



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



**All of us at FLIC wish you and yours a safe and happy holiday!
FLIC will be closed on Thursday and Friday, November 26 and 27.**

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.

**27th Annual Mental Health Conference Series:
Crossroads of Mental Health and Homelessness**

Tuesday, December 1

6:00pm via zoom

Keynote: Ithaca City Mayor, Svante Myrick

Wednesday, December 2

9:30-11:00am via zoom

Homelessness and Housing Task Force

Homelessness 101 with Liddy Bargar, Coordinator of Housing Initiatives,
Human Services Coalition

Thursday, December 3

9:30-11:00am via zoom

Homeless Outreach Panel

Natalya Cowilich, Community Outreach Worker, Family and Children's
Services

Deb Wilke, Homeless Crisis Alleviation Coordinator, Second Wind Cottages

Christina Culver, Executive Director, Loaves and Fishes

Chris Teitelbaum, Program Supervisor, St. John's Community Services

Thursday, December 3

1:00-2:00 via zoom

Accessing Services through Single Point of Entry

Tracy Decker, Director of Residential Services, Lakeview Health Services

Rich Shaw, Coordinator of Dual Recovery Services & Single Point of Entry,

Tompkins County Mental

Health Services

The Single Point of Entry is a process by which people in Tompkins who have a serious mental illness can access special housing opportunities made possible through the New York State Office of Mental Health. The housing options include: community residences, an apartment treatment program, single room occupancy apartments, and supportive scattered site apartments.

Friday, December 4

TBA - via zoom

Book Talk – Fiction and Non-Fiction Books on Homelessness

Tompkins County Public Library

To register, visit www.ithacacrisis.org/crossroads

To download a poster, visit

https://www.canva.com/design/DAEMegIEgzs/sBI9PiBi2kL-cW7_W-Xa2g/view?

[utm_content=DAEMegIEgzs&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink](https://www.canva.com/design/DAEMegIEgzs/sBI9PiBi2kL-cW7_W-Xa2g/view?utm_content=DAEMegIEgzs&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)

Join FLIC's Statewide Systems Advocacy Team!

FLIC is excited to share that we have received a grant to have a Statewide Systems Advocate. The Advocate will be a part of a system under New York Independent Living Association to advocate for people with disabilities through policy and educational means. Valerie Horn will start as an SSAN Advocate for

FLIC. She will be sharing relevant news that affect the disability community through emails, the newsletter and social media. During the legislative session (January through June), she will actively support new bills that affect the disability community and attend Legislative Days in Albany, NY. In the meantime, she will be working on objectives that will promote advocacy awareness in the region.

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 of issues you are passionate about, for example, 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 platform of connecting in person and hosting events with the public to a technical platform of Zoom, social media, calls and emails.

Predicted bill #1 that will be important for policy 2021:

The Disability Integration Act is an ongoing bill that was introduced by the Minority Leader and Senator of New York, Charles Schumer. The bill targets full integration of people with disabilities in the community by clarifying several clauses such as articulating the right to live in the community without creating unnecessary government programs. This assures the constitutional right to liberty for people with disabilities and senior citizens who want to live in the community. By encouraging people to integrate in the community, the Federal and State government are saving millions of dollars compared to institutionalization. This act has been gaining traction since 2017 but the disability community wants to see the bill passed. Progress towards independence has begun. *Olmstead vs L.S.* banned segregation of people with disabilities and the Americans with Disabilities Act of 1990 assured people with disabilities would be allowed to live independently. Currently, several states are not fully compliant with *Olmstead* and the ADA. This Act is slowly gaining support but also with criticism. One such example is the bill would increase government oversight.

For more information, check out these resource links:

<https://www.aarp.org/politics-society/advocacy/info-2019/disability-integration-act.html>

<https://www.congress.gov/bill/116th-congress/house-bill/555>

November is National Caregivers Month!
To All Those Family and Professional Caregivers - THANK YOU!!

"Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock." Check out the latest helpful hints and community resources because if you don't take care of yourself, you can't take care of anyone else."

