



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

JULY 2022



The FLIC office will be closed on Monday, July 4th in honor of the Independence Day Holiday. Have a safe and happy 4th of July!

Image Above: Statue of Liberty with red and blue fireworks behind it against a black background.

Celebrate. Learn. Share.
ADA32 ★ ★ ★ ★ ★
★ 1990 - 2022 ★
Americans with Disabilities Act

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.

32 Years-The Americans with Disabilities Act

July 26th

Celebrate! Learn! Share!

Let's Celebrate!

Share #ThanksToTheADA

Celebrate the 32nd Anniversary of the Americans with Disabilities Act (ADA)!

- Share what the ADA means to you! Have fun and be creative!
- Use any media of your choice (poetry, artwork, video, photographs, essay, or other).
- Share your expression of thanks with us! We will collect all creative contributions over the summer, due by September 1. We will dedicate our October newsletter to all of your gifts of gratitude.

Learn!

Join FLIC at Cinemapolis at 120 East Green Street on ADA's Anniversary Day, July 26th, for a viewing of a film, *title to be determined*. We are discussing options with Cinemapolis and will announce it soon! We will be hosting film discussion groups in August, and then offering book discussion groups in the fall.

The Americans with Disabilities Act (ADA) became law in 1990. 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. The ADA is divided into five titles (or sections) that relate to different areas of public life. Click the button below to review these five sections and their importance.

[Click Here](#)

Share!

Though the video below was made in 2015, the barriers described facing persons with disabilities sadly still exist today. Advocates still have much work to do. Watch this 1 minute video.



Become an Advocate! Contact Rashke Bradley in the FLIC office today and ask them to be added to our advocacy network! Rashke@fliconline.org



CELEBRATING
40 YEARS

Image above: On the left, a light blue crescent surrounding the words, 'NCIL, National Council on Independence Living.' On the right, the words 'Celebrating 40 Years.' Two sides separated by a vertical line.

Participants Needed: 2022 National Survey on Health and Disability (NSHD)

Share how access to health care and the COVID-19 pandemic have affected your life.

The University of Kansas Institute for Health & Disability Policy Studies (KU-IHDPS) is looking for adults with disabilities to complete the National Survey on Health and Disability (NSHD). The NSHD is an annual, online survey about your health, quality of life, access to health care services, and the COVID-19 pandemic, as a person with a disability or health condition.

- Adults aged 18-64 with any type of disability, chronic illness/disease, mental or physical health condition are encouraged to complete the survey
- The survey should take about 20 minutes to complete
- Responses are anonymous
- Survey opens May 2, 2022

Go to: <https://rockcha.ik/2022NSHD>

Whether or not you complete the survey, you can choose to enter a drawing to win one of ten \$100 gift cards. If you prefer to take the survey over the phone or have any questions about participating, please call toll-free 1-855-556-6328 (Voice/TTY) or email healthsurvey@ku.edu.

This survey may look familiar to you. This is the 4th time this survey has been done. It was first done in 2018 and each year since. We welcome participation from those who completed it before and those who have never done it before. Thank you!

The NSHD is funded by the National Institute for Disability, Independent Living and Rehabilitation Research (NIDILRR, #90IFRE0050-01-01).

Tompkins County World of Skills Job Fair Invitation

Dear Employer:

Your business and its recruiters are invited to attend (in person) **The 26th Annual Tompkins County World of Skills Job Fair**, scheduled from **9:00 a.m. to 12:00 p.m. on Wednesday**,

August 31st, 2022 at Hotel Ithaca.

If you plan to hire 3 or more people in the near future, the Tompkins County Job Fair is a great opportunity to meet a large number of energized job seekers in a short time. Please bring specific job listings of current openings, including a list of skills that are necessary for each job.

The event is free for both employers and job seekers . Space is limited. The deadline for registration is Friday, August 5th, 2022.

If you'd like to attend, please fill out & email the linked registration form.

