



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 Strategic Planning Survey - We Want Your Input!

The Finger Lake Independence Center is gathering information from the community in order to inform our strategic planning process. The following survey (in the form of a link) asks several questions about the needs of the community in relation to FLIC's services and strategic direction.

It only takes about 5 minutes to complete the survey: <https://www.surveymonkey.com/r/RC6VZWZ>

For more information or assistance completing the survey contact FLIC at 607-272-2433.

Enter your contact information at the end of the survey to be entered in a drawing to win a \$50 gift card.

Thank you for your time and input!

Sign Up for American Sign Language I

8-Week Course

Thursday evenings 6:00 – 8:00 pm

Thursday, March 5 – Thursday, April 23, 2020

Instructors: Brent and Cheryl Chandler

Course Fee: registration form & \$80.00 payment due at FLIC by February 27, 2020. 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 for about \$27 inc shipping, or from 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. Class will meet March 5, 12, 19 26 and April 2, 9, 16, 23.

Come attend a FREE ASL PREVIEW LESSON on Thursday, February 27 from 6:00 – 7:00 pm at FLIC. Come & learn what ASL is like, meet the instructors and register for ASL 1 class if you like. Even if you do not sign up for the class, you will know some ASL when you leave!

**Interested in how technology can impact the lives of older adults?
Become a Longevity Explorer**

KICK-OFF EVENT
When: Monday, March 2, 1:00-2:30
Where: Tompkins County Public Library,
Borg Warner Room

Longevity Explorers evaluate products and services geared toward older adults and provide summaries of their thoughts and recommendations.

Sound interesting? Please join us at the kick-off event.

For more information, contact:

Lynn Gitlow, IC Occupational Therapy, lgitlow@ithaca.edu
Jessica Taves, IC Gerontology Institute, jtaves@ithaca.edu
Teri Reinemann, FLIC, teri@fliconline.org

From the Longevity Explorer website:

“Longevity Explorers are a unique sharing, evaluation, and ideation community— made up of older adults (in their 60’s, 70’s, 80’s and 90’s), and their friends, families, and caregivers who meet monthly. We believe a variety of socio-economic and demographic factors will change greatly the experience of aging for us and for those who come after us. We know some of the current paradigms of growing older need to change. And we want to influence these changes.

We see ourselves as “explorers” of the future of aging. We want to explore new approaches to living as we grow older, and new products and services. We see the community of Longevity Explorers as a place to explore new ideas and a place where innovative people come to learn how we think about growing older, and to get help developing new and better products and services for future generations. This community leverages the insights, and years of accumulated wisdom, of older adults themselves to accelerate the emergence of novel solutions to some of the challenges of aging. We are especially interested in technology-enabled products that can push off the time at which functional decline gets in the way of living life to the full.”

For more information, visit techenhancedlife.com

Save the Date - 25th Annual Tompkins County Job Fair

Thursday, May 21st
9 a.m. – noon
Hotel Ithaca

The fair begins promptly at 9:00 a.m. for Veterans and opens to the public at 9:30 a.m.

The event is free for both employers and job seekers. The Tompkins County Job Fair has rolling registration for employers. The deadline for registration is Friday, April 10th, 2020.

Space is limited! If you’d like to register as an employer, contact: Jorge T. Cuevas at jorge@fliconline.org

Check out FLIC's new informational brochures on Making Temporary Events Accessible, Access to Medical Care for Individuals with Disabilities, and Modular Ramp Program

Visit <https://fliconline.org/FLIC/accessibility-brochures-and-information/>

Systems Advocacy Update

Valerie Horn, a FLIC Advocacy Specialist, went to Albany twice recently, first for The New York State Assembly Legislative Disabilities Awareness Day on January 29 and second for Legislative Budget Day on February 10, 2020. She went with Access To Independence of Cortland, NY. Together, they attended meetings with the legislature and their staff, including Barbara Lifton’s office. A few issues they addressed included the Consumer Direct Personal Assistance Program (CDPAP).

• This year, Governor Cuomo decided that CDPA program should be cut. The CDPA program is critical because it allows people with disabilities to leave institutions and live independently in the community.

CDPA is less expensive than placement in a nursing home. Those who want to see the program cut believe fraud is common.

- On Feb 10, President Trump released his Budget request for Fiscal Year 2021, which contained around \$1 trillion in cuts to Medicaid and Social Security. The Budget also proposed to cut Supplemental Nutrition Assistance Program (SNAP) by 30%.

