



Finger Lakes **Independence** Center

*Opening Doors to Independence*

*Image Above: 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*

## June 2022



The FLIC office will be closed on Monday, June 20th, in observance of Juneteenth, which falls on a Sunday this year.

Learn more about Juneteenth later in this newsletter.

*Image left: Cream background with Juneteenth colors--red, black and green--brushed across in broad lines. The word "Juneteenth" in white written across the colors. Two shackled African American hands rise up from the bottom, fists clenched. The chain linking the shackles is broken.*



*Image above: Rainbow banner background with white clip-art images over top: figure in wheelchair, hands signing, human silhouette with brain highlighted, human figure with white cane.*

**June is Pride Month!**

# LGBTQ+ People with Disabilities

The LGBTQ+ community and the disability community intersect in significant ways. RespectAbility highlights amazing people who are LGBTQ+ with disabilities and shares their stories.

Click the button below to learn about Eric Ascher, Justin Chappell, John Feldman, Frida Kahlo, Billy Porter and many more.

**Learn  
More**



*Image above: Deep purple background with light purple awareness ribbon. White words overtop: June is Alzheimer's and Brain Awareness Month.*

## Go Purple, Share Your Story, Take Action

Worldwide, more than 55 million people are living with Alzheimer's or another dementia. Join the Alzheimer's Association in going purple and raising awareness this June. The more people know about Alzheimer's, the more action we inspire. Click the link to learn more.

[www.alz.org](http://www.alz.org)



*Image above: photo of Assemblymember Anna Kelles with blue background and photo of Senator Thomas O'Mara with American flag in background.*

## Systems Advocacy at FLIC

In May, FLIC advocates met with state Assemblyperson Anna Kelles and staffers from the office of state Senator Thomas F O'Mara. We went over priority disability bills in advance of the end of the legislative session on June 2<sup>nd</sup>. Topics ranged from home care access to employment rights to housing access. Both meetings were well received and we look forward to continuing the working relationship with our legislators and participating in legislative planning meetings over the summer!

(If you are interested in hearing more about disability policy advocacy, consider joining FLIC's volunteer advocacy team! Email [rashke@fliconline.org](mailto:rashke@fliconline.org) for more information. )



*Image Above: Sun and water Caribbean seal surround by words in semi-circle: Caribbean American Heritage Month. This is center in image in a yellow square. Surrounding the square with a blue to pink gradient background are 15 flags for 15 Caribbean nations.*

## Celebrating and Honoring Caribbean American Heritage Month this June

In June 2005, the House of Representatives unanimously adopted H. Con. Res. 71, sponsored by Congresswoman Barbara Lee, recognizing the significance of Caribbean people and their descendants in the history and culture of the United States. On February 14, 2006, the resolution similarly passed the Senate, culminating a two-year, bipartisan and bicameral effort. The Proclamation was issued by President George W. Bush on June 6, 2006.

Watch the video summary of this heritage month celebration and then click the button to visit the official site to learn more:



**Visit the  
Website**





*Image Above: Yellow background. Hand raised making fist in black on righthand side. Words in Juneteenth colors of red, black and red read June-Teenth.*

## Celebrating Juneteenth!

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.

From its Galveston, Texas origin in 1865, the observance of June 19th as the African American Emancipation Day has spread across the United States and beyond.

Today Juneteenth commemorates African American freedom and emphasizes education and achievement. It is a day, a week, and in some areas a month marked with celebrations, guest speakers, picnics and family gatherings. It is a time for reflection and rejoicing. It is a time for assessment, self-improvement and for planning the future. Its growing popularity signifies a level of maturity and dignity in America long over due. In cities across the country, people of all races, nationalities and religions are joining hands to truthfully acknowledge a period in our history that shaped and continues to influence our society today. Sensitized to the conditions and experiences of others, only then can we make significant and lasting improvements in our society.

[Juneteenth.com](http://Juneteenth.com)

---

**BE AWARE**  
**BE PREPARED**

*Image Above: White Background. Word in Yellow reads 'Be Aware.' Below, words in black read 'Be Prepared.' Yellow and black stripped line separates two statements.*

## Monthly Emergency Preparedness Tip- June

**THE GOAL: Be aware of and prepare for your family's unique needs.**

**Talk with family members to identify your household's unique needs.**

What kinds of things can members of your household not be without for 72 hours? Here are some examples of things that can create unique needs for your family:

- Infants and young children
- Prescription medication (keep a three day supply with you)
- Health-related supplies (For example, diabetics need insulin syringes, alcohol wipes, and

glucometer supplies)

- Assistive devices (glasses, canes, etc.)
- Pets

**Make a plan to make sure pets are taken care of in a disaster.**

A disaster may happen while you are away from home. Your neighborhood may be evacuated, or you could be trapped somewhere else and unable to get home. Consider asking a trusted neighbor to check on your pets if you can't get home because of a disaster or emergency. You may also ask them to take your pets with them if an evacuation is ordered while you are not home. Make sure they are comfortable with your pet, and that they know where to find leashes and other supplies.

