



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**

### **American Sign Language (ASL) at FLIC**

#### **ASL Needs in the Community?**

We have an ever growing group of local American Sign Language (ASL) students that would like to use their new skills to serve our community. While their skills are not nearly good enough to offer a service such as interpreting, they might be of encouragement to Deaf older adults who live alone or in a nursing home who may feel isolated and appreciate being able to communicate with a visitor. Are there community groups or day care locations that would appreciate someone coming in to teach a few basic ASL signs? Are there parents of a Deaf child who could benefit from practicing their sign language skills? Please contact Amy Jo DeKoeper at [AmyJo@FLICOnline.org](mailto:AmyJo@FLICOnline.org) regarding any needs you are aware of that we can help address. Thank you.

#### **ASL Chat Group**

**Where:** Barnes and Noble

Tops Plaza, 614 S Meadow St, Ithaca, NY 14850

**When:** Tuesday evenings, 5:00 – 7:00 pm

*(Note: sometimes the group concludes early, so email us if you plan to arrive after 6!)*

**Who:** Anyone who wants to maintain and improve their ASL conversation skills and have fun meeting people. We try to include both beginners and advanced signers in the conversation, but some basic ASL skills are best to start (ASL I or self-taught).

For more information, contact Amy Jo DeKoeper at [AmyJo@FLICOnline.org](mailto:AmyJo@FLICOnline.org).

### **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.

**Register Now: ABL Accounts Presentation**

Tuesday, December 3  
11:00-12:00  
Finger Lakes Independence Center  
215 Fifth Street, Ithaca, NY

Representatives from the Office of the New York State Comptroller will provide an information session on the New York Achieving a Better Life Experience (NY ABLE) Program. NY ABLE allows New Yorkers with disabilities and their families to save money in tax-advantaged accounts without impacting eligibility for federal benefit programs like SSI and Medicaid. NY ABLE features include the following:

- Earnings can grow tax-deferred, maximizing returns, and can be withdrawn tax-free if used for qualified disability expenses
- Qualified disability expenses include expenses incurred as a result of living with a disability that are intended to improve the quality of life
- Balances under \$100,000 are excluded from SSI resource limits
- Medicaid eligibility is maintained, regardless of account balance
- An account can be opened with as little as \$25, or only \$15 if using payroll deduction
- Contributions and withdrawals can be made in many different ways, providing easy access to savings

The presentation will also cover NY ABLE eligibility requirements, annual and aggregate account contributions limits, highlights of the investments options, and more.

To register, visit <https://fliconline.org/FLIC/able-accounts/>

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## Do You Use a Cane to Walk? Research Participants Needed!

**Who:** Adults aged 65+ who use a single-point cane most or all of the time.

**What:** Participate in a research study observing cane handling and use. By participating, you will be given instruction and tips for proper cane use. Participation will require approximately an hour and a half of your time.

**Why:** Assist Ithaca College Occupational Therapy MS students complete a thesis research project.

**Where:** Ithaca College, Movement Analysis Lab

**When:** December 11th 3-6pm or December 13th 2-6pm  
Light refreshments will be provided.

If interested please contact: Anne Carlineo at (607) 274-1975 or Lynn Gitlow at [lgitlow@ithaca.edu](mailto:lgitlow@ithaca.edu) to sign up for a date to participate.

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## 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](mailto:jan@fliconline.org)

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

To help educate our community in emergency readiness, we plan to post suggestions every month. November's topic is Emergency Supplies!  
Remember important items that may be overlooked when leaving your home in a disaster.

### #1: Gather your emergency supplies in an accessible place.

Have a go bag ready if you have to shelter in place or evacuate your home. Your go bag can be part of your emergency kit, just make sure it is in a bag or easy to carry container and that it is easy to get to. Think about these items for your go bag: Battery powered radio and extra batteries, Flashlight with extra batteries, Lightweight blankets, whistle, first aid kit, change of clothing, Emergency information, including insurance policies, A list of medications and correct dosage, and doctor's names, Personal items such as toothbrushes, soap, extra glasses, etc., Non-perishable snacks, Books, cards or magazines to pass the time

Consider these additional items for infants and children: Baby formula and food, Diapers, Baby wipes, Blanket or toy

Consider these additional items for medical conditions: Empty pill bottle(s) or a list of current medications, Your doctor's phone number. \*Make sure you update your go bag when your medications change.

For pets: Pet food & water, Collar with ID tags, Pet medication(s), Pet carriers and leashes, Medical records from vet, Photos of your pet, Microchip information

### #2: Create an emergency supply kit for your pet, your car, and your workplace or school.

Disasters can strike when you are away from home. If your office or school does not have an emergency kit, offer to help make one. The kit should include: First aid supplies, Flashlights or light sticks. Building emergency procedures: Building maps showing evacuation and shelter areas. Pens or pencils, Signs with the words "Need Help" and "All Clear." Clipboard with class/staff names.

Make or buy an emergency kit for your car. If you travel with your pet regularly, make sure that you have an emergency kit for them as well. Some items to think about for your car kit are: a small first aid kit, flashlight or light sticks, flares or reflective cones, a blanket, cell phone charger, jumper cables, bottled water, non-perishable snacks, and a "help" flag or brightly colored cloth that can be tied to the antenna.

### #3: Stash some cash in case ATMs and credit card machines are not usable in a disaster.

Many things that we take for granted are not available when there is no power. ATM machines may not work. Grocery stores and other businesses may not be able to accept your credit or debit card. Cash could be the only acceptable means to make a purchase. Some experts say you should have at minimum \$150.00 in cash stashed away. Realizing this may not be possible for everyone, any amount is good to start with. Take \$1.00 dollar a week and place it in an envelope in your emergency kit. In just a little time, you will have some cash stashed away for use in emergencies.

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!

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

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[Donate](#)

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

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**Email: [info@fliconline.org](mailto:info@fliconline.org)**

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

**Facebook: [www.facebook.com/fingerlakesindependence](http://www.facebook.com/fingerlakesindependence)**