



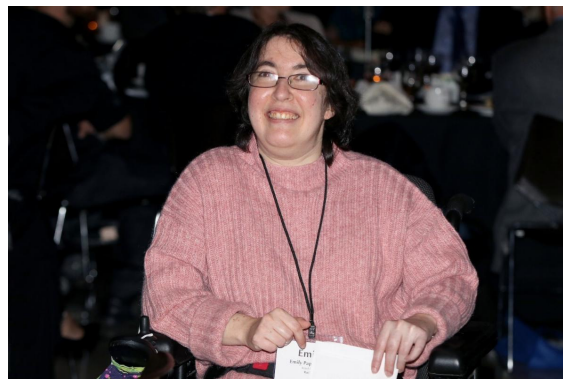
Finger Lakes **Independence** Center

Opening Doors to Independence

December 2021



The Finger Lakes Independence Center (FLIC) staff wish all of you a safe and happy holiday season!
FLIC will be closed on Fridays, December 24 and 31.



FLIC's Emily Papperman Honored

"The Al Felmet Achievement Award is presented annually by the Cerebral Palsy Association of New York State to recognize people with cerebral palsy whose achievements are an inspiration to all. Al Felmet was a Board member from Buffalo who was active in the establishment of

Cerebral Palsy Associations of New York State. He was elected the second president of the organization. He also had a daughter with cerebral palsy." (*Cerebral Palsy Association of NYS*)

Emily was nominated for this award by Racker for her lifelong involvement with the organization, her current work as Board Chair of Racker, her work over the last 12.5 years as an Advocacy Specialist employed at the Finger Lakes Independence Center, and her work in the disability field at large.



December 3rd is International Day of People with Disabilities

On December 3 this year, during the annual celebration of people with disabilities, the 2021 theme is 'Fighting for rights in the post-COVID era.' This year, International Day of People with Disabilities should be used to recognise that people who live with disabilities are among the most affected populations amid the COVID pandemic. Where marginalisation, discrimination, vulnerability and exploitation are every day factors for many people, the increased risk of poor outcomes have been magnified with the reduced access to routine health care and rehabilitation services, more pronounced social isolation, poorly tailored public health messaging, inadequately constructed mental health services, and a lack of emergency preparedness for people with special needs.

We call on domestic and international public health officials, political representatives, advocates, supporters, and every citizen in every community, to learn from the experiences of people living with disabilities during this pandemic, and push for more meaningful investments into the socioeconomic building blocks which will reduce the barriers faced by people with disabilities in every community on earth.

Did you know?

- Of the one billion population of persons with disabilities, 80% live in developing countries.
- An estimated 46% of older people aged 60 years and over are people with disabilities.
- One in every five women is likely to experience disability in her life, while one in every ten children is a child with a disability.
- Persons with disabilities in the world are among the hardest hit by COVID-19.

(*un.org-United Nations*)

**Learn More
Here**



Climbing Up to Independent Living

Fred and Sharon live in a beautiful 200 year old house in Tompkins County, with five steps from the driveway into the front door. When surgery happened and a wheelchair became a temporary necessity, it suddenly required multiple people to navigate the wheelchair up the stairs. Not only was this problematic for recurring appointments with the surgeon, but it restricted visits to see the grandchildren, outings to the theater and all the regular activities outside of the home. Fred and Sharon began to look for solutions. Would a ramp work? Perhaps a wheelchair elevator? The search led them to the possibility of a motorized stairlift that literally climbs stairs. They called FLIC for help and worked with Megan Lumnah and Jorge Cuevas. They discovered that FLIC had exactly what Fred and Sharon were looking for, still in the box. It was a donation from a local business who received the equipment by mistake and could not return it. Fred and Sharon have found great success with the new device and hope to be able to 'pay it forward' in the fairly near future when they no longer need it.

Thank you, Fred and Sharon, for sharing your story with us all and reminding us how donations to FLIC reach out to enhance lives.

Thanking Our Personal Assistants!

November was National Home Care Worker Month! As a small token of our deep gratitude for all the home care workers/personal assistants who work through the programs at FLIC we handed out these gift bags. It is never too late to express your thanks to our home care heroes. And if you are a personal assistant through FLIC and haven't picked up your gift bag, please do so and let us express our thanks in person.





Fair Pay for Home Care Workers




Last month, Senator Kirstin Gillibrand spoke to the effect of low wages on the home health care profession in her press conference here at FLIC. The need for fair pay for personal assistants in the Medicaid-funded Consumer Directed Personal Assistant Program (CDPAP) is continuing to draw attention as the Build Back Better Plan is debated in Congress. Below are links to news segments and articles to learn more. As CDPAANYS states in the first article, as of July 1 of this year, fast food workers make more per hour than CDPAP workers. The Build Back Better plan could invest an historic \$150 billion in home care.

