



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

Check Out These Support Groups at FLIC

New! Invisible Disabilities Support Group

Thursdays, 10:30- 12:00
October 17 - November 21

The [Invisible Disabilities Support Group](#) will cater to individuals with invisible disabilities. Invisible disabilities encompass experiences such as debilitating pain, fatigue, dizziness, chronic medical conditions, cognitive dysfunctions, brain injuries, learning differences, mental health disorders, and hearing, speech, and vision impairments. The purpose of these meetings is to help people become more comfortable with their disability on an individual level as well as on a larger scope.

If you would like to participate, please contact Carly Ng at (203) 448-0264 or cng1@ithaca.edu.

Friends and Family Stroke Recovery Group

1st Thursday of the Month
1:30-3:00

The [Friends and Family Stroke Recovery Group](#) offers a community of stroke survivors dedicated to each other's recovery, and a safe, respectful forum where your input is encouraged and supported. We are dedicated to empowering stroke survivors and their families in living full and complete lives. This Group is registered with the American Stroke Association.

To join, please contact Mitch Raymond at mitchraymond614@gmail.com or (203) 444 – 6251.

Brain Injury Support Group

3rd Thursday of the Month
1:00-3:00

The [Brain Injury Support Group](#) is for brain injury survivors and their families and is hosted by the Brain Injury Association of New York State (BIANYS). BIANYS is a statewide non-profit membership organization that advocates on behalf of individuals with brain injuries and their families, and promotes prevention. Established in 1982, BIANYS provides education, advocacy and community support services that lead to the improved outcome for children and adults with brain injuries.

For more information, please contact Jessica Morley jmorley@bianys.org.

Register Now for Two Upcoming Presentations at FLIC

The following presentations are FREE and open to anyone who is interested.
Register for one or both today!

Presentation 1: Using a Pooled Trust for Medicaid Eligibility and to Help People with Disabilities and Seniors Age in Place

Wednesday, November 13
11:00-12:00
Finger Lakes Independence Center
215 Fifth Street, Ithaca, NY

Attend this workshop to learn how a pooled supplemental needs trust (SNT) can help people with disabilities of all ages qualify and maintain financial eligibility for means-tested government benefits to receive community-based health benefits, including home care and other long-term care services, and avoid costly spend-downs.

NYSARC will provide a detailed overview of pooled trusts and the benefits for individuals to maintain independence in the community for as long as possible. Attendees will learn how to establish a pooled trust and ensure it meets the regulations set by Federal and New York State statute. We will also discuss what the trust can pay for to improve the lives of people with disabilities and seniors with disabling chronic conditions.

To register, visit <https://fliconline.org/FLIC/pooled-trusts-presentation/>

Presentation 2: ABLE 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/>



**United Way
of Tompkins County**

Thank You, United Way

FLIC would like to take this opportunity to say "Thank You" to the United Way of Tompkins County for working hard to create a better life for each and every Tompkins County resident and for supporting the work of local non-profit organizations. FLIC, and the people we serve, have benefited from support for educational outreach, benefits planning, emergency preparedness training, and the United Way Summer of Service internship program.

Participate in this year's UW campaign!

Early Voting is Coming! What This Means for You.

For the first time this fall, registered voters in Tompkins County will have a new voting option, with an additional nine days to cast their ballot before Election Day.

The Tompkins County Board of Elections has established two Early Voting poll sites, which will be open each day during the nine-day Early Voting period:

- Ithaca Town Hall, 215 N. Tioga Street, Ithaca
- Tompkins County Crash, Fire, Rescue Building, 72 Brown Road, Ithaca (off Warren Road at Airport administration offices)

Both Early Voting sites will be open daily, from Saturday, October 26 through Sunday, November 3—the two weekends and the five business days between them, leading up to the General Election. The sites will be open through mid-afternoon most days, with later hours Tuesday and Thursday.

For more information, visit <https://fliconline.org/FLIC/general-election-early-voting/>



Emergency Preparedness is Everyone's Responsibility

- 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 Wednesday, October 30th, 3:30-4:45, in the FLIC conference room. Everyone is welcome.

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.

26th Annual Mental Health Conference: Finding Your Voice

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

All too often, individuals living with mental health concerns are confronted with a treatment system overwhelming in size and power. Understanding their role and how to navigate that system can be a daunting task. 'Finding Your Voice' looks to increase individuals' understanding of themselves and their interactions with the mental health system to facilitate better outcomes. Attendees will learn how to become experts on themselves, set realistic expectations for treatment, and work collaboratively with others on their recovery. There will also be an opportunity to understand how traditional and innovative mental health services in Tompkins County have brought the consumer's voice back into focus.

The conference is FREE and open to the public and features a keynote, multiple concurrent sessions, a book talk, and more!

To register, visit <https://forms.gle/5M87ethj5Y8Md8PX9>

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.

National Survey on Health and Disability

We want to know how your access to health care and insurance may be affecting your life.
Participants Needed

The National Institute on Disability, Independent Living, and Rehabilitation Research-funded *Collaborative on Health Reform and Independent Living (CHRIL)* is looking for adults with disabilities to complete an online survey about health insurance and health care services. Whether you have private insurance, insurance from an employer, TRICARE, Medicaid, Medicare, or no insurance right now please complete the survey.

- Adults, 18 and over, with any type of disability, mental or physical health condition are encouraged to participate
- The survey should take about 20 minutes to complete
- Responses are anonymous

To complete the survey, click here:

[2019 National Survey on Health and Disability](https://tinyurl.com/NSHD2019)

(or copy & paste into your browser: <https://tinyurl.com/NSHD2019>)

Whether or not you complete the survey, you can choose to enter a drawing to win one of ten \$100 gift cards. If you prefer to take the survey over the phone or have any questions about participating, please call toll-free 1-855-556-6328 (Voice/TTY) or email healthsurvey@ku.edu.

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

[Donate](#)

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Phone: 607.272.2433

Email: info@fliconline.org

Website: www.fliconline.org

Facebook: www.facebook.com/fingerlakesindependence