



Finger Lakes **Independence** Center

*Opening Doors to Independence*

**APRIL 2022**



The FLIC office is closed on Friday, April 22nd in honor of Earth Day and as a Spring Staff-Renewal Day.

Learn more about Earth Day at the end of the newsletter.

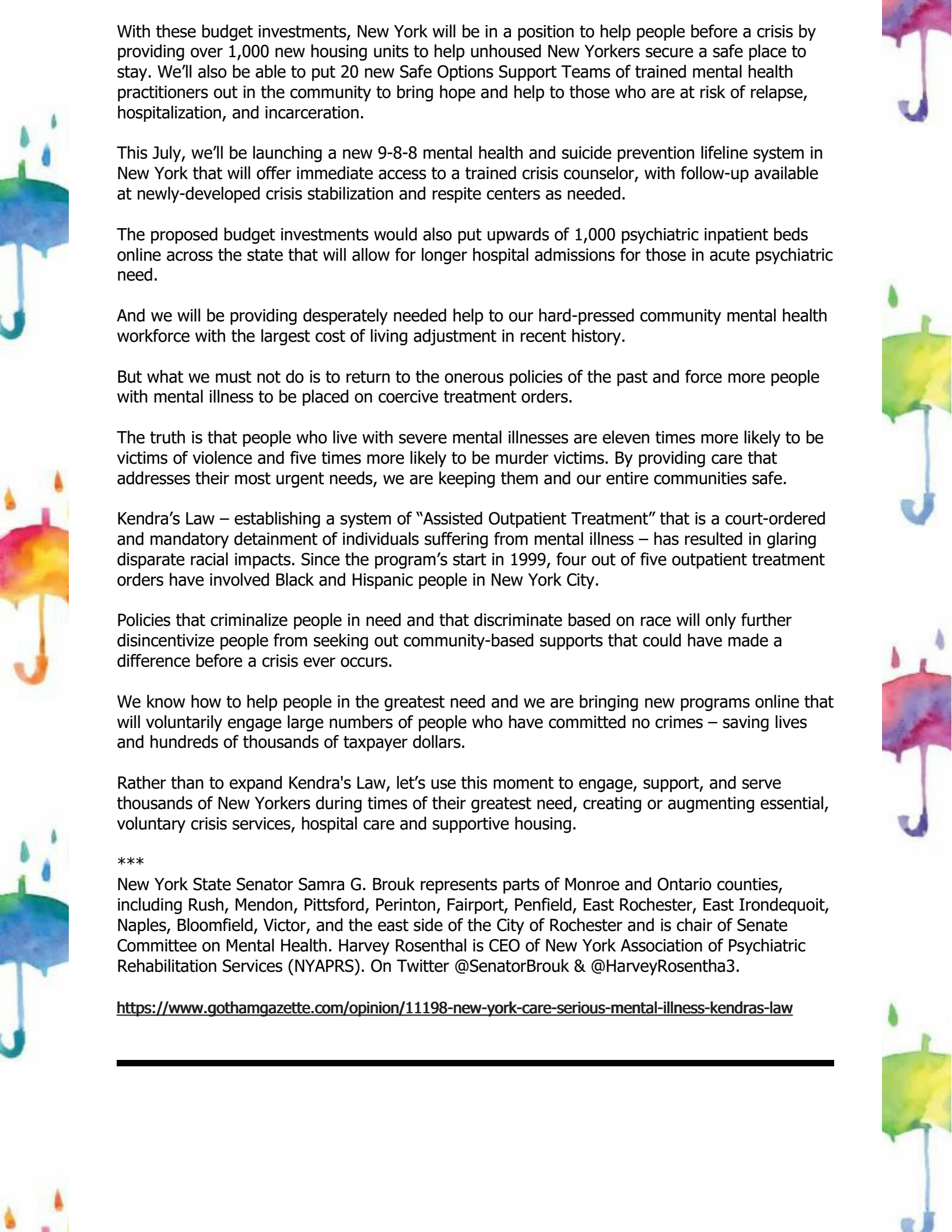


## **A Critical Opportunity for New York to Increase Care Not Coercion for Those Living with Serious Mental Illness**

by [Samra Brouk & Harvey Rosenthal](#) Gotham Gazette March 27, 2022 |

Far too many New Yorkers living with serious mental illnesses have been left to languish in our streets, hospitals, jails, and prisons without adequate access to the health care, housing, employment, and other rehabilitative and supportive services they need to survive and thrive.

