



Finger Lakes **Independence** Center

Opening Doors to Independence

February 2022



FLIC's Office will be closed in observance of President's Day on Monday, February 21st.



February is African American History Month

Black History Month is **an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history.** Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

[history.com](https://www.history.com)

As we celebrate Black History Month, which takes place every February, RespectAbility (Diverseability magazine) recognizes the contributions made and the important presence of African-Americans to the United States. It is important to note this includes more than **5.6 million African-Americans** living with a disability in the U.S., 3.4 million of which are working-age African-Americans with disabilities.

Therefore, we would like to reflect on the realities and challenges that continue to shape the lives of African-Americans with disabilities.

Only **28.7 percent** of working-age African-Americans with disabilities are employed in the U.S. compared to 72 percent of working-age African-Americans without disabilities. This is in line with

the rest of the country, with fully one-in-five Americans having a disability and just 30 percent of those who are working-age being employed, despite polls showing that most of them want to work. This leads to approximately 40 percent of African-Americans with disabilities living in **poverty** compared to 22 percent of African-Americans without disabilities .

To learn more about influential African Americans with disabilities on the magazine's website, click the button below.

[Read
More](#)



Rosa Parks Day

Some mark Rosa Parks Day as her birthday, which is February 4th. Others mark it as the anniversary of her historic bus ride protest and arrest on December 1st.

In honor of Black History Month, celebrate her birthday by recounting her protest and arrest. Read the account here:

[Article Link](#)

February 1st is National Freedom Day

On February 1, 1865, President Abraham Lincoln signed the 13th Amendment abolishing slavery in the United States, though it was not ratified by the states at that time. President Harry Truman declared February 1st National Freedom Day on January 25, 1949 through a proclamation. Read the proclamation here:



[Proclamation](#)

February 1st is National Energy Assistance Day!



The National Energy Assistance Directors Association (NEADA), which connects state energy assistance programs across the nation, is launching the first National Energy Assistance Day.

NEADA hopes to raise awareness of state assistance programs, especially with rising energy costs and the prediction of a cold winter.

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded energy assistance program. New York's grant is allocated among the Office of Temporary and Disability Assistance (OTDA) for a heating benefit program, the state Division of Housing and Community Renewal (HCR), and the New York State Energy Research and Development Authority (NYSERDA) for weatherization activities. Targeted efforts are coordinated by OTDA, NYS Office of the Aging, NYS HCR, NYSERDA and the NYS Department of Health (DOH) to provide program information, outreach, and referral activities. Applications are taken at all local departments of social services.

Visit the Benefits.gov website to learn more and to see if you are eligible (click the button below). Another great website for exploring benefits is: mybenefits.ny.gov.

Visit the
Website



Help with Ordering Free At-Home Covid-19 Tests

On January 14, the **White House announced a new initiative** to help ensure Americans have COVID-19 tests on hand in case they are needed. The **website to order at-home testing kits** -- at no cost -- is now live and accepting orders. People who do not have Internet access or who need additional assistance with ordering can call 1-800-232-0233 (TTY 1-888-720-7489) to place their orders.

The **Eldercare Locator** and the **Disability Information and Assistance Line (DIAL)** also can assist older adults and people with disabilities with placing orders if they need additional help, connect people to accessible instructions, and help with administering the tests. Both phone lines are staffed Monday-Friday from 9 a.m. to 8 p.m. (Eastern).

- Older adults can call the Eldercare Locator at 800-677-1116 Monday-Friday or **visit the website** to chat live or browse resources.
- People with disabilities can contact DIAL by calling 888-677-1199 or by emailing **DIAL@usaginganddisability.org**. The DIAL information specialists are trained to work with people of various communications abilities, including spending as much time as needed to understand callers. Deaf and hard-of-hearing people can reach DIAL using the 711/Video Relay Service (VRS). To use this free service, simply dial 711 to be connected via text with a communications assistant. (For people who do not communicate through speech, sign language or VRS, email is the best option to communicate with DIAL.)

