



Finger Lakes **Independence** Center

Opening Doors to Independence

March 2022



Governor Hochul (center) is joined by the first Chief Disability Officer for NY, Kim Hill (right), and the Executive Director of the Independent Living Center of Hudson Valley, Denise Figueroa (left). Senator James Skoufis (back right) sponsored the bill.

Governor Hochul Signs the Bill into Law Which Creates the First Office of the Chief Disability Officer for New York State

Governor Hochul began the historic proceedings on Monday, February 14 with these words; "And this is an historic day. It truly, truly is. And I will call this also a day that is long overdue. And to all the advocates who never gave up the fight to recognize that the disability community, and it is vast, it is influential and it has a voice that needs to be heard, that finally we have an office."



This is an example of our NYS Systems Advocacy at work. Many phone messages, emails and letters were received by the Governor's office that advocated for the need for the Office of the Advocate. FLIC has a local advocacy team who send out this type of information on important disability topics. Join our Advocacy team! Email jan@fliconline.org. to get added, or to ask questions. Once you sign up there is no obligation to act on every advocacy alert, you can act on the ones that are of particular importance to you or act on all of them.



The news made headlines across the state. Read one such story here: [Click here.](#)



Women's History Month, Deaf History Month, Disabilities Awareness Month and more!

March is well known as Women's History Month, but did you know that it is also Deaf History

Month? Or National Disabilities Awareness Month? March 12th is Nation Girl Scouts Day and March 21st is World Down Syndrome Day. And March is also American Diabetes Alert Month. In other words, March is a great time to make yourself more aware of a great many things.

Did you know the founder of the Girl Scouts was deaf? Learn about these 10 amazing women who changed the world and who also were deaf: [CLICK HERE](#).

Women with visible and invisible disabilities have made enormous marks on the world. Read about their transformational work here: [CLICK HERE](#).

Women with Down's Syndrome work in and impact the world in phenomenal ways; a model, a city councilor, a famous fashion blogger, a teacher, and so much more. Learn more, [CLICK HERE!](#)

In honor of American Diabetes Awareness Alert Month & Day, check out these women who made huge strides in the treatment and awareness of diabetes: [CLICK HERE](#).

It is also American Red Cross Month! Read about the founder of the Red Cross, Clara Barton: [CLICK HERE](#).



For more than three decades, the Brain Injury Association of America (BIAA) has proudly led the nation in observing Brain Injury Awareness Month by conducting an engaging public awareness campaign in March of each year.

Become more aware and learn about research, treatment and improving the quality of life for those with brain injuries.

**Visit the
Website**



Every day, people living with MS do whatever it takes to move their lives forward despite the challenges. By sharing their stories, we help people better understand life with MS and become inspired to do whatever it takes to change the world for people living with MS.

Learn more about what life with MS can be like and engage more people to do something about it. Follow the link below:

**Learn
More**



Bleeding Disorder Awareness Month

March is nationally recognized as Bleeding Disorders Awareness Month. What originally started as the Red Tie Challenge has grown and evolved into a month-long celebration of the bleeding disorders community. During Bleeding Disorders Awareness Month, all are invited to join in raising critical awareness to improve the lives of those diagnosed with a bleeding disorder.

Visit the National Hemophilia Foundation



Sunday, March 13th!

Before you go to bed on Saturday, March 12th, set your clocks ahead one hour (unless your clock connects digitally with the world). Learn more about daylight savings time below:

[Click here.](#)

The Disability Information Access Line (DIAL) Launches Two New Social Media Profiles

Like or follow the Disability Information and Access Line (DIAL) on social media! Follow DIAL on [Facebook](#) and [Twitter](#)! DIAL is the only national call center that is dedicated to supporting people with disabilities and their families on issues related to COVID-19. Callers can correspond with trained staff in any language at 888-677- 199 from 9:00 AM to 8:00 PM ET, Monday-Friday or email DIAL@usaginganddisability.org for help and access to local resources. Want more information about DIAL, but aren't a social media user? Visit acl.gov/DIAL.



Free Adaptive Fitness Membership

The Christopher & Dana Reeve Foundation is teaming up with adaptive fitness platform **Kakana** to educate and provide accessible workouts for the disability community. Their goal is to provide the necessary tools and resources for all activities, making sure the disability community understands the benefits of these workouts. It is hoped that this will raise awareness about accessibility and adaption to fitness through partnership with a modern and fresh approach to each workout. Click the button below to learn more:

[Visit the Website](#)

Do You Have Access to Reliable and Affordable High-Speed Internet?

