



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

August 2022



Image Above: President George H. W. Bush signing into law the Americans with Disabilities Act of 1990 on the South Lawn of the White House. L to R, sitting: Evan Kemp, Chairman, Equal Employment Opportunity Commission, Justin Dart, Chairman, President's Committee on Employment of People with Disabilities. L to R, standing: Rev. Harold Wilke and Swift Parrino, Chairperson, National Council on Disability, 07/26/1990.

What does the ADA mean to you?

The Americans with Disabilities Act (ADA) is a groundbreaking bill that provides equal opportunities and accommodations for people with disabilities to fully participate in everyday life. Although there are many changes that were made due to the ADA, such as automatic doors, 32 years later we still have many physical and sensory barriers to change, and continue to fight the stigma of disability.

The 32nd Anniversary invites us to become more aware of what the ADA has meant to so many, and what work still needs to be done. Help raise awareness. Share what the ADA has meant to you or to someone you love. Be creative! Use any media of your choice-poetry, artwork, video,

photography, essay or others. Send them to us here at FLIC and we will share them in our October newsletter. What has the ADA meant to you?

Send submissions to Teresa Siviers at FLIC: Teresa@fliconline.org. Due September 1st.

Nationwide 988 Hotline Launched July 16th



Image Above: Blue, marbled background with "988 Suicide Prevention Hotline" in white, bold letters. The "c" in "Suicide" is a phone receiver.

In 2020, Congress designated the **new 988 dialing code** to operate through the existing National Suicide Prevention Lifeline's (1-800-273-8255) network of over 200 locally operated and funded crisis centers across the country.

On July 16, 2022, the U.S. transitioned to using the 988-dialing code, and it is a once-in-a-lifetime opportunity to strengthen and expand the existing Lifeline.

988 is more than just an easy-to-remember number—it's a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

The 988 dialing code is just a first step toward strengthening and transforming crisis care in this country. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help.

Over time, the vision for 988 is to have additional crisis services available in communities across the nation, much the way emergency medical services work.

**For More
Information**



Image Above: Grace Collins, Ithaca College Class of 2022, an African-American young woman with short, black curly hair, wearing an orange shirt with two olympic medals around her neck, standing on mown grass outside.

Ithaca College Hosts the 2022 Special Olympics New York Summer Games

By Grace Collins, Ithaca College Class of 2022

On June 24 and 25, thousands of athletes, coaches, family members, supporters, and volunteers gathered at Ithaca College to celebrate the competition and camaraderie of the 2022 **Special Olympics New York** Summer Games.

The 2022 Summer Games marked the first in a three-year partnership between IC and Special Olympics New York. Competitions were held in eight sports — aquatics, bowling, basketball, gymnastics, powerlifting, tennis, track and field, and volleyball — at IC athletics facilities and local venues like Ithaca High School and Midway Bowl. This year brought extra cause for celebration, as this was the first in-person Summer Games after a nearly three-year hiatus due to the Covid-19 pandemic.

“Our community is thrilled that the Summer Games will be making their home here on our beautiful South Hill campus and in the city of Ithaca for the next three years,” said Ithaca College president La Jerne Terry Cornish. “We hope to create an amazing and unforgettable experience for everyone participating, and we’re thankful to the countless individuals who have dedicated themselves to ensuring that the resumption of the Summer Games is a magnificent success.”

[continue reading](#)

Health Department
Community
Announcement



Image Above: On left it reads, "Health Department Community Announcement. On the Right it reads, 'Tompkins County Health Department; Your Partner for a Healthy Community.'" Color scheme is green and blue.

What Makes a Healthy Community? All Tompkins County Residents Encouraged to Take Community Health Survey

What makes a healthy community? The Tompkins County Health Department (TCHD) wants to know what you think about health in our community, in order to develop our community's next health improvement plan. For this purpose, TCHD, along with Cayuga Health System (CHS) and other local partners, have released a community health survey that is open to every Tompkins County resident aged 18 and older.

Rate the health of your community by accessing the survey online at: bit.ly/TCHDsurvey2022. The Community Health Survey will be open throughout July. Anyone who completes the survey can enter themselves into a drawing to win a \$20 gift card (county employees not eligible). The survey takes about 10 minutes to complete and is completely anonymous. Registration for the gift card drawing is not connected to survey responses.

TCHD conducted its first community health survey in March 2019 and received over 1,000 completed surveys. The results of the survey were included in both the Community Health Assessment (CHA) and the Community Health Improvement Plan (CHIP) that were completed that year. These reports are available on TCHD's **website**.

"We're asking all Tompkins County residents to weigh in on what they believe makes a healthy community," said Frank Kruppa, Tompkins County Public Health Director. "Your responses will help us identify where there are unmet needs for improving both the physical and mental health of our community. We want to learn what's lacking and potentially holding people back from achieving their optimum health, and the best way to accomplish that is to simply ask."

"We are always working to improve our services to the community," said Dr. Martin Stallone, President and CEO of Cayuga Health System. "I urge residents to take this opportunity to provide their feedback. It's critically important that we have input from a wide diversity of our community."

The CHA and CHIP are required every three years by the New York State Department of Health (NYSDOH) for every county, many of which conduct a similar survey. The basis for these reports is the **NYS Prevention Agenda**, a set of five health priorities which serve as the blueprint for state and local action to improve the health and well-being of all New Yorkers and to promote health equity in all populations who experience disparities. Priority Action Plans are further broken out into focus areas, goals, objectives, and evidence-based interventions. The priorities include "Prevent Chronic Disease," "Promote Well-Being and Prevent Substance Use Disorders," and "Promote Healthy Women, Infants, and Children."

