



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

Service Update

FLIC will continue to be closed until it is deemed safe and reasonable to re-open. As many services as possible are taking place remotely.

THE CONSUMER DIRECTED PERSONAL ASSISTANT PROGRAM WILL CONTINUE TO OPERATE AS IT PROVIDES ESSENTIAL SERVICES TO PEOPLE WHO NEED HOMECARE.

If you have questions or other needs, you can call FLIC at 607-272-2433 and leave a message. You can email staff members as well.

FLIC is taking this action out of an abundance of caution and strong sense of responsibility towards our staff, consumers, and the community. The importance of staying put and limiting your contact with other people, to protect your health and the health of others, including people with disabilities, caregivers, and older adults can't be overstated. It is also important to reduce the burden on our medical community, allowing them to work effectively.

Thank you for your patience during this difficult time.

Gadabout's wheels are still rolling!

Call at 273-1878 for more information.

TCAT

TCAT will extend no-fare policy to until May 23rd. According the TCAT website, "Ridership is now at about 10 percent of what it was before the recent statewide escalation of the coronavirus crisis, which has more and more people staying home and social distancing. The newly adjusted service will better coincide with the lower demand while also providing more flexible scheduling to give TCAT drivers some relief." [Click here for the modified schedules and information.](#)

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.

For more information, visit <https://2020census.gov/en/what-is-2020-census.html>

News from the Tompkins County Board of Elections

The New York State Board of Elections has canceled the Presidential Primary, originally scheduled for April 28.

THE JUNE 23 STATE AND LOCAL PRIMARY WILL STILL BE HELD.
ALL ENROLLED DEMOCRATS IN TOMPKINS COUNTY WILL BE
RECEIVING AN ABSENTEE APPLICATION IN THE MAIL.

VILLAGE ELECTIONS DATES are yet to be announced.

Call Board of Elections (607-274-5522) with questions.

[\(Please check back for Early Voting Hours\)](#)

ABSENTEE VOTING for COVID-19

Pursuant to Governor Cuomo's Executive Order, those wishing to vote by absentee ballot in the June 23rd Primary because of COVID-19 concerns may select "temporary illness" on the absentee form
[\(click here for fillable form with instructions\)](#)

Effective March 17, 2020, Social Security Offices Will Only Offer Phone Service

**** Online Services Remain Available ****

All local Social Security offices will be closed to the public for in-person service starting Tuesday, March 17, 2020. This decision protects the

population we serve—older Americans and people with underlying medical conditions—and our employees during the Coronavirus (COVID-19) pandemic. However, we are still able to provide critical services.

Our secure and convenient online services remain available at www.socialsecurity.gov. Local offices will also continue to provide critical services over the phone. We are working closely with the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/), state and local governments, and other experts to monitor COVID-19 and will let you know as soon as we can resume in-person service.

If you cannot complete your Social Security business online, please call our National 800 Number at 1-800-772-1213 (TTY 1-800-325-0778). Our National 800 Number has many automated service options you can use without waiting to speak with a telephone representative. A list of automated telephone services is available online at

www.socialsecurity.gov/agency/contact/phone.html.

Disability Rights NY (DRNY) COVID-19 Resource Guide

DRNY has been closely monitoring the status of COVID-19 within New York State and across the country. In order to protect our staff, our families, and our community, DRNY has decided to temporarily close our offices to the public.

It is important to know that DRNY is continuing to provide services. If you need assistance please call [\(518\) 432-7861](tel:5184327861) or [\(800\) 993-8982](tel:8009938982), or complete an online intake form at www.DRNY.org, or e-mail us at intake@drny.org. If you require an in-person visit, please contact DRNY so that we can assess your needs.

DRNY will continually assess the situation and follow the recommendations of our federal, state and local authorities and will continue to be a partner to you and our community as we navigate this public health concern. As information becomes available, DRNY will update the below list of resources and as always, feel free to call, email or visit our website if you need further assistance.

<https://www.drny.org/page/drny-covid-19-resource-guide-72.html>

Critical Needs of New Yorkers with Disabilities Survey

Please share this notice with New Yorkers with disabilities as well as their families, stakeholders, and providers.

As New York State has been particularly affected by the Coronavirus, the New York State Independent Living Council (NYSILC) is assessing the critical needs faced by New Yorkers right now. We're seeking your valuable input through an online survey. Results will inform the public and providers of changing situations which may impact services.

The survey should take no longer than 10 minutes; we appreciate receiving responses by May 15th.

