



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.

Save the Date! Emergency Readiness 101 Virtual Training

FLIC will present an online basic guide to emergency readiness on Wednesday, May 5, from 2:00- 3:00 pm.

This presentation will introduce the concept of being prepared for a variety of emergencies such as a power outage, needing to evacuate to a shelter, or shelter in place, such as a quarantine situation. Learn what documents should go with you to a shelter, what kinds of supplies you might want to have on hand for your specific needs and what social supports you can put in place now.

To register for this event, contact Jeff at jeff@fliconline.org or call 607-272-2433.

Walking Loops Presentation

Please join the Finger Lakes Independence Center, the Human Services Coalition's Health Planning Council and Cornell Design and Environmental Analysis students for the following presentation via zoom:

Senior Walking Loops for Age-Friendly Tompkins
Monday, May 3
12:30-1:00

Presenters: Frederick Horowitz, Sang-o Kim, and Lee Brunco

Description: Maintaining a healthy lifestyle including frequent walking trips can help older adults stay healthy and feel part of the community. There are previous and ongoing efforts to map the community and identify gaps but no comprehensive assessment is currently known or available. Our focus is on low-income senior housing in Tompkins County. Due to the vast number of locations in the county, we narrowed our efforts to Titus Towers Apartments, Ellis Hollow Apartments, and Newfield Garden Apartments. These three locations fall into three different types of communities: urban, suburban, and rural. Our objective was to create a map with senior citizen-friendly walking loops for each of the three locations identified as well as to develop an assessment tool and process for other people to replicate or apply to existing walking loops. This presentation will share the maps created, as well as the process to develop maps for other locations and an assessment tool to identify if existing walking loops are age-friendly.

To register, email Teri@fliconline.org

COVID-19 Vaccine Update: Individuals who are Homebound Now Eligible and Added to Vaccine Registry

The Tompkins County Health Department has announced that individuals who are homebound can now use the [Tompkins County Vaccine Registry](#) and are eligible to receive the vaccine locally. Individuals are encouraged to sign up for the registry and will be communicated with by TCHD when appointments become available.

Individuals who are homebound will be vaccinated in their homes. TCHD will communicate directly with the individual who is homebound or a caregiver based on the information provided in the registry when appointments become available.

Caregivers, family members, or friends can complete this registry on behalf of someone who does not have access to the Internet. Individuals without computer and/or internet access may also call 2-1-1 (877-211-8667) during business hours 8:30am – 5:00pm and someone can register them over the phone. TCHD will use this registry to distribute registration links for eligible groups when vaccine appointments are available.

This registry does not guarantee a vaccine appointment.
For local updates and information, check the TCHD [website](#).

If you need assistance to sign up for the Tompkins County Vaccine Registry, contact Teri at FLIC at 272-2433 or Teri@fliconline.org

Tips For Job Seekers

If you are a first time job seeker or re-entering the job market, here are some helpful job search links to consider. Each site can be set to look for jobs in your area. You can either apply for jobs through these sites or apply directly through the company's website.

www.indeed.com

www.craigslist.org

www.monster.com

www.careeronestop.org

We recommend that you do a little research about each company & position before you apply. Are these positions full or part time? Are these positions remote or in-person? Are these positions paid by an hourly wage, salary, or by commission?

Be brave & be persistent. You will most likely have to apply to several jobs before the employer chooses you as the right match for their position. If you're a person with disabilities, you may also contact our employment advocates for help with finding employment.

Don't hesitate to call 272-2433 or email us -
Emily Papperman Emily@fliconline.org or Jorge Cuevas Jorge@fliconline.org

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 a Zoom, social media, conference calls and emails.

Snapshot of April Policy

New York Association of Independent Living among many other organizations were supporting and promoting Fair Pay for Home Care to be included in the 2021 budget. The Senate recommended a version of Fair Pay for Home Care for their one-house budget, but it was not included in the Assembly One House budget. Ultimately, Fair Pay For Home Care was not included into the official budget this year. This could be due to many reasons.

The bill asked for the wages increased 150% above the minimum

wage. According to many sources, the proposal only had temporary funding to pay the workers the increased amount. The proposal also only supports Medicaid-reimbursed providers. The lack of long term-funding poses a problem for providers and people who pay out of pocket.

