



November, 2021

Senator Gillibrand Visits FLIC



On Friday, October 1, Senator Kirsten Gillibrand held a brief press conference at the Finger Lakes Independence Center, speaking to The Better Care Better Jobs Act. FLIC Executive Director Jan Lynch spoke first and introduced the senator. Racker Executive Director Daniel Brown also stood with the Senator and offered closing remarks. The Better Care Better Jobs Act seeks to invest in the Home and Community Based Services (HCBS) in each state and in the care workers who offer these services. One portion of the act would increase the wages paid to home care workers through Medicaid. To learn more and read a summary of the Better Care Better Jobs Act, click 'learn more.' To read the Ithaca Voice article covering Senator Gillibrand's visit, [click here](#).

Learn More

Celebrating & Honoring Home Care Workers & Caregivers!





November is both National Family Caregivers Appreciation Month AND National Home Care and Hospice Month! In this season of giving thanks, express your gratitude to the caregivers and home care workers in your life. Here at FLIC, we are deeply grateful for the dedicated home care workers and Personal Assistants who help so many live independently in their own homes.

Also, November 8-14 is National Home Care Aide Week! The National Association for Home Care and Hospice (nahc.org) offers these 'fast facts':

- Home care providers will travel about 8 billion miles to deliver the best health care in the world;
- Ninety percent of Americans want to age in place, and home care is the preferred method of health care delivery among people with disabilities, older adults, and people with chronic illness; and
- Home care provides high-quality, compassionate care to more than 5 million Americans annually.

Take time throughout this month (and beyond) to share your thanks and gratitude to caregivers and home care workers.

NAHC offers an interactive November calendar to help you celebrate home care and hospice workers and to learn more about the vital work they do. Click the button below.

[NAHC Interactive Calendar](#)

National Disability Employment Awareness Month ~ October 2021



The theme for NDEAM 2021, “America’s Recovery: Powered by Inclusion,” reflects the importance of ensuring that people with disabilities have full access to employment and community involvement during the national recovery from the COVID-19 pandemic.

[Learn More Here](#)

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

Medicare Open Enrollment

2022 Medicare Annual Enrollment
Important Dates and Deadlines

 Oct 15th, 2021 Medicare annual enrollment starts <small>The first day you can enroll for 2022 Medicare health coverage.</small>	 Dec 7th, 2021 Medicare annual enrollment ends <small>The last day you can enroll for 2022 Medicare health coverage.</small>	 Jan 1st, 2022 First date coverage starts <small>This is the first day your new Medicare coverage will begin.</small>
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Open enrollment is happening now. Here are some helpful links to guide you through the selection process:

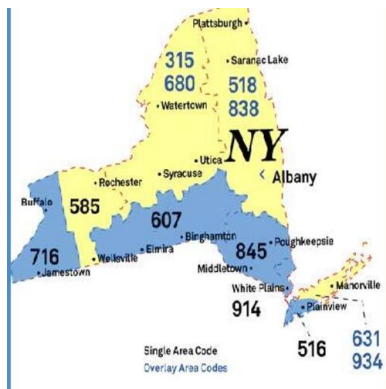
- [Medicare Government Site](#)
- [Medicare Plan Finder 2022--Tompkins County Plans](#)

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 W. Court Street
Ithaca, NY 14850
(607) 273-1511
<http://www.tclifelong.org/>



Changes in Dialing in 607 Area Code...

Beginning October 24, residents in the 607 area code and four others in New York State **must dial 10 digits** (the area code and the phone number) for all local calls. Numbers not including all 10 digits will not be completed and the caller will hear a recording stating the call cannot be completed as dialed. Click the button below to read the Ithaca Journal article.

[Ithaca Journal Article](#)



Mental Health Mindfulness 101

The Finger Lakes Independence Center presents **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: Nov. 1st, 15th, 29th, Dec. 13th, and 27th

Time: 3:00 - 4:00 pm

Place: Via Zoom

We believe that improving our lives and healing is possible using mindfulness, peer support, and learning coping skills.

