



Finger Lakes **Independence** Center

*Opening Doors to Independence*

*Finger Lakes Independence Center--FLIC--Logo:*

*The letters: F-L-I-C and the letter I looks like an open door.*

*Finger Lakes Independence Center*

*Opening Doors to Independence*

## May 2022



The Finger Lakes Independence Center (FLIC) Office will be closed in honor of Memorial Day on Monday, May 30th.

*Image: American Flag with the words  
"Memorial Day: Remember and  
Honor" beneath it.*

## New York State Budget Recap: Impact on Persons with Disabilities

*Image Below Left: New York State seal with words below--New York State Division of the Budget.*

This year advocates connected to FLIC and other disability rights organizations, worked hard to influence the New York State budget. That hard work paid off, but not as much as advocates hoped for. Here is a summary of key issues advocates tried to address:

Home care worker wage increase: Fair Pay for Home Care was not included in the final budget.

Instead, as of 10/22 home care workers will receive \$2 over the minimum wage and as of 10/23, home care workers will receive an additional \$1 over minimum wage. We are concerned that this will make some workers ineligible for programs like Medicaid without providing enough wage

increase to lift them out of poverty.

Medicaid eligibility for aged, blind, and disabled: The income limit was increased to 138% of Federal Poverty Line (FPL). This brings the income eligibility up from 87% of the FPL to the levels applied to all other Medicaid applicants. The asset limit was not removed but it will be increased by about 50% in January 2023.

Medicaid Global Cap: The final budget keeps the cap with a new formula. While this is expected to be an improvement, it is still an arbitrary cap that has kept Medicaid rates low, and services underfunded.

Medicaid rate increase: The final budget includes the 1% across-the-board increase for Medicaid providers

Kendra's Law: Kendra's Law was extended for 5 years. Under the law, there are criteria by which a person can be ordered to undergo court-ordered outpatient treatment. Added to these criteria is wording to address individuals who have an expired court order within the last 6 months who are experiencing a significant increase of symptoms. If it is determined such symptoms limit one or more major life activities, a person can be referred for another Assisted Outpatient Treatment court order. This is a change FLIC and other advocates opposed

Long-Term Care Ombudsman Program: Funding increased by \$2.5 million. While this is not the amount we were seeking, this funding will allow providers to increase the number of ombudsmen serving people living in Long Term Care facilities.

Would you like to join in getting our views to our elected officials? Become a Champion! See below!



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## Be a Champion of Disability Rights

### Join FLIC's Advocacy Team!

The Finger Lakes Independence Center (FLIC) promotes equality of opportunity for people with disabilities, including older adults who acquire disabilities as they age.

Our advocacy promotes legislation, public policies, and best practices that benefit people with disabilities. Areas of focus for advocacy include: health care, education, employment, housing, transportation, and protecting the civil rights of people with disabilities

When you are part of FLIC's advocacy team, you receive regular Action Alerts; these Action Alerts are brief descriptions of a piece of legislation or a problem that needs to be acted upon. Members of the team let elected officials and policy makers know our position on the proposed legislation or policy. You will be asked to send an email or to make a phone call. Elected officials and policy makers appreciate hearing from people. Thousands of people contact them all the time. You can too.

### How do I join the FLIC Advocacy Team?

It's simple:

First, contact Jeff Boles, Advocacy Specialist, and ask to be added to the advocacy team. Jeff is at: [jeff@fliconline.org](mailto:jeff@fliconline.org). If you have questions, contact Rashke Bradley: [rashke@fliconline.org](mailto:rashke@fliconline.org) or call them at 607-272-2433

Second, respond when Jeff sends you an Action Alert, and let him know that you did. It's an easy way to let our legislators know what is important to you.

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## IPD warns of Social Security scam in Tompkins County

*Image below left: picture of a social security card with the words 'Scam Alert' in white font surrounded in red over top of the card.*



Recently the Ithaca Police Department has learned that individuals claiming to be from the U.S. Inspector General's Office have contacted Tompkins County Residents claiming that the residents owe money to the Social Security Administration.

When a citizen questions the authenticity of the phone call, the scammers offer to have a local police officer call the citizen back. A different scammer will then call the citizen back, claiming to be an Ithaca Police Department Officer and gives an actual name of an IPD Officer. Additionally, the phone number that shows up displays is the Ithaca Police Department phone number, 607-272-9973.

