

Enjoy the latest news from your friends at



Finger Lakes Independence Center  
*Opening doors to independence*

July 2025



We would love to  
see you and yours at  
Paint Day on  
Saturday, July 12.  
Keep reading for  
more details!

"I don't need easy. I just need possible."

-- Bethany Hamilton, shark attack survivor,  
amputee, professional surfer, motivational speaker and author

# Short Notes:

- FLIC will be closed on Friday, July 4th, in observance of Independence Day.

- SAVE THE DATE! July 12 is **Community Paint Day** and we want all of you to come! Read more about it in the article below.
- At the same time, we will also be celebrating the ADA's 35th anniversary milestone with "birthday" cake. Stop in and celebrate with us!
- We still have free Covid tests available in the office.
- You can contact FLIC by calling 607-272-2433 or by emailing the general mailbox at [info@fliconline.org](mailto:info@fliconline.org).



*Everyone welcome, all talent levels appreciated!*

Please join us for **Community Paint Day** on Saturday, July 12, the day that artist Nico Cathcart will kick off her mural journey on the front of the FLIC building. Nico is a Deaf/Hard of Hearing painter and muralist from Toronto, Ontario who was selected by FLIC to artistically encapsulate FLIC's vision for all to see.

Come! The event runs from 12pm-5pm -- come for five minutes or five hours! You can paint, watch, gather, chat and enjoy light refreshments. Watch for updates and details on our [Facebook](#) and [Instagram](#) pages. At that time, we will also be celebrating the 35th anniversary of the Americans with Disabilities Act (ADA) with birthday cake. Enjoy a slice! Join us at 215 5th Street in Ithaca.

The mural is being funded by a generous anonymous donor.



# Update on Transportation Barriers

One year after the original publication of the Transportation Equity Needs Assessment (TENA), the Department of Planning and Sustainability/Tompkins County compiled an update from transportation providers and navigators across the county. The update looks at barriers that were documented in the original assessment and shares what has been done to remedy those barriers in the past year, in addition to sharing needs that are still unmet and plans for addressing those.

You can see the document here: [update](#)

Please contact Courtney Horner [chorner@tompkins-co.org](mailto:chorner@tompkins-co.org) with any questions or if you wish to learn more about transportation equity efforts in Tompkins County.



## A Hidden Gem in Dryden

Thank you to the Dryden Senior Citizens for recently inviting us for lunch and allowing us to present the many services we offer free of charge. We love spreading our news!

Dryden Senior Citizens (DSC), founded in 1957, is a local nonprofit that has been providing community events and services to the 55+ community in Dryden and the nearby areas for decades.

Anyone who is 55-years-old or older is welcome to join the group, which meets every second and fourth Monday of the month, excluding July, August and certain holidays. Meetings begin at 11:45 a.m. at the Dryden

Veterans Memorial Home, Route 13 in Dryden. Yearly membership is \$10.

At every meeting there is a hot meal offered, a guest speaker or entertainer, good times, and friendship. The group also organizes an annual day trip.

For more information on Dryden Senior Citizens, contact Rosemary French at the next meeting.

## *Disabilities in History: U.S. Presidents*

Our nation has had a distinguished line of presidents with a variety of visible and non-visible disabilities, from epilepsy to hearing impairments to learning disabilities.

We honor them for overcoming the challenges they faced as individuals with disabilities and for leading and serving our country. Here are some of the presidents who lived with disabilities:

George Washington and Thomas Jefferson both lived with learning disabilities.

James Madison lived with epilepsy.

Abraham Lincoln lived with severe, incapacitating, and occasional suicidal depression. It is also thought that he had Marfan Syndrome, a genetic condition that affects the body's connective tissue.

Theodore Roosevelt, an avid boxer, suffered a severe blow to his head that detached his retina and led to blindness in the affected eye, leading to life with a visual impairment.

Franklin Delano Roosevelt lived with polio.

Woodrow Wilson lived with a learning disability/dyslexia and a generalized anxiety disorder. Wilson also was partially paralyzed by a stroke toward the end of his term.

Dwight D. Eisenhower and John F. Kennedy both lived with learning disabilities; Kennedy also lived with chronic back pain.

Ronald Reagan and William (Bill) Jefferson Clinton both lived/live with hearing impairments.



The medical lives of our presidents is fascinating and often the subject of debate, but also fascinating is their level of success as they navigated their disabilities in different periods of time.

Have you read a good book on a famous politician who thrived with a disability? We'd love to know about it. Message us at [info@fliconline.org](mailto:info@fliconline.org).

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## Wireless Outlet Switch



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Items in our Try It Room can be borrowed for one month. There is no deposit or cost associated with using items from the Try It Room.



## The ADA Turns 35!

The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990 by President George H.W. Bush.

The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in many areas of public life, including jobs, schools, transportation, and many 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 gives civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. It guarantees equal opportunity for individuals with disabilities in public accommodations, employment, transportation, state and local government services, and telecommunications. The ADA is divided into five titles (or sections) that relate to different areas of public life.

