



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.

Join the NY Association on Independent Living for a special event:

The ADA: Then and Now

JULY 28, 2020

10:00 am to Noon

The Americans with Disabilities Act (ADA) is 30 years old on July 26, 2020. The New York Association on Independent Living (NYAIL) and the 41 Centers for Independent Living will celebrate by hosting Judy Heumann, International Disability Rights Activist and James Weisman, President and CEO of United Spinal Association. They will speak about their unique experiences and contributions to the disability rights movement and passage of

the ADA. Moderated by Denise Figueroa, a distinguished advocate with over 40 years in the disability right movement and Executive Director of the Independent Living Center of the Hudson Valley.

For more information and to participate visit: ilny.us/ada30 Registration is not required for this event.

Join the Finger Lakes Independence Center:

Americans with Disabilities Act (ADA) Celebration and Panel Discussion:

ADA History and Personal Perspectives on School and Work Plus Q & A

Wednesday, July 29

1:00-2:00 via zoom

Presenters:

Jeffrey Boles, Valerie Horn and Emily Papperman, FLIC Advocacy Specialists
Jorge Cuevas, Employment Specialist

Moderator:

Teri Reinemann, NY Connects Coordinator

July 26, 2020 marks the 30th Anniversary of the signing of the Americans with Disabilities Act. This landmark civil rights legislation greatly impacted the lives of millions of people with disabilities in work, school and in the community. Hear from FLIC Advocacy Specialists on what it was like going to school as children with disabilities and what it is like now for them as adults in the workforce. Much has changed since the signing of the ADA, but more needs to be done to address the architectural and social barriers that still exist. Q & A to follow.

To register, visit <https://fliconline.org/FLIC/ada-panel-discussion/>

Qualify for Medicaid with a Pooled Trust and What You Need to Know About the New Community Medicaid Lookback Period

Thursday, July 30

10:00-11:30 via GoToWebinar

Presenter:

Sarah Szewczyk
Director of Outreach and Community Relations
NYSARC Trust Services

Attend this workshop to learn how a pooled supplemental needs trust (SNT) can help people with disabilities and older adults seeking long-term care services qualify and maintain financial eligibility for means-tested government benefits to receive community-based Medicaid services and avoid costly spend-downs.

This workshop will cover:

- Community Medicaid services and how to qualify financially
- Update on Community Medicaid eligibility rules, including new 30-month (2.5

- year) lookback period for long-term care services
- Detailed overview of pooled trusts and the benefits to help people maintain independence in the community for as long as possible
- How to establish a pooled trust and ensure it meets the regulations set by Federal and New York State statute
- What the trust can pay for to improve the lives of people with disabilities and older adults with disabling chronic conditions.

For more information, visit: www.nysarctrustservices.org

To register, go to:

<https://attendee.gotowebinar.com/register/6742813739375393803>

This presentation is supported by the Finger Lakes Independence Center and the Tompkins County Office for the Aging, partners in [NY Connects](#), as part of the Disability and Elder Law Series.

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

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>

13 Things Voters with Disability Need to Know

- Your vote matters. Elections are often determined by voter turnout, and a handful of votes can change the outcome of an election. There are over 34 million eligible voters with disabilities, making the disability community a substantial voting bloc with the capacity to impact elections and policy.
- You have the right to vote independently and privately. You have the right to make independent choices about voting and to cast a ballot without any interference. You have the right to do so privately and to keep your vote secret.
- You have the right to get help with voting from a person of your choosing. Help can be provided by a friend, family member, caregiver, a service provider, or a poll worker. The only persons who cannot help you mark or cast your ballot are representatives of your employer or union.
- Only a judge can make the decision that someone is not competent to vote. Election officials and poll workers cannot stop you from voting because of your disability. Staff in hospitals, nursing homes, and other institutions cannot refuse to allow residents to register and vote or to obtain absentee ballots.
- You have the right to vote by absentee ballot. An absentee ballot enables you to mail in your vote, or deliver your ballot early, instead of appearing at a polling site on Election Day. You can call 1-800-FOR-VOTE (1-800-367-8683) to request an absentee ballot application or download one at voterlookup.elections.ny.gov.
- You have the right to an accessible polling place. The Americans with Disabilities Act requires all polling sites to meet accessibility standards. Those standards ensure equal access for people with disabilities, including voters who use wheelchairs or other mobility devices or who are blind or have vision loss.

