emergency responders, and other community leaders.

- The mission of the group is to advocate for and facilitate the inclusion of persons with access and functional needs in local emergency management activities. The group also does educational outreach to individuals with disabilities as to the importance to individual preparedness.
- The group identifies issues, barriers, and develops strategies for promoting inclusion and integration throughout all phases of emergency management.
- CAG also believes that emergency preparedness is also everyone's responsibility and provides emergency preparedness education to or community.

Meetings are monthly, bi-monthly, or as needed at the Finger Lakes Independence Center, 215 Fifth Street, Ithaca. Dates and times are determined by a google pool of group members.

For more information or to join the group, call Jan Lynch (FLIC) at 607-272-2433 or email jan@fliconline.org

Emergency Preparedness is Everyone's Responsibility: Part 2

To help educate our community in emergency readiness, we plan to post suggestions every month. December's topic is First Aid!

Know what to do while waiting for an ambulance to arrive.

Call 911 instead of trying to take an injured or ill person to the hospital yourself. It seems like waiting for an ambulance will make it take longer to get help, but ambulance crews can start providing care as soon as they arrive. They can get the patient to hospital quickly, legally, and more safely.

1. Stay on the line with 911 and follow emergency instructions.
2. Stay calm and try to keep the patient calm.
3. Don't move a patient who was injured in an automobile accident or fall, or who was found unconscious.
4. If the patient is cold, cover them with a blanket.
5. Don't give an injured person anything to eat or drink (unless instructed by the 911 dispatcher).
6. Have someone watch for the ambulance and show the crew how to get to the patient. (This is especially important in an apartment or office building, or if your address is hard to see from the street).

Make or buy first aid kits for your home and car.

Ready-made first aid kits are available at most department stores or your local American Red Cross chapter. These kits come in a variety of sizes and prices. You can also make your own kit from supplies you probably already have around the house.

Some items that should be included in a basic first aid kit are:

- Adhesive Tape
- Gauze Pads & Roller Gauze (assorted sizes)
- Antiseptic Ointment
- Hand Sanitizer (liquid or wipes)
- Band-Aids (assorted sizes)
- Plastic Bags
- Blanket
- Scissors and Tweezers
- Cold Pack
- Small Flashlight and Extra Batteries
- Disposable Gloves
- Triangular Bandage

Take training in first aid, CPR, AED, or pet first aid.

Helping others in a medical emergency isn't as hard to learn as you might think. Knowing how to apply a bandage, identify the signs and symptoms of shock, perform CPR or use an automatic external defibrillator (AED) can save a life.

First responders may not be on the scene for five minutes or more. It is up to individuals like you to be ready to help someone who is injured. The person whose life you save may be someone that you love. Many [American Red Cross](#) chapters now offer training in pet first aid. Training may also be available through your local humane society, kennel club, or pet store. Check with your veterinarian to see what special items you may need to include in a first aid kit for your pets. If you travel with your pet, or if they are service or hunting animals, you may want to make a travel-sized pet first aid kit as well.

Contact your local fire department or American Red Cross chapter to learn what first aid classes are available in your area. Ask your employer if they will sponsor a class for your workplace, or take a class with your family or on your own. Many classes are offered free of charge. Courses may also be offered at your place of worship, school, or community organization. Community Emergency Response Team (CERT) training also includes first aid training.

The information is taken from: <http://do1thing.com>

This web site gives suggestions every month that we will pass on to you. If you go to the website yourself, you can learn much more!



THE YMCA OF ITHACA & TOMPKINS COUNTY

Check Out the YMCA Today

FLIC staff Amy Jo DeKoeyer, Jeff Boles and Chelsea Hill visited with the local YMCA recently to learn about how they are succeeding in being an inclusive facility for all in the community. The YMCA offers a "variety of program to meet the many interests and needs in our community." Currently the YMCA has collaborative memberships with Franziska Racker Center, Unity House, Love Living at Home, Big Brother Big Sister, Youth Advocate Program, and the Ithaca Youth Bureau Recreational Support Program. They offer swim lessons for all ages and ability levels and have adaptive swim for ages 4-12 with developmental or physical disabilities. They also offer 1:1 supportive private lessons for those that would benefit from it.

In their fitness department they offer a variety of classes all ranging in intensity for those looking to just keep active or those looking to build stamina. They also have a specifically highlight calendar of "gentle" classes ranging from dance to stretching to Zumba.

The YMCA also offers a maximum of 2-hour childcare for ages 6 weeks-9 years of age. They also have an after school and summer camp program that is run by a woman named Racheal Jackson, who has a teaching degree which includes program accessibility training.

Physical accessibility of the facility is great. They offer many accessible parking spaces in the front as well as an electronic door entryway. They have an elevator to access the second level amenities as well fully accessible locker room located by the pool with lower lockers, roll in shower and fully accessible bathroom.

If you are interested in joining the YMCA they offer a scholarship program to help individuals and families have access to programs and services. For more information visit www.ithacaymca.com.

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.

12/23/19 Update from the Consumer Directed Personal Assistance Association of NYS

Last week, the Department of Health (DOH) made their next moves in the battle over CDPA. DOH finally issued their request for offers (RFO) that will seek to narrow the number of agencies that can administer CDPA and support consumers.

At the same time, they announced draft regulations to be published on December 30 that will allow them to implement the reimbursement cuts they previewed in September (which were ultimately struck down in Court).

Like good chess players, we anticipated these moves. Now it is up to us to respond with the right move in our fight to #SaveCDPA.

On Wednesday, as we were wrapping up our last Listening Session in Kingston, DOH was releasing the "Request for Offers" (RFO) to reduce the number of FIs.

During budget negotiations, DOH wanted to move forward with a non-transparent process that allowed the Commissioner to single-handedly pick which FIs would get a contract. They even suggested that DOH could contract with only one FI. CDPAANYS fought against this successfully. Instead, an RFO was agreed upon. It is a transparent process with clear standards. It was at least partially based on the work of a group of stakeholders - FIs, plans, and consumers - who met repeatedly over the summer.

There are a number of positives in the RFO. However, because DOH continues to refuse to work with us, **it contains many problems that could fundamentally change the program and how consumers are able to control their services.**

The new draft rules on FI reimbursement create a draconian \$150 million in cuts, equaling 17% of the program overall, and in many instances, 80% of the costs of providing FI services to consumers.

Again, this was not a surprise. When DOH tried to implement these cuts in September, the Court struck them down because no rules were issued. Issuing new rules was their next play. In the summer, DOH told FIs how to shut down in the same document as the information about new rates. This time, they timed the new application process for FIs to coincide with the news of the new rates.

This is meant to cause panic. It is meant to discourage FIs from even trying to stay in business. We saw it coming, so we will do what we have been doing all along.

Fighting back.

These regulations should actually be published next week. We will let you know how you can weigh in and make your thoughts known to DOH. DOH is required to receive comments from anyone who wants to offer feedback on the proposed rule. **We will help you do that.**

CDPAANYS will continue to give you the information you need to fight. We will continue to fight with you against these attacks on CDPA.

This fight is yours. It is your program, and unlike chess, it is not a game - it is your life.

With your help, as we come into what will hopefully be the end of this fight, we won't let DOH call Checkmate on your independence. We will #SaveCDPA once and for all.

More resources will be coming soon. In the meantime, if you have not yet done so, please [sign the petition to #SaveCDPA](#).

Need a Public Notary? Contact Cheryl Baker at FLIC. Services are FREE.

[Donate](#)

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