In 2008, the Americans with Disabilities Act Amendments Act (ADAAA) was signed into law and became effective on January 1, 2009. The ADAAA made a number of significant changes to the definition of “disability.” The changes in the definition of disability in the ADAAA apply to all titles of the ADA, including Title I (employment practices of private employers with 15 or more employees, state and local governments, employment agencies, labor unions, agents of the employer and joint management labor committees); Title II (programs and activities of state and local government entities); and Title III (private entities that are considered places of public accommodation).

*We will be celebrating the ADA's milestone with birthday cake from 12-5pm on Saturday, July 12, from 12-5pm. Stop in and celebrate with us!*

Photo credit: ADA National Network (adata.org) 1-800-949-4232

## **What is the ADA?**

### **And what does it cover?**

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 many areas of public life, including jobs, schools, transportation, and many 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.

#### **Title I - Employment**

- Helps people with disabilities access the same employment opportunities and benefits available to people without disabilities.
- Applies to employers with 15 or more employees.
- Requires employers to provide reasonable accommodations to qualified applicants or employees. A “reasonable accommodation” is a change that accommodates employees

- with disabilities so they can do the job without causing the employer “undue hardship” (too much difficulty or expense).
- Defines disability, establishes guidelines for the reasonable accommodation process, and addresses medical examinations and inquiries.
- Regulated and enforced by the [U.S. Equal Employment Opportunity Commission \(link is external\)](#).

## **Title II - Public Services: State and Local Government**

- Prohibits discrimination on the basis of disability by “public entities” such as state and local government agencies.
- Requires public entities to make their programs, services and activities accessible to individuals with disabilities.
- Outlines requirements for self-evaluation and planning; making reasonable modifications to policies, practices, and procedures where necessary to avoid discrimination; identifying architectural barriers; and communicating effectively with people with hearing, vision and speech disabilities.
- Regulated and enforced by the [U.S. Department of Justice \(link is external\)](#).

## **Title III - Public Accommodations and Services Operated by Private Entities**

- Prohibits places of public accommodation from discriminating against individuals with disabilities. Public accommodations include privately owned, leased or operated facilities like hotels, restaurants, retail merchants, doctors' offices, golf courses, private schools, day care centers, health clubs, sports stadiums, movie theaters, and so on.
- Sets the minimum standards for accessibility for alterations and new construction of commercial facilities and privately owned public accommodations. It also requires public accommodations to remove barriers in existing buildings where it is easy to do so without much difficulty or expense.
- Directs businesses to make "reasonable modifications" to their usual ways of doing things when serving people with disabilities.
- Requires that businesses take steps necessary to communicate effectively with customers with vision, hearing, and speech disabilities.
- Regulated and enforced by the [U.S. Department of Justice \(link is external\)](#).

## **Title IV - Telecommunications**

- Requires telephone and Internet companies to provide a nationwide system of interstate and intrastate telecommunications relay services that allows individuals with hearing or speech disabilities to communicate over the telephone.



- Requires closed captioning of federally funded public service announcements.
- Regulated by the [Federal Communication Commission \(link is external\)](#).

## **Title V - Miscellaneous Provisions**

- Contains a variety of provisions relating to the ADA as a whole, including its relationship to other laws, state immunity, its impact on insurance providers and benefits, prohibition against retaliation and coercion, illegal use of drugs, and attorney's fees.
- Provides a list of certain conditions that are not considered disabilities.

## **Transportation**

- Public transportation offered by a state or local government is covered by Title II of the ADA. Publicly funded transportation includes, but is not limited to, bus and passenger train (rail) service. Rail service includes subways (rapid rail), light rail, commuter rail, and Amtrak.
- If transportation is offered by a private company, it is covered by Title III. Privately funded transportation includes, but is not limited to, taxicabs, airport shuttles, intercity bus companies, such as Greyhound, and hotel-provided transportation.
- The U.S. Department of Transportation, [Federal Transit Administration \(link is external\)](#) releases information, guidance and regulations on transportation and the ADA.

## **More information about the ADA is available from the ADA National Network**

The [ADA National Network](#) provides information, guidance and training on the Americans with Disabilities Act (ADA), tailored to meet the needs of business, government and individuals at local, regional and national levels.

ADA National Network publications include:

- [ADA Questions and Answers](#)
- [Disability Law Handbook](#)



Do1Thing is a non-profit organization that promotes emergency preparedness for individuals and businesses, breaking it down into small



easy steps to make preparing easier.

## Here's July's Step:

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, family and your designated emergency contact. If the power is out at your home, cordless phones, internet, and email will not work either.

- Have a phone with a cord and a car charger for your cell phone standing by in case of power failure.
- Develop a plan for how your family or designated contact will stay in touch during a disaster.
- Program "In Case of Emergency" numbers (ICE) into all family cell phones.

For more information on this month's step, visit:

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

Would you like help planning for your individual needs in an emergency? Or would you like to join a local group that explores emergency planning for people with disabilities? Contact Jeff at [jeff@fliconline.org](mailto:jeff@fliconline.org).

## Want to Make A Difference? July is ...

Healthy Vision Month

National Cleft & Craniofacial Awareness and Prevention Month

Sarcoma Awareness Month

Juvenile Arthritis Month

National Minority Mental Health Awareness Month

July 25 is World Drowning Prevention Day

**July 28 is World Hepatitis Day**

And many more ...

***Increased Awareness is a Powerful Tool.***



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## **We Would Love to Hear From You**

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**Office Hours:**  
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