



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

September 2022



Image Above: White background with black, bold letters that read, "Hispanic Heritage Month." On the right side of the letters is a hand print filled with pieces of the national flags of Hispanic countries.

Highlighting Latinx People with Disabilities in Honor of Hispanic Heritage Month

The country is celebrating National Hispanic Heritage Month, which begins on September 15 and ends October 15. **National Hispanic Heritage Month** recognizes the contributions made and the important presence of Hispanic and Latinx Americans in the United States and celebrates their heritage and culture. It is important to note this includes 5.2 million Latinx people living with a disability in the U.S.

The **Disability Statistics Compendium**, released by Institute on Disability at the University of New Hampshire, shows that in the economic expansion prior to the COVID-19 pandemic, 39.4

percent of working-age Latinx people with disabilities had jobs, compared to 76 percent of Latinx people without disabilities. In total, out of 2,915,754 working-age Latinx people with disabilities, only 1,149,092 had jobs pre-pandemic.

The COVID-19 pandemic and the resultant economic crisis has deeply harmed and uniquely impacted minority communities across the country. As captured in an **NPR report** on the disproportionate impact of COVID-19, "like African-Americans, Latinos are over-represented in essential jobs that increase their exposure to the virus."

While **studies show** many people within the Latinx and other communities hide their nonvisible disability due to negative stigmas, some celebrities are using their voice to share their stories, educating people about both visible and invisible disabilities. They are defying the statistics and have remained highly successful with their disabilities. Notable examples include actresses **Cristina Sanz**, **Gina Rodriguez**, **Michelle Rodriguez** and **Salma Hayek**; artist **Frida Kahlo**; singers **Demi Lovato** and **Selena Gomez**; nonprofit founder **Jeison Aristizabal**. RespectAbility also is proud of the insights, ideas and advocacy brought to our board of directors and advisors by **Vincenzo Piscopo** of the Coca-Cola Company, **Jaime H. Pacheco-Orozco** of the City of Los Angeles Department on Disability, and Professor **Victor Pineda**.

Click the picture below to learn more about these individuals and many more.

respectability.org



What Does the ADA Mean to You?

Share creatively with us and raise awareness

The Americans with Disabilities Act (ADA) is 32 years old. It is a civil rights law that protects the rights of persons with disabilities. As we mark this 32nd anniversary, let us raise awareness of the importance of this bill AND highlight the work that still needs to be done. Share with us what the ADA means to you! Be creative! Use image and art, word and prose, poetry and painting, whatever media helps express your heart and mind. Send it to Teresa Sivers at Teresa@fliconline.org by September 15th. We will share in our newsletter, on our website, and hopefully through other networks and media. Here is a sharing from Teresa.

Step by step, he drags himself upward.
step by step, inch by inch.
He will do anything to attend class...anything.
I follow, wheelchair in my arms--
powerless.
No one will listen. No one will help.
"How can this be?! It is 1989!
Why can't the class move to a downstairs room?!"
It's fine, he says,
I can make it, he says.
And so he does. Every day of class
Step by step, he drags himself up the old stairs.
Step by step, inch by inch.
I carry his wheelchair behind.



The ADA was signed in 1990. Today, the university policy is to ensure all classrooms are accessible to any and all students. In 1989, they would not move the class to a different classroom. The image with the poem is an empty wheelchair at the foot of a flight of stairs.



Image Above: White background with a purple ribbon on the left. On the right, in black letters at the top, it reads, "September is." Below in purple letters, it reads, "World Alzheimer's Month."

Learn More About Alzheimer's and Dementia

Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia. During World Alzheimer's Month, All are called on, from individuals to large organisations, including every Alzheimer and dementia association globally, to support World Alzheimer's Month by getting involved in some way.

Here are some links to get you started:

- [Alzheimer's Disease International](#)
- [Alzheimer's Association](#)
- [Alzheimer's Foundation of America](#)



Image Above: Close up portraits of three older adults; one of an African American man, one of a white woman, and one of a Latina woman.

ADA and the Rights of Older Adults

As people get older, many start to have problems with hearing, seeing, or getting around, while others develop chronic illnesses such as high blood pressure, diabetes, arthritis, and memory loss. Individuals facing these health-related changes may have disabilities covered under the Americans with Disabilities Act (ADA) and have rights under this law.

The follow resources provide helpful information on the rights of and protections for older adults covered by the ADA:

- [Aging and the ADA](#) - ADA National Network (ADANN)
- [Including Older People with Disabilities](#) - ADANN
- [Age, Hearing Loss, and Communication: What Are My Rights?](#) - ADANN
- [Accommodation and Compliance: Aging](#) - Job Accomodation Network

Additional information for seniors can be found under 'Aging' on the [Pacific ADA Center's ADA Materials web page](#).