Thankfully, help is on the way this year. In the next week, the Governor and State Legislature will work to pass a budget launching an unprecedented number of initiatives to help New Yorkers to get ahead of and better manage serious mental health crises and, in doing so, will both advance public health and public safety for all New Yorkers.



With these budget investments, New York will be in a position to help people before a crisis by providing over 1,000 new housing units to help unhoused New Yorkers secure a safe place to stay. We'll also be able to put 20 new Safe Options Support Teams of trained mental health practitioners out in the community to bring hope and help to those who are at risk of relapse, hospitalization, and incarceration.

This July, we'll be launching a new 9-8-8 mental health and suicide prevention lifeline system in New York that will offer immediate access to a trained crisis counselor, with follow-up available at newly-developed crisis stabilization and respite centers as needed.

The proposed budget investments would also put upwards of 1,000 psychiatric inpatient beds online across the state that will allow for longer hospital admissions for those in acute psychiatric need.

And we will be providing desperately needed help to our hard-pressed community mental health workforce with the largest cost of living adjustment in recent history.

But what we must not do is to return to the onerous policies of the past and force more people with mental illness to be placed on coercive treatment orders.

The truth is that people who live with severe mental illnesses are eleven times more likely to be victims of violence and five times more likely to be murder victims. By providing care that addresses their most urgent needs, we are keeping them and our entire communities safe.

Kendra's Law – establishing a system of "Assisted Outpatient Treatment" that is a court-ordered and mandatory detainment of individuals suffering from mental illness – has resulted in glaring disparate racial impacts. Since the program's start in 1999, four out of five outpatient treatment orders have involved Black and Hispanic people in New York City.

Policies that criminalize people in need and that discriminate based on race will only further disincentivize people from seeking out community-based supports that could have made a difference before a crisis ever occurs.

We know how to help people in the greatest need and we are bringing new programs online that will voluntarily engage large numbers of people who have committed no crimes – saving lives and hundreds of thousands of taxpayer dollars.

Rather than to expand Kendra's Law, let's use this moment to engage, support, and serve thousands of New Yorkers during times of their greatest need, creating or augmenting essential, voluntary crisis services, hospital care and supportive housing.

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New York State Senator Samra G. Brouk represents parts of Monroe and Ontario counties, including Rush, Mendon, Pittsford, Perinton, Fairport, Penfield, East Rochester, East Irondequoit, Naples, Bloomfield, Victor, and the east side of the City of Rochester and is chair of Senate Committee on Mental Health. Harvey Rosenthal is CEO of New York Association of Psychiatric Rehabilitation Services (NYAPRS). On Twitter @SenatorBrouk & @HarveyRosentha3.

<https://www.gothamgazette.com/opinion/11198-new-york-care-serious-mental-illness-kendras-law>

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# Invitations to Become More Aware

Some month, day and week observances may seem a bit silly--national pizza day, talk-like-a-pirate-day. We do all need a little silliness in our lives from time to time. However, many of these observances are held to bring attention, awareness and action to important issues, needs--and most importantly--people. These awareness, attention and/or appreciation observances were specifically created to focus our nation and our world on individuals and groups who are often overlooked and misunderstood. Here are some of the observances marked in the month of April:

- **Parkinson's Awareness Month:** The Parkinson's Foundation is encouraging everyone to take actions to impact the future of Parkinson's disease (PD). Whether that means learning how to navigate your own future with Parkinson's or helping the foundation to create a world without PD, together we can make a difference. Visit their website to learn more: [Visit the Website](#).
- **National Minority Health Month:** April is National Minority Health Month (NMHM), a time to raise awareness about health disparities that continue to affect racial and ethnic minority populations and encourage action through health education, early detection, and control of disease complications. Learn more here: [Learn More](#).
- **Fair Housing Month:** Fair housing is a pressing issue across our nation and in our own county and communities. Visit the US Department of Housing and Urban Development to learn more. Be sure to check out their 'press room' page to see their statement about fair housing awareness for April. [Click here](#).
- **National Stress Awareness Month:** Stress has an enormous impact on our bodies and on our emotional and mental well-being. Check out this article on ways to lower stress in your life (and check out the next bullet point for more help in stress management): [Learn More](#).
- **Counseling Awareness Month:** Speaking of stress reduction, April is National Counseling Awareness Month. This time is set aside to not only honor those professionals who do the work, but to help people understand what counseling is and how it can benefit them. There are lots of benefits to going to counseling and yet some people still do not reach out. So let's talk some basic facts. What do you know about counseling? [Read More](#).

