



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.

SSA Disability Benefits and Work Incentives

- Are you a Social Security disability beneficiary and want to know how working will affect your benefits?
- Are you afraid of losing benefits or medical coverage if you return to work?
- Learn about important topics that will help you return to work and explore a better financial future.

The American Dream Employment Network (ADEN) invites you to informational webinar

“SSA Disability Benefits and Work Incentives”

Registration is required and there is no cost to attend. To register:

<https://us02web.zoom.us/meeting/register/tZltdOmopzorGdbyFiW1exHUBfRFs10LGOkj>

Once registered you will receive an email with the link to the webinar. ADEN is national administrative Social Security approved Ticket to Work provider and a division of National Disability Institute. Professional providers are located throughout the country to provide in person or virtual services to beneficiaries exploring employment goals. Contact ADEN today!

www.AmericanDreamEN.org

For more information about the Ticket to Work, contact Emily Papperman at FLIC, emily@fliconline.org

A Crip Reckoning: Reflections on the ADA @ 30

Brought to you as part of “(Dis)courses: Interdisciplinary Disability Dialogues,” a series hosted by the Office of Interdisciplinary Programs and Outreach (OIPO) at the Burton Blatt Institute (BBI) at Syracuse University. Join BBI in welcoming a distinguished panel of thought leaders and scholar-activists in the worlds of disability culture, education, advocacy, and innovation. Panelists will include LeDerick Horne, Naomi Ortiz, Pratik Patel, DJ Savares, and Alice Wong, with Prof. Stephen Kuusisto serving as Moderator.

Discussion topics will include ableism, cultural change, equity, creativity, and intersectionality. Zoom participants will have the opportunity to ask questions of the panelists.

Program Details

Date: Tuesday, February 2, 2021

Time: 7:30 to 9:30 PM EST

Location: Via Zoom webinar. To register, visit:

https://syracuseuniversity.zoom.us/webinar/register/WN_LMEIB67KTrCnkQY5esb2sQ?fbclid=IwAR19KuGW34S0o8W3JLOtDjDAXvsAp0oj6cMSPYDnqyL19wdOtQe_UO9V8dk

Cost: FREE and open to the public

American Sign Language (ASL) interpretation, live captioning, and image descriptions will be provided. Additional accommodations requests can be made (by January 26, 2021) by contacting oipo@syr.edu. The event will be recorded, and an accessible video will be shared publicly on the OIPO website.

Questions? Contact oipo@syr.edu.

Please spread the word!

Become a Fair Housing Tester Today!

LawNY is especially interested in recruiting testers with service animals

See details below:

Eliminating Barriers to Housing in NY



Are you detail oriented, patient, flexible, and punctual?

Become a volunteer tester and help LawNY fight housing discrimination!

Volunteers will receive a \$40 single payment for each completed remote test.

- Testing is an investigative tool used to collect evidence about housing practices.
- Testers cannot be licensed real estate agents or attorneys.
- Testers must undergo an unpaid training (virtual due to COVID-19).
- Testers must consent to a background check.

IF YOU LIVE IN CHAUTAUQUA, TOMPKINS, TIOGA, OR STEUBEN COUNTY, CONTACT: **1.607.776.4126**

IF YOU LIVE IN MONROE, LIVINGSTON, ONTARIO, OR SENECA COUNTY, CONTACT: **1.866.671.3247**

Join the FLIC Advocacy Team!

If you would like to become a part of FLIC's Advocacy team, please feel free to email Valerie at: valerie@fliconline.org. Being part of the team, you will receive relevant Action Alerts on issues you are passionate about, such as housing, education or health care to name a few. The Action Alerts will ask you to email, call or write a letter to your representative and we encourage you to express how you feel about the subject. It is extremely important for your representatives to know what the community and constituents feel about certain topics. You may volunteer to assist at certain events or participate in a few workshops. At this moment, COVID-19 is changing the traditional way of connecting in person and hosting events to using technology such as Zoom, social media, conference calls and emails.

Virtual Budget Advocacy Week: On Feb 8th, New York Association of Independent Living will host guest speakers and meetings on zoom. If you are interested, as a community member to participate in a meeting with our Assemblymember, please send Valerie an email. She can review with you what are the important topics of the meetings and what we are advocating for. This year will be a difficult budget year and it is important to emphasize the critical role Independent Living Centers like FLIC provide in the disability community.

Updates: Many issues have become clear in the face of COVID-19. Nursing

homes have had problems but the coronavirus has since exposed those issues. Over 7,000 people passed away from COVID in NY nursing homes. Community based services, as an alternate to nursing home care is critical, as it would ensure home care is given. The Consumer Direct Personal Assistant Program has allowed senior citizens and individuals with disabilities to reside at home, which greatly helped reduce risk of exposure. The NY Association of Independent Living and FLIC are working to make sure Governor Cuomo and the Legislature learn and invest in programs that allow those individuals to live at home, rather than a nursing home. To send your elected officials a message: <https://ilny.us/advocacy/action-alerts>

The Governor held his State of the State Address on January 11th. If you wish to see a summary and audio of his address you may access here: <https://www.governor.ny.gov/news/governor-cuomo-outlines-2021-agenda-reimagine-rebuild-renew-1>

Attention Tompkins County Residents

Do you or someone you know need a modular ramp to safely enter and exit your home?

