



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 is open for business Monday - Friday from 9:00 - 5:00. However, as many services as possible are still taking place remotely.

To maintain good health for our staff and visitors, all staff are working some days in the office and some days remotely. You can always reach someone at our building at 607-272-2433. You can email staff members as well.

To receive FLIC services, MASKS ARE REQUIRED IN THE FLIC BUILDING at all times. Please do not come to FLIC if you have symptoms of illness. Social distancing is also required.

If you are returning equipment you can place it in the small wooden shed to the left of the front door, then come inside to confirm your return and get your deposit back. Please consider donating your deposit because as a nonprofit, we appreciate extra support during this time.

Thank you for your patience during this difficult time.

FLIC Welcomes Megan Lumnah!



Megan is our Administrative Assistant. She is often the first voice you'll hear on the phone or the first face you'll see walking into the building. Though she may be a transplant, she loves Ithaca and is happy to call it home. Before Ithaca, Megan was happy to once call the following places home: Vermont, Mississippi, Ohio, and Chenango County. Megan's personal mission is to empower others and help them be their best selves. She has leadership development experience working with youth through outdoor education, as well as adults in

non-profit and for-profit settings. She works closely with our Loan Closet and the Try-It Room and is happy to help you find the item(s) you need so you can feel your best!

Planning and Powers of Attorney Presentations

Please join the Finger Lakes Independence Center and the Tompkins County Office for the Aging, partners in NY Connects, for the following presentations as part of the Disability and Elder Law Series.

Presenter: Emilee K. Lawson Hatch is an Attorney at Bousquet Holstein. She concentrates her practice in the areas of estate planning, trust and estate administration, and elder law. When possible, most individuals want some sort of control over their final wishes. And, they want to make decisions easier for loved ones. Emilee assists many of her clients in navigating their end-of-life choices.

Basic Planning

Tuesday, August 25
10:00-11:00 via zoom

We will discuss the importance of creating a road map of your wishes and goals. We will discuss how to understand which documents you need (Last Will and Testament, Power of Attorney, health care documents), how to focus on what matters to you, and also how to minimize conflict among family members and beneficiaries.

Powers of Attorney

Tuesday, September 22
10:00-11:00 via zoom

In this session, we will discuss the importance of Powers of Attorney, pitfalls to avoid, and how to help remove uncertainty and stress.

To register for one or both presentations, visit
<https://fliconline.org/FLIC/planning-and-powers-of-attorney/>

How is COVID-19 Impacting the Disability Community and What can YOU do to Help?

People with disabilities are more likely to be part of the “high risk” category to develop a more severe case. There are many steps that can hinder a person with disability during COVID, including lack of assistance in hospitals if hospitalized with coronavirus.

In March, Congress passed the Families First Coronavirus Response Act which included increased Medicaid funding, paid leave, and more funding for food assistance. Then, a few weeks later, the CARES Act (Coronavirus Aid, Relief and Economic Security Act) passed. While this Act enacted additional funding for several programs, including housing for people with disabilities and funding for Centers for Independent Living, the Act did not include a few critical priorities for the disability community. In May, the House passed the HEROES (Health and Economic Recovery Omnibus Emergency Solutions Act), which

included many things that CARES act did not include, such as hazard pay for caregivers and funding for housing programs, such as tenant-based vouchers.

Despite the two bills, there are several things that have not been approved or added to the bills yet. There is still no increase in funding for Social Security/SSI. Many people with disabilities need to purchase protective gear and supplies in order to stay safe. A 90-day refill for medication was not included for Medicaid or private insurance.

Right now, Congress is negotiating on a new COVID-19 Relief package, the HEALS Act.

You can call your elected representatives. Senator Schumer may be reached at (202)224-6542 and Senator Gillibrand may be reached at (202)224-4451. Ithaca, NY's Congressman is Tom Reed. His phone number and email can be found at: <https://reed.house.gov/contact/>

Here is a great resource that details HEALS and what should be included in the bill: <https://medicaid.publicrep.org/wp-content/uploads/HEALS-Act-and-Disability-Priorities.pdf>

2020 Census: Get Counted! There is STILL TIME!

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>

Are You a Caregiver to a Person with a Brain Injury?

Meet others who have similar experiences while you receive social, educational, and emotional support:

- Express your views in a safe environment
- Learn wellness strategies & community resources

- Discuss the latest brain injury trends and information

This support group will meet virtually, every month on the second Tuesday of the month, from 1 pm – 2:30 pm via Zoom.

Upcoming Dates:

August 11, 2020

September 8, 2020

October 13, 2020

November 10, 2020

December 8, 2020

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

Are You Interested in Being Part of a Peer Support Group via Zoom?

In these physically distanced times, it is easy to feel isolated and disconnected. FLIC is here to help and we want to hear from you!

Please email Megan at Megan@fliconline.org if you would like to join a peer support group to talk about coping with covid, anxiety and depression, living with invisible disabilities, or other areas that impact your life. We want to know about the issues you are facing and how FLIC can best assist you going forward. Email Megan today!

Longevity Explorers

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

Longevity Explorers evaluate products and services geared toward older adults and provide summaries of their thoughts and recommendations. Meetings will occur on the 4th Monday of the month from 1:00-2:00 via Zoom.

Sound interesting? Please join us.

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

Monthly Emergency Preparedness Tip - August Get Involved

Connect with an isolated individual in your neighborhood or start a neighborhood organization.

Isolated individuals are more vulnerable during and after a disaster. They are less likely to ask for help or follow emergency instructions. The elderly or those with disabilities may have trouble getting out of the house, and may not have much contact with the outside world. Someone who doesn't speak English well may have trouble understanding emergency instructions. People may also be isolated just because they are new to the area, or because their work hours keep them from meeting their neighbors.

Promote emergency preparedness in your community.

Scout troops, service clubs, residential associations, communities of faith—almost any organization you belong to can become a partner in emergency preparedness. Organizations that promote emergency preparedness make their community abler to withstand and recover from disaster. Here are some suggestions for involving your organization:

Become a volunteer in your community (CERT, Red Cross, Neighborhood Watch, etc.).

There are many places to volunteer in your community. Many police and fire departments use volunteers to help with special projects, events, or program. The American Red Cross, Salvation Army, and other organizations train volunteers to work in disasters.

Do1Thing is a 12-month program that makes it easy to prepare yourself, your family, and your community for emergencies or disasters.

www.do1thing.com

Check Out These Links

[Behind the Mask](#)

Hip Hop Public Health supported song and music video based on Multisensory Multilevel Health Education Model proven to promote behavior change and focuses on proper mask-wearing techniques while incorporating culturally tailored, personalized themes of unity, love and hope.

Georgia Tech has created a COVID 19 Event Risk Assessment Planning Tool. If you are planning on traveling, go to:
<https://covid19risk.biosci.gatech.edu/?fbclid=IwAR0s82mzSBKyy1tlvujldzgfzKArIbdNDIywVAssK18381J665AotBInoYM>

Need a Public Notary?
Contact Cheryl Baker at FLIC at 272-2433 to make an appointment.
Services are FREE.

[Donate](#)

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