Click on the following link to participate in the survey:

[\[https://www.surveymonkey.com/r/3ZXRSHP\]](https://www.surveymonkey.com/r/3ZXRSHP)

Haga clic en el siguiente enlace para el mensaje de correo electrónico en español

[<https://nysilc.org/email-message-translation>]

Versión en español de la encuesta:

[<https://es.surveymonkey.com/r/JJ3BWGN>]

If you have any questions about the survey, contact us by responding to this email, through NYSILC's contact form on the following webpage: <https://nysilc.org/contact-us>, or call (518) 427-1060 and leave a voice mail message.

If you experience any difficulty accessing or completing the survey, contact us at the information provided above and we will assist you. You may also request a Word version of the survey, with instructions, if you have difficulty navigating Survey Monkey.

Please contact us if you have any other alternative language needs.

We are grateful for your help distributing this survey link.

Thank you for your participation!

Mental Health Services

An update on mental health services from our Tompkins County Mental Health Department and partner providers has been posted to the county [website](#).

A mental health hotline is available to New Yorkers who need it. We can't underestimate the impact this pandemic is having on mental health. New Yorkers can call the state's hotline at 1-844-863-9314 to get free emotional support, consultations and referrals to a provider.

Mindfulness and Meditation Online Support

The state is partnering with Headspace, a global leader in mindfulness and meditation, to offer free meditation and mindfulness content for all New Yorkers as a mental health resource for residents coping with the unprecedented public health crisis. New Yorkers can access a collection of science-backed, evidence-based guided meditations, along with at-home mindful workouts, sleep and kids content to help address rising stress and anxiety at www.headspace.com/ny.

More Resources

www.alcoholdrugcouncil.org/

If you're struggling with alcohol or drug addiction, Alcohol & Drug Council is still here to help 7 days a week, with clinical and Open Access services. If you're worried about relapse, withdrawal, or just need someone to talk to, the compassionate team of counselors is available by phone or video chat. ADC's medical team is here for you and can prescribe medication for addiction. The Council is also offering free phone or video Narcan trainings and Narcan kits. Call 607-274-6288 for more information or to schedule an appointment.

www.actompkins.org/get-help/covid-19-agency-updates/#

During this stay at home/stay in place time some children, teens and adults are in situations which have increased their risk of abuse. The Advocacy Center is here to help, by offering crisis, advocacy, support, and shelter services to victims and survivors of domestic violence, dating abuse, sexual assault, and child sexual abuse in Tompkins County. Anyone who has concerns about the safety or wellbeing of a child can call the Advocacy Center 24-Hour Hotline (607-277-5000) to discuss ways to protect children while physical distancing guidelines are in place.

OCCUPATIONAL THERAPY AND OLDER ADULTS: COMBATING SOCIAL ISOLATION THROUGH TECHNOLOGY

LYNN GITLOW, PHD, ATP, FAOTA, OTR/L, SUSAN LEE, OTR/L, RAHEEMA HEMRAJ, OTR/L, LAUREN SHEEHAN, OTD, OTR/L, GRACE AMBROZE, OTS

As occupational therapy and assistive technology practitioners, we understand that successful use of technology as an OT intervention involves providing both a device and a service (evaluation, training and implementation) that accompanies it. We recognize that training is necessary for successful uptake of these devices and recommendations. However these are challenging times and many of us are looking for suggestions that we can use to try and prevent social isolation and boredom both which become threats to occupational engagement and wellness. In that spirit, we pulled together this list of resources that might be useful to reference for use with clients, family and friends.

These resources include recommendations that may assist older adults with communication and prevent social isolation to support quality of life during these times of social distancing. In addition, there are some strategies you can refer to for building your own tutorial videos of these technologies or providing remote support to individuals that are less familiar with technology and may need some additional guidance to access and utilize these services. Visit https://fliconline.org/FLIC/wp-content/uploads/2020/04/Older-Adults-Combating-Isolation_links.pdf

What You Need to Know About Health Insurance During the COVID-19 Emergency

- Did you lose your health insurance?
- Can you afford your health insurance
- Are you or family members uninsured?

Health insurance navigators at the Human Services Coalition can talk to you about your options.

Call 2-1-1 (1-877-211-8667) to schedule a phone appointment **or** call 607-273-8686, press "1" and leave a message.

Finally, Just for Fun

Bittersweet symphony: the best lockdown orchestras and choirs online

<https://www.theguardian.com/music/2020/apr/15/bittersweet-symphony-the-best-lockdown-orchestras-and-choirs-online>

Things to do when you're stuck at home: Take a virtual vacation

https://www.vrbo.com/vacation-ideas/travel-guides/staycations/stuck-at-home-virtual-vacation?utm_campaign=VRBO_TRV_55579

“Bees! Diversity, Evolution, Conservation”

<https://www.museumoftheearth.org/bees>

[Donate](#)

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