Tompkins County Urges Residents to Complete Broadband Assessment Survey

Tompkins County is urging residents and local businesses to fill out a survey from New York State to

help map broadband internet infrastructure and access. Results from the survey will inform the New York State's Department of Public Service and future efforts to improve broadband access, reliability, and affordability.

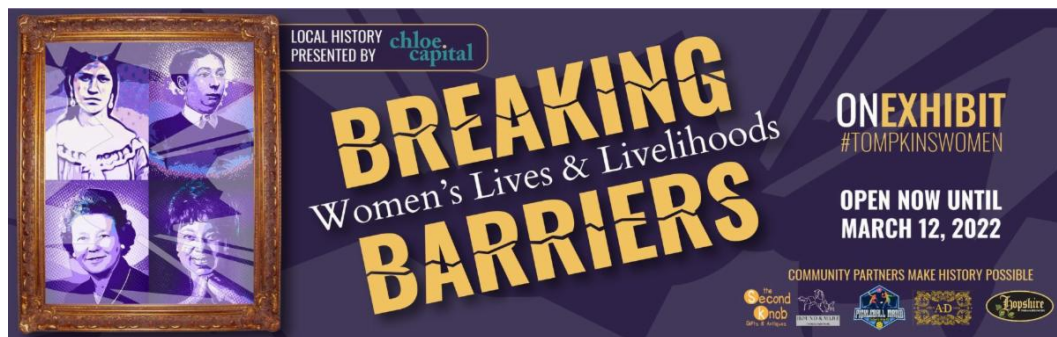
The survey takes 5-7 minutes to complete and will assist the agency's effort to more accurately report where high speed broadband is available and where it is not. Visit www.empirestatebroadband.com by **March 18** to take the survey digitally or call the toll-free broadband assessment line at 1-855-NYBBMAP (1-855-692-2627) to receive a paper copy in the mail.

The survey offers an optional "Speed Test" to better understand the broadband speed of the device you are using to connect to the internet. Click on the "Speed Test and Survey" button to take a brief speed test, followed by the short survey. If you are using your cell phone or are not at your home or work device connected to the internet, please click the "Survey Only" button. The survey and speed test are available in English and Spanish.

Any information shared in this survey is private and your name or business name will not be associated with any data collected on the website.

Tompkins County Commissioner of Planning and Sustainability Katie Borgella stated, "This assessment will help New York State and Tompkins County understand the state of local broadband access.

Reliable and affordable broadband internet is increasingly critical for working from home, telemedicine visits, and remote school activities." She continued, "Understanding where broadband is inaccessible is necessary to expanding service over time."



Tompkins County History Center is Dedicated to Accessibility and Inclusivity

The Tompkins County History Center is dedicated to accessibility and inclusivity. FLIC is working with the Center to train staff in ways to welcome all people. Did you know you are able to call and reserve the parking spot closest to the center? Did you know you can book your visit and have the entire museum to yourself for an hour, limiting contact in this time of pandemic. The History Center has an entire page dedicated to accessibility. Check it out here!

Accessibility

Check out their exhibit for Women's History Month and the April exhibit entitled "ReCount: Facing Our Census." If you have questions or concerns, call ahead and speak with staff about accommodations needed to make your visit rich and enjoyable.

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: Mar, 7 & 21,

April 4 & 18,
May 2 & 16.
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

POWERFUL TOOLS FOR CAREGIVERS

Managing Stress and Improving Self-Care



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better. Together



FEELING OVERWHELMED?

- Caring for someone with illnesses such as dementia, heart disease, Parkinson's disease, stroke, or chronic cancer can be stressful physically, emotionally, and financially.

JOIN OUR NEXT COURSE!

- Thursdays
March 17th - April 21st
Either on Zoom or in-person at the
Office for the Aging

Tompkins County Office for the Aging 214 W. MLK Jr. / State St. Ithaca, NY 14850
Call us to Register! 607 - 274 - 5486



Emergency Preparedness Monthly Goal

Goal for March

Know how to respond safely when instructions are given to evacuate or take shelter.