<https://nationaltoday.com/national-family-caregivers-month/>

TCAT Wants to Hear from You

There is still time to submit written input on what you would like to see from TCAT over the next 10 years, concerns you would like to see addressed and other ideas. Below is the link to use to give written input:

<https://tcat.mysocialpinpoint.com/tdpideaswall/ideas#/sidebar/tab/about>

Telehealth Survey - Your Input Needed

We're asking for your help in answering a brief, anonymous online survey about your experiences with telehealth in Tompkins County. The survey is for a research study led by MPA students at Cornell Institute for Public Affairs, Cornell University's Master of Public Administration program. The project is being conducted in consultation with New York Statewide Senior Action Council and is supported by the Health Foundation of Western and Central New York.

The purpose of this research is to learn how telehealth services are being used in Tompkins County. We want to learn more about the benefits and challenges related to using telehealth services for health care providers and consumers in Tompkins County, and hope the information gathered through this research can be used by providers, insurers, policymakers, and others to improve telehealth services.

The survey should take no more than five minutes to complete. Any responses will be anonymous. Here is the link to the consumer survey:

https://cornell.ca1.qualtrics.com/jfe/form/SV_b4t8BHCAb9TaT1r

If you have questions about the survey, please contact Laurie Miller at ljm44@cornell.edu.

Thank you for your time. Survey extended to November 24.

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:

December 8, 2020

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

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!

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."

For more information, visit techenhancedlife.com

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

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

Emergency Supplies

Any emergency is easier to handle when you have prepared ahead of time. Put together an emergency kit with important items to keep at home, and a go bag with items you will need to take with you if you evacuate. Think about what you and your family would need in a disaster. You can make kits for your home, car or workplace. Emergencies can happen anywhere.

When severe weather is predicted, make sure your car has a full tank of gas. You don't want to wait in line for gas if you are told to evacuate. Some storms may also knock out electricity, causing gas stations to close.

Task One: Gather your emergency supplies in an accessible place.

Have a go bag ready if you have to shelter in place or evacuate your home. Your go bag can be part of your emergency kit, just make sure it is in a bag or easy to carry container and that it is easy to get to.

Think about these items for your go bag:

- Battery powered radio and extra batteries
- Flashlight with extra batteries
- Lightweight blankets
- Emergency information, including insurance policies
- A list of medications and correct dosage, and doctor's names
- Personal items such as toothbrushes, soap, extra glasses, etc.
- Whistle
- First aid kit
- Change of clothing
- Non-perishable snacks
- Books, cards or magazines to pass the time

Consider these additional items for infants and children:

- Baby formula and food
- Diapers
- Baby wipes
- Blanket or toy

Consider these additional items for medical conditions:

- Empty pill bottle(s) or a list of current medications
- Your doctor's phone number

*Make sure you update your go bag when your medications change.

For pets:

- Pet food & water
- Collar with ID tags
- Pet medication(s)
- Pet carriers and leashes
- Medical records from vet
- Photos of your pet
- Microchip information

Task Two: Create an emergency supply kit for your pet, your car, and your workplace or school.

Disasters can strike when you are away from home. If your office or school does not have an emergency kit, offer to help make one. The kit should include:

- First aid supplies
- Flashlights or light sticks
- Building emergency procedures
- Building maps showing evacuation and shelter areas
- Pens or pencils
- Signs with the words "Need Help" and "All Clear"
- Clipboard with class/staff names

Task Three: Stash some cash in case ATMs and credit card machines are not usable in a disaster.

Many things that we take for granted are not available when there is no power. ATM machines may not work. Grocery stores and other businesses may not be able to accept your credit or debit card. Cash could be the only acceptable means to make a purchase. Some experts say you should have at minimum \$150.00 in cash stashed away. Realizing this may not be possible for everyone, any amount is good to start with. Take \$1.00 dollar a week and

place it in an envelope in your emergency kit. In just a little time, you will have some cash stashed away for use in emergencies.

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

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 Community. For more information contact Jan Lynch 607-2722433; jan@fliconline.org

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

Covid-19 Holiday & Travel Guidance from the Tompkins County Health Department

Downloadable resources are available on the Tompkins County Health Department website:

<https://tompkinscountyny.gov/health/factsheets/coronavirusdownloads>

Full guidance about the NYS Travel Advisory can be found here:

<http://tompkinscountyny.gov/health/movingforwardphases#traveladvisory>

Need a Public Notary?

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

[Donate](#)

Finger Lakes Independence Center, 215 5th Street, Ithaca, NY 14850
Phone: 607.272.2433
Email: info@fliconline.org

Website: www.fliconline.org

Facebook: www.facebook.com/fingerlakesindependence