Guiding Principles

1. This is a self-help and mutual support group.
2. We believe that improving our lives and 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.

We believe that improving our lives and healing is possible using mindfulness, peer support, and learning coping skills.

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 631-745-

2850/stevenjames6560@gmail.com or Jeff Boles 607-272-2433/ jeff@fliconline.org



Mental Health Conference: Youth and the People Who Care for Them

Fri, November 19, 2021
9:00 AM - 3:30 PM EST

Join important community conversations about mental health trends, challenges and resources for our youth and their caregivers. The conference will include a panel discussion from local youth discussing their own experiences, a community cafe style discussion, a Keynote talk from Deputy Commissioner of Mental Health, Harmony Ayers-Friedlander, and a book talk by Tompkins County Public Library staff.

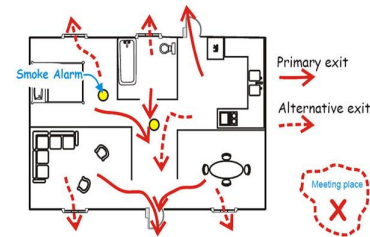
This event is free, open to the public, and participants are welcome to come and go throughout the day as they wish.

Click the button below to register:

[Register Here](#)

10 Steps to Safety

1. Identify and discuss potential emergencies with your family.
2. Develop an emergency plan.
3. Identify two places where you and your family will meet in an emergency.
4. Practice your plan.
5. Review and revise your plan as needed.
6. Prepare emergency supplies.
7. Gather and safeguard important documents.
8. Beware of your surroundings.
9. Know where to get information in an emergency.
10. Work with your neighbors especially those with access and functional needs.



New Staff at FLIC-NY Connects Specialist

FLIC welcomed a new staff member on August 23rd of this year, Teresa M. Sivers. Teresa joins FLIC as the NY Connects Specialist. NY Connects is a statewide program that seeks to 'open doors' into access to long term supports and services for people of all ages with disabilities. All NY Connects Specialists offer information and referrals to those who contact the office, and offer person-centered options counseling for individuals and their families. In Options Counseling, the NY Connects Specialist spends time with the individual assisting with finding supports and services, one-on-one (in person, by telephone, or virtually), exploring both formal agency supports and informal family-friends network to develop an action plan for the present and for the future. All

services are free to the individual, funded through the NY Connects system. To learn more and to explore the many resources in our region, visit:



NY Connects Website



COVID Vaccinations

Have you gotten your COVID vaccination? 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 vaccine. The vaccine is vital to your health

Winter Weather Health & Safety Tips



Tips for Staying Warm Exposure to cold can cause life-threatening health conditions, such as frostbite and hypothermia. Take steps to keep warm

- Wear a hat, hood, or scarf, as most heat is lost through the head.
- Wear layers, as they provide better insulation and warmth.
- Keep fingertips, earlobes, and noses covered if you go outside.
- Keep clothing dry; if a layer becomes wet, remove it. Recognize the signs and symptoms of hypothermia and frostbite:
- Hypothermia is a life-threatening condition where the body temperature is abnormally low. Symptoms may include shivering, slurred speech, sluggishness, drowsiness, unusual behavior, confusion, dizziness, and shallow breathing. Some people, such as infants, seniors, and those with chronic diseases and substance abuse problems can get sick quicker.
- Frostbite is a serious injury to a body part frozen from exposure to the cold. It most often affects extremities like fingers and toes or exposed areas such as ears or parts of the face. Redness and pain may be the first warning of frostbite. Other symptoms include numbness or skin that appears pale, firm, or waxy.
- If you suspect a person is suffering from frostbite or hypothermia, call 911 to get medical help. Help the person get warm by getting them to a warm place, removing any damp clothing, and covering them with warm blankets.