- [Issue Brief: In NYS, Fast Food Wages Will Surpass Home Healthcare Wages on July 1, 2021.](#)
- [Report: The High Cost of Low Wages.](#)
- Front page of Albany Times Union on November 15: [New York wants to curtail a program that aids disabled](#)
- [NBC News Morning segment from November 19](#)

If you would like to make your voice heard regarding fair pay for home care workers, please contact your local government officials:

- [New York State Governor Kathy Hochul](#)
- [Senator Kirstin Gillibrand](#)
- [Senator Charles Schumer](#)
- [Your US Representative](#)
- [Your New York State Senator](#)
- [Your New York State Assembly Member](#)

Medicare Open Enrollment Continues Until December 7th

2022 Medicare Annual Enrollment Important Dates and Deadlines		
		
Oct 15th, 2021	Dec 7th, 2021	Jan 1st, 2022
Medicare annual enrollment starts	Medicare annual enrollment ends	First date coverage starts
<small>The first day you can enroll for 2022 Medicare health coverage.</small>	<small>The last day you can enroll for 2022 Medicare health coverage.</small>	<small>This is the first day your new Medicare coverage will begin.</small>

Open enrollment for Medicare continues until December 7th. Some plans may be changing so it is good to at least review the plans to ensure the best coverage.

- [Medicare Site](#)
- [Medicare Plan Finder 2022](#)

There are health insurance counselors to help you. Both Office for the Aging and Lifelong offer counseling and guidance in selecting your Medicare Plan. Here is their contact information:

Tompkins County Office for the Aging
214 West Martin Luther King Jr./State Street
Ithaca, NY 14850
(607) 274-5482
<https://www2.tompkinscountyny.gov/cofa/health-insurance-counseling>

Lifelong
119 West Court Street
Ithaca, NY 14850
(607) 273-1511
<https://tclifelong.org/>



COVID Vaccinations

Have you gotten your COVID vaccinations yet? Are you having problems figuring out where to go and how to get there? FLIC is here to help. Call us at 607-272-2433 to get assistance with any part of getting your vaccination. The vaccine is vital to your health and the health of your family, friends and neighbors.



Preparing for the 3G Network Shutdown

3G wireless networks are [scheduled to shut down next year](#), which will prevent older cell phones that utilize these networks from making or receiving calls or using data services. In addition to cell phones, other connected devices such as certain medical devices, alert systems, and security systems that use 3G network services will be impacted.

Although most people have devices on 4G or 5G networks, the shutdown will likely disproportionately impact older adults and low-income individuals, who may be using older phones, life alert systems, and other devices still on 3G. Connectivity is critically important in this time when people are utilizing telehealth services and connecting with the courts and service providers remotely.

Advocates can take steps to help people prepare for the 3G network shutdown:

- Share information in your community and with your clients on the upcoming shutdown. Some people may not be aware of the upcoming change, and others may not have taken steps to replace items if they were avoiding contact with technicians and service providers during the pandemic. Each mobile carrier has different dates for the planned shutdown, with AT&T scheduled as early as February 2022. The Federal Communications Commission has a [consumer guide](#) with more details.
- Help clients identify potential devices that may be impacted. [Lifeline](#), a program used by many older adults, utilizes major service providers like AT&T and T-Mobile, which are included in the shutdown. iPhones older than the iPhone 6 will no longer work for calls and data. Medical alert devices, watches, and home security systems that utilize 3G may also be impacted. Advocates can assist by helping individuals log into their accounts to check whether they use 3G. Consumers can also contact the individual carriers and reach out to product companies to determine if their device will be affected.

- Connect people to new options for discounted devices if they need to replace them. For people with limited resources, this change could present challenges if they have to spend money on new products. Some carriers are offering free or discounted replacement phones. Older adults and low-income individuals may qualify for the [Emergency Broadband Benefit](#), which could help them get discounted, updated devices. The local [Area Agency on Aging](#) may have a program for device distribution, and many libraries have technology lending programs, which could help keep people connected.

Advocates play an important role in outreach and education, particularly to communities who may be most impacted by this change, including older adults of color, those living in rural areas, and other marginalized groups.

-from the National Center on Law and Elder Rights, <https://ncler.acl.gov/>



Emergency Preparedness Tip of the Month-December First Aid

Task One: Know what to do while waiting for an ambulance to arrive

Call 911 instead of trying to take an injured or ill person to the hospital yourself. It seems like waiting for an ambulance will make it take longer to get help, but ambulance crews can start providing care as soon as they arrive. They can get the patient to hospital quickly, legally, and more safely.