The Ithaca Police Department would like to remind everyone that law enforcement will never call a citizen and demand money be paid for a fine, or violation. The IPD would like to remind area residents to be cautious of such phone calls, no matter how convincing they may seem to be. For further information on scams or frauds, the FBI maintains the following website with helpful tips and information: <https://www.fbi.gov/scams-and-safety>



Visit Ithaca  
Voice



*Image: 2022 Logo for Older Americans Month. The logo reads--Older Americans Month: Age My Way May 2022. The image shows three simple human figures, two are joining hands to form a heart and lift up the third figure.*

## May is Older Americans Month!

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

Tompkins County Office for the Aging is hosting an open house to celebrate. See their flyer below.



TOMPKINS COUNTY  
OFFICE FOR THE AGING  
*Aging Better, Together*

OLDER  
AMERICANS  
MONTH



AGE MY WAY: MAY 2022

# OPEN HOUSE

Friday, May 13, 2022

12:00pm - 3:00pm

Tompkins County Office for the Aging  
214 W. Martin Luther King Jr./State Street  
Ithaca, NY 14850

Please join us for an open house to celebrate Older Americans Month! Take a tour of our new office reconfiguration, visit our services tables to learn about our vast array of programs and help us acknowledge our 2022 Outstanding Volunteers! Stay for a bite to eat and participate in a raffle for a gift basket of goodies.

Feel free to join us anytime between 12pm and 3pm. If you do plan on stopping by please RSVP to Caryn Bullis at [cbullis@tom-pkins-co.org](mailto:cbullis@tom-pkins-co.org) or call 607-274-5450.

*Poster: Tompkins County Office for the Aging: Aging Better Together*

*OPEN HOUSE -in honor of Older Americans Month (with image of Older Americans Month Logo described above)*

*Friday, May 13, 2022*

*12:00 pm to 3:00 pm*

*Tompkins County Office for the Aging, 214 West Martin Luther King Jr./State Street, Ithaca, NY 14850*

*Please join us for an open house to celebrate Older Americans Month! Take a tour of our new office reconfiguration, visit our services table to learn about our vast array of programs and help us acknowledge our 2022 Outstanding Volunteer! Stay for a bite to eat and participate in a raffle for a gift basket of goodies.*

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*Image above: Blue background with tropical leaves and flowers forming a loose border. In the center, which is lighter than edges of the background, the words read, "May, Asian American and Pacific Islander, Heritage Month."*

Last year, in honor of Asian American and Pacific Islander Heritage Month, RespectAbility recognized the contributions made by and the important presence of Asian Americans and Pacific Islanders (AAPI) in the United States. In total, there are more than 18 million Asian Americans in America today. Out of that number, there are 1,315,999 Asian Americans living with some form of physical, sensory, cognitive or other disability. In addition, there are 612,857 native Hawaiians and other Pacific Islanders living in the United States. Out of that number, approximately 64,782 have disabilities.

**Ollie Cantos: A Driving Force in Reshaping Intersectional Disability.**

Having worked in inclusive public policy since the 1990s, Ollie Cantos is a firm believer in getting comfortable with being uncomfortable in order to create change in the world. Currently serving as Special Assistant in the Office of the Assistant Secretary at the U.S. Department of Education's Office for Civil Rights (OCR) as well as Vice Chair of RespectAbility's Board of Advisors, Cantos assures that the frank conversations birthed from uncomfortable questions have the very real and attainable potential to transform negative vehicles of law, policy, and practice into empowered ones. The courage toward honest discourse of convulsive topics has diversified America's governing power as years progress.

Read more about Ollie Cantos and so many others! Click the button below.

[Read the Article](#)

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# FOODNET MEALS ON WHEELS MAC 'N CHEESE BOWL

Hosted & Sponsored by  
ITHACA FARMERS MARKET

May 4, 2022

4:30PM - 7:00PM

VOTE FOR THE  
VERY BEST  
MAC 'N CHEESE  
IN TOWN!

