



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

Invisible Disabilities Support Group

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 in an individual level as well as on a larger scope.

This group is for those who self-identify as having an invisible disability, and voluntarily choose to be a part of this collection of individuals. The group will be held on Thursdays at 10:30 am for six weeks, starting October 17, 2019. It will take place at the Finger Lakes Independence Center at 215 Fifth Street, Ithaca, NY 14850.

It can be difficult to navigate a world designed for individuals who do not experience disability, especially when there is a lack of acceptance or understanding surrounding disability. Receiving accommodations and other supports can be further complicated when a person's disability is not visible to others. This group will work through ways in which people with invisible disabilities can become comfortable within themselves and in relation to others, and how their needs can be met in both contexts.

If you are living with an invisible disability or know someone who does and would like to participate, please contact Carly at (203) 448-0264 or cng1@ithaca.edu.

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/>

Early Voting is Coming! What This Means for You.

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

Early this year, New York State enacted the New York State Early Voting Act, which requires all New York counties to provide voters greater flexibility in when they choose to vote. Beginning with the November 2019 General Election, registered voters will have an additional voting option—a nine-day added window of opportunity leading up to the election during which they may cast their ballot, making an “Early Vote.” You must be a registered voter to be able to Early Vote.

Early voting gives every voter 60 extra hours over a nine-day period in which they can vote,” notes Tompkins County Democratic Elections Commissioner Stephen DeWitt. “The voter is no longer required to find time to vote in their busy schedules on one designated day.”

To vote early, voters will *not* go to their regular voting locations. 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/>

Say "Hello" to John

Hello, my name is John Patterson and I am an Associate for Training and Development (A4TD) at the Finger Lakes Independence Center (FLIC) here in Ithaca. If you are 55 and over and are interested in working for and learning about not-for-profits (npos) in your area, working under the Federal Title V Program, through A4TD, is the easiest way to accomplish that objective. Whatever npo interests you, A4TD can handle all the paperwork and guidance necessary to set you up for paid training in the interest areas of your choice. Based in Vermont, A4TD has a local Southern Tier office in Binghamton.

I chose to train with FLIC because they have an excellent and longstanding reputation in the Finger Lakes community and very extensive programs for those with disabilities and older people. By far, my favorite part of working at FLIC was attending FLIC's comprehensive Disability and Elder Law Fair at TC3. I have never experienced any lecture series so well thought out and organized. My second favorite part of working at FLIC is helping customers choose the right wheelchair, walker, shower chair, crutches, etc., from FLIC's [Loan Closet](#) or helping customers choose the right assistive equipment from FLIC's [Try It Room](#).

Overall, I have learned that being of service to others can be a very rewarding experience.

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.

Save the Date: 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.

**Free Stay Steady Wellness Event
Fall Risk Screening and CARFIT**

Saturday, September 28
10:00 AM to 2:00 PM
CMC Physical Therapy
10 Brentwood Drive, Suite A, Ithaca, NY

**One in four Americans, aged 65 plus, fall every year. Falls can lead to loss of independence, but many falls can be prevented!
Remember you have the power to prevent falls.
Educate yourself and take action now!**

Attend our free Stay Steady Event, come yourself and bring a friend or relative:

- Come speak with experts about improving your balance and reducing fall risk including: physical therapists, occupational therapists, registered nurses, pharmacist, Tompkins County Senior Advisors, home safety specialists, and more!
- Take part in a Stay Steady screening with brief balance and mobility tests; and
- Talk to and receive information about how to lower your risk for falling and improving your quality of life!

CarFit is a free, interactive and educational program designed to improve older driver safety. Trained volunteers provide information to ensure the safest "fit" for older drivers. An appointment is necessary for your 20-minute CarFit check.

To schedule your CarFit appointment or for more information about the Stay Steady Fall Risk Screening contact Eleanor Liebson (eliebson@cayugamed.org) or Anne Reilley (areilley@cayugamed.org) or call 607-274-4159.

Event Sponsors include: Cayuga Health Partners, Cayuga Health System (including Physical Therapy and Pharmacy), Cornell Cooperative Extension, Finger Lakes Independence Center, Human Services Coalition, Ithaca College, Tompkins County Health Department, Tompkins County Office for the Aging, and Visiting Nurse Service, and Way2Go.

[Donate](#)

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

Phone: 607.272.2433

Email: info@fliconline.org

Website: www.fliconline.org

Facebook: www.facebook.com/fingerlakesindependence