Let's spend time each month focusing on the observances and the people and situations these observance lift up for awareness, appreciation and action. Let us become more aware.

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## New Short Documentary-My Disability Roadmap- to premiere at an Oscar-Qualifying Film Festival

It was announced on March 30th, the premiere of the new short documentary film **My Disability Roadmap**, Co-Directed by Samuel Habib and Dan Habib, and Executive Produced by Sara Bolder and James LeBrecht of *Crip Camp*.

The film follows Samuel, a young man with complex disabilities, as he navigates the path to

work, college, and relationships while seeking out wisdom from disability activists across the country.

My Disability Roadmap will have its **world premiere** at the Oscar-qualifying **Hot Docs Film Festival** on May 1, 2022, in Toronto, Canada. The film will then be freely available to millions around the world - streaming on the **New York Times Op-Docs** platform starting in mid-May, 2022.

## Learn more about the film, the team, and our funders

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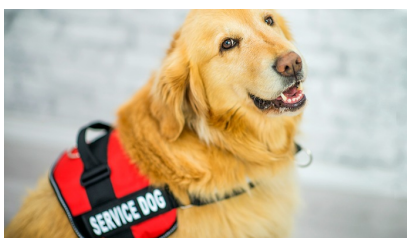


## April is also Celebrate Diversity Month

In February of 2021, the Dorothy Cotton Jubilee Singers partnered with Ithaca High School Choir to offer this beautiful gift of hope and a celebration of diversity. How might you learn more and celebrate the diversity in your community during the month of April?

Learn more about Dorothy Cotton, her work for Civil Rights and justice, and the Jubilee Singers who honor diversity and music in her name. [Visit the Website](#).

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## Understanding Service Animals

Under the Americans with Disabilities Act (ADA), a service animal is a dog (and sometimes a miniature horse) that is individually trained to do work or perform one or more tasks for a person with a disability. Individuals can train the dog themselves and don't have to use a professional service dog training program.

There is no federally recognized registry, form, certificate, vest, tag or picture ID that proves a dog is a service animal. There are people and organizations that sell service animal certification or registration documents online, but the ADA doesn't require them, and the U.S. Department of Justice doesn't recognize these documents as proof that a dog is a service animal. Also, while requiring the registration of service animals is not allowed under the ADA, licensing and vaccination rules that apply to all dogs would also apply to service animals.

To learn more, please review the following helpful resources:

- [ADA Requirements: Service Animals](#) – U.S. Department of Justice (DOJ)
- [Frequently Asked Questions about Service Animals and the ADA](#) – DOJ
- [Service Animal Resource Hub](#) - ADA National Network

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## ***New Groups at the Mental Health Association***

***(Suite 275 in The Center Ithaca) starting this Friday, April 1, 2022!!***



### **First Friday of the month:**

Book Group/11:30am-12:30pm

Attend the first meeting to discuss and plan.

### **Second and Fourth Fridays of the month:**

Movie Matinee/11:30am-1:30pm

Call Vickie (607-241-1034) the day before to find out which movie will be shown the next day.  
Input from participants encouraged.

### **Third (and Fifth) Friday(s) of the month:**

Special Topics Group/11:30am-12:30pm

Call Vickie (607-241-1034) the day before to find out the topic.  
Could include: goal mapping, vision boards, coping toolbox and breathing exercises.

Input from participants encouraged.

**Also from Mental Health Association in Tompkins County:** an open group opportunity to folks who are aging and who are experiencing or who have experienced mental health challenges. This group is open and there is no commitment necessary.

Please contact either Larry Albro at [lalbro@mhaedu.org](mailto:lalbro@mhaedu.org) or Micaela Corazón at [mcorazon@mhaedu.org](mailto:mcorazon@mhaedu.org). You can also call us at 607-273-9250 with questions or to sign-up to join this dynamic group.

Wednesday mornings from 11:00 am – 12:00 pm on Zoom.

You can always receive individual phone support from the Peer Support Line at 607-277-PEER (7337), Monday through Friday from 9 am to 3 pm.

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## **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: April 4 & 18,

May 2 & 16.

June 6 & 20.

