



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 2024



FLIC's Office will be closed on Thursday, July 4th in celebration of Independence Day.

Image Description: American Flag with a white banner across the center on which it says, "Happy 4th of July" with blue and red lettering.

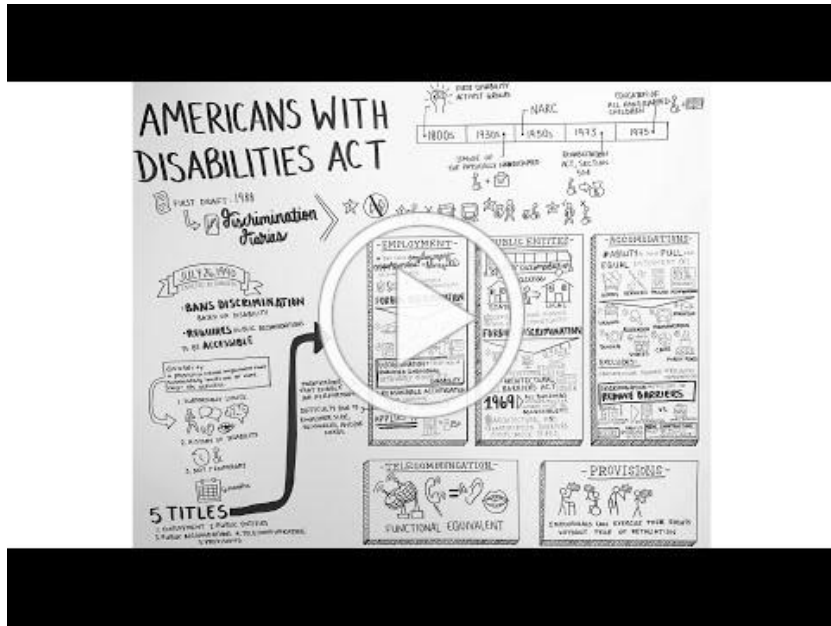
ADA 34  1990 - 2024

Americans with Disabilities Act

Celebrate the ADA! July 26, 2024

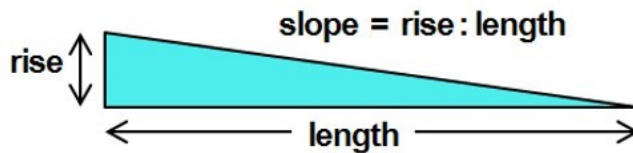
Image above: white background, letters in red at top of image read Celebrate. Learn. Share. Below, in center of

How much do you know about the American's with Disabilities Act (ADA), signed into law on July 26, 1990 by President George Bush (Sr.)? This 8 1/2 minute video gives an excellent overview of all that the ADA entails.



ADA Facts
Did you know...

- Wave pools and lazy rivers are two exceptions to the ADA pool accessibility requirements.
- Besides a dog, a miniature horse can be a service animal. Miniature horses can be trained to guide people who are blind, pull wheelchairs or support for people with Parkinson's disease. Miniature horses have a lifespan of 30-40 years (longer than dogs) and have great range of vision, memory and focus.
- Ramps are to be used if there is a change in level greater than 1/2 inch or the slope is steeper than 5%.



- For every one inch of height variation, there needs to be at least twelve inches of ramp. So a step that is eight inches high would require an eight foot ramp.
- For every six accessible parking spaces, one must be van accessible. For example, if there are eight accessible parking spaces, two must be van accessible.

Change of NY Connects Coordinator at FLIC



Image Description: Photo of new staff, Ben Bassett. Ben is a white man with dark hair and facial hair and Spanish heritage. He is wearing a blue shirt and standing in front of an orange background with white birch tree design.

Welcome Ben Bassett! Ben is the new NY Connects Coordinator at FLIC. He started June 12th and is busy attending the NY Connects training and becoming settled at FLIC. Ben graduated from Ithaca College with a Bachelor's Degree in Spanish and is bilingual, speaking Spanish and English. He worked in the field of Assistive Technology and Durable Medical Equipment, and at non-profits serving individuals with both physical and mental disabilities prior to that. Ben was a support counselor at Bay Area Community Services in California and worked over a decade in Syracuse. Ben is a musician and also enjoys animating his own cartoons about his dogs and cats. Ben is happy to return to Ithaca and contribute to the local community.

Ben is stepping into the position that was filled by Teresa Sivers. Teresa started with FLIC and NY Connects in August of 2021 and quickly became acclimated to the position. She loved working with the diverse and wonderful individuals and families who sought services with NY Connects and assisted many with finding the supports and services needed for independent living. Along with serving as the NY Connects Coordinator, Teresa also coordinated the Registry Program, edited the newsletter, updated the website and Google business page, and worked with several local businesses and organizations in creating greater accessibility.

