



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. Many services are 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 during office hours 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.

Healthcare Storytelling

Join the training on Zoom May 26, 12-1:30 pm

Do you believe healthcare should be guaranteed for everyone?
Have you experienced difficulty accessing healthcare?

Sharing our stories is very important in advocating for changes in the healthcare system. We all need to guarantee our right to healthcare. If you have experienced difficulties with healthcare, the training will provide some information on story-based advocacy.

Join Finger Lakes Independence Center, Human Services Coalition and Campaign for NY Health for a virtual leadership training on healthcare storytelling. Open to people with disabilities and individuals who have faced difficulties in the healthcare system.

During the training participants will:

- Discuss their experiences accessing healthcare
- Learn healthcare storytelling best practices

Hosts:

Valerie Horn: Advocacy Specialist at Finger Lakes Independence Center

Ursula Rozum: Co-Director, Campaign for NY Health

Nicole Zulu: Director of Health Planning, Human Services Coalition of Tompkins County

Register [here](#). For more information, contact Valerie at Valerie@fliconline.org

Try It Room Item of the Month

The Bouncy Band Wiggle Seat is a round rubber inflatable disc on which a student can sit.

According to the manufacturer, it provides:

Increase Focus: Kids expel excess energy while seated, enabling great concentration in school or at home.

Calming Influence: Flexible nubs on one side and smaller bumps on the other give a choice for just the right amount of tactile stimulation for kids to stay calm and focused.

Improves Posture: Ergonomic disc causes the body to stabilize itself, improving core strength and posture.

Perfect Size for School and Home: 13"/33 cm diameter is a great fit for young children's seating while being big enough to grow as your child does.

Customize Firmness: Comes inflated and includes an easy-inflation pump to contour exactly to each child's needs.

For a picture and more information on this item, go to:

<https://bouncyband.com/collections/shaped-wiggle-seat>

This item is available in the Finger Lakes Independence Center's Try It Room. We currently have 1 available. The items in our Try It Room can be borrowed for a month. There is no deposit or cost associated when using items from the Try It Room.

Tips For Job Seekers - Resumes and Cover Letters

Spring is here! Vaccinations are happening & Covid restrictions are being loosened. Time to revamp your resumes to apply for seasonal summer or year-round permanent employment. There are a ton of jobs available!

Most jobs that are listed usually receive many applications & resumes. Besides your experience & your applicable skills, what will make your resume stand out to the employer? Why will the employer want to read & remember your resume above the others?

Here's are couple out of many free online sites that can help you with creating an eye catching resume:

<https://www.careeronestop.org/JobSearch/Resumes/ResumeGuide/Introduction.aspx?&frd=true>

<https://www.topresume.com/career-advice/what-is-an-ats-resume>

Besides resumes, cover letters are another way to stand out amongst the many applicants. Think of a cover letter as an opportunity to address the relative skills that you have that are listed in the job description, & why you would be the right fit for the employer / company. All things equal, an employer may gravitate towards an applicant with a cover letter, rather than an applicant without using this opportunity.

Here's a helpful cover letter link:

<https://www.indeed.com/career-advice/resumes-cover-letters/resume-power-words>

If you have job search questions, 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.

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.

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 - May

The Core Advisory Group of Tompkins County reminds you:

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

Work, School, & Community

THE GOAL: Make sure everyone in your household can receive, understand, and act on information received in an emergency.

Disasters can happen at any time. If you are away from home do you know where to find safe shelter locations? Do you know what the emergency procedures are for your child's school or for your workplace? Will people who count on you know what to do if you can't reach them? Know how to make sure you and your loved ones are safe in a disaster, no matter where you are.

Make sure emergency procedures are in place for your workplace or school.

Talk to your employer about emergency plans for the building where you work. Think about other places that you and family members regularly spend time, like your child's school. Talk to administrators at those places about their emergency plans as well.

