

THE FLIC

NEWS FLASH

News from the Finger Lakes Independence Center

May 2026

SHORT NOTES

- FLIC will be closed on Monday, May 25, in observance of Memorial Day.
- According to the Centers for Disease Control and Prevention, about 1 in 4 adults in the U.S. lives with a disability. **Many disabilities are invisible**, including living with conditions like chronic pain and mental health disorders. Watch our [social media pages](#) for announcements on how you can join our Invisible Disability Support Group.
- Looking for movie where the protagonist is living with a disability? Consider *The Unbreakable Boy*, the true story of a boy who has both a brittle bone disease and autism. The movie focuses on his humor, joy, and unique way of seeing the world rather than just his challenges.
- Save the Dates: **Friends of the TCPL 2026 Spring Book Sale** May 2-4, 9-11, and 16-19 **NOTE: Wednesday, May 13 is Seniors (60+) and People with Disabilities Day, 10am-4pm.**
- You can **contact FLIC** by calling 607-272-2433 or by emailing the general mailbox at info@fliconline.org.

Where in the World Will FLIC Be?

Come see us at these local events:

Fringe Fest at Bike Walk Tompkins, 2-6:30pm on May 2
Fringe Fest at Cherry Art Space, 12-4pm, May 3
NAMI Walk-a-thon at Stewart Park, 1pm, May 3
Mac and Cheese Bowl at Steamboat Landing, 4:30-7pm, May 6
Better Together for MH at Stewart Park, 11am-2pm, May 9
Finger Lakes Finns in Newfield, 2pm, May 17
TC DD Resource Fair at Boynton Middle School cafeteria, 4:30-6:30pm, May 19
Pride in the Park at Dewitt Park, 10am-6pm, June 14

**Stop in
and say
hello!**

What FLIC Offers to Support Students After Graduation

by Ila Rose, Advocacy Specialist



With graduation approaching, it's the perfect time to review how discrimination protections change in different life stages – and to review the transition services that FLIC has to offer!

In grades K-12, students are protected by the Individuals with Disabilities Education Act which states that every student with a disability is entitled to a free and appropriate public education (FAPE). Schools are responsible for evaluating students and accommodating their needs, and students with qualifying disabilities are entitled to an Individualized Education Plan (IEP) designed to meet their unique needs, support their goals, and prepare them with independent living skills.

After graduating high school, The Americans with Disabilities Act (ADA) prohibits discrimination against people with disabilities in all areas of public life including employment, transportation, and government participation. In college, students are protected from discrimination by Title II of the ADA, but formal alternative options (like IEPs) are usually not available. Students are responsible for asking for accommodations, seeking help from campus resources, and monitoring their own progress.

In the workplace, people with disabilities are protected from discrimination under Title I of the ADA. Under Title I, you can choose to disclose your disability needs to an employer, knowing that you have the right to confidentiality of your medical information, protection from discrimination, and the option to request and receive reasonable accommodations. Reasonable accommodations are workplace adjustments and modifications that allow

someone with a disability to participate fully in essential job duties and achieve success in a sustainable way.

Of course, discrimination and stigmatization can still happen. **It's helpful to have a disability community around you and know how to get support and advocacy** – like from an Independent Living Center! As a Student Transition and Employment Advocate at FLIC, I am here to help students with disabilities navigate these life changes, understand their rights, learn to advocate for themselves, and choose an employment path that feels right, knowing they have the support of advocates behind them.

**There is so much that
able-bodied people could learn
from the wisdom
that often comes with disability.**

-- Alice Wong, prominent American disability rights activist,
author, key figure in the disability justice movement



WILD KEA PARROT OVERCOMES DISABILITY TO BECOME ALPHA

Disabled wild animals can exhibit surprising resilience and adaptability, sometimes using behavioral innovations to overcome severe injuries. A notable 2026 study featured a wild kea parrot named Bruce who was missing his entire upper beak; Bruce adapted - and became the alpha male of his group - by using pebbles as tools and creating a "jousting" technique with his lower beak to turn his disability into a tool for dominance. Heck yeah he did!

Tompkins County Intellectual/Developmental Disability Resource Fair

Tuesday, May 19, 2026
4:30 pm - 6:30 pm

Boyton Middle School Cafeteria
1601 N. Cayuga St. (Ithaca)

Living with or supporting a child, teen, or adult with an intellectual or developmental disability can feel overwhelming, but you don't have to do it alone.

Join us for a **free, family-friendly resource fair** designed to connect people with local supports. Ask questions to service providers face-to-face, learn about options and pick up helpful information.

Questions?

Contact James Beaumont (Unity House): 315.253.6227
james.beaumont@unityhouse.org

New Vision Student Program 2025-2026

During the 2025-2026 academic year, the Finger Lakes Independence Center once again opened its doors to the **T-S-T BOCES New Visions Health & Medical Sciences** program for college-bound high school seniors who are interested in careers in fields such as medicine (including physician and physician assistant), nursing, pharmacy, dentistry, medical technology, physical therapy, nutrition/dietetics, and medical research.



Six New Vision students spent time Tuesday and Wednesday at FLIC learning about what an Independence Center is, how it functions, and

why an Independence Center is important to a community, and the independent living philosophy. Students also spent time with FLIC staff members learning about what they do at FLIC.

FLIC is glad to host the New Vision Students; it is an opportunity to educate the students about people with disabilities and the societal and healthcare barriers they face.