How to Help Others

- Make sure to shovel snow so that it does not block people using wheelchairs or

other mobility devices.

- Infants, seniors, and people with paralysis or neuropathy are at increased risk of hypothermia and frostbite. Check on friends, relatives, and neighbors who may need assistance to ensure they are adequately protected from the cold.
- If you identify someone on the street you believe needs assistance, call 911 and ask for assistance.

Safe Home Heating Tips

Improper use of portable heating equipment can lead to fire or dangerous levels of carbon monoxide. Ensure you are heating your home safely. NEVER use gas stoves or portable gas heaters indoors to heat your home, as those can lead to fire or dangerous levels of carbon monoxide.

Fire Safety

- Make sure you have a working smoke alarm in every room. Check and change batteries often.
- Use only portable heating equipment that is approved for indoor use.
- Keep combustible materials, including furniture, drapes, and carpeting at least three feet away from the heat source. NEVER drape clothes over a space heater to dry.
- Always keep an eye on heating equipment. Never leave children alone in the room where a space heater is running. Turn it off when you are unable to closely monitor it. Be careful not to overload electrical circuits.

Carbon Monoxide Safety

- Install a carbon monoxide alarm in your home and check it regularly to make sure the battery is working. NYC law requires owners to provide and install at least one approved carbon monoxide alarm within 15 feet of the primary entrance to each sleeping room. Learn more about NYC's carbon monoxide detector law
- Make sure your heating system is kept clean and properly vented; have worn or defective parts replaced.
- Have your fireplace, chimney, and flue cleaned every year to remove soot deposits, leaves, etc.
- Never heat your home with a gas stove or oven, charcoal barbecue grill, or kerosene, propane, or oil-burning heaters, as they can lead to fires and exposure to carbon monoxide.
- The most common symptom of carbon monoxide poisoning is headache. However, symptoms may also include dizziness, chest pain, nausea, and vomiting. In severe cases, people can become increasingly irritable, agitated and confused, eventually becoming lethargic and lapsing into unconsciousness.
- If you suspect carbon monoxide poisoning, call 911, and get the victim to fresh air immediately, and open windows.

If you lose heat, take measures to trap existing warm air, and safely stay warm until heat returns:

- Insulate your home as much as possible. Hang blankets over windows and doorways and stay in a well-insulated room while power is out.
- Dress warmly. Wear hats, scarves, gloves, and layered clothing.
- If you have a working fireplace, use it for heat and light, but be sure to keep the damper open for ventilation.
- Open your faucets to a steady drip so pipes do not freeze.
- Eat. Food provides your body with needed energy to produce its own heat and drinking helps your body avoid dehydration.
- If the cold persists and your heat is not restored, call family, neighbors, or friends to see if you can stay with them.

[Download Tips PDF](#)

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

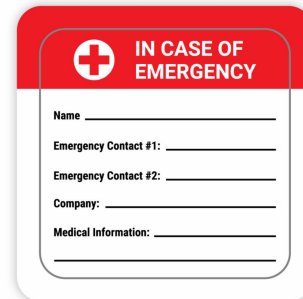
persons with access and functional needs, agencies that provide services to them, emergency responders and other community members.

The goal of a Core Advisory Group (CAG) is to promote inclusive emergency management by encouraging collaboration and partnership among members of the whole community including people with access and functional needs, disability agencies/organizations, emergency management, and interested community members. Our next scheduled meeting will be Monday, December 20th at 2 pm via zoom.

CAG welcomes all people with and 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 e-mail jan@fliconline.org

Local Emergency Contact

It is important to have an emergency contact who is local to your area. Ideally, a trusted family member, friend or neighbor should be listed in the event of an emergency, someone who can respond quickly. These contacts should be shared with Home Care Workers or Personal Aides, or the agency through which you hired them. Who can they contact if they knock on your door at their scheduled time and no one answers, and they are unable to reach you? Another important safety tip to remember.