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” perspective. 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

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## Emergency Preparedness Monthly Goal-April Have Emergency Food for Three Days

An emergency food supply doesn't have to sit on a shelf, ready for disaster to strike (although it can). It can be part of the food you use every day. The key to a good food storage plan is to buy ahead of time. Replace items before they run out. Buy items when they are on sale. A large duffel bag or plastic tub with a lid makes a great storage place for an emergency food supply. Make sure your family, including pets, will have what they need when disaster strikes.

### **Task One: Buy a three-day emergency food supply for your household.**

Put aside a three-day supply of food for disasters. You probably have a better idea than anyone else how much food you and your family members would need for three days. Follow the BUS rule to help you. BUS stands for balance, usability, and shelf-life.

1. **Balance:** You may already buy food that provides a balanced diet for your family. A balanced diet includes a variety of foods from each of the basic food groups. This is especially important for people with certain health conditions. Also include high energy foods (such as nuts and protein bars) and comfort foods (such as graham crackers or chocolate).
2. **Usability:** Choose items that don't need to be cooled, heated, or need a lot of water. Examples include canned or dried meat, dry cereal, and canned vegetables. Make sure you have a manual can opener if you plan to use canned goods.
3. **Shelf Life:** Look at the expiration date listed on the food item. Use and replace foods before the expiration date.

### **Task Two: Take steps to make sure food in your refrigerator and freezer will stay safe.**

During an extended power outage, temperatures in your fridge and freezer will begin to rise, even if the doors stay closed. As the temperature rises, harmful bacteria may begin to grow on your food.

If the temperature in your fridge stays above 41 degrees Fahrenheit for more than four hours, perishable food items (milk, lunchmeat, mayonnaise based salads, poultry items, leftovers, etc.) may be unsafe to eat.

If the temperature in your freezer stays above 41 degrees Fahrenheit for more than one to two days, food may be unsafe to eat. Food that still contains ice crystals should be safe. Always check the color and odor of food, particularly meat when it is thawed. If it is questionable throw it out (make sure it is discarded where animals can't get to it).

### **Take steps now to make sure your perishable food remains as safe as possible:**

- Install a thermometer in your fridge and freezer.
- If you anticipate a power outage, such as a winter storm, reduce the temperature of your

fridge and freezer. The colder your food is the more time it takes to thaw.

- Keep containers of ice in your freezer to keep the temperature down.

**When the power goes out:**

- Cover the fridge or freezer in newspapers and blankets. Keep vents clear in case the freezer starts operating again.
- Avoid opening the door to the fridge or freezer.
- Use dry ice, if available. Identify a source for dry ice in advance and remember that if the power outage is widespread, there may be a lot of competition for this resource.

If you don't know the temperature of your fridge or if the fridge was off for more than four hours, the food should be discarded. Eating perishable food that has not been kept cold can cause food poisoning, even if it is refrozen or cooked. When in doubt, throw it out!

**Task Three: Make sure you can meet any special dietary needs in your household**

Some people are on special diets for health reasons. There can be serious effects if the right food is not available during a disaster. If you use special equipment, like a blender, food scale, or feeding tubes, make sure you take those with you. Think about keeping extra equipment at a friend or relative's home in case you have to evacuate.

Talk to your healthcare provider or a nutritionist about non-perishable menu options that can be used if you can't get to a grocery store, or that can be prepared at an emergency shelter. Keep a description of your medical condition and the diet in your emergency kit.

<http://www.do1thing.com/individuals/food/>

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Join Lifelong for a **Medicare Basics** presentation via zoom on



**Tuesday, April 12 from 4:30-5:45pm**

**Medicare Basics** is an introduction to the federally administered health insurance program that provides coverage to persons 65 and older, and persons under 65 who are disabled. Our presentation will cover the different ways you can receive your Medicare benefits, how Medicare works with other health insurance, and financial-assistance options that may be available to you. Be your own advocate! This presentation will provide you with some clarity on how to be an informed consumer.

Presented by Liza Burger, Executive Director of Lifelong, and certified Health Insurance Information, Counseling and Assistance Program (HIICAP) counselor. In addition to offering presentations, certified HIICAP counselors offer free, non-biased 1:1 health insurance counseling at Lifelong. Telephone, zoom, and in-person HIICAP appointments are available.

