

THE FLIC

NEWS FLASH

News from the Finger Lakes Independence Center

June 2026

SHORT NOTES

- **FLIC will be closed** on Friday, June 19, in observance of Juneteenth.
- We received a **large donation of incontinence briefs**, size medium. If you're in need, please stop in. Sorry, in fairness, we can't "hold" items. While supplies last.
- We also received a **large donation of supplements** donated for those who get their nutrition through a feeding tube. If you're in need, please stop in. Again, in fairness, we can't "hold" items. While supplies last.
- 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.
- You can **contact FLIC** by calling 607-272-2433 or by emailing the general mailbox at info@fliconline.org.

"Compliance is a backup plan."

Connection is the main goal."

-- Dr. Ross Greene, clinical psychologist and author

Get Outdoors & Get Together Day

Saturday, June 13!



Mark your calendars! This annual event encourages everyone to spend time outside, try new outdoor activities, and visit new places by offering free, guided outdoor recreation opportunities at locations across the state.

Activities vary by location but can include fishing, birding, hiking, paddling, arts and crafts, or presentations on camping and outdoor safety.

Accessible features and activities are offered at all locations.

Get Outdoors & Get Together Day is a partnership between the **NYS Office of the Chief Disability Officer**, the **Office for People With Developmental Disabilities**, the **NYS Department of Veterans' Services**, the **Office of Mental Health**, the **Justice Center for the Protection of People With Special Needs**, the **New York State Department of Environmental Conservation**, and the **State Office of Parks, Recreation and Historic Preservation**.

Click here to [find participating locations](#).

ANDREA AND JAN AT THE 13TH ANNUAL
FOODNET MEALS ON WHEELS MAC 'N CHEESE BOWL IN EARLY MAY.



NYS Budget Update

The NYS FY 2027 budget has finally been completed, nearly 2 months after it was due. We are still working on gathering more information about all the issues on the disability priority agenda, but here are some basics:

- Independent Living Centers (like FLIC!) will maintain funding at \$16.75 million. ILCs were not included in the 2.7% Targeted Inflationary Increase/Cost of Living Adjustment.
- Access to Home will maintain funding at \$5 million
- The Nursing Home Transition and Diversion waiver program has been carved out of managed care for one year.

- Adult Home Advocacy and Adult Home Resident Council programs were restored.
- There are no clear plans for NYS to provide health insurance for the 450,000 New Yorkers who are scheduled to lose healthcare coverage in July.



Ithaca Youth Bureau Focuses on Inclusion

Recreation Support Services (RSS), a department of the Ithaca Youth Bureau, provides recreation programs for children and adults with disabilities. RSS is funded by the Tompkins County Youth Services, the City of Ithaca, the Office of People with Developmental Disabilities, the New York State Division for Youth, and Tompkins County Mental Health Services.

Recreation Support Services provides safe, skill-based recreational experiences to youth and adults with disabilities. Recreation Support Services (RSS) strives to help individuals, primarily those with disabilities, achieve their goals for happiness and well-being. They aim to:

- Provide opportunities to learn new social, emotional and physical skills through play
- Promote positive peer interaction
- Increase self-esteem
- Encourage and assist with inclusion in recreation activities and programs

For more information, visit <https://www.ithacayouthbureau.org/recreation-support-services.html>.

A photograph of a paved trail winding through a lush green park area with trees and grass.

The Cayuga Waterfront Trail runs 8 miles, connecting Cass Park to Stewart Park. This flat trail can be enjoyed by people of all abilities.

Risk is Low for Hantavirus

In mid-May, Tompkins County Whole Health released a statement regarding Hantavirus. Tompkins County Whole Health Medical Director Dr. William Klepack stated:



“There is a lot of media attention on this situation right now, but the NYS DOH and TCWH would like the public to know that your risk is extremely low.

Besides the Andes hantavirus not being present in the United States, public health is energetically managing the situation by proven measures including contact tracing, isolation when advisable, and extensive monitoring. This is not another pandemic and there is no need for alarm.”

For the full press release: <https://www.tompkinscountyny.gov/.../2026-05-May/Hantavirus>

Stigma: A Significant Barrier for People with Disabilities

-- by Jan Lynch, Executive Director



Societal stigma remains the most pervasive barrier for people with disabilities.

While physical obstacles like stairs or narrow doorways are visible, **negative attitudes and stereotypes form a huge barrier.** This barrier restricts access to education, employment, healthcare, and community life.