The survey questions cover a range of topics, including what makes a healthy community, access to care, food security, physical and mental health, chronic conditions, and COVID-19. The **survey** takes about ten minutes, and can be completed on any mobile device, desktop or laptop computer, or call 2-1-1 (1-877-211-8667) during regular business hours, Monday-Friday, 8:30am-5:00pm, and staff will help callers complete the survey. TCHD's Community Health Workers will be present throughout the month at our local public libraries and can assist with survey completion as well. Please contact your local library for more information. For paper copies of the survey, call 607-274-6683 during business hours.

**Take the
Survey**

Many try to return to normal from COVID, but disabled people face a different reality

...Fifty-seven percent of disabled people believe that masks should be required on public transportation and 64% think masks should be required on planes, according to a **survey** of likely voters conducted in April by Data For Progress, a progressive think tank and political advocacy group. However, mask mandates have been lifted on various forms of transportation and in other parts of society amid court rulings and declining cases reported by the Center for Disease Control and Prevention.

In March, the CDC began determining COVID-19 community levels based on **new hospital COVID admissions and the percentage of beds occupied by COVID patients**. But hospitalization data is a lagging indicator of how much COVID-19 is spreading in the community.

Matthew Cortland, a senior fellow at Data for Progress, notes that when someone gets COVID-19, it doesn't cause them to become sick immediately, and they may spread it to other people before they're symptomatic or become sick enough to require hospitalization.

"If you're using that hospital data for your public health interventions, you're always going to be behind the curve, you're always going to be playing catch-up. And with a disease like COVID that can spread so easily and rapidly, that means if you're behind the curve, there's going to be uncontrolled spread," Cortland tells NPR.

Cortland points out that public transit is a vital lifeline for disabled and immunocompromised people, as it connects them to doctors, grocery stores, and other aspects of society. But because of the new way COVID-19 levels are measured, along with the lifting of mask mandates, disabled and immunocompromised people say they feel it's too risky to safely go out.

[Read Article](#)

Emergency Preparedness Monthly Goal-August Make Your Community Stronger by Getting Trained & Getting Involved

It takes more than police, fire and EMS to respond to a disaster. It takes people who are committed to neighborhoods, churches, schools and volunteer organizations. When people are willing to work together for the good of others, communities are stronger.

People who are involved are the key to a disaster resilient community. They are willing and able to look out for themselves and others. A resilient community is one that can withstand a disaster and get back to normal quickly (even if normal isn't the same as it was before).

Remember, community preparedness starts at home. If you know that your family is prepared at home, you will be better able to help others in your community.

Task One: Connect with an isolated individual in your neighborhood or start a neighborhood organization.

Isolated individuals are more vulnerable during and after a disaster. They are less likely to ask for help or follow emergency instructions. The elderly or those with disabilities may have trouble getting out of the house, and may not have much contact with the outside world. Someone who doesn't speak English well may have trouble understanding emergency instructions. People may also be isolated just because they are new to the area, or because their work hours keep them from meeting their neighbors.

Who are the isolated individuals in your neighborhood? Take time to meet them. Help them make a plan for emergencies, and include checking on them in your plan.

Neighborhood watches and other groups can be a great way for you to become better connected to your neighbors. If your neighborhood doesn't have a group, consider starting one. There are resources available online at www.usaonwatch.org or by calling your local police or sheriff's department.

Task Two: Promote emergency preparedness in your community.

Scout troops, service clubs, residential associations, communities of faith—almost any organization you belong to can become a partner in emergency preparedness. Organizations that promote emergency preparedness make their community more able to withstand and recover from disaster. Here are some suggestions for involving your organization:

- Include a Do1Thing preparedness topic in newsletters or on bulletin boards each month.
- Talk to your scout troop leader about how Do1Thing activities can be used toward a preparedness badge.
- Get a group together to make emergency kits for seniors or kids who stay home alone.
- Visit the www.do1thing.com website to see how other organizations are promoting preparedness in their communities.

The **Red Cross**, **ready.gov**, and many other organizations also promote preparedness. Find the materials that will work best for your organization and become a partner in preparing your community!

Task Three: Become a volunteer in your community.

There are many places to volunteer in your community. Many police and fire departments use volunteers to help with special projects, events, or program. The American Red Cross, Salvation Army, and other organizations train volunteers to work in disasters.

If you are interested in helping in your community or other communities during a disaster, become a volunteer for your local Red Cross or Salvation Army chapter. But don't wait for disaster to strike—volunteer now. These organizations won't send untrained volunteers into disaster areas.

Many communities also have a volunteer center or a Retired and Senior Volunteer Program (RSVP). These programs can find ways for you to help in your community that will fit your schedule and abilities.

If you are already a member of a volunteer organization, consider getting your volunteer group involved in VOAD (Voluntary Organizations Active in Disaster). VOAD is a national program that helps volunteer groups work in their community during a disaster.

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



Image Above: Eight different kinds of medical alert systems lined up on a wooden surface. Home units with necklaces or watches, and smart watches.

August is Medical Alert Awareness Month- Which System is Best for You?

Tech-Enhanced Life reviewed many of the emergency alert systems on the market and offer honest reviews on their website. The devices were reviewed by customers seeking to use the devices. Tech-enhanced Life notes that, with technology, it isn't 'one size fits all.' Different devices may be best for different people. Visit their website and learn more about the strengths and weaknesses of the different devices.

[Read the Reviews](#)

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: August 1, 15 & 29

September 12 & 26

October 10 & 24

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

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



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