Here are three websites that discuss Fair Pay for Home Health care:

<https://spectrumlocalnews.com/nys/udson-valley/news/2021/03/15/home-health-aides-hoping-for-higher-wages->

<https://homehealthcarenews.com/2021/03/home-care-operators-waiting-for-clarity-on-proposal-to-boost-pay-to-112-of-minimum-wage/>

<http://erikmcgregor.com/2021/03/12/fair-pay-for-home-care/>

Legislation often takes years to be enacted. What is important about this legislation and the rally behind it by many organizations is that it established knowledge and support for the concept and legislation. Though it has not been included this year, it can still be advocated for next year, and perhaps, lay down better long term plan and funding for the legislation.

The Registry Referral Program

The Finger Lakes Independence Center administers the Registry Referral Program. The Registry Referral is a free referral service linking individuals seeking independent employment to people who need care in their home. Opportunities include: elder companion, housekeeper, run errands, cook, personal care aide, home care aide, LPN, RN. People looking for help can call and receive names of people who are willing to provide those services. Payment and other arrangements are made by the person seeking help with the person willing to provide the services. If you either need assistance or if you would be interested in listing your name as a caregiver, please call FLIC at 272-2433 or email: info@fliconline.org. *If you have experience caring for a friend or loved one, please consider sharing your compassion with others.* This program is made possible through funding from the Tompkins County Office for the Aging.

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.

New Support Group for Parents of Children with Brain Injuries

The Brain Injury Association of NYS has a new statewide support group for parents who are raising a child under age 18 with a brain injury.

Virtual meetings will be on the second Tuesday of every month (7:30 - 8:30 pm). Parents may join by computer or phone.

For more information, email Danielle Klein (parentsg23@gmail.com).

Want to Learn ASL?

Due to Covid restrictions, we have not been offering American Sign Language classes. We are planning to resume the classes this fall. Be on the lookout for announcements regarding specific registration information for the next class. If you have questions, you can ask Amy Jo DeKoeyer at amyjo@fliconline.org, or call 607-272-2433.

Need Health Insurance?

NYSDOH has extended Open Enrollment to December 31,2021.

Visit <https://hsctc.org/health-insurance-assistance/> or call 2-1-1 (1-877-211-8667) to make an appointment with one of our navigators, who provide free, unbiased assistance. You can also explore your options directly at nystateofhealth.ny.gov.

Emergency Preparedness Tip of the Month - April

The Core Advisory Group of Tompkins County reminds you:

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

Focus on Food

Task One: Buy a three-day emergency food supply for your household.

Put aside a three-day supply of food for disasters. You probably have a better idea than anyone else how much food you and your family members would need for three days. Follow the BUS rule to help you. BUS stands for balance, usability, and shelf-life.

1. Balance: You may already buy food that provides a balanced diet for your family. A balanced diet includes a variety of foods from each of the basic food groups. This is especially important for people with certain health conditions. Also include high energy foods (such as nuts and protein bars) and comfort foods (such as graham crackers or chocolate).
2. Usability: Choose items that don’t need to be cooled, heated, or need a lot of water. Examples include canned or dried meat, dry cereal, and canned vegetables. Make sure you have a manual can opener if you plan to use canned goods.
3. Shelf Life: Look at the expiration date listed on the food item. Use and replace foods before the expiration date.

Task Two: Take steps to make sure food in your refrigerator and freezer will stay safe.

During an extended power outage, temperatures in your fridge and freezer will begin to rise, even if the doors stay closed. As the temperature rises, harmful bacteria may begin to grow on your food.

If the temperature in your fridge stays above 41 degrees Fahrenheit for more than four hours, perishable food items (milk, lunchmeat, mayonnaise based salads, poultry items, leftovers, etc.) may be unsafe to eat.

If the temperature in your freezer stays above 41 degrees Fahrenheit for more

than one to two days, food may be unsafe to eat. Food that still contains ice crystals should be safe. Always check the color and odor of food, particularly meat when it is thawed. If it is questionable throw it out (make sure it is discarded where animals can't get to it).