1. Stay on the line with 911 and follow emergency instructions.
2. Stay calm and try to keep the patient calm.
3. Don't move a patient who was injured in an automobile accident or fall, or who was found unconscious.
4. If the patient is cold, cover them with a blanket.
5. Don't give an injured person anything to eat or drink (unless instructed by the 911 dispatcher).
6. Have someone watch for the ambulance and show the crew how to get to the patient. (This is especially important in an apartment or office building, or if your address is hard to see from the street).

Task Two: Make or buy first aid kits for your home or car

Ready-made first aid kits are available at most department stores or your local American Red Cross chapter. These kits come in a variety of sizes and prices. You can also make your own kit from supplies you probably already have around the house.

Some items that should be included in a basic first aid kit are:

- Adhesive Tape
- Gauze Pads & Roller Gauze (assorted sizes)
- Antiseptic Ointment
- Hand Sanitizer (liquid or wipes)
- Band-Aids (assorted sizes)
- Plastic Bags
- Blanket
- Scissors and Tweezers
- Cold Pack
- Small Flashlight and Extra Batteries

- Disposable Gloves
- Triangular Bandage

Task Three: Take training in first aid, CPR, AED, or pet first aid.

Helping others in a medical emergency isn't as hard to learn as you might think. Knowing how to apply a bandage, identify the signs and symptoms of shock, perform CPR or use an automatic external defibrillator (AED) can save a life.

First responders may not be on the scene for five minutes or more. It is up to individuals like you to be ready to help someone who is injured. The person whose life you save may be someone that you love.

Many **American Red Cross** chapters now offer training in pet first aid. Training may also be available through your local humane society, kennel club, or pet store. Check with your veterinarian to see what special items you may need to include in a first aid kit for your pets. If you travel with your pet, or if they are service or hunting animals, you may want to make a travel-sized pet first aid kit as well.

Contact your local fire department or American Red Cross chapter to learn what first aid classes are available in your area. Ask your employer if they will sponsor a class for your workplace, or take a class with your family or on your own. Many classes are offered free of charge. Courses may also be offered at your place of worship, school, or community organization. Community Emergency Response Team (CERT) training also includes first aid training

**Visit the
Website**

Mental Health Mindfulness 101

It isn't too late to participate in and benefit from the Finger Lakes Independence Center's **Mental Health Mindfulness 101** -A peer self-help mutual support group which uses the basics of mindfulness to assist its members towards bettering their mental health.

Meeting Dates in December: 13th & 27th

Time: 3:00 to 4:00 pm

Place: Via Zoom

Guiding Principles

1. This is a self-help and mutual support group.
2. We believe that improving our lives and finding healing is possible using mindfulness, peer support, and learning coping skills.
3. We are not here to fix each other or give advice, but rather to 'BE' with one another with a culture of respect and support.
4. We refrain from universalizing our experience and world view. We speak from the "I" prospective. Differences are expected and welcomed.

Come join us as we support each other as we learn, share, and experience ways to live a more peaceful, happier, and empowered life. We will learn how to incorporate mindfulness tools such as:

- the power of our thoughts and words,
- self-love,
- meditation,
- positivity,
- and much more.

To register or for more information contact

- Steven Karris at 631-745-2085/stevenjames6560@gmail.com
 - Jeff Boles at 607-272-2433/jeff@fliconline.org
-

Support FLIC this Holiday Season & All Year Round!

Donate Online

Consider a donation to FLIC as an alternative gift this holiday season. Donate online using the link above or send donations to

FLIC

215 Fifth Street
Ithaca, NY 14850.

And 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 <https://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!

Attention Clubs, Organizations & Businesses

The Finger Lakes Independence Center, also known as FLIC works with the Tompkins community for the inclusion of all people with disabilities.

The Finger Lakes Independence Center (FLIC) is reaching out to service organizations/clubs in Tompkins County to offer our assistance in:

1. Ensuring your place of business or meeting place or places are accessible to all people with disabilities.
2. Effectively reaching potential members with disabilities.
3. Writing inclusive recruitment policies and procedures which also ensure all meetings will be held in an accessible location.
4. We can also offer our assistance in looking at already existing outreach materials/methods as well as recruitment policies and procedures to ensure they are inclusive of people with disabilities.