Two important notes:

- There are enough kits to fill orders for every residential address in the country.
- Orders will begin shipping at the end of January, for both people who placed their orders via the online form in the days when only the online form was available and those who began ordering when the phone lines became available.

article from [ACL.gov](https://acl.gov)



Federal Communications Commission (FCC) Launches the Affordable Connectivity Program (ACP)

On December 31, the FCC **launched the ACP**. This program, created by Congress in the Infrastructure and Jobs Act, is a longer-term replacement for the Emergency Broadband Benefit (EBB) program. This investment in broadband affordability will help ensure households can afford the internet connections they need for work, school, health care, and more.

The FCC also launched a **toolkit of materials** for partners to download and customize to meet their needs. More materials will be added in the coming weeks.

The ACP provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

Enrollment in the ACP is now open for households with at least one member qualifying under any of the following criteria:

- Has an income that is at or below 200% of the **federal poverty guidelines**.
- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or **Lifeline**.
- Participates in tribal-specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations.
- Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision.
- Received a Federal Pell Grant during the current award year.
- Meets the eligibility criteria for a participating provider's existing low-income program.

The 9 million households fully enrolled in the EBB program as of December 31, 2021 will continue to receive their current monthly benefit until March 1, 2022. More information about steps current EBB recipients must take to continue receiving the ACP benefit after March 1, 2022 will be available in the coming weeks.

For application questions, email ACPSupport@usac.org or call 877-384-2575.

from ACL.gov



Safety and Security

Crime Prevention for Persons with Disabilities

Personal Safety When you are away from home it is important to be aware of your surroundings. You should have a plan and trust your instincts. People who look confident are less likely to become victims.

Street Safety

- When you go out, it is a good idea to take a friend or tell someone where you are going and when you expect to return.
- Try to walk in daylight hours or in well-lit, busy areas. Avoid shortcuts through parks, alleys and dark or deserted areas.
- Avoid being alone at night. Use the buddy-system and travel with a friend.
- People with visual impairments are advised to walk close to the center of the sidewalk when using a white cane to track either a curb or the side of a building.
- If you are suspicious about someone following you, or if someone is bothering you, cross the street and go the other way. During the day, you can go to a school, police station, or another public building that is accessible. During the evening, look for a store or gas station that is open late. You can also go to a lighted house and ring the bell, as if that were your destination.
- If you cannot get to a safe place, make noise to attract attention. You can shout or scream if necessary, or yell “fire” to attract attention. If you have difficulty talking or screaming, you can use an emergency alarm, whistle or “screamer” to attract attention. Choose a model that can be turned on with a small movement, and keep it in easy reach. A personal alarm may also be mounted onto a wheelchair for easy access.
- People who are nonverbal can also attract attention or confuse an assailant by doing something unexpected, such as turning their wheelchair in circles.
- Never carry a weapon because it could be used against you.
- If you use an electric wheelchair, ensure it is fully charged before going out.
- If possible, avoid buildings, parks and other areas in which you must rely on a stranger for entering or exiting.
- Before visiting a building or park, call first to find out if it is wheelchair accessible.
- When you are seated, keep your cane, crutches, walker or wheelchair by your side in case you need to leave quickly.

<https://popcenter.asu.edu/sites/default/files/library/awards/goldstein/1998/98-09.pdf>



Maintaining A Healthy Outlook

- Stay in touch with family and friends.
- Be involved in your community.
- Maintain a positive attitude and do things that make you happy.
- Keep your curiosity alive. Lifelong learning is beneficial to your health.
- Learn to recognize and manage stress in your life. Signs of stress include trouble sleeping, frequent headaches and stomach problems; being angry a lot; and turning to food, drugs and alcohol to relieve stress.
- Good ways to deal with stress include regular exercise, healthy eating habits and relaxation exercises, such as deep breathing or meditation. Talking to trusted family members and friends can help a lot. Some women find that interacting with their faith community is helpful in times of stress.
- Get enough sleep and rest. Adults need around eight hours of sleep a night.
- Talk to your health care provider if you feel depressed for more than a few days; depression is treatable.



Wednesday, February 2 | 10:00 a.m. - 11:30 a.m.

This program will be held via Zoom. | Registration is required.

Hear a brief overview on Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community.

