



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.

Powers of Attorney Presentation

Please join the Finger Lakes Independence Center and the Tompkins County Office for the Aging, partners in NY Connects, for the following presentation 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.

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, visit <https://fliconline.org/FLIC/planning-and-powers-of-attorney/>

L.E.A.R.N: Providing Quality Service to Customers with Disabilities

With strong commitments to community partnership and public impact, the Tompkins Chamber and Finger Lakes Independence Center (FLIC) are collaborating to present strategies for providing quality services to people with disabilities and help you answer questions you and your staff may have. Please join us for the following presentation.

L.E.A.R.N: Providing Quality Service to Customers with Disabilities

Wednesday, September 23

12:00-1:00 via zoom

The webinar will summarize methods employers may use in their businesses/organization. Valerie Horn and Jeff Boles from Finger Lakes Independence Center will be hosting the presentation via Zoom. FLIC staff provides a personal perspective on disability issues and customizes free presentations to directly assist business owners as well as their employees about this topic. Specific issues to be covered include:

- The Americans with Disabilities Act (ADA) and service animal requirements
- Facility accommodations
- How to accommodate and interact with customers with disabilities
- Serving customers with disabilities during COVID 19
- Discuss and solve hypothetical scenarios that you can apply to your own business

The format of the webinar will be a 45-minute presentation of information followed by a 15-minute Q&A.

For more information and to register, visit

<https://business.tompkinschamber.org/events/details/l-e-a-r-n-providing-quality-service-to-customers-with-disabilities-191039>

2020 Census: Get Counted Now Before the End of September!

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.

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:

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.”

For more information, visit techenhancedlife.com

September Is National Preparedness

The Core Advisory Group of Tompkins County reminds you:

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

What to do when your loved one is in a nursing home during COVID-19

Staying in touch

For many residents of nursing and group homes, it’s hard not being allowed to see visitors or participate in group activities. Many struggle with loneliness or depression. Fortunately, there are ways to visit remotely. Many nursing homes have set up window stations for visitors. Friends and family can call the facility and to schedule a window visit with a loved one.

Visitors can be escorted to a large window or sliding glass door where they can watch safely from inside while visitors smile and wave – or perform songs or dances for them – from outside. Window visitation can be done over the phone as well, in which case, both the resident and the visitor talk on the phone while being able to see each other through the window.

Many facilities have also helped set up computers and email accounts for residents who don’t already have them, and of course, talking on the phone is always a safe way to stay in touch.

If your loved one is bedridden or unable to talk on the phone, call the facility to ask for help – in most cases, staff members can take a phone or tablet into a room and hold it up, allowing visitors to see or speak to their loved ones over Skype or Zoom.

Can I visit my loved one in a nursing home?

It depends on where you live.

AARP has a [state-by-state guide](#) you can use to check visitation status in your state.

<https://www.aarp.org/caregiving/health/info-2020/nursing-home-visits-by-state.html>

For the latest on visiting family and friends in NYS skilled nursing facilities, see https://health.ny.gov/press/releases/2020-07-10_resumption_of_limited_nh_visitation.htm

Bear in mind that even in states that have authorized visits, individual nursing homes may remain locked down due to local or facility-specific circumstances. In the meantime, the best way to “see” your loved ones during this period is often through video-chat and conferencing platforms like [Zoom](#), [FaceTime](#) and [Skype](#)

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

Need Health Insurance?

The Special Enrollment Period (SEP) for uninsured New Yorkers has been extended through the end of 2020.

If you are in need of health insurance, navigators are available to assist you free of charge.

Call 2-1-1 (1-877-211-8667) or visit <https://hsctc.org/health-insurance-assistance> to make a phone appointment.

Finger Lakes Independence Center Participates in National Voter Registration Day

On Tuesday, September 22nd Americans will celebrate **National Voter Registration Day** with a massive cross country effort to register voters across the country well in advance of Election Day this November.

With a historic presidential election approaching, every American voter should exercise their right to be heard at the ballot box and National Voter Registration Day is the right way to start by getting registered.

The Disability Vote will play an immense role in upcoming local, state, and federal elections in 2020. The power of the disability vote can hold our elected officials accountable for decisions that directly affect programs and services people with disabilities rely on to live independently in the community of their choice.

Questions regarding voter registration or voting with a disability, contact Jeff Boles at the Finger Lakes Independence Center by email at jeff@fliconline.org or call 607-272-2433.

Justin Dart, father of the Americans with Disabilities Act (ADA), said it best:
“Vote as if your life depended on it, because it does.”

TCPL and League of Women Voters of Tompkins County Partner for National Voter Registration Day on September 22

Tompkins County Public Library is pleased to partner with the League of Women Voters of Tompkins County for **National Voter Registration Day on Tuesday, September 22, from 10:00 am to 6:00 pm.**

There will be a table set up on the Green Street side of the library building with registration forms and absentee ballot applications. LWV volunteers will be on hand to ensure that interested participants have all the information they need to be ready for Election Day in November.

Learn more at <https://www.tcpl.org/events/national-voter-registration-day>.

Questions? Contact Sophia McKissick at smickissick@tcpl.org.

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