

THE FLIC

NEWS FLASH

News from the Finger Lakes Independence Center

July 2026

SHORT *notes*

- The **Parkinson's Caregiver Support Group** meets in person, 12-1pm, on the first and third Tuesday each month, in the FLIC conference room. Newcomers are welcome! For more information, email Carol Grove at carolgrove6115@gmail.com.
- The **Invisible Disability Support Group** meets twice a month via Zoom, on the 2nd and 4th Thursday of each month. For this month's meeting times, email Brenda at brenda@fliconline.org.
- If you are a **caregiver looking for new clients**, please contact our office to join **the Registry**, a program that matches people in Tompkins County who need in-home workers with individuals who are paid in-home caregivers.
- **Inclusion** is something you practice, not just something you believe.
- You can **contact FLIC** by calling 607-272-2433 or by emailing the general mailbox at info@fliconline.org.

Free showing of

Life After

at 2:30pm on July 26
at Cinemapolis in Ithaca



“

This film is not about suicide. It's about the phenomenon that leaves disabled people desperate to find their place in a world that perpetually rejects them.”

— Reid Davenport,
director of *Life After*

In
celebra

tion of the 36th anniversary of the Americans with Disabilities Act (the ADA), **FLIC is hosting a free film at Cinemapolis at 2:30pm on Sunday, July 26.**

The documentary film is “Life After” which brings into focus how assisted dying impacts the disability community. The ADA has been transformational in affirming the rights of people with disabilities, however there are still many hurdles until people with disabilities achieve full and complete equity in our country.

LIFE AFTER is a gripping investigative documentary that exposes the tangled web of moral dilemmas and profit motives surrounding assisted dying. Disabled filmmaker Reid Davenport uncovers abuses of power while amplifying the voices of the disability community fighting for justice and dignity in an unfolding matter of life and death.

In 1983, a disabled Californian woman named Elizabeth Bouvia sought the “right to die,” igniting a national debate about autonomy and the value of disabled lives. After years of courtroom battles, Bouvia vanished from public view. Sundance winner

Davenport embarks on a personal investigation to find out what really happened to Bouvia and reveal why her story is relevant today.

LIFE AFTER brings together the missing voices of the disability community in the ongoing debate about assisted dying, uncovering stories of disabled people dying prematurely. Davenport exposes the intersection of systemic failures and personal autonomy, challenging the idea that assisted dying always represents a free choice, when it can sometimes be seen as the only option.

**"The only thing I can't do is hear.
The only thing."**

-- Marlee Matlin, actress, producer, author, and activist

Celebrating Disability Pride Month

July is Disability Pride Month where we honor and celebrate abilities, inclusion, adaptive technology, accessible recreation, and stories of resilience.

The flag's colors -- as seen in the banner above -- are meaningful.

- The charcoal gray background represents mourning and remembrance for disabled people who have experienced ableism, violence, and discrimination, while also symbolizing resilience.
- The red stripe represents physical disabilities
- The gold stripe represents neurodiversity
- The white stripe represents invisible and undiagnosed disabilities
- The blue stripe represents psychiatric (mental health) disabilities
- The green stripe represents sensory disabilities (such as blindness, deafness, and other sensory differences)

- The diagonal stripes represent cutting across the barriers that separate disabled people from full participation in society.
- Finally, the updated design uses muted colors to be more accessible for people with visual sensitivities and migraines.

Helpful Resources Designed to Keep You Cool and Healthy This Summer



FLIC and the Tompkins County Core Advisory Group (CAG) hopes everyone enjoys the summer weather. We'd like to remind our readers that heat -- especially extreme heat -- can impact your health and safety. People with disabilities, people with chronic conditions, and older adults are often at a higher risk of heat-related illness during periods of high daytime and nighttime temperatures.

Below is a collection of trusted resources and tools to help you have a safe and healthy summer.

Local resources:

Visit our website for local cooling centers: fliconline.org.

Tompkins County office for Aging

<https://www.tompkinscountyny.gov/All-Departments/Aging/COFA-Cooling-Program>

The Tompkins County Office for the Aging is running its 2026 COFA Cooling Program from June 6 through September 30, or until funding runs out. **The program provides free air conditioners for eligible residents age 60 and older or their caregivers.**

The type of air conditioner shall be determined on a case-by-case basis and shall not exceed \$500. The COFA Cooling Program closes on September 30th or whenever funding runs out, whichever happens first.