This Community Forum is presented in partnership with the Ithaca College Gerontology Institute.

To register, please call 315.472.4201 x227 or go to <http://bit.ly/2ZmtUac>

alzheimer's  association®

CAREGIVERS SUPPORT



Informational Webinar:

Community Resources for Caregivers

Featuring:

**Fingerlakes Independence Center (FLIC)
Foodnet Meals on Wheels
Gadabout**

**Thursday, 2/3
10:30 am to 12 pm**

To Register:

**(607) 274-5486
ajackson@tompkins-co.org**



**TOMPKINS COUNTY
OFFICE FOR THE AGING**

Aging Better, Together

214 W. Martin Luther King/State St.
(607) 274-5482
www.tompkinscountyny.gov/cofa

Mental Health Mindfulness 101

The Finger Lakes Independence Center presents **Mental Health Mindfulness 101** -A peer selfhelp mutual support group which uses the basics of mindfulness to assist its members towards bettering their mental health.

Meeting Dates: Feb. 7 & 21,
Mar, 7 & 21,

April 4 & 18.
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 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 631-745-2850/stevenjames6560@gmail.com or

Jeff Boles 607-272-2433/ jeff@fliconline.org



FREE TAX PREP

IRS Federal and New York State

Start your process at

LIFELONG 119 West Court Street

(additional parking off Buffalo St.) **OR**

TRUMANSBURG Ulysses Philomathic Library

All Seniors age 60+

(with spouses of any age)

As Well As

All Individuals with disabilities

As Well As

All Families *with incomes below \$57,000*

Some complex returns may not qualify

Returns prepared by IRS trained and certified volunteers

Call 607-216-7622

Mon – Fri, 10am – 4pm

to schedule an appointment to talk with a tax screener and drop off your documents at Lifelong or the Ulysses Philomathic Library

See our website for more information, contact-free and no cost self-prep options, and information for unvaccinated taxpayers

www.tclifelong.org

The Tax Counseling for the Elderly (TCE) program is sponsored by a grant from the Internal Revenue Service, support from the United Way, and financial underwriting by Lifelong



Hospicare Support Group

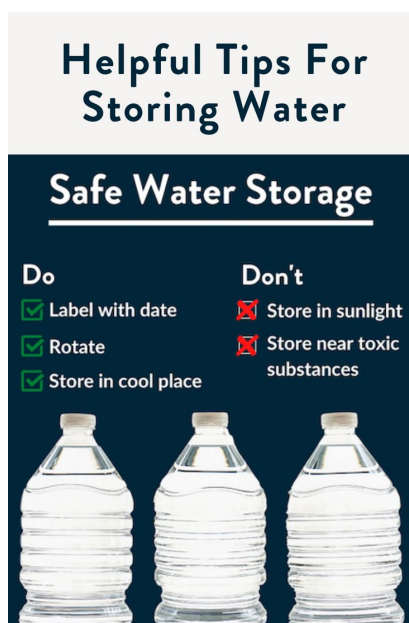
Grieving Together: Online Ongoing General Support Group

This group meets the first and third Wednesday of every month via Zoom from 5:30 to 7:00 pm. It is for anyone 18 years of age or older grieving a loss, regardless of when the death occurred. Registration is required. Please contact Laura Ward at 607-272-0212 or lward@hospicare.org. Login details will be provided after registration.



Need to check your weight? FLIC has Accessible Scales!

Come in anytime during FLIC office hours (Monday-Friday, 9:00 to 5:00) and use the accessible scales. These scales were a wonderful donation to FLIC to benefit the entire community. We are happy to offer guidance if you are using them for the first time.



Emergency Preparedness Goal for February Have 72 Hours (3 Days) of Water Stored for Your Household

Whether you get water from a municipal water system or your home has a private well, your water supply depends on having power to operate the system. During a power outage—or any disaster that can cause a power outage, such as high winds, ice storm, or flood—you may find yourself without drinkable water.

Task One: Purchase and store a 72-hour supply of commercially bottled water.