Image Above: Golden Retriever service dog wearing service harness and guiding person wearing blue athletic pants through a neighborhood. White lettering at bottom of image reads, "Thank you for your service!": Along left edge of image, there are five icons stacked vertically, white outlines with blue background. These icons depict, from top to bottom: a dog with a puppy, a heart, a single dog sitting, two paw prints, and a cat.

September is National Service Dog Month

September is National Service Dog Month. This month is dedicated to raising awareness and showing appreciation for the work of service dogs. Service dogs are more than guides for those with visual disabilities. Sassafra Lowrey is an award-winning author and Certified Trick Dog Instructor. This is Sassafra's first-hand account of having a service dog. Click the link to read her story and learn more about the crucial work of service dogs and other service animals.

[Read the Story](#)

IMPORTANT TO KNOW: Under the law, **all** service dogs are considered the same, regardless of the handler's disability. People with "invisible disabilities," including psychiatric disabilities, often face some of the most access challenges when they are wrongly denied entry to businesses because of the presence of their service dog. Legally, businesses are not able to ask for documentation. **They can ask two questions: Is the dog a service dog? What task has the dog been trained to perform?** If the handler confirms the dog is a service dog, they must be allowed access.



Image Above: White background with black letters reading "National Preparedness Month." Above letters, five

The theme for 2022's National Preparedness Month is "A Lasting Legacy." Below are several announcements and articles to mark this month.

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

Prepare to keep your family safe

GET TIPS FROM THE EXPERTS AT THE TOMPKINS COUNTY

Preparedness Resource Fair

September 10, 2022, 10:00am–2:00pm
The Shops at Ithaca Mall (south end) — Indoors and Outdoors — FREE

Learn about the resources available to help keep you safe before, during, and after disasters and emergencies from these participants:

- 211-Human Services Coalition
- 911 Communications
- Bangs Ambulance
- Cayuga Medical Center
- Dryden CERT
- Finger Lakes Preparedness Network
- Healthy Neighborhoods Program
- Local fire and EMT services
- NOAA
- NY National Guard
- NYS Police
- NYSEG
- Red Cross
- Salvation Army
- Southern Baptist
- TC Core Advisory Group
- TC Department of Emergency Response
- TC Health Department
- TC Office for the Aging
- TC Sheriff's Office
- Team Rubicon
- Tompkins County Amateur Radio Assoc.
- US Coast Guard Auxiliary Flotilla 02-02



Your Partner for a Healthy Community

Sponsored by the Tompkins County Department of Emergency Response and the Tompkins County Health Department. Contact Pat Mason, Preparedness Coordinator, TCHD, 607-274-6681



Poster Above: Here is the information from the poster for those using screen readers. September is National Preparedness Month. Prepare to keep your family safe. Get tips from the experts at the Tompkins County Preparedness Resource Fair; September 10, 2022, 10:00 am-2:00 pm; the Shops at Ithaca Mall (south end) -- Indoors and Outdoors--Free. Learn about the resources available to help keep you safe before, during, and after disasters and emergencies from these participants: 200 Human Services Coalition, 911 Communications, Bangs Ambulance, Cayuga Medical Center, Dryden CERT, Finger Lakes Preparedness Network, Healthy

Neighborhoods Program, Local fire and EMT services, NOAA, NY National Guard, NYS Police, NYSEG, Red Cross, Salvation Army, Southern Baptist, TC Core Advisory Group, TC Department of Emergency Response, TC Health Department, TC Office for the Aging, TC Sheriff's Office, Team Rubicon, TC Amateur Radion Association, US Coast Guard Auxiliary Flotilla 02-20. Sponsored by the Tompkins County Department of Emergency Response and the Tompkins County Health Department. Contact Pat Mason, Preparedness Coordinator, TCHD, 607-274-6681.

Other highlights for the Emergency Resource Preparedness Fair:

- Dave Ashton from Lite Rock 97.3 will be broadcasting live during the morning hours.
- Red Cross Community Blood Drive will take place Friday afternoon, September 9th. To make an appointment, visit www.RedCrossBlood.org.

The Core Advisory Group (CAG) of Tompkins County Reminds You: September is National Preparedness Month A Lasting Legacy

The life you've built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family.

Steps to Emergency preparedness

Many emergencies happen without warning, so it's important that you take steps ahead of time to keep you and your loved ones safe and healthy.

Step 1 Learn your Responses- Be Informed.

Be informed about the type of disasters that could happen in your area. <https://www.ready.gov/be-informed>

Step 2 Make A Plan.