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. 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.

Emergency Preparedness Tip of the Month November Emergency Supplies

Task: Gather your Emergency Supplies in an accessible place.

Have a go bag ready if you have to shelter in place or evacuate your home. Your go bag can be part of your emergency kit, just make sure it is in a bag or easy to carry container and that it is easy to get to.

Think about these items for your go bag:

- Battery powered radio and extra batteries
- Flashlight with extra batteries
- Lightweight blankets
- Emergency information, including insurance policies
- A list of medications and correct dosage, and doctor's names

- Personal items such as toothbrushes, soap, extra glasses, etc.
- Whistle
- First aid kit
- Change of clothing
- Non-perishable snacks
- Books, cards or magazines to pass the time

Consider these additional items for infants and children:

- Baby formula and food
- Diapers
- Baby wipes
- Blanket or toy

Consider these additional items for medical conditions:

- Empty pill bottle(s) or a list of current medications
- Your doctor's phone number

*Make sure you update your go bag when your medications change.

For pets:

- Pet food & water
- Collar with ID tags
- Pet medication(s)
- Pet carriers and leashes
- Medical records from vet
- Photos of your pet
- Microchip information

Task: Create an emergency supply kit for your pet, car, workplace or school.

Disasters can strike when you are away from home. If your office or school does not have an emergency kit, offer to help make one. The kit should include:

- First aid supplies
- Flashlights or light sticks
- Building emergency procedures
- Building maps showing evacuation and shelter areas
- Pens or pencils
- Signs with the words "Need Help" and "All Clear"
- Clipboard with class/staff names

Make or buy an emergency kit for your car. If you travel with your pet regularly, make sure that you have an emergency kit for them as well. Some items to think about for your car kit are: a small first aid kit, flashlight or light sticks, flares or reflective cones, a blanket, cell phone charger, jumper cables, bottled water, non-perishable snacks, and a "help" flag or brightly colored cloth that can be tied to the antenna.

Task: Stash some cash in case ATMs and credit card machines are unable in a disaster.

Many things that we take for granted are not available when there is no power. ATM machines may not work. Grocery stores and other businesses may not be able to accept your credit or debit card. Cash could be the only acceptable means to make a purchase. Some experts say you should have at minimum \$150.00 in cash stashed away.

Realizing this may not be possible for everyone, any amount is good to start with. Take \$1.00 dollar a week and place it in an envelope in your emergency kit. In just a little time, you will have some cash stashed away for use in emergencies

[Emergency Supply Planner-Click Here](#)

NOVEMBER



November is Native American Heritage Month. Be sure to take time to learn more about the Native Peoples of our nation and to increase awareness of the issues and struggles faced by many American Indians. Here are some helpful websites:

[Read more here](#)

[And read more here](#)



November 2nd is Election Day! The link below to the Tompkins County Board of Elections contains information about voting locations, sample ballots, disability access, and much more. Let us all exercise our right to vote.

[Board of Elections](#)



November 11th is Veterans Day. Many communities in our area offer services to honor those who served. Check your local papers and websites as the date approaches. Read up on the history of Veterans Day below. To all our Veterans, thank you for your service!

[History of Veterans Day](#)



The Tuesday after Thanksgiving is Giving Tuesday every year. This year that falls on November 30. This day is dedicated to financially supporting charities and non-profits, many times with matching grants to double, or even triple, your gift.

Click the link below to learn more about Giving Tuesday. Please consider Finger Lakes Independence Center in your giving.

[Giving Tuesday](#)



May we all take a moment on November 25 to reflect on what we have to be thankful for and remember those who are struggling for the basic necessities of life.

Finger Lakes Independence Center
215 Fifth Street
Ithaca, NY 14850
(607) 272-2433
(607) 272-0902 (fax)
info@fliconline.org
fliconline.org/FLIC/

Connect with us



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

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