A three-day supply for one person is 3 gallons (12 liters) of water – one gallon (4 liters) per person per day. Also include an extra one gallon (4 liters) for a medium size pet. That one gallon should last three days, but plan for more or less if your pet is very large or very small.

1 day, 1 person = 1 gallon (or 128 ounces) = 7 – 20 ounce bottles = 4 liters

3 days, 1 person = 3 gallons (or 384 ounces) = 21 – 20 ounce bottles = 12 liters

During an emergency, you should drink at least two quarts (one half gallon/two liters) of water a day.

Drink 3-4 quarts (3-4 liters) a day if you are in a hot climate, pregnant, sick, or a child. Some of the water in your emergency water supply will be used for cooking or washing.

If you buy commercially bottled water, it should be replaced once a year. Store your water in a cool, dark place to keep it tasting fresher longer.

Task Two: Bottle a 72-hour supply of water at home.

If you get your water from a private well, disinfect your tap water before bottling. Place six drops of bleach for each gallon of water, shake well, then let sit for 30 minutes. If you get your water from a municipal water system, there is no need to disinfect tap water before bottling.

Replace your water supply every six months if you bottle your own water. Always sanitize bottles before refilling them. Store your water in a cool, dark place.

Sanitize bottles before filling:

(1) Wash containers with dishwashing soap and rinse with water

(2) Sanitize by washing a solution of 1 teaspoon of liquid household chlorine bleach to a quart of water on all interior surfaces of the container.

(3) Let air dry for at least one minute

Use clear plastic bottles with tight sealing caps. Milk jugs don't make good water storage containers, they don't seal well, and water stored in them can sometimes develop a plastic taste. Only use bottles that originally had beverages in them (large plastic soft drink bottles work well).

Task Three: Learn how to provide a safe supply of drinking water for your household in a disaster.

Water Heater

DO NOT use if the tank or fixtures have been submerged in floodwater!

(1) Turn off the gas or electricity to water heater (turn off electricity at the fuse or breaker box, turn off gas by locating the valve supplying the hot water heater and turning the valve handle so that it crosses – is not lined up with – the gas line)

(2) Turn off the water intake valve (should be located near the water heater)

(3) Open the drain at the bottom of the tank

(4) Turn on a hot water faucet (water will drain from the tank, not the faucet)

Discard the first few gallons if they contain rust or sediment. Do not turn the gas or electricity back on until the tank is refilled.

Pipes

(1) Turn off main water valve where the water comes into the house (usually near the water meter if you have city water).

(2) Let air into the pipes by turning on the highest faucet in your house.

(3) Get water from the lowest faucet in your house (never get water from faucets that have been submerged in floodwater).

Ice

If you have freezer space, consider freezing part of your water supply. This has the added advantage of keeping food in the freezer cold longer during a power outage.

<https://www.do1thing.com/individuals/water/>

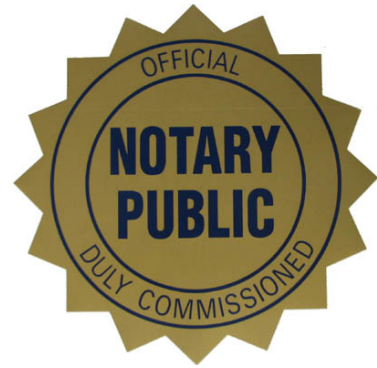
The Registry Referral Program

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!



February Observances



February 1st marks Chinese New Year or Lunar New Year

2022 is the year of the Tiger!
A year for bold action.

**Xīnnián kuàilè" (□□□□)
New Year Happiness!**



World Cancer Day is an initiative of the **Union for International Cancer Control (UICC)**, the largest and oldest international cancer organisation dedicated to taking the lead in convening, capacity building and advocacy initiatives that unite the cancer community to reduce the global cancer burden, promote greater equity, and integrate cancer control into the world health and development agenda.

Learn more, Take Action,

**Click
here.**



Reach Out for Valentine's Day

February 14th is a day for love. Reach out in love to those around you. Send a card to someone you know who lives alone. Make a phone call. Send flowers to a local skilled nursing facility. Make a donation to a local charity. Share love.

Sent byteressa@fliconline.orgin collaboration
with



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