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which **types of disasters** could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

<https://www.ready.gov/plan>

Step 3 Build A Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own **food, water** and other **supplies** to last for several days. <https://www.ready.gov/kit>

Step 4 Get Involved

Learn how you can help your community before, during and after a disaster or emergency. <https://www.ready.gov/get-involved>

Emergency Preparedness Monthly Goal September Make Sure Everyone in Your Household Can Receive, Understand, and Act on Information Received in an Emergency

September is National Preparedness Month! Review past newsletters on our website to see other ways to be prepared.

Getting correct information during an emergency is the key to taking safe action. Someone in your household may not be able to receive, understand, or act on emergency information. Think about what special needs your household may have. Take action now to make sure everyone in your family will be safe in an emergency.

Things to consider...

- Emergency news or weather broadcasts may not be closed captioned
- Information that is shown on screen may not be spoken aloud
- Automated voices and voices over loud speakers may be hard to understand
- Information comes quickly and the stress of a disaster may make it hard to understand or remember instructions
- Words moving across the bottom of a television screen may move very quickly
- The screen color or color of the text might make some information on television hard to read

Task One Make Sure everyone in your family knows what to do when they hear emergency warnings.

Your community may have outdoor warning sirens (also called tornado sirens) to warn you in an emergency. These sirens are meant to let people who are outside know they should go indoors. When you hear the outdoor warning sirens sound in your area it is not safe for you to be outdoors. You should take cover inside a sturdy building and get more information from television, radio, internet, or by contacting a friend or family member.

Call your local fire department to find out if your area is covered by warning sirens, when they are tested, and when they would be activated. Make sure other members of your household know what to do when outdoor warning sirens sound.

Some communities have other ways of warning residents. They may call by phone, or send text messages or emails with emergency information. Check with your local emergency management or sheriff's office to find out what other warning systems are used in your area. Talk to family members about what to do when emergency information is given.

Task Two: Get a NOAA emergency alert radio.

Weather can change very quickly. Severe weather may strike when people are sleeping or unaware of the forecast. This can be deadly if people do not seek a safe shelter. A NOAA emergency alert radio (sometimes called a weather radio) can turn itself on when an emergency alert is issued and warn you at any time – day or night.

Emergency alert radios can also be used to warn about other emergencies, such as a chemical spill. With the Emergency Alert Radio, you will be warned about dangerous situations in time to take shelter or other safe action.

Every home should have an emergency alert radio, just the way all homes should have a smoke detector. They can be purchased at stores that sell electronics. Prices start at about \$20.00. Most run on batteries or have battery back-up.

Task Three: Make sure everyone in your household can communicate in a disaster.

Weather can change very quickly. Severe weather may strike when people are sleeping or unaware of the forecast. This can be deadly if people do not seek a safe shelter. A NOAA emergency alert radio (sometimes called a weather radio) can turn itself on when an emergency alert is issued and warn you at any time – day or night.

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

Are you struggling to find home care? Are you a home care worker struggling to make ends meet?

JOIN THE DEMAND FOR BETTER WAGES.



SOUTHERN TIER / FINGER LAKES REGION FAIR PAY FOR HOME CARE COMMUNITY GATHERING

WHY SHOULD I COME?

- Home care workers quit because of low pay
- Without care, people are forced into institutions
- Everyone will be impacted by this shortage soon

WHAT WILL WE DO?

- People needing home care, home care workers, family members, and advocates will gather
- Learn about advocacy efforts, share stories and take action to support Fair Pay for Home Care

WHEN IS THE EVENT?

- Zoom meeting on September 15, 2022 at 6:30pm
- ASL and Spanish interpretation will be provided
- Email or call about additional accommodations

WHO IS THE NY CARING MAJORITY?

We are a movement of seniors, people with disabilities, family caregivers, and domestic and home care workers from all across the state. We advocate for better wages for home care workers.


We work to ensure everyone has access to the services they need to live at home.

REGISTER TODAY!



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

 rashke@fliconline.org

 607-272-2433

WHAT DO WE ADVOCATE FOR?

We are advocating for a NY bill that would require all homecare workers to get paid at least 150% of the minimum wage regardless of where they work in the state. Home care jobs must be a high-quality, sustainable career path. A meaningful raise is necessary to protect our communities.

Poster Above Reads: Are you struggling to find home care? Are you a home care worker struggling to make ends meet? Join the Demand for Better Wages. Southern Tier/Finger Lakes Region Fair Pay for Home Care Community Gathering. Why should I come? (bullet points) Home care workers quite because of low pay; without care, people are forced into institutions; everyone will be impacted by this shortage soon. What will we do? (bullet points) People needing home care, home care workers, family members and advocates will gather; learn about advocacy efforts, share stories and take action to support Fair Pay for Home Care. What is this Event? (bullet points) Zoom meeting on September 15, 2022 at 6:30 pm; ASL and Spanish interpretation will be provided; email or call about additional accommodations. Register today at <https://bit.ly/3Kikslm> or rashke@fliconline.org or 607-272-2433. Who is the NY Caring Majority? We are a movement of seniors, people with disabilities, family caregivers and domestic and home care workers from all across the state. We advocate for better wages for home care workers. We work to ensure everyone has access to the services they need to live at home. What do we advocate for? We are advocating for a NY bill that would require all homecare workers to get paid at least 150% of the minimum wage regardless of where they work in the state. Home care jobs must be a high-quality, sustainable career path. A meaningful raise is necessary to protect our communities.