**If you or someone in your household create an evacuation plan that works for them.**

People with disabilities are more affected by disaster than others in the community. Accessible services might not be available. Hazards like wildfire, floods, and hurricanes can lead to evacuations. If you have a disability and you live in an area where these things can happen, make sure you have an evacuation plan:

- Make sure you are signed up for any emergency notification systems your community offers. Some notification systems will only call landline phones. If you use a cell phone, you may have to sign up separately.
- Paratransit services may not be available once a disaster happens. Talk to your paratransit provider now to find out what services they can provide when evacuation is ordered.
- If paratransit services aren't available, arrange for someone else to pick you up if an evacuation is ordered. Make sure they will come for you UNLESS you tell them not to. That way there won't be any confusion when the time comes. If you can't evacuate, call 911 to let them know your location.
- Talk to your local Red Cross chapter or other organizations who provide emergency sheltering in your community. Make sure that your needs can be met in an emergency shelter. Think about accessible entrances and bathrooms. What methods of communicating with shelter staff, medical services or assistive devices will you need? If you have a service animal, talk to them about what they can provide for the animal. Find out what you need to bring with you. Make sure you have batteries or a charger for any assistive devices in your emergency kit.

<https://www.do1thing.com/individuals/unique-family-needs/>



*Image above: white background, letters in red at top of image read Celebrate. Learn. Share. Below, in center of image, words in red with numbers in blue read ADA 32, followed by a circle of red stars with dates in the center, 1990-2022. Bottom of image, words in blue read Americans with Disabilities Act.*

The 32<sup>nd</sup> Anniversary of the Americans with Disabilities Act (ADA) is coming up in on July 26<sup>th</sup>. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else.

FLIC is still planning our celebration for the 32<sup>nd</sup> anniversary of this landmark legislation. So watch for a notice about our celebration

Learn more about the ADA:

- [What is the ADA?](#)
  - [ADA Fact Sheets from the ADA National Network](#)
  - [Glossary of ADA Terms](#)
  - [ADA Acronyms & Abbreviations](#)
-

# 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](mailto:stevenjames6560@gmail.com) or Jeff Boles 607-272-2433/

[jeff@fliconline.org](mailto:jeff@fliconline.org)

---

## 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.

---

COMMUNITY **ARTS** PARTNERSHIP 

*Image Above: White background. Words in black read Community Arts Partnership with Arts in bold. Following the words is the logo, "c" in red, "a" in green and "p" in blue.*

New York Foundation for the Arts (NYFA) is  
announcing two new grant programs.  
To learn more, visit [NYFA.org](http://NYFA.org)

### Anonymous Was a Woman Environmental Art Grants

In partnership with Anonymous Was A Woman, NYFA launched a new program that will provide one-time grants of up to \$20,000 to **support environmental art projects led by women-identifying artists** in the United States and U.S. Territories.

Applications are open now through 5:00 PM on Tuesday, June 14. **More information can be found here.**

If you have questions about this program, please email [awaw@nyfa.org](mailto:awaw@nyfa.org).



### NYSCA/NYFA Artists with Disabilities Grant

NYFA has partnered with New York State Council on the Arts (NYSCA) to administer cash grants of \$1,000 to New York State artists **with a disability who reside outside of the five boroughs of NYC** and have experienced financial hardship due to the COVID-19 crisis to cover art related expenses.

Applications are open now through 5:00 PM on Tuesday, June 28.

More information can be found [here](#).

If you have questions about this program, please email [apply@nyfa.org](mailto:apply@nyfa.org)



### Need a Public Notary?

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

Services are free!



*Image above: American Flag background with white circle in the center. In white circles, words in black read Flag Day.*

### June 14th is Flag Day!

Discover the history of the annual holiday and check out 13 surprising facts about the American flag and how to properly display it. Click the link to learn more.

[Learn More](#)



*Image above: Photo of Ithaca Falls.*

### Waterfall Day ~ June 16th

We live in the perfect location to celebrate Waterfall Day! In the Finger Lakes Region waterfalls abound! Check out this link to find waterfalls in our area. Perhaps drive, walk or roll by Ithaca Falls (pictured above) in honor of the day.

[Visit the Website](#)



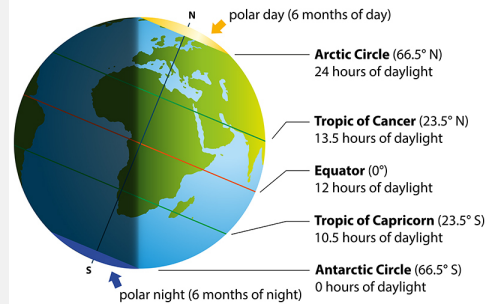
*Image above: background of American Flag and gift wrapped in brown paper with "Dad" on gift tag, overlayed by black box with words in white reading Father's Day.*

## Father's Day is June 17th.

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972—58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the United States. Click the link to learn more.

**Read more about  
it**

## summer solstice (June 21)



*Image above: words in black at top of image read summer solstice (June 21). Under words is image of earth, tipped on axis, with lines indicating location of Arctic circle, tropic of cancer, equator, tropic of capicorn, antartic circle, and both poles.*

**June 21st is the official first day of summer in the Northern Hemisphere. Leave more! Click the button.**

**Summer  
Solstice**

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

[Unsubscribe \[teressa@fliconline.org\]\(mailto:unsubscribe\_teressa@fliconline.org\)](mailto:unsubscribe_teressa@fliconline.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [teressa@fliconline.org](mailto:teressa@fliconline.org) in collaboration  
with



Try email marketing for free today!