

THE FLIC NEWSFLASH

News from the Finger Lakes Independence Center

SEPTEMBER 2025

*Behold! Again! We're still overwhelmed
by the most gorgeous facade in the
city!*



**“Just because a man lacks the use of his eyes
doesn’t mean he lacks vision.”**

-- Stevie Wonder, singer-songwriter, musician

SHORT NOTES

- Porchfest is a community music festival in the Fall Creek and Northside neighborhoods of Ithaca, featuring musicians performing on porches. This year, Porchfest will be 12-6pm Sunday, Sept. 21.
- Need a Notary Public? Our services are free. Contact Cheryl at cheryl@fliconline.org or 607-272-2433 to make an appointment.
- The Ithaca Commons turns fifty years old in September! What was the first business to open on the Commons? Scroll down two articles to find out.
- FLIC would love more exposure. Please review us on Google! <https://g.page/r/CTZmcWSu2OVJEAE/review>
- You can contact FLIC by calling 607-272-2433 or by emailing the general mailbox at info@fliconline.org.

Welcome

Janet Goodrich,
Receptionist

The logo for FLiC, featuring the letters 'FLiC' in a blue, sans-serif font. The 'i' is stylized with a small orange dot above it. To the left of the text is a blue and orange curved graphic element.

FLiC



FLIC is Giving Away The Goods!

Our Loan Closet is bursting at the seams! If you know someone who needs any of the equipment on the list below, we will gift the item to them. A small donation is encouraged but not required.

We have:

- Two-wheel walkers
- Standard walkers (no wheels)
- Crutches
- Commodes
- Raised toilet seats without handles
- Tub transfer benches
- Single-point and quad canes

Wedge pillows
Pill organizers
Large-button landline telephones

Just a general year-round reminder: If you know of a community member who has a long-term need for items that we offer through our Loan Closet but not the financial means to purchase them elsewhere, we will gift the items if we have them available.

ANSWER:

The first business to open on the Ithaca Commons was Holly's, a women's clothing store owned by Stuart A. Lewis. He opened the store in 1978 in the location that would later become Trader K's.



A vibrant poster for the Airport Day & Preparedness Expo. The top half features a photograph of an airport tarmac with a small white aircraft, a red and white striped hot air balloon, and several people, including a man with a dog. A circular inset shows a food table with various items. The bottom half is a dark blue section with white and yellow text and graphics. The title 'AIRPORT DAY & PREPAREDNESS EXPO' is in large, bold, white and yellow letters. Below it, the date 'SATURDAY SEPTEMBER 13 2025' is in a white circle. A list of activities is provided with yellow checkmarks. A group of runners is shown at the bottom right. The bottom of the poster has a yellow banner with the website URL.

AIRPORT DAY & PREPAREDNESS EXPO

Join us for a day of aviation, safety, and community fun!
Here's what to anticipate:

- ✓ Pancake Breakfast - 7am to 1pm
- ✓ Preparedness & Safety Fair - 9am to 1pm
- ✓ Emergency Response Demonstrations
- ✓ Red Cross Blood Drive - 10am to 3pm
- ✓ Runway 5K - 8am
- ✓ Aircraft Displays
- ✓ Scenic Flights
- ✓ Hot Air Balloon Rides •••••

**SATURDAY
SEPTEMBER
13
2025**

Find a complete list of events and organizations at www.flyithaca.com



Need In-Home Care? Check Out The Registry at FLIC

FLIC happily maintains and offers The Registry to the community. The Registry matches people in Tompkins County who need in-home workers with people who take those roles.

The Registry is a list of in-home caregivers who have been interviewed and whose references have been checked. The list includes workers who are licensed and/or certified, such as RNs, LPNs, home health aides and certified nursing aides. It also includes workers who are willing to help with laundry, housekeeping, errands, grocery shopping, cooking and possibly pet care.

While FLIC maintains The Registry, any workers hired are compensated through private pay.

The Registry is made possible by funding from Tompkins County Office for the Aging and New York State Office for the Aging.

CDPAP UPDATE

On August 21, 2025, the NYS Senate Committee on Health and Committee on Investigations and Government Operations held a joint Public Hearing to learn more about the transition of the Consumer-Directed Personal Assistance Program (CDPAP) to a single fiscal intermediary.

Advocates, consumers, and personal care aides have been reporting concerns to state legislators regarding the transition for months. This hearing had initially been scheduled to occur in July but was postponed at the request of NYS Department of Health. The hearing was an opportunity for legislators to hear directly from those involved on public record.

The hearing was nearly nine hours long and included nine panels of stakeholders providing testimony. The panels consisted of Dr. Jim McDonald, the NYS Health Commissioner, Patty Brynes, the Vice President of Government Relations for Public Partnerships LLC (PPL), consumers, personal care aides, Independent Living Center (ILC) staff, and many other stakeholders.

In addition to asking questions about how the transition itself went, Senators also asked questions about the process of selecting PPL, a for-profit private equity backed company, as the sole fiscal intermediary for the program. Senator Skoufis

presented evidence that PPL had been named as the desired fiscal intermediary prior to the release of the official Request for Proposals from the Department of Health. Neither Dr. McDonald nor Patty Brynes claimed to have knowledge of this occurring. Senators expressed frustration at neither Dr. McDonald nor Patty Brynes having answers to most of their questions. **Legislators were clear that they would be insisting on follow-up after the hearing to ensure that their questions are answered publicly by Department of Health and PPL.**

Following McDonald and Brynes' testimonies, a panel of Independent Living Center leaders testified. They spoke about the history of the program and partnership between ILCs and CDPAP consumers. Many ILCs, including FLIC, were contracted by PPL to serve as facilitators for the transition. During the panel, staff testified to the difficulties that facilitators, consumers, and aides experienced throughout the process.