For more information or to apply for the COFA Cooling Program please call our office at **607-274-5482**.

Tompkins County Whole Health

<https://www.tompkinscountyny.gov/All-Departments/Whole-Health/Public-Health-Preparedness>

Tompkins Ready

<https://www.tompkinscountyny.gov/All-Departments/Emergency-Response/Tompkins-Ready>

Staying Safe during Extreme Heat & Cornell Heat Emergency Preparedness Toolkit

<https://ccetompkins.org/health/staying-safe-during-extreme-heat>

State Resources:

Essential Plan Cooling Program

<https://info.nystateofhealth.ny.gov/CoolingProgram>

Recognize the Signs of Heat-Related Illnesses

<https://health.ny.gov/publications/1243/>

National/Additional Resources About Heat and Your Health

[https://www.cdc.gov/heat-health/about/index.html?
CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fextreme-heat%2Fabout%2Findex.html](https://www.cdc.gov/heat-health/about/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fextreme-heat%2Fabout%2Findex.html)

At Risk: People with Disabilities

<https://heat.gov/who-is-most-at-risk-to-extreme-heat/at-risk-people-with-disabilities/>

Heat Wave Safety Strategies for People with Disabilities

<https://www.disabled-world.com/disability/emergency/advisories/heat-waves.php>

National Weather Service -- Heat Risk

[https://www.wpc.ncep.noaa.gov/heatrisk/?
&zoom=8.8¢er=42.45,-76.47&basemap=Oceans&boundar
ies=false,true,false,false,false&products=false,false,false&op
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Speaking of Pride Month and Disability ...



Disability at the Intersection of LGBT Pride

by Advocacy Specialist Mason Douglas



Inclusion is more than an invitation -- it's how people can interact within spaces. If a person cannot enter or participate in a space because of barriers, the space is not inclusive.

Diversity is representation across ethnicity, class, and gender, visibly showing connection and commonality rather than differences. People with disabilities cross-culturally exist, without being seen, and people with disabilities aren't always represented.

Equality can only be achieved through mutual equity; it's not having the same as everyone else, because all of our needs are different.

Accessibility is more than closed captions, mobility access, and alternatives to print media. Being disabled means interacting differently with environments and recognizing the importance of universal design, removing barriers so everyone can join and be part of their community.

Vulnerable and marginalized people are often forgotten. We continue to advocate for our needs.

Visibility for Disability Pride is about being seen and interacting as part of our community; it is more than fanfare and flags, and about being able to go where we want to be without barriers preventing us from occupying spaces we have a right to access as everyone else does.

Our revolution needs to be accessible. We are resistant to complacency as we fight for open access, inclusion, and equity for

all.

Welcome Sheldon Meade, Support Specialist

FLIC is pleased to welcome Sheldon Meade to the CDPAP Support Specialist team. Sheldon was born and raised in the Finger Lakes region. He brings a strong background in human services, with experience as a Teacher's Aide, Hospital Aide, Home Health Aide, and Supportive Housing Coordinator.



In his role as a Support Specialist, Sheldon helps people explore resources, problem-solve, and connect with supports that may help them live more independently. He enjoys working with people and helping them find options that fit their needs.

Outside of work, Sheldon enjoys spending time outdoors and being with his family. We are happy to have him as part of the FLIC team!

Flawed Olmstead Guidance: Department of Justice *Olmstead* Opinion

On June 18th, 2026, the **U.S. Department of Justice published an opinion** regarding the *Olmstead vs. L.C.* Supreme Court Case. The DOJ opinion flies in the face of decades of legal precedent, attempting to argue that the *Olmstead* decision does not require states to provide community- or home-based care to integrate individuals with disabilities.

As an Independent Living Center committed to full access and inclusion for all people with disabilities in our society, FLIC condemns this opinion and is concerned about the

impact this may have on people with disabilities across the country. The opinion could inform the ways that DOJ goes about receiving and investigating complaints regarding access and inclusion. However, it is important to remember that an opinion, even one issued by the DOJ, does not change any laws or legal precedent. Governor Kathy Hochul **released a statement** asserting NYS' commitment to *Olmstead*: "The promise of *Olmstead* is clear: people with disabilities deserve to live, work, and participate fully in their communities." FLIC will continue to be here, to support our community and advocate for change. "Nothing about us, without us!"