The NY Association of Independent Living, of which FLIC is a member, has several priorities for 2020. A few important priorities are:

- Prohibit the practice of paying people with disabilities below the minimum wage in New York State A. 7077 (Steck) and S. 4018. Background: Companies and agencies have been allowed to pay individuals with disabilities under minimum wage under section 14C of the Fair Labor Standards Act, paying as little as cents on a dollar.
- Provide a voice for people with disabilities in state government by reestablishing the duties of the State Office for the Advocate for Persons with Disabilities. A.9004 (Steck). On December 13, 2019, the Governor had decided to establish a Chief Disability Officer(CDO) position within the Executive Chamber. The CDO will provide a central point of contact within the administration to accomplish certain tasks without the administrative costs of constructing a new governmental office.
- Require transportation service providers including taxis, limousines and transportation network companies to have accessible vehicles A. 7344 (Steck). There is a lack of accessible transportation services, leading to unemployment, inaccessibility to medical care and voting sites, and isolation from friends, family and the community.
- Establish a small business tax credit for employing people with disabilities

More information about the legislative priorities can be found on:<https://ilny.us/advocacy/advocacy-priorities>, click on NYAIL 2020 Legislative DPA and NYAIL 2020 Budget DPA

If you are interested in advocacy for people with disabilities, please feel free to contact Valerie at Valerie@fliconline.org.

How to Contact Your NY State Representative Brochure below, explains how to contact *your* NYS Representatives about different issues.

How to Contact Your NY State Representative: Your Opinion Matters

How to Reach your Legislator:

- To reach out to your legislator, there are two websites for the NYS Assembly and the Senate. You may Google as well.
- <https://nyassembly.gov/mem/search/>
<https://www.nysenate.gov/find-my-senator>
- The websites have a prompt for you to enter your address and zip code. The results will lead you directly to their website where you can find the phone number and email of the representative.

How to make your Opinion on a Topic Known:

- Once you find your legislator's email and phone number, have one or two topics ready.
- One good method: use a personal story to explain why this topic/bill is very important for you.
- Be clear to the representative's office what you would like your representative to do.
- Phone and email contact: The office will usually keep a record of how many people have reached out to them under a certain topic/bill.
- Email: Draft a letter, length of your choosing. Subject headline should be the topic or bill.

Follow the Progress of the Topic you are interested in:

- Follow up in a few months.
- The legislative session goes from January 8th to June 2nd but you may also contact them year round.
- Track the bills online through the provided links or search on Google.
- <https://nyassembly.gov/leg/> or <https://www.nysenate.gov/legislation>
- The bills in the Assembly start with A and the bills in the Senate start with S. The two sites will tell you how the bill has tracked during the legislative session.
- Call/email your legislator to see what they have done with the topic/bill.

Tell DOH - The Cuts to CDPA are Harmful to Consumers and Workers

This is a busy time in our fight to #SaveCDPA. At the same time we are fighting Governor Cuomo's efforts to put in place more cuts through his Medicaid Redesign Team, we are also continuing to fight the draconian cuts to the program for last year. And right now, we are in a critical moment. If you haven't done so already, this is the last week to make your thoughts known about the new rules that will determine the future of CDPA.

On September 1, 2019, the new reimbursement scheme briefly took effect, and despite DOH saying it would have no impact on consumers or workers, we saw wages go to minimum wage, at the direction of

managed care plans, PA's ability to work overtime eliminated, and consumers go without needed hours.

In short, it was chaos.

Now, the Department of Health is looking to impose these rules again. We need to make sure they know consumers, PAs, and allies are against them, because we know they will do irreparable harm to the program.

We need you to send a letter to DOH before February 29!

CDPAANYS has drafted several different pre-written letters you can use. They are ready to go "as-is," but we encourage you to add personal details!

Let DOH know:

- Were you affected when these cuts were in effect last fall? What happened?
- How will cutting funding to Consumer Directed Personal Assistance affect you?
- What will happen to your workers' pay and overtime?
- What will happen to you/your loved ones if you can't find workers?
- If you lose your CDPA services, what would that mean?

As always, thank you for your support. The fight to #SaveCDPA exists because of you and your commitment to this program.

Click the link below to log in and send your message:

<https://www.votervoicenet/BroadcastLinks/CDErUyx9TW8a6Gh3abSyxg>

Emergency Preparedness is Everyone's Responsibility

To help educate our community in emergency readiness, we plan to post suggestions every month. February's topic is **Water**.