Kid's Choice  
Award too

Follow  
@FoodnetMacBowl



## TICKETS AVAILABLE AT:

Foodnet.org, 607-266-9553 & the  
Foodnet Office (2422 N. Triphammer Rd)

*Poster: Foodnet-Meals on Wheels Fundraising Event: Mac 'n Cheese Bowl.*

*Vote for the best macaroni and cheese in town. Kid's Choice Award also!*

*Hosted and sponsored by Ithaca Farmers Market.*

*Date: May 4, 2022*

*Time: 4:30 to 7:00 PM*

*Tickets available at Foodnet.org, call 607-266-9553 & at the Foodnet office at 2422 North Triphammer Road.*

*Follow on Twitter: @FoodnetMacBowl*

*Clipart of blue bowl with white horizontal stripe. Bowl filled with yellow macaroni, blue utensil handle sticking out. Blue steam rises from macaroni and forms a heart.*

## So Much to Become More Aware of in the Month of May

*Image below left: lightbulb drawn in gray with white background.*

*Fillament is in orange and five ray are drawn in orange coming from the top.*

Awareness months call the world to be come more informed about a wide variety of people, cultures, ethnicities, situations and needs. The month of May has an abundance of 'awarenesses' calling for our attention. Take some time to become more informed!



- **Mental Health Awareness Month:** Scroll down to see how area agencies are marking this awareness. And visit this site to learn more: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>
- **National Women's Health Week:** Runs from May 8-14, starting on Mother's Day. Visit the

Office on Women's Health Site to learn more--  
-<https://www.womenshealth.gov/nwhw/about>

- **Haitian Heritage Month:** Read about Haiti and the Haitian people at the Library of Congress Site--<https://guides.loc.gov/haiti-reimagined/primary-resources>
- **Jewish American Heritage Month:** Visit the government site to learn more--<https://www.jewishheritagemonth.gov/>

Many different medical conditions, illnesses and disabilities also have May as their awareness month. Click on the names below to follow the link to learn more:

- **Arthritis**
- **Asthma**
- **Celiac Disease**
- **Cystic Fibrosis**
- **Fibromyalgia**
- **Lupus**
- **Lyme Disease**
- **Stroke**

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## Long Term Care Committee Spring Quarterly Meeting ~ You Are Invited!

You're invited to the Long Term Care Committee spring quarterly meeting! This meeting is open to everyone--family caregivers, professionals, researchers, people exploring long term care careers, or anyone interested in the topics discussed.

When: Friday, May 6, 2022, 12:00 noon to 1:15 pm.

Where: Virtual via Zoom--[https://us02web.zoom.us/j/81969491978?](https://us02web.zoom.us/j/81969491978?pwd=c2gySzN6dFVLRzkvRkkxRTBnMHMzZz09)

pwd=c2gySzN6dFVLRzkvRkkxRTBnMHMzZz09

Meeting ID: 819 6949 1978

Passcode: 212723

### Agenda:

1. Introductions
2. Approve February 4, 2022 Meeting minutes
3. Subcommittee Update--Advanced Care Planning--Anna Rosenblatt, Subcommittee chair.
4. Presentation--Emergency Planning for Long Term Care: Lessons Learned During Hurricanes Irene and Sandy by Michael Stitley, Director of Tompkins County Department of Emergency Response.
5. Community Announcements--Emergency Preparedness Core Advisory Group and the Accessible Sidewalks for All People Initiative by Jan Lynch, Director of Finger Lakes Independence Center
6. Adjourn--Next meeting is Friday, August 5, 2022

Questions about the Long Term Care Committee? Would you like to be added to our list?

Contact Teri Reinemann at [treinemann@hsctc.org](mailto:treinemann@hsctc.org)

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# THE MENTAL HEALTH ASSOCIATION IN TOMPKINS COUNTY

Providing Advocacy, Support Services and Education in Tompkins County since 1954

# MENTAL HEALTH AND WELLNESS FAIR

AT THE BERNIE MILTON PAVILION

SATURDAY, MAY 7TH

11AM - 3PM

COMMUNITY ORGANIZATIONS, YOGA SESSION,  
ACTIVITIES, ICE CREAM & MUSIC  
MORE DETAILS [WWW.MHAEDU.ORG](http://WWW.MHAEDU.ORG)

*Poster: The Mental Health Association in Tompkins County  
Providing Advocacy, Support Services and Education in Tompkins County since 1954  
Mental Health and Wellness Fair  
at Bernie Milton Pavilion  
Saturday, May 7th  
11 am to 3 pm  
Community Organizations, Yoga Sessions, Activities, Ice Cream and Music  
More details [www.mhaedu.org](http://www.mhaedu.org)*

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*Image Above: Words in blue font-Finger Lakes NAMI. Underneath, words in green font-Hopes starts with you. There is a green ribbon around the "I" in NAMI.*

## NAMI Finger Lakes Mental Health Challenge 2022

In recognition of Mental Health Awareness Month, NAMI (National Alliance on Mental Illness) is once again partnering with Cornell Student Athletic Advisory Committee (SAAC) to start a conversation about why mental health is so important.