Stigma harms all disabled individuals, but manifests differently across four main categories:

- **Intellectual & Developmental:** Infantilization and presumed lack of cognitive function forces dependency and limits independence.
- **Psychiatric & Mental Health:** Media-driven fear causes isolation and prevents help-seeking and vital social connections.

- **Physical & Mobility:** Pity and misjudged competence strip away basic dignity.
- **Sensory & Invisible:** Skepticism and accusations of faking deter validation of reality, increasing isolation and deterring community living.

Stigma is not just about hurt feelings; it creates concrete disadvantages in daily life.

Employment discrimination thrives on implicit bias when employers assume that hiring a person with a disability will decrease productivity or increase costs, keeping the disability community disproportionately unemployed.

In healthcare, this bias manifests as a lack of knowledge and experience with disability, coupled with assumptions leading to a lack of care specific to one's disability, causing misdiagnosis and medical crises.

Deep-rooted stigmas also cause people to withdraw, creating **social and relational isolation** that limits opportunities for friendships, romantic relationships, and professional networking. This constant influx of negative societal messages causes individuals to experience internalized stigma, lowering their self-esteem and causing them to limit pursuing their connections to others and to their goals.

Getting rid of stigma requires a systemic shift in communication, education, and policy. Prioritizing inclusive media representation through accurate, diverse portrayals of disabled individuals helps normalize disability as a natural part of the human experience. Organizations must move beyond mere compliance with accessibility laws and work to actively foster cultures of belonging and inclusion, removing implicit bias.

Real progress should follow the disability advocacy mantra of "nothing about us without us," meaning disabled individuals must center these conversations and lead the policy decisions that govern their lives.

Dismantling stigma requires shifting our perspective from viewing disability as a personal deficit to recognizing and internalizing it as a form of human diversity.

**Boundary Setting is self-care:
Protect your mental and emotional bandwidth
by strictly prioritizing the people,
spaces, and activities that bring you joy .**

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 jeff@fliconline.org.

Five Father's Day Movies for Adult Children Who Are Missing Their Dads

These movies are emotional but reflective, warm, and meaningful.

Field of Dreams is a powerful father-child movie, about unfinished conversations, forgiveness, and longing for one more moment with your dad. Be forewarned: The ending hits hard for adults who've lost a parent.

Big Fish explores the complicated relationship between an adult son and his larger-than-life father. It's funny, imaginative, and deeply emotional about memory and legacy.

About Time is often described as a romantic comedy, but is secretly a beautiful father-son story. Bill Nighy gives an incredible performance as a loving father whose quiet wisdom becomes the heart of the movie.

The Judge is a more grounded, adult drama starring Robert Downey Jr. and Robert Duvall. It's about returning home, unresolved tension, aging fathers, and coming to understanding one another.

On Golden Pond is a classic movie about aging, family, and reconciliation between a father and adult daughter. Henry Fonda and Jane Fonda bring real-life emotional weight to it.

TRY THIS FOR FREE

Adaptive Computer Mice



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.

Awareness Spotlight

June is Men's Health Month

Men's Health Month raises awareness about preventable health issues and encourages early detection among men and boys. Because men statistically live shorter lives and skip regular checkups, this observance empowers them to prioritize medical screenings, mental health, and physical well-being.

How can you get involved? Encourage the men in your life to schedule their annual physicals.

Increased Awareness is a Powerful Tool.



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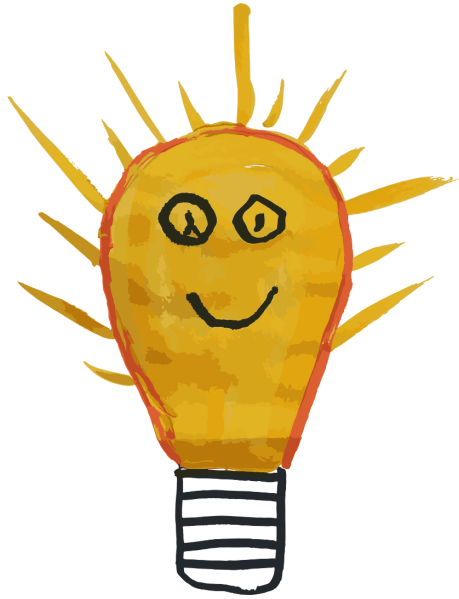
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We'd Love to Hear From You!

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