- You have the right to use a Ballot Marking Device (BMD). The Help America Vote Act requires all polling sites to have working BMDs. A BMD is an accessible voting machine that allows individuals with low vision, limited dexterity, physical impairments, or other disabilities to mark their ballot privately and independently. You do not need to have a disability to use a BMD. Using a BMD can also be helpful because it provides audio instructions for the voting process.
- It's easy to register! You can call 1-800-FOR-VOTE (1-800-367-8683) to request a registration form and to inquire about registration deadlines. You can also visit www.elections.ny.gov to download a voter registration form and access other voting information. To check your registration status visit voterlookup.elections.state.ny.us.
- You must show up at the right polling place. You can identify your polling site by calling 1-800-FOR-VOTE (1-800-367-8683) or visiting elections.state.ny.us.
- You don't need a government-issued ID to vote. Most voters are not required to present identification when voting in New York. If you are voting for the first time in New York and did not provide any identification information when you registered, you may be asked to provide some verification of your identity, such as a photo ID, a utility bill, a bank statement, a paycheck, or other government document that shows your name and address.
- You have the right to a provisional ballot. If you are asked for identification and cannot provide it, or if there are any other problems with your registration, you can ask the poll worker for a provisional ballot. A provisional ballot allows you to cast your vote pending verification of your eligibility.
- You have the right to make informed voting decisions. It's important to learn about the issues and candidates before voting. You can visit the following sites to learn about ballot measures and candidates, and to find out about upcoming debates or forums:
 - VoteSmart.org
 - Vote411.org
- You have the right to file complaints about accessibility violations or other voting-related problems. If you believe that your right to equal access to voting has been violated, you can file a complaint with the New York State Board of Elections. If you experience any issues related to being a voter with a disability, please contact Disability Rights New York at Voting@DRNY.org or 518.432.7861.

New York's Protection & Advocacy System and Client Assistance Program

Monthly Emergency Preparedness Tip-July Family Communication Plan

Today we have more ways to speak with one another than ever before. We are used to staying in touch with cell phones, internet, and email, but disasters can change things. These devices may not be available. Cell phone towers quickly become overloaded with people trying to reach friends and family. If the power is out at your home, cordless phones, internet, and email will not work either.

Family Communication Plan: Have a phone with a cord and a car charger for your cell phone standing by in case of a power failure.

Phones with cordless handsets won't work in a disaster because they need

more electricity than they can get from the phone jack. Old fashioned phones with a cord connecting the handset to the base will work even in a power outage. Make sure you have at least one phone with a cord in your home in case of a power outage.

Keep a car charger for your cell phone in your vehicle. If the power is out in your home, you can still charge your cell phone in your car.

If you don't have a landline and you use a cell phone as your home phone, remember that cell phone towers may be tied up with calls in an emergency. However, a text message from your cell phone may get through when a phone call doesn't. Make sure everyone in your family knows how to send and receive text messages.

Family Communication Plan: Develop a plan for how your family will stay in touch during a disaster.

Develop a plan so you can stay in touch with your family in a disaster. Include phone numbers for all family members and those who can give you extra help, such as caregivers. Also include all work, school, and daycare phone numbers, if applicable. A wallet-size form you can use to write down this information can be found at www.ready.gov. Be sure each family member has a copy of your communication plan. Post the communication plan by a phone in your home, and include it in your go bag as well.

Outside the Area Contact

Local phone calls and long distance calls work on different circuits. When local circuits are overloaded, you may still be able to make long distance calls.

Choose someone outside of the local calling area to be your "outside the area" contact. Make sure all family members carry this phone number with them. If something happens when your family is not together and you are not able to reach each other, each family member can call the "outside the area" contact and leave a message for the others.

Family Communication Plan: Program in Case of Emergency (ICE) numbers into all family cell phones.

If you are hurt and can't talk, first responders and hospital staff may not know how to contact your family right away. If you have a cell phone, you can provide the phone numbers for your emergency contacts to first responders and hospital staff.

1. Create a new contact in your cell phone's phone book.
2. Name the contact ICE.
3. Enter all phone numbers for the person you would like to have notified in a medical emergency.

www.do1thing.com

NYS of Health Enrollment Period for Uninsured Has Been Extended to August 15

Governor Cuomo has announced that the Special Enrollment Period for uninsured New Yorkers will be extended for **another 30 days** through **August 15, 2020**. New Yorkers can apply for coverage through NY State of Health's health insurance marketplace or directly through insurers.

If you need assistance applying for health insurance coverage, Human Services Coalition navigators are available to help free of charge.

Call 2-1-1 (1-877-211-8667) or go to <https://hsctc.org/health-appointment-booking/> to make an appointment.

Useful Links

[DIY reusable face mask with clear window \(for the deaf and hard of hearing\) | Maison Zizou](#)

Georgia Tech has created a COVID 19 Event Risk Assessment Planning Tool. If you are planning on traveling, check it out:

[https://covid19risk.biosci.gatech.edu/?](https://covid19risk.biosci.gatech.edu/?fbclid=IwAR0s82mzSBKyy1tlvujldzgfzKArIbdNDIywVAssK18381J665AotBInoYM)

[fbclid=IwAR0s82mzSBKyy1tlvujldzgfzKArIbdNDIywVAssK18381J665AotBInoYM](https://covid19risk.biosci.gatech.edu/?fbclid=IwAR0s82mzSBKyy1tlvujldzgfzKArIbdNDIywVAssK18381J665AotBInoYM)

[Donate](#)

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