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: September 12 & 26

October 10 & 24

November 7 & 21

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



Image Above: Picture of Lindsey: Young, white woman with long brown hair pulled back in a black hair wrap, wearing a green jacket with orange shirt underneath.

Meet FLIC's New Administrative Assistant!

Lindsey Smith started officially full-time on Monday, August 15th, but worked part-time hours the week of August 8th. She brings experience and energy to the position. She shares a little about herself below:

I grew up in Massachusetts, went to Ithaca College and have lived locally since graduating. I live just 4 blocks from FLIC with my husband and cat, Roland. I come to FLIC with an experience of working with people with developmental disabilities at Racker for over 12 years. In my free time I enjoy painting, gardening, cooking and seeing live music. At FLIC, I enjoy learning from other people and sharing my own knowledge.

Pedestrian Snow Removal in Ithaca

Image below left: woman struggling through very narrow passage between high snow banks at street corner.

Every winter, Ithaca becomes an obstacle course, as pedestrians struggle to navigate walkways blocked with snow & ice. Sidewalks are often a problem. Crosswalks are worse – especially at the ends where they meet the sidewalk. Un-cleared crosswalks often persist long after the traffic lanes and sidewalks are clear. Blocked walkways are a problem for everyone in Ithaca, but especially for seniors, people with disabilities or mobility impairments, and low-income families. Rochester and Syracuse have already expanded their

pedestrian snow clearing. Clearing walkways is a solvable problem. Let's tell Ithaca city government we want it solved. This year Bike Walk Tompkins, Finger Lakes Independence Center, Tompkins County Office for the Aging, and Eric Lerner's Ithaca Pedestrian Snow Project united to form the Coalition for Snow-free Sidewalks & Crosswalks. We've been discussing with Common Council's City Administration Committee ways for the city to take action. There's lots of information and pictures in Eric's Ithaca Pedestrian Snow website –

<http://www342.pair.com/elerner/snow/>



How you can help

- **email all of Common Council** council@cityofithaca.org
- **email Acting Mayor Lewis** mayor@cityofithaca.org
- **Phone or email Common Council members** from your neighborhood
- **Speak to Common Council on Zoom or in person** during Public Comment
 - September 7 Common Council Meeting
- **Visit our website** for contact information for city officials, and for more ideas of ways to help.
 - <http://www342.pair.com/elerner/snow/Helping.htm>

Please pass this message on to whomever you think may be interested, including your friends, neighbors, social media pals and local listservs. If you have questions contact FLIC at 607-272-2433 and ask for Rashke or Jan.

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."



Image above: Drawing of an American flag with rough edges against a white background. Line of workers in uniforms, such as postal worker and nurse. Under the workers, in blue letters, it reads, "Happy Labor Day."

Learn the history of this yearly observance. Click the link to the US Department of Labor's website to explore the roots of this day.

Visit the Website

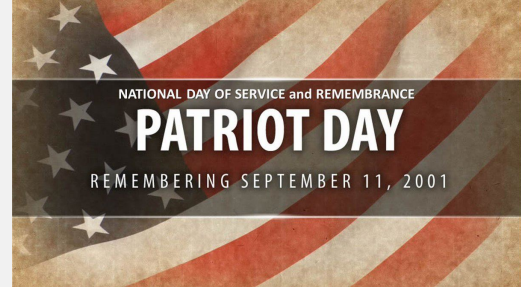


Image Above: American flag, slightly faded, with words in white in the center, reading, "National Day of Service and Remembrance, Patriot Day, remembering September 11, 2001."

In honor and remembrance of the lives lost on September 11, 2001, and the first responders who rushed to offer help and rescue, read the proclamation from 2021 and look for this year's presidential proclamation.

The Proclamation



Image Above: White background with green ribbon in the center, words below read, "Celiac Disease Awareness Day, September 13."

Celiac Disease is not a food allergy and is more than an intolerance. Learn more about this disease by following the link below.

Follow the Link



Image Above: Fall leaves background with white line border. In the center in white letters it reads, Happy Fall, Y'all!"

September 22nd marks the first day of autumn. Learn more about this day of equal day and night, the Fall Equinox by clicking the button below.

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