WAYS TO BE SAFE AT WORK AND SCHOOL:

- Make sure evacuation routes and tornado shelter locations are marked on a map and posted in the building.
- Hold emergency training and drills.
- Help create an emergency kit for the facility.
- Know where fire extinguishers and Automatic External Defibrillators (AEDs) are located

Give emergency kits to people who count on you (college students, elderly parents, etc.).

Put together basic emergency kits for people who may not be able to do so for themselves or for those who may not think of doing it for themselves. Show them what is in the kit and talk to them about disasters. Make sure the kit meets their specific needs. For instance, if someone takes prescription medicine, include a list of medications and dosages. For a college student, make sure the kit is small enough to store in the space they have available.

COLLEGE STUDENTS Talk to your college student about how you will stay in touch if a disaster occurs. Make sure they understand that cell phones may not work during a disaster. Choose an emergency contact who does not live near you or the college. Arrange with your student to call that person if they can't reach you during a disaster. Visit the website for your student's college to find out about the school's disaster plans and procedures. Some colleges will provide a phone number that you can call in an emergency. If you don't find the number on the website, call the admissions office and ask. Add the number to your emergency contact list. Make sure your student knows to call you if there is an emergency on campus. Also, ensure your student is registered for any emergency notification system on their campus.

Know how others in your community will respond in a disaster.

Talk to other people when you are developing an emergency plan for a school, workplace or organization. Get input from people who work there and other people who use the building. It is especially important to include people with disabilities. Think about asking your local police and fire departments to review the plan. Make sure that what you are planning won't interfere with emergency response. Find out if your community has designated evacuation routes for floods, hurricanes, or other disasters. Include that information in your plans. Make sure that the plans you develop will work for everyone.

https://www.do1thing.com/wp-content/uploads/2021/03/d1t_00_factsheets.en_.pdf

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

Summer Camp Information for Parents and Caregivers

The rights of you and your child at summer camp:

Children with learning, mental health, and/or physical disabilities have the same rights to attend summer camp as their peers without disabilities and cannot be denied admission due to their disability. The Americans with Disabilities Act (ADA) requires that summer camps (both private and those run by towns or municipalities) must provide reasonable modifications of their policies, practices, and procedures when necessary, to enable campers with disabilities to participate fully in camp programs, unless the camp can demonstrate that the necessary modifications would fundamentally alter the nature of the services and activities offered by the camp.

In addition:

- Camps must evaluate each child on an individual basis.
- Parents cannot be required to pay the cost of the reasonable modifications necessary for their child to fully participate in all camp activities.
- Camps should train staff in the requirements of the ADA.
- Camps must train staff to administer daily medicines required by campers with disabilities, such as insulin (via pump or shots) and emergency medications,

[Summer Camps and the ADA \(justice.gov\)](https://www.justice.gov/summer-camps-and-the-ada)

Reasons Your Child Should attend Summer Camp:

- Increased confidence
- Increased independence
- Activity and exercise
- A break for both the child and the parent/caregiver
- The opportunity to interact with other, build relationship skills, and make lifelong friends.
- Laughs and so much more!

Involve your child in deciding which camp to attend, questions to ask:

- What do you want to get out of summer camp?
- Are there any activities you would like to try?
- What are your preferences?
- Do you have a friend who you would like to go to camp with? What camp will they be attending?

Questions to ask summer camps:

- Is your camp policy inclusive of all campers?
- What does a typical day at your camp look like?
- What activities will my child be doing?
- How will my child be included in those activities?
- What do counselor's do to build social bonds among campers?
- What is the camper to counselor ratio?
- Does your camp employ an inclusion specialist? If not, can you call on someone who has experience working with children with disabilities?
- What type of disability awareness trainings and other trainings do counselors undergo?
- Does your camp make accommodations when and if necessary?

If you have further questions about your rights and the rights of your child or if you would like to share a summer camp experience with FLIC, e-mail Jeff Boles, jeff@fliconline.org

The Finger Lakes Independence Center works with the Tompkins County community to ensure the inclusion of all people with disabilities in everyday activities.

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](#)

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