Task: Purchase and store a 72-hour supply of commercially bottled water (or more - up to two weeks). A three-day supply for one person is 3 gallons (12 liters) of water – one gallon (4 liters) per person per day. Also include an extra one gallon (4 liters) for a medium size pet. That one gallon should last three days, but plan for more or less if your pet is very large or very small.

1 day, 1 person = 1 gallon (or 128 ounces) = 7 - 20 ounce bottles = 4 liters
3 days, 1 person = 3 gallons (or 384 ounces) = 21 - 20 ounce bottles = 12 liters

During an emergency, you should drink at least two quarts (one half gallon/two liters) of water a day. Drink 3-4 quarts (3-4 liters) a day if you are in a hot climate, pregnant, sick, or a child. Some of the water in your emergency water supply will be used for cooking or washing. If you buy commercially bottled water, it should be replaced once a year. Store your water in a cool, dark place to keep it tasting fresher longer.

How to Bottle a 72-hour supply of water at home.

If you get your water from a private well, disinfect your tap water before bottling. Place six drops of bleach for each gallon of water, shake well, then let sit for 30 minutes. If you get your water from a municipal water system, there is no need to disinfect tap water before bottling.

Replace your water supply every six months if you bottle your own water. Always sanitize bottles before refilling them. Store your water in a cool, dark place.

Sanitize bottles before filling:

- (1) Wash containers with dishwashing soap and rinse with water
- (2) Sanitize by washing a solution of 1 teaspoon of liquid household chlorine bleach to a quart of water on all interior surfaces of the container.
- (3) Let air dry for at least one minute

Use clear plastic bottles with tight sealing caps. Milk jugs don't make good water storage containers, they don't seal well, and water stored in them can sometimes develop a plastic taste. Only use bottles that originally had beverages in them (large plastic soft drink bottles work well).

Learn how to provide a safe supply of drinking water for your household in a disaster.

Water Heater - DO NOT use if the tank or fixtures have been submerged in floodwater!

- (1) Turn off the gas or electricity to water heater (turn off electricity at the fuse or breaker box, turn off gas by locating the valve supplying the hot water heater and turning the valve handle so that it crosses – is not lined up with – the gas line)
- (2) Turn off the water intake valve (should be located near the water heater)
- (3) Open the drain at the bottom of the tank
- (4) Turn on a hot water faucet (water will drain from the tank, not the faucet)

Discard the first few gallons if they contain rust or sediment. Do not turn the gas or electricity back on until

the tank is refilled.

Pipes

(1) Turn off main water valve where the water comes into the house (usually near the water meter if you have city water).

(2) Let air into the pipes by turning on the highest faucet in your house.

(3) Get water from the lowest faucet in your house (never get water from faucets that have been submerged in floodwater).

Ice - If you have freezer space, consider freezing part of your water supply. This has the added advantage of keeping food in the freezer cold longer during a power outage.

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!

Emergency Preparedness 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 e-mail

jan@fliconline.org

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.

NYS DDPC Seeks Input on 2022-2026 State Plan

The NYS Developmental Disabilities Planning Council (NYS DDPC) is seeking input on the 2022-2026 State Plan. NYS DDPC does not provide direct services, however they do pilot new programs across the state to improve the lives of people with intellectual and developmental disabilities and people that support them. NYS DDPC is seeking input from individuals with disabilities, family members, caregivers, providers, staff, advocates, and others.

Help create the next state plan by filling out this survey:

<https://www.surveymonkey.com/r/2022-2026DDPC-SP>

Thank you for your input!

2020 Census: Get Counted!

What Is the 2020 Census?

The 2020 Census counts every person living in the 50 states, District of Columbia, and five U.S. territories.

Why We Conduct This Count

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data.

The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

Important Dates

In mid-March, homes across the country will begin receiving invitations to complete the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail.

If you need help completing the 2020 Census, call FLIC at 272-2433 and someone will assist you. For more information, visit <https://2020census.gov/en/what-is-2020-census.html>

Share Your Travel Experience with the US Department of Transportation

Perhaps you spent time over the Holidays traveling by air... how accessible did you find the airplane? Have thoughts on how a recent or past travel experience could have been improved for your loved one with complex needs or yourself as their caretaker? The U.S. Department of Transportation is soliciting comments for proposed regulations, until March 2, 2020, to improve the accessibility of lavatories.

<https://www.regulations.gov/docket?D=DOT-OST-2019-0180>

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

[Donate](#)

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