FLIC currently has modular ramping available.
Call 272-2433 for an assessment.

Are You Interested in Being Part of a 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 support group via zoom 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!

Emergency Preparedness Tip of the Month - January **The Core Advisory Group of Tompkins County reminds you:**

"Emergencies Don't Wait. Make Your Plan Today."

Task One: Plan what to do if you have to evacuate.

Choose two places for your family to meet. One should be right outside your home in case of a sudden emergency, such as a fire. The other should be outside of your neighborhood, in case you cannot return home or are asked to evacuate.

Decide where you would go and what route you would take to get there. You may choose to go to a hotel, stay with friends or family in a safe location, or go to a shelter. Hold evacuation drills at home. Practice getting out of the house quickly, and drive your planned evacuation route. The more you practice, the more confident you will be if you really have to evacuate.

Plan ahead for your pets. Due to health concerns, pets are not allowed in Red Cross shelters. Keep a phone list of pet-friendly hotels and animal shelters that are along your evacuation route in case a designated pet shelter is not available. Contact your local humane society or animal shelter to ask if pet

emergency shelters will be opened in a disaster.

Task Two: Take steps now to prevent damage to your home in a disaster.

Tornado - Add a tornado safe room to your home, or add extra protection to an existing room to keep your family safe in a tornado. Look for FEMA publication 320 for more information.

Hurricane - Install hurricane shutters. Keep trees around your house trimmed to prevent damage from falling branches. Secure your soffits to make sure that they won't provide a way for wind and water to get into your home. Make sure entryway doors have three hinges and a deadbolt lock.

Wildfire - Use fire-resistant building materials like shingles and siding. Cut back branches and brush within 30 feet of your home. Keep firewood at least 30 feet away. Check into the National Fire Protection Association's Firewise program for more ideas.

Flood - Elevate your home above the base flood level or take steps to floodproof. Elevate your utilities above the base flood level. Make sure you have adequate flood venting. Use flood-resistant building materials when you build or remodel. Taking steps like these can lower your flood insurance rates.

Earthquake - Secure your furniture, appliances, and water heater to walls and floors. Install safety catches on cabinets and cupboard doors. Make sure your appliances are connected with flexible connections. Consider using a safety film on your windows or installing laminated glass to prevent injuries from broken glass.

Task Three: Learn what disasters can happen in your area and decide what you will do in a disaster.

It is important to know what types of disasters can happen where you are. Is your home in a floodplain? Are you in an area that has earthquakes? When are tornadoes most likely to happen? Knowing what disasters could happen can help you know how to be prepared and what to do. Contact your local American Red Cross or emergency management office to learn more about the disasters in your area.

Meet with your family or household members. Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work, and play. Identify responsibilities for each member of your household and plan to work together as a team. If a family member is in the military, plan how you would respond if they were deployed.

Talking About Disasters

Talking about disasters can be scary, especially with children, or with someone who may have difficulty coping with daily life. Be open and positive. The unknown often causes more anxiety than knowing the facts. Listen to what the individual has to say, learn how they feel and what they may be afraid of. Older people and people with disabilities may worry that asking for help during a disaster will take away their independence. Talk about different options for assistance and make a plan with them.

For more information, visit <https://do1thing.com/topics/plan>

The Core Advisory Group (CAG) of Tompkins County advocates for the inclusion of people with disabilities in all emergency preparedness activities. We welcome any interested people from the Tompkins County

The Registry In-Home Assistance

The Registry is a program that matches people in Tompkins County that need in-home workers with individuals able to work in people's homes.

The Registry maintains a listing of in-home Caregivers who have been screened through a face to face interview and whose references have been checked. The Registry is a "pay out of pocket" program.

If you need someone to help with housekeeping or personal care, we have Caregivers that are available to assist.

The Registry is made possible by funding from the Tompkins County Office for the Aging and New York State Office for the Aging.

For more information, contact Teri at the Finger Lakes Independence Center at 607-272-2433 or email Teri@FLIOnline.org

Fraud Alert: COVID-19 Scams

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults and people with disabilities are at greater risk for serious illness from COVID-19, they may target these populations.

It's important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting people. Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines and treatments.

Here are things you need to know about the COVID-19 vaccine:

- You likely will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- You will not be solicited door to door to receive the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.

For more information, visit

<https://content.govdelivery.com/accounts/USACL/bulletins/2b2930a>

Need a Public Notary?

Contact Cheryl Baker at FLIC at 272-2433 to make an appointment.
Services are FREE.

[Donate](#)

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