In a disaster you may be asked to either evacuate or shelter-in-place. In the excitement of an emergency, it can be difficult to focus on what you are doing. Know what to do to keep your family safe. Practice your tornado and fire safety plans. If your family has practiced, they will be more comfortable doing it when the emergency actually happens.

Task One: Identify the best storm shelter in your home and practice getting to the shelter with your family.

Choosing the best place in your home or workplace to shelter from a tornado isn't always easy. Many newer buildings don't have a really good shelter area. Use these rules of thumb to find the best tornado shelter possible:

- Stay away from windows and skylights
- Shelter "down and in" – Put as many walls between yourself and the outside as you can (think of the ceiling as a wall)
- Avoid rooms with large ceiling expanses
- Find an area large enough for everyone to stay comfortably for at least 45 minutes

If you live in an area prone to hurricanes, be prepared to protect your family and your property. Cover windows with plywood or hurricane shutters when a hurricane warning is issued—don't use tape. If you are advised to evacuate, do so. Otherwise, stay inside and away from windows until the storm has completely passed.

Task Two: Learn how to safely shelter in place.

In an emergency like a chemical spill, you may be told to "shelter in place". This means to make the place where you are a safe place to stay until the danger has passed. Shelter in place orders are given when it would be dangerous for you to go outside.

Notification – Warning sirens may be used to warn people that it is not safe to be outside. Emergency responders may go door to door in the affected area. They may also use loudspeakers from police or fire vehicles to give instructions. Information will also be given over television and radio using the Emergency Alert System.

What to do in a hazardous materials incident – The first thing to do when a chemical spill or similar event occurs is to get information. Turn on the television or radio to find out if your area is affected and what steps to take. Never call 911 to get information about an emergency. Only call 911 if you are injured or need assistance.

If you are told to shelter in place you should close all doors and windows and shut off fans and air conditioners. Take your family to a room with as few doors and windows as possible. You may be told to put towels or tape around the cracks of the windows and doors. Follow emergency instructions carefully. Make sure you take a battery-powered radio with you so that you will know when the danger has passed. Power in your area may be shut off during the incident.

Task Three: Make a go bag for emergency sheltering

Emergency shelters will be opened when people are displaced from their homes. In most areas emergency shelters are operated by the American Red Cross. At the Red Cross Shelter:

Red Cross will provide

- A cot to sleep on
- Meals and bottled water
- A nurse for basic medical care

- Information about the disaster from public officials

You may need to bring

- Pillow and blanket
- Your own medication and medical supplies (or a list of what you are taking, dosage, and Dr's names)
- Identification
- Change of clothes
- Cards or magazines
- Comfort items

Not allowed at the shelter

- Weapons or alcohol
- Pets (except for service animals)

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

The Registry Referral Program

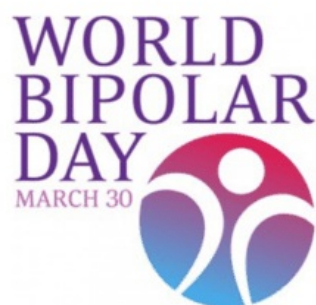
The Finger Lakes Independence Center administers the Registry Referral Program. This is a free referral service linking individuals seeking independent employment to people who need care in their home. Opportunities include: elder companion, housekeeper, run errands, cook, personal care aide, home care 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!



The vision of World Bipolar Day (WBD) on March 30th is to bring world awareness to bipolar disorders and to eliminate social stigma. Through international collaboration, the goal of



Traditionally, we celebrate the first day of spring on March 21, but astronomers and calendar manufacturers alike now say that the spring season starts on March 20th, in all time zones in North America. In 2020, spring fell on March

World Bipolar Day is to bring the world population information about bipolar disorders that will educate and improve sensitivity towards the illness.

**Learn
More**

19th, the earliest first day of spring in 124 years!

Learn more about the Vernal Equinox!

**Visit the
Website**



Celebrate Pi (3.141592...) on March 14 (3/14)! National Pi Day invites us to celebrate mathematics, especially the mathematical constant of pi, which is the ratio of a circle's circumference to its diameter. Click the link below to learn more about this constant and about pi day. And have some pie!

Pi Day!



On March 17th, many people from a variety of ethnic backgrounds put on green and declare themselves Irish for the day. But where did this "green" day come from and how did it become what it is today? Visit History.com to learn about the 'luck of the Irish.'

History.com

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

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with



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