We want to help service organizations and clubs in Tompkins County reach potential members particularly those with disabilities. Our services are free and it's easier to create an inclusion policy or statement than you think. If you are interested in working with FLIC to either write an inclusive policy for your service organization/clubs or checking existing policies and procedures to ensure inclusion e-mail: Teresa Sivers at teressa@fliconline.org or Jeff Boles at jeff@fliconline.org

FLIC also offers free-of-charge customer service disability awareness trainings to businesses and organizations in Tompkins County. Our trainings can be adapted to meet the needs of you, your business, or your staff. For more information contact Jeff Boles, jeff@fliconline.org



Isolation During Another COVID Winter

As pandemic persists, staying connected to others is essential to physical and mental well-being
by Rachel Nania, **AARP**, November 22, 2021

AARP offers great tips to combat loneliness this winter. Follow the link to read the article.
[Read Article](#)

The Registry Referral Program

The Finger Lakes Independence Center administers the Registry Referral Program. This 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 willing to provide those 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.

Need a Public Notary?

Contact Cheryl Baker at FLIC at 607-272-2433 to make an appointment.

Services are FREE!



Core Advisory Group (CAG) of Tompkins County

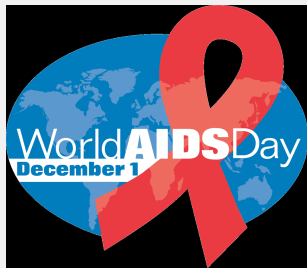
The Core Advisory Group (CAG) of Tompkins County was formed in 2018 with support from FEMA's (Federal Emergency Management Agency) Disability Integration Unit, by persons with access and functional needs, agencies that provide services to them, emergency responders and other community members.

The goal of a CAG is to promote inclusive emergency management by encouraging collaboration and partnership among members of the agencies/organizations, emergency management, and interested community members.

Our next scheduled meeting will be Monday, December 20th at 2:00 pm via Zoom.

CAG welcomes all people with or without disabilities in Tompkins County with an interest in disability emergency planning issues. For more information or to become a member of CAG, contact Jan Lynch 607-272-2433 or email jan@fliconline.org.

December Observances

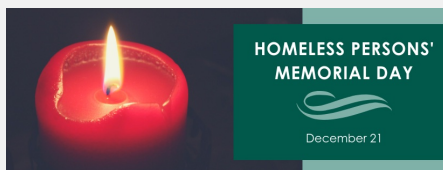


December 1

The theme for the 2021 observance is **“Ending the HIV Epidemic: Equitable Access, Everyone’s Voice”** (“El tema de este año para WAD se confirma como: Poner fin a la epidemia de VIH: acceso equitativo, la voz de todos”). **World AIDS Day was first observed in 1988.** Each year, organizations and individuals across the world bring attention to the HIV epidemic, endeavor to increase HIV awareness and knowledge, speak out against HIV stigma, and call for an increased response to move toward **Ending the HIV Epidemic in the U.S..**

To learn more, click the link below:

[HIV.gov](https://www.hiv.gov)



December 21

National Homeless Persons’ Memorial Day takes place each year on the longest night of the year, the winter solstice (usually December 21st). 2020 marked the 30th Annual Homeless Persons’ Memorial Day. While we remember those we have lost this year, we cannot let this be the start of another 30 years of growing homelessness.

You and your community can memorialize those that have passed by holding a:

- Candlelight/Silent march
- Vigil
- Graveside service
- Play/Performance
- Special religious service
- Public policy advocacy event

Learn how you can get involved in ending homelessness. Click below.

DECEMBER 10
INTERNATIONAL HUMAN RIGHTS DAY



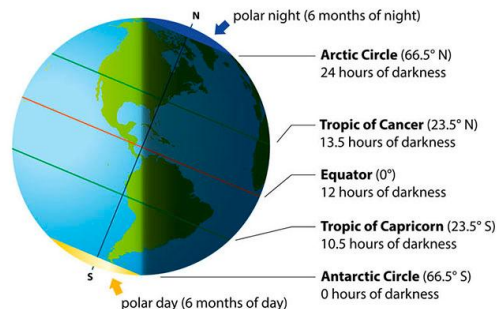
December 10

Human Rights Day is observed every year on 10 December — the day the United Nations General Assembly adopted, in 1948, the **Universal Declaration of Human Rights (UDHR)**. The UDHR is a milestone document that proclaims the inalienable rights which everyone is entitled to as a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than **500 languages**, it is the most translated document in the world.

Click the link to learn more about the United Nations dedication to equality.

[Learn More](#)

winter solstice (December 21)



The winter solstice happens on Tuesday, December 21, 2021! This is the astronomical first day of winter in the Northern Hemisphere and the shortest day of the year.

Going forward, the hours of daylight increase each day!

Ending Homelessness



Have a Happy and Healthy New Year!

Finger Lakes Independence Center | 215 Fifth Street, Ithaca, NY 14850

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