Cordially,

Tompkins County Job Fair Steering Committee,
Jan Lynch, Chair

Contact person:

Jorge T. Cuevas

Employment Advocate

Finger Lakes Independence Center

215 Fifth Street • Ithaca, NY 14850

jorge@fliconline.org • (607) 272-2433



Image above: Left side of image-purple background with "National Minority Mental Health Awareness Month in white lettering at the top. Bottom left side has OMH in white with multicolored rays coming from the 'O.' Beside OMH, in tiny prints: US Department of Health and Human Services, Office of Minority Health. On the right side of image-two hands reaching across wooden table to hold each other with blue and yellow background.

National Minority Mental Health Awareness Month

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

Visit the website below to learn more about health disparities, the trauma of COVID-19 on minority groups, and ways to expanding your cultural health.

**Visit the
Website**



Image above: blurred brown background with branch of pink flowers in center.

Bereaved Parents Awareness Month- Local Support Group Meetings

July is Bereaved Parents Awareness month. Compassionate Friends is a local support network for all who have suffered the death of a child of any age and from any cause. Their meetings are open to all parents, grandparents and adult siblings. They meet the first Thursday of each month at the Finger Lakes Independence Center from 5:30 to 7:30 pm. Entrance is through the side door off of the parking lot.

For more information, you may contact the network at 607-387-5711 and/or tcf.ithaca@gmail.com.

Join Lifelong for a virtual Medicare Basics presentation

Thursday, July 7 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 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, or ph: 273-1511.

Topic: Medicare Basics

Time: Jul 7, 2022 04:30 PM Eastern Time (US and Canada)

Join Zoom Meeting: <https://zoom.us/j/99745391712>

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: July 5 & 18t,

August 1, 15 & 29

September 12 & 26

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

Emergency Preparedness Monthly Goal July

Have the Ability to Communicate with Family Members During a Disaster

Today we have more ways to speak with one another than ever before. We are used to staying in touch with cell phones, internet, and email, but disasters can change things. These devices may not be available. Cell phone towers quickly become overloaded with people trying to reach friends and family. If the power is out at your home, cordless phones, internet, and email will not work either.

Task One: Have a phone with a cord and a car charger for your cell phone standing by in case of a power failure.

Phones with cordless handsets won't work in a disaster because they need more electricity than they can get from the phone jack. Old fashioned phones with a cord connecting the handset to the base will work even in a power outage. Make sure you have at least one phone with a cord in your home in case of a power outage.

Keep a car charger for your cell phone in your vehicle. If the power is out in your home, you can still charge your cell phone in your car.

If you don't have a landline and you use a cell phone as your home phone, remember that cell phone towers may be tied up with calls in an emergency. However, a text message from your cell phone may get through when a phone call doesn't. Make sure everyone in your family knows how to send and receive text messages.

Task Two: Develop a plan for how your family will stay in touch during a disaster.

Develop a plan so you can stay in touch with your family in a disaster. Include phone numbers for all family members and those who can give you extra help, such as caregivers. Also include all work, school, and daycare phone numbers, if applicable. A wallet-size form you can use to write down this information can be found at www.ready.gov. Be sure each family member has a copy of your communication plan. Post the communication plan by a phone in your home, and include it in your go bag as well.

Outside the Area Contact

Local phone calls and long distance calls work on different circuits. When local circuits are overloaded, you may still be able to make long distance calls. Choose someone outside of the local calling area to be your “outside the area” contact. Make sure all family members carry this

phone number with them. If something happens when your family is not together and you are not able to reach each other, each family member can call the “outside the area” contact and leave a message for the others.

Task Three: Program in case of emergency (ICE) into all family cell phones.

If you are hurt and can't talk, first responders and hospital staff may not know how to contact your family right away. If you have a cell phone, you can provide the phone numbers for your emergency contacts to first responders and hospital staff.

1. Create a new contact in your cell phone's phone book
2. Name the contact ICE
3. Enter all phone numbers for the person you would like to have notified in a medical emergency

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

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!

Image Left: gold star seal with the words "Notary Public" in black, bold letters in the center. Double circle surrounds these words. In the circle at top it reads "Official" and, at the bottom, "Duly Commissioned."

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

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