Grant Awarded to Make Residential Units Accessible

Ithaca Neighborhood Housing Services has been awarded \$169,000 to make residential units accessible for low- and moderate-income persons with disabilities in Cortland and Tompkins Counties through the New York State Access to Home program.



This program is designed to provide assistance with the cost of adapting homes to meet the needs of those with disabilities, enabling individuals to continue to safely and comfortably live in their residences and avoid institutional care.

For more information, visit [the INHS website](#).

Free at FLIC ↓

The items below were donated to FLIC in large quantities. We'd love to give them to those in need.

- Incontinence briefs, size medium
- Nutritional supplements for feeding tube users

- **Infant diapers**, sizes 3 and 4

If you're in need, please stop in and see what we have. In fairness to all our fabulous clients, we can't "hold" items. While supplies last.

FREE Training to Organizations



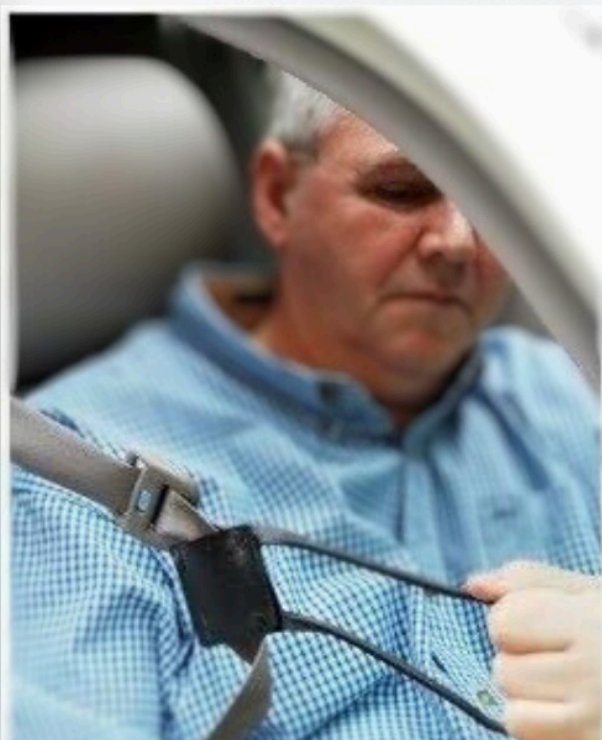
FLIC offers training on disability rights, etiquette and workplace accommodations, customized for the specific needs of each agency, organization, or business. Training can be in-person or virtual.

FLIC can record training so it is available for new staff/volunteers or schedule ongoing training, such as once per year, so all staff and volunteers are ready to successfully engage with the disability community.

For more information, email Jeff Boles at FLIC at jeffjeff@fliconline.org.

TRY THIS FOR FREE

Seatbelt Grabber



Available in our Try It Room

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

FLiC

Awareness Spotlight

July 10: Chronic Disease Awareness Day

Chronic Disease Awareness Day is a national awareness and advocacy day focused on increasing understanding of chronic diseases, improving access to care, and supporting the millions of people living with long-term health conditions. Chronic diseases are conditions that typically last a year or more and require ongoing medical attention or limit daily activities such as diabetes, lupus, asthma and epilepsy.

How can you get involved? Join the #IStayStrong campaign. Their signature campaign asks people to complete the sentence:

"I stay strong for _____."

Participants write their answer on their hand (or a sign), take a photo, post it on social media, and use #IStayStrong and #ChronicDiseaseDay.

Increased Awareness is a Powerful Tool.



Share This Email



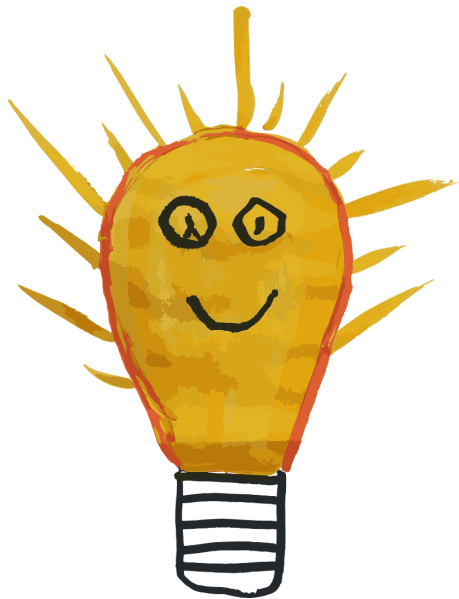
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Share This Email



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



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