Take steps now to make sure your perishable food remains as safe as possible:

- Install a thermometer in your fridge and freezer.
- If you anticipate a power outage, such as a winter storm, reduce the temperature of your fridge and freezer. The colder your food is the more time it takes to thaw.
- Keep containers of ice in your freezer to keep the temperature down.

When the power goes out:

- Cover the fridge or freezer in newspapers and blankets. Keep vents clear in case the freezer starts operating again.
- Avoid opening the door to the fridge or freezer.
- Use dry ice, if available. Identify a source for dry ice in advance and remember that if the power outage is widespread, there may be a lot of competition for this resource.

If you don't know the temperature of your fridge or if the fridge was off for more than four hours, the food should be discarded. Eating perishable food that has not been kept cold can cause food poisoning, even if it is refrozen or cooked. When in doubt, throw it out!

Task Three: Make sure you can meet any special dietary needs in your household.

Some people are on special diets for health reasons. There can be serious effects if the right food is not available during a disaster. If you use special equipment, like a blender, food scale, or feeding tubes, make sure you take those with you. Think about keeping extra equipment at a friend or relative's home in case you have to evacuate.

Talk to your healthcare provider or a nutritionist about non-perishable menu options that can be used if you can't get to a grocery store, or that can be prepared at an emergency shelter. Keep a description of your medical condition and the diet in your emergency kit.

Source: www.do1thing.com

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

Physical Activity for People with Disabilities

[Physical Activity for People with Disability | CDC](#)

Everybody needs physical activity for good health. However, less than half of U.S adults with serious difficulty walking or climbing stairs (mobility disability) report engaging in aerobic physical activity. For those who are active, walking is the most common physical activity. Yet, adults with disabilities report more environmental barriers for walking than those without disabilities. Here are some ways that people with disabilities can stay active and healthy.

Physical activity plays an important role in maintaining health, well-being, and quality of life. According to the [Physical Activity Guidelines for Americans, 2nd edition](#), physical activity can help control weight, improve mental health, and lower the risk for early death, heart disease, type 2 diabetes, and some cancers. Physical activity can also improve mental health by reducing depression and anxiety. For people with disabilities, physical activity can help support daily living activities and independence.

Any amount of physical activity that gets your heart beating faster can improve your health. Some activity is better than none. For even greater health benefits, the Guidelines recommend that all adults, with or without disabilities, get at least 150 minutes (2.5 hours) of aerobic physical activity per week. Activities can be broken down into smaller amounts, such as about 25 minutes a day every day. Muscle-strengthening activities, such as adapted yoga or working with resistance bands, provide additional health benefits.

Engaging in physical activity outdoors can help improve your physical health, as well as your mental health and well-being. Most people can engage in an active lifestyle through walking—including people with disabilities who are able to walk or move with the use of assistive devices, such as wheelchairs or walkers. In fact, walking is the most common form of physical activity reported among active adults with mobility disability. Being active in your home can also be a good option. Here are some resources that can help you stay physically active while at home.

- The [National Center on Health, Physical Activity and Disability \(NCHPAD\)](#) has created a playlist of the [top exercise-from-home videos](#) on their YouTube channel. The playlist for kids and adults includes several options for all abilities to help you choose an exercise mode that works for and is enjoyable to you.
- NCHPAD also offers a [14 Weeks to a Healthier You](#) program. This program is a FREE, personalized, web-based physical activity and nutrition program for individuals with disabilities and chronic health conditions.
- Special Olympics' [Fit 5 Resources](#) challenge individuals to live by the 3 simple goals of staying active 5 days per week, eating fruits and vegetables and drinking 5 bottles full of water each day. It includes fitness cards and videos that offer simple exercises to target endurance, strength, and flexibility, all of which can be done at home.

Support FLIC When You Shop at Amazon

You can use your shopping on Amazon to give back to FLIC! Amazon's "Smile" Program donates 0.5% of your eligible purchases to FLIC. Just go to www.smile.amazon.com and enter your Amazon username and password. Choose Finger Lakes Independence Center as your charity. It's easy, please do it today!

Need a Public Notary?

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

[Donate](#)

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