After the visits, the students complete an evaluation and some comments include:

"I enjoyed discussing policy reform to include people with disabilities."

"I learned a lot more about accessibility and the different barriers people with disabilities face."

"I learned about universal design."

"I had a great time."

"FLIC does a lot for the community."

How About Equitable Transportation?

Transportation Equity Coalition Info and Resources

The Transportation Equity Coalition envisions an equitable transportation system where all individuals, regardless of background or circumstance, have seamless access to affordable, reliable, and autonomous travel options that enhance quality of life and opportunities. As such, our mission is to advance transportation equity by advocating for and implementing accessible, affordable and reliable transportations solutions that engage historically unrepresented communities, ensuring their full participation and autonomy in mobility.

In line with our mission of providing robust transportation resources and education, we invite you to use this two-page navigation guide to transportation options across the county.

https://drive.google.com/file/d/1tnkK5VIVTa2zQ_8xGjlsrmCxURsmpZry/view?usp=sharing

The Equity Coalition meets on Zoom from 10am-11am on the first Tuesday of the month. Please email chorner@tompkins-co.org, if you wish to be involved.



We would also love your feedback about any transportation barriers or thoughts on your experiences with transportation across the county via our [Tompkins County Transportation Survey](#).

**Ithaca Farmers Market moves to its
full seasonal schedule in May!
Now open Saturdays, Sundays and Wednesdays!
Visit ithacamarket.com**

STAYING SAFE DURING FLOODING EVENTS



Preparation and awareness are key for individuals with disabilities to stay safe during flooding events. Here are essential tips to ensure safety and effective planning.

Get informed

Understand your community's emergency plan, warning signals, and evacuation routes. Inform local authorities about the assistance you may need during a flood or evacuation.

Stay informed

Keep yourself and your family safe by watching the local news, listening to local radio, and paying attention to local weather reports. Sign-up for local emergency alerts at:

<https://www.tompkinscountyny.gov/All-Departments/Emergency-Response/Emergency-Notifications-SIREN>

Make a plan

Create a personal support network and a disaster plan for your family. Include at least three trusted individuals who can assist you during a flood.

Secure your home

Turn off electrical power, gas, and water supplies before evacuating. Secure structurally unstable materials and install backflow valves in sewer connections.

Assemble a kit

Stock your home with essential supplies, including medications, personal care items, and communication tools. Include a "go bag" for at least three days.

Prepare for evacuation

Never ignore an evacuation order. Know what to do if there is a flood watch or warning in your area. Having an evacuation checklist can help ensure that individuals with disabilities are prepared and can respond effectively during a flood emergency.

<https://pascla.org/wp-content/uploads/bsk-pdf-manager/2026/01/Disaster-Preparedness-Checklist.pdf>

Practice evacuation routes

Plan and practice your evacuation routes with your family members. Ensure everyone knows the name, address, and the phone number of a family contact in case of separation.

For more information on flood safety visit:

<https://www.weather.gov/safety/flood>

<https://weathergeeks.org/weather-preparedness-for-people-with-disabilities/>

<https://www.floodprice.com/post/flood-safety-preparedness-guide>

<https://disabilityinsider.com/story/four-practical-tips-for-people-with-disabilities-when-dealing-with-a-flood/>



**Have you been denied housing
due to using a
Section 8/Housing Choice Voucher
or another type of housing assistance?**

In 2019, NYS passed a law stating that landlords are required to accept any and all sources of legal income, including Section 8 vouchers and DSS rental assistance programs. However, we know that many landlords are continuing to refuse to rent to tenants that use these programs, especially after a local judge declared the law was unconstitutional. If you have experienced this and would like to share your experience, please reach out to Andrea Champlin at andrea@FLIOnline.org.

Try this for free!

2-way monitor



Available in our **Try It Room**

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

FLiC

Awareness Spotlight

May 8 is World Ovarian Cancer Day

World Ovarian Cancer Day raises awareness about the symptoms, risks, and impact of ovarian cancer. Established in 2013, this day aims to improve early diagnosis, encourage research, and support patients, **as ovarian cancer has the lowest survival rate among all female cancers.**

How can you get involved? **Wear or share the color teal, which represents ovarian cancer awareness.** Use the hashtag #WorldOvarianCancerDay on your social media posts.

Increased Awareness is a Powerful Tool.



Share This Email



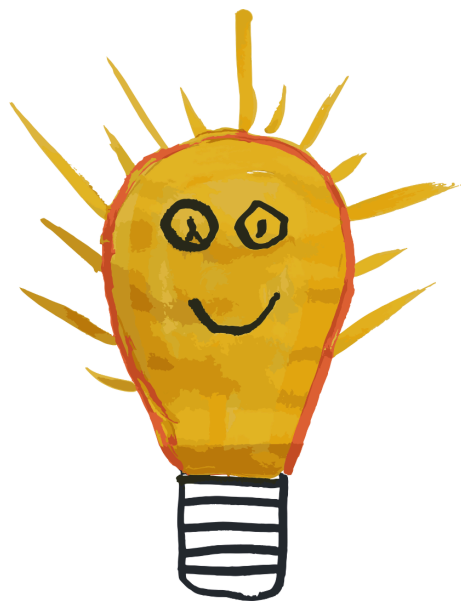
Share This Email



Share This Email



Share This Email



We'd 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

215 Fifth Street,

Ithaca NY 14850



Finger Lakes Independence Center | 215 Fifth Street | Ithaca, NY 14850 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!