



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.

Exciting News from Gadabout

Gadabout has lowered the minimum rider eligibility age to 55!

AND

Gadabout will be offering free rides to the polls in Tompkins County for people to vote. These trips are open to the public and there is no minimum age requirement to ride. Donations to offset the cost of providing this service can be mailed to our office at 737 Willow Ave. Requests for transportation should be called in at least 2 business days ahead.

Early Voting Begins October 24 in Tompkins County

Voters now have nine extra days to vote prior to the Presidential Election on November 3, at special Early Voting locations. Everyone who is registered to vote in New York State, a resident of Tompkins County, is eligible to vote at one of our two Early Voting sites. Each site is fully accessible to voters with physical disabilities. Voters do not need to have an “excuse” for voting early. Once they have cast their ballot on a machine at an Early Voting site, they will not be able to vote on Election Day.

Locations for Early Voting in Tompkins County: Town of Ithaca Town Hall 215 N Tioga St (in downtown Ithaca) and Crash Fire Rescue (CFR) 72 Brown Rd (by the Tompkins County airport).

For Early Voting hours, visit

<https://tompkinscountyny.gov/files2/boe/2020/EarlyVoting/Early%20Voting%202020%20General%20Election%20Poster.pdf>

125th Assembly District Candidates to Address Senior Issues

The Tompkins County Chapter of StateWide invites you to two virtual town halls by the candidates running for the New York State 125th Assembly District representing Tompkins and Cortland counties.

Wednesday, October 21, 1-2 PM: Republican & Libertarian parties' candidate, Matthew McIntyre

Thursday, October 22, 1-2 PM: Democrat & Working Families parties' candidate, Anna Kelles

NY STATEWIDE SENIOR ACTION COUNCIL is a not-for-profit 501(c)3, non-partisan grassroots membership organization devoted to advocating for seniors and promoting senior issues to our elected representatives in Albany.

- To register for the town halls, click [HERE](#) -or-
- Copy and paste this link into your browser: <https://bit.ly/2ZY1i4o>
- If attending by phone, call 646-558-8656, Meeting ID 876 1512 0471#

A recording of each town hall will be available on StateWide's website, at www.nysenior.org (Go to the menu above the website logo and click on the Calendar tab)

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:

November 10, 2020

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-October: Power **The Core Advisory Group of Tompkins County reminds you:**

“Emergencies Don’t Wait. Make Your Plan Today.”

Task one

Have flashlights ready in an easily accessible place and check batteries in flashlights and radios.

When the lights go out, the safest way to provide emergency lighting is with flashlights or battery-powered lanterns. Keep flashlights with fresh batteries in several places throughout your home and check them for proper operation regularly. Always keep a supply of extra batteries. Think about buying a rechargeable flashlight. Batteries might be hard to find in a disaster.

Task Two

Acquire and learn how to safely use a portable generator.

Using a properly connected generator of adequate size during a power outage will reduce or almost eliminate the impact a power outage has on your life.

Before you buy a generator, talk to an electrician about the size and type you need. Think about what you want your generator to run. Generators can be used to keep food cool, provide lights and electricity for phones and television, power furnace blowers and pumps.

The best way to use a portable generator is to connect it to your home using a transfer switch installed by a licensed electrician. This will keep the power from overloading the wiring in your home. It will also keep the power from your generator from traveling back into the power lines, which can injure or kill people working on power lines, or can unexpectedly re-energize downed power lines near your home. You may also connect equipment directly to the outlets on the generator, but be sure that any extension cords are of the proper length and gauge to handle the power requirements.

Remember: Always run generators outside. Never use a generator inside a house, in a basement, or garage. Never use a cord from a generator to backfeed a circuit in your house.

Task Three

Create a power outage plan and decide what you can do before, during and after a power outage to minimize the effect on your household.

Before the power goes out:

- Fill empty space in freezer with containers of water. Frozen water will displace air and keep food cold longer. Remember to leave space in containers for ice to expand.
- Have at least one phone with a handset cord in your home. Many cordless phones will not work in a power outage.
- If you have an automatic garage door opener, learn how to use the manual release and open your garage door manually.
- Try to keep your car's gas tank at least half full. Many gas stations will not be in operation during a power outage. Fill up your tank if a major storm is predicted.
- Make sure you have a car or lighter plug cord for your cell phone.
- If you use special healthcare equipment like oxygen generators or dialysis equipment, notify your power company.

After the power goes out:

- Unplug major appliances and electronics. When the power comes back on, there may be power spikes that can damage large appliances or

delicate electronics.

- Do not open refrigerators or freezers any more than necessary. An unopened refrigerator will keep food cold for approximately 4 hours, an unopened freezer will keep food frozen for approximately 24 hours.
- Use a battery-powered radio to stay informed.

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

TCAT Wants to Hear from You!

TCAT's Transit Development Plan (TDP) 2020 is a holistic review of the existing bus network, with the goals of refining services to match demand, increasing overall ridership and utilization, and providing equitable and reliable service.

The TCAT TDP 2020 will:

- Envision and plan a clear, efficient, and attractive fixed-route transit system with multi-modal connectivity.
- Provide solutions for first-/last-mile services, especially in the rural areas of Tompkins County.
- Plan for frequent-service corridors that are attractive for riders and support amenity and service improvements.
- Increase overall ridership, reliability, and utilization of TCAT services.
- Ensure that the bus network continues to serve people equitably, including historically vulnerable communities, seniors and youths, and populations with disabilities.

During the project, we will be asking for your input and feedback. Residents of Tompkins County, including both TCAT riders and non-riders are strongly encouraged to participate in our upcoming public engagement events.

For more information, visit <https://tcat.mysocialpinpoint.com/>

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

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

[Donate](#)

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Phone: 607.272.2433

Email: info@fliconline.org

Website: www.fliconline.org

Facebook: www.facebook.com/fingerlakesindependence