This event is free to everyone!

What to do-visit [namifingerlakes.org/challenge22](https://namifingerlakes.org/challenge22) to learn more and to register for this year's challenge.

1. Choose your challenge-your sport or fitness favorite, hobby, skill or personal goal to complete between May 1-8.
2. Share your challenge with others and start a conversation about the importance of mental health.
3. Become a fundraiser through sharing your profile online and with friends and family to help NAMI Finger Lakes provide Free Mental Health support, education and advocacy for families and individuals impacted by mental health conditions.

One in five people experience a mental health condition and nearly 60% of people with mental illness don't receive the care they need. One in five may be you, a friend, a loved one or a neighbor.

NAMI Finger Lakes is your local affiliate of the National Alliance on Mental Illness, the largest grassroots mental health organization dedicated to improving the lives of the millions of Americans who experience mental health conditions. We provide free support, education, and advocacy in your community for those seeking to understand and support someone living with mental illness.

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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: 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.



## Need a Public Notary?

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

Services are FREE!

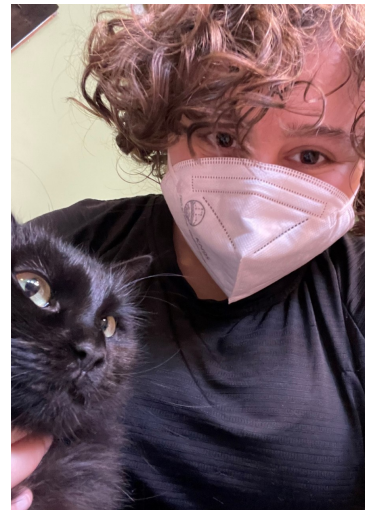
*Image: Gold seal shaped like multi-pointed star with double circles inside. Between the two circles it says: Official, Duly Commissioned. In the center in bold it says: Notary Public*

## 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.

## Welcome Rashke Bradley, FLIC's New Statewide Systems Advocate and Advocacy Specialist

Rashke (they/them) is a Statewide Systems Advocate and Advocacy Specialist. As a systems advocate, they focus on policies and practices that affect people with disabilities, such as the Fair Pay for Home Care campaign and improving mental health crisis response. They also provide peer counseling in their role as an Advocacy Specialist and support FLIC's efforts in advocating for students with disabilities and their families. In their free time, they like to take circus classes, do puzzles while listening to podcasts and hang out with their cat, Mischief.



*Image Left: Rashke is a young adult with curly, short brown hair, wearing a white mask and dark shirt. They is holding their black cat, who is looking at the camera with yellow eyes.*





Image above: Photo of co-founder Julia Ward Howe in brown tones with words, *History of Mothers Day*.

## Mother's Day is May 8th!

Mother's Day coincides with National Women's Health Week for a reason. Learn about Ann Reeves Jarvis and Julia Ward Howe, the founders of this national observance.

**Learn  
More**

Image above: Mexican Flag with words in the center that read, "A Brief History of Cinco de Mayo." The Words "Cinco de Mayo" are in a bold, elaborate script with filigree.

## May 5th ~ Cinco de Mayo

Cinco de Mayo isn't the same as Mexico's Independence Day. (That's Sept. 16.) The holiday celebrates the Mexican victory over the French at the Battle of Puebla, which took place on May 5, 1862. Visit the site to learn more: <https://www.si.edu/stories/real-history-cinco-de-mayo>



Image above: Photo of Clara Barton in graytone with a quote by her, "Though it is little that one women can do, still I crave the privilege of doing it. Clara Barton. Founder, American Red Cross."

## Red Cross Founders Day- May 21

On May 21st in 1881, Clara Barton, together with Adolphus Solomons, founded the American Red Cross. Clara was nicknamed the "Angel of the Battlefield." Learn more about her and this humanitarian organization.

**Learn  
More**



Image above: A close-up photo of an Arlington National Cemetery grave marker with a small American flag planted in front of it, surrounded by grass, trees, and rows of similar gravemarkers in the background.

## May 30th is Memorial Day!

Memorial Day is often marked with ceremonies at memorial sites in small towns and big cities across our nation. Families gather for picnics and parades. Did you know that the first "Memorial Day" was marked by freed slaves and African American Union Soldiers to honor the many who perished in gruesome prisoner of war camps at the close of the Civil War?

**Learn  
More**

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

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