Please contact Lifelong to provide us with your email prior to the presentation if you'd like handouts emailed to you: [lburger@tclifelong.org](mailto:lburger@tclifelong.org), or ph: 273-1511.

**Topic: Medicare Basics—Spring**

**Date: April 12, 2022 4:30-5:45pm**

Join Zoom Meeting:

<https://bit.ly/3Fn89XB>

Meeting ID: 961 2420 6078

Dial by your location

+1 929 205 6099 US (New York)

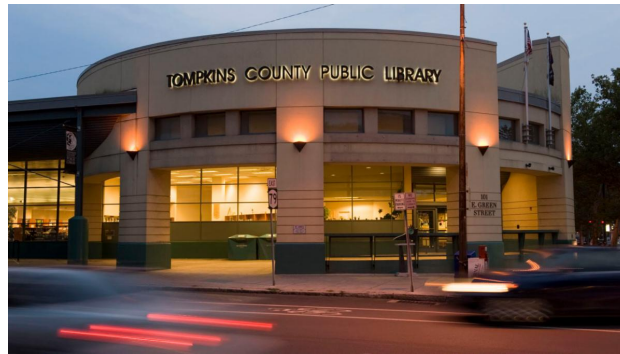


## Library Books Mailed to You!

Who is eligible for this program?

You must meet all 3 criteria:

1. Live within the boundaries of Tompkins County.
2. Possess or be willing to sign up for a Tompkins County Public Library Card or possess a library card from the Dryden, Groton, Lansing, Newfield, or Trumansburg libraries.



## During National Library Week April 3-9, Celebrate Tompkins County Public Library

The Tompkins County Public Library Foundation is celebrating the Library and its staff during National Library Week April 3-9 and encouraging all community members to visit TCPL in person or online to explore and access services and programs.

Foundation board directors have planned various activities to celebrate TCPL staff, and on April 5, 2022, the Tompkins County Legislature will issue a proclamation declaring April 3-9 National Library Week, acknowledging the vital role of public libraries and library staff in Tompkins County.

The public can show their appreciation and support for libraries by visiting TCPL in person or online, following them on social media, and using the hashtag #NationalLibraryWeek.

First sponsored in 1958, National Library Week is a national observance sponsored by the American Library Association and libraries of all types across the country each April.

For more information about TCPL, including Spring Sunday hours, visit TCPL's website at [www.tcpl.org](http://www.tcpl.org).

For more information about Library Foundation Board events planned for National Library Workers Day, contact [foundationinfo@tcplfoundation.org](mailto:foundationinfo@tcplfoundation.org).



### Need a Public Notary?

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

Services are FREE!

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## 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](mailto: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.



### April 22nd is Earth Day!

All TOGETHER now!

This is the moment to change it all — the business climate, the political climate, and how we take action on climate. Now is the time for the unstoppable courage to preserve and protect our health, our families, our livelihoods... together, we must Invest In Our Planet.

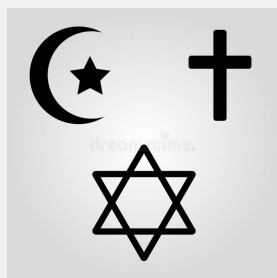
To learn more about Earth Day 2022 as a national movement, [Click here](#).

To learn more about sustainable action and work in the Finger Lakes region, check out this website: [Learn More](#).



### My Silence, My Story. April 22nd

The GLSEN Day of Silence is a national student-led demonstration where LGBTQ students and allies all around the country—and the world—take a vow of silence to protest the harmful effects of harassment and discrimination of LGBTQ people in schools. Every April, students go through the school day without speaking, ending the day with Breaking the Silence rallies and events to share their experiences during the protest and bring attention to ways their schools and communities can become more inclusive. [Visit the Website](#).



In a month where diversity is celebrated, three major world religions are marking their holiest of times. Let's take this opportunity to learn more.

- **The Holy Month of Ramadan**, celebrated by the people of the Muslim faith (Islam) goes from April 2-May 2. [Learn More](#).
- **Holy Week and Easter Day**: Most people of the Christian faith mark Holy Week and Easter in 2022 from April 10 to April 17. [Learn More](#).
- **The Week of Passover**: People of the Jewish Faith celebrate the holy week of Passover this year from April 15 through April 23.



### April 1st--April Fool's Day!

Some historians speculate that April Fools' Day dates back to 1582. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called "April fools." These pranks included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

[Learn More](#).

[Read More.](#)

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with



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