The most compelling testimonies came from the consumers, direct representatives, and personal care aides. They demonstrated bravery and determination during their testimonies. Geri Mariano, a CDPAP consumer, said in her testimony "PPL taking over as NY CDPAP's sole statewide FI is jeopardizing my future to continue living in the community, and if I'm no longer able to, my life, such as it is, would be over."

FLIC will continue to serve as a facilitator in CDPAP and is available to help consumers and aides navigate the process and receive the care and pay that they deserve. We will also continue to advocate for meaningful system change to ensure that both consumers and aides are being treated fairly and receive the care and pay that they deserve.

If you need assistance with CDPAP, please reach out to our office to connect with our transition staff, Cheryl (cheryl@fliconline.org) and/or Mary-Ann (mary-ann@fliconline.org).

If you are interested in getting involved with advocacy around this, or other issues, please reach out to our Statewide Systems Advocate, Andrea Champlin (andrea@fliconline.org).

You are also welcome to call the FLIC office at (607)272-2433 to get connected to them

If you are interested in viewing the hearing and/or reading the powerful testimonies, please visit the [NYS Senate website](#). You can also check out some additional news coverage of the hearing from the [NY Times](#), [Times Union](#), [City & State](#), [NY Focus](#) and [NY Post](#)!



September is National Emergency Preparedness Month

The Tompkins County Core Advisory Group (CAG) and the Finger Lakes Independence Center (FLIC) encourage you to stay informed and to plan for potential emergencies.

Emergency planning for disabilities:

1. Make a plan
2. Prepare an emergency kit
3. Listen to emergency information before, during, and after an emergency

For more information visit:

www.ready.gov/people-disabilities



SPEAKING OF THE CORE ADVISORY GROUP ...↓

Join the Tompkins County Core Advisory Group (CAG)

The Tompkins County Core Advisory Group is looking for people with disabilities and other access and functional

needs to share their lived experience.

The Tompkins County Core Advisory Group raises issues around emergency preparedness and inclusive emergency planning related to people with disabilities and other access and functional needs.

No experience in emergency planning is required, just a willingness to share your lived experiences and your thoughts on how to address barriers that people with disabilities and other access and functional needs face or may face in emergency situations.

The Tompkins County Core Advisory Group meets via zoom at 3pm: Monday, Oct. 20, and Monday, Dec. 15.

To join the Tompkins County Core Advisory Group e-mail Tracy Decker tracy@fliconline.org or Jeff Boles jeff@fliconline.org.

GET INVOLVED

Advocate including people with disabilities and others with access and functional needs into emergency planning in your community.



READY.GOV/MYPLAN



The Slow Growth of the Hidden Disabilities Sunflower

The Hidden Disabilities Sunflower is a globally-recognized symbol -- often a bright sunflower on a green background -- that discreetly communicates that a person has a non-visible or hidden disability and may need extra assistance, understanding, or time from others.

The Hidden Disabilities Sunflower has seen widespread adoption in the UK since 2016, but its growth has been much slower in the United States.

While recognized at an increasing number of US airports and some venues, the symbol remains largely unfamiliar to the general public and many businesses. This lack of widespread awareness means many Americans with hidden disabilities -- such as autism, chronic pain, or anxiety -- cannot yet rely on the sunflower for universal understanding and support. Efforts by advocates are underway to expand its reach and improve training, but broad recognition remains a challenge.

Try these for free!

Wireless Outlet Switch



Available in our

Try It Room

FLiC

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.

Consumer Service Disability Awareness Trainings: FLIC Can Lead a Discussion



Let us come to you! FLIC provides free-of-charge Disability Awareness Training Sessions for organizations and businesses in Ithaca and Tompkins County.

What we teach:

- The importance of better serving the disabled community! After all, the disabled community is a big group, full of people spending money in local businesses.
- Proper etiquette for your staff when it comes to serving the disabled community.
- How your facility can better accommodate needs like wheelchairs and service dogs.
- How the Americans with Disabilities Act affects your business and what you need to do to be compliant.

For more information or to schedule a training, e-mail Andrea Champlin andrea@fliconline.org or Jeff Boles jeff@fliconline.org or call 607-272-2433.

Want to Make A Difference? **September** offers ...

Baby Safety Month

Healthy Aging Month

National Childhood Obesity Awareness Month

National Fruits and Veggies Month

National Sickle Cell Awareness Month

Newborn Screening Awareness Month

September 8-14 is Sexual Health Week

September 15-21 is World Mitochondrial Disease Week

September 19 is National Concussion Awareness Day

September 25 is International Ataxia Awareness Day

September 29 is World Heart Day

And many more ...

Increased Awareness is a Powerful Tool.



Share This Email



Share This Email



Share This Email



Share This Email



We Would Love to Hear From You

Voice (607) 272-2433

Video (607) 216-9683

Fax (607) 272-0902

info@fliconline.org

Office Hours:

Monday-Friday

9:00am-5:00pm

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