Mental Health First Aid Training

Many of our staff here at FLIC attended the two-day training, Mental Health First Aid, facilitated by the Mental Health Association of Tompkins County. FLIC staff who participated in the training are: Cheryl Baker, Andrea Champlin, Ila Rose, Ben Bassett and Lindsey Smith



Image Description: photo of meeting room with speaker and LED screen with presentation at the front of the room. Attendees are seated at round tables around the space.



Image Description: Black background with colorful stripes (red, yellow, white, blue and green) cutting diagonally across the background on the left. In white lettering on the right it reads, "July is Disability Pride Month."

Disability Pride Month is celebrated every July and is an opportunity to honor the history, achievements, experiences, and struggles of the disability community. Why July? It marks the anniversary of the Americans with Disabilities Act (ADA), landmark legislation that broke down barriers to inclusion in society.

People with disabilities deserve to live full, self-determined lives, just like everyone else. Yet discrimination persists for the 1 in 4 U.S. adults living with a disability. That's why we spotlight inspiring stories in July and beyond that show what's possible with inclusion.

Read more on The Arc Website at: <https://thearc.org/blog/why-and-how-to-celebrate-disability-pride-month/>

June Walk & Roll with the Cayuga Trails Club



Image Description: Photo of the June Walk & Roll event, taken in front of Taughannock Waterfall. Eighteen people are facing the camera in front of the Falls, most smiling and waving. Five people are seated in wheelchairs, one kneeling, and the rest standing.

On June 12, Cayuga Trails Club hosted a Walk & Roll Event to the famous and beautiful

Taughannock Falls. FLIC donated wheelchairs for this wonderful event. Stay tuned for similar events in the future!



Image Description: Photo of June walk and roll group listening to New York State Environmental Educator, Josh Teeter, describe the geology, flora and fauna of Taughannock Gorge. The picture is of the group in a semi-circle facing Josh, who has his back to the camera. The group consists of individuals using wheelchairs and others walking.



Image Description: Beige background with images of hands reaching up in a diversity of skin tones and colorful sleeves. Some hands are open with fingers parted, others are making a fist or an "I love you" sign. On the left, in dark brown lettering, it reads: "National Minority Mental Health Awareness Month."

Bebe Moore Campbell National Minority Mental Health Awareness Month

Growing Bebe's Legacy: Empowering Minds, Erasing Stigma, Elevating Communities

In 2008, July was designated as the **Bebe Moore Campbell National Minority Mental Health Awareness Month** by the U.S. House of Representatives. There have been recent attempts to change the month's name, but NAMI (National Alliance on Mental Illness) continues to recognize the importance of honoring Bebe Moore Campbell. Her trailblazing work in helping to shift the mental health culture and break down systemic barriers in underserved communities should be recognized forever.

Read more at NAMI's website: <https://www.nami.org/get-involved/awareness-events/bebe-moore-campbell-national-minority-mental-health-awareness-month/>

DEC Announces Accessible Outdoor Recreation Enhancements

The New York State Department of Environmental Conservation (DEC) today announced a **new easy-to-use map** of accessible recreation features and the completion of more than \$5 million in recreation upgrades to enhance the experience of persons with disabilities who access DEC's lands and services.

During an event at the Mount Loretto Unique Area on Staten Island, DEC joined partners to highlight the agency's commitment to accessibility projects that expand opportunities for visitors of all ages and abilities to enjoy outdoor recreation on State lands and launched an **Accessible Recreation Destinations Map** designed to showcase wheelchair-accessible features at education centers, campgrounds and day use areas, waterway access sites, and trails, among other features.

For **more information**, including descriptions and photo galleries of accessible boating, fishing, camping, hiking, and picnic facilities, visit the DEC website.



Image Description: Logo-clipart image of a house with a human figure inside. House is teal, pale blue and yellow. Wording reads: New York Association of Independent Living (NYAIL)

Legislative Disability Priority Agenda

The New York Association on Independent Living works with our Independent Living Council members and the community to be at the forefront of disability advocacy in New York. Every year they release a Budget and a Legislative Disability Priority Agenda which help guide our advocacy efforts.

To read the Legislative Disability Priority Agenda and other advocacy documents, **click here**.



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.



Image Description: Photo of Senator Kirsten Gillibrand standing at a podium in a library. Behind her is an American flag and two individuals who are black, one man-in a white shirt and dark suit, and one woman-with long black hair in a orange jacket. Behind them are rows of book shelves filled with books. On an easel next to the podium is a poster that reads, "Keep High-Speed Internet Affordable."

The Affordable Connectivity Program (ACP) helped millions of low-income households afford high-speed internet. In May, the ACP ran out of funding, and Kirsten is fighting to renew the program.

This week, she announced her bipartisan **Secure and Affordable Broadband Extension Act**, legislation that would renew the ACP for the over 1.7 million New York households that relied on the program. The bill would provide \$6 billion for the ACP and help ensure that high-speed internet is accessible for New Yorkers so they can work remotely, attend online classes, and access telehealth appointments.

Read more about the Secure and Affordable Broadband Extension Act [here](#).

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."

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