



Finger Lakes **Independence** Center

Opening Doors to Independence

Image Description: Finger Lakes Independence Center--FLiC--Logo: The letters: F-L-I-C and the letter I looks like an open door. Finger Lakes Independence Center Opening Doors to Independence

FEBRUARY 2024



FLIC's office will be closed in observance of President's Day on Monday, February 19th.

Image Description: Photo background of Presidents Washington and Lincoln. Center of image is a blue circle with white stars. In center of circle is American Flag with blue banner across the bottom reading "President's Day" in white letters.



LIKE US ON FACEBOOK!

FLIC is posting lots of new information on our Facebook page! Meet our staff, learn about our services, read interesting articles! Be sure to like our page and share it with your friends.

<https://www.facebook.com/fingerlakesindependence>

Image description: Facebook logo-blue circle with a white lower-case f.

FLIC Staff Receive NARCAN Training



Image Description: Picture of NARCAN medication box and the NARCAN applicator still in its packaging sitting on a table.

On Tuesday, January 16th, staff at FLIC were trained in how to administer Narcan, a lifesaving nasal spray designed to reverse an opioid overdose. Katarina Wehmeyer, RN, MSN from CARS (Cayuga Addiction Recovery Services) visited the FLIC offices and gave an informative and comprehensive overview of substance use, recovery, harm reduction, and how Narcan can work to reverse a potentially fatal overdose. With opioid overdoses at an all-time high, and Fentanyl deaths on the rise, Narcan training and the actual nasal spray can be made available to anyone who wants it through CARS and Tompkins Drug and Alcohol Council, just two of some local agencies who provide this service. FLIC also has free Fentanyl and Xylazine test strips available to anyone who needs them. Please stop by, Monday through Friday, 9am-5pm.

Tompkins County Core Advisory Group (CAG)

The Tompkins County Core Advisory Group (CAG) is currently recruiting people with disabilities, referred to as people with access and functional needs in emergency planning, to join the Tompkins County Core Advisory Group. We are looking for individuals who are willing to share their lived experience with any type of disability with our committee to help inform the CAG members including local emergency officials, of the considerations needed for people with disabilities or access and functional needs.

The Tompkins County Core Advisory Group (CAG) meets every other month from 10:00 – 11:00 am, typically using ZOOM. Our next meeting is February 20th. If you can't commit to the committee for regular meetings, we would still like to get your ideas for emergency planning needs.

The Tompkins County Core Advisory Group (CAG) is committed to advocate for and facilitate the inclusion of people with access and functional needs when local planning for emergencies is developed. We believe when our county emergency officials and people with access and functional needs work together in the planning process of all aspects of emergency preparedness, all Tompkins County residents benefit.

The Tompkins County Core Advisory Group (CAG) is committed to:

- Ø Including the voices of people with lived disability experience, in planning for emergencies in our Tompkins community.
- Ø Educating our community to the emergency needs of people with access and functional needs.
- Ø Assisting people with access and functional needs in their personal planning process.
- Ø Identifying issues that people with access and functional needs face in emergency situations and develop strategies to address or eliminate the issue.

For more information, email Jeff at Finger Lakes Independence Center (FLIC)

jeff@fliconline.org



Image Description: Coral background with images and words in white. Words read, "Emergency Response." Surrounding words are clip art images connected by white dotted line. Images include: fire, phone, emergency light, stethoscope, prescription bottle, clipboard with medical sign, and hospital sign.



Image Description: Picture of Tompkins County Office for the Aging office, faded. At top of picture it says, Tompkins County Office for the Aging. In the center, in blue letters, it reads, Annual Public Hearing. At the bottom is the office logo.

You're Invited!

Tuesday, February 6, 2024

11:00 AM

Danby Community Church

1859 Danby Road

Ithaca, NY 14850

Public hearings provide a venue for community members to learn about programs and services provided by the Office for the Aging. It is also an important opportunity for the public to offer feedback about issues affecting older adults in our community.

Public Hearing reservations are encouraged:

Call: **607-274-5450** or

Email: **cbullis@tompkins-co.org**

If you anticipate needing any type of accomodation or have questions about the physical access provided, please call in advance for your participation.

Tompkins County Office for the Aging is located at 214 W. Martin Luther King Jr./State Street in Ithaca, NY 14850.

FREE Tax Prep!

Federal and New York State returns

LIFELONG at 119 West Court Street, Ithaca
(additional parking off Buffalo Street)

TRUMANSBURG—Ulysses Philomathic Library

DRYDEN—Southworth Library

- All Seniors age 60+ (with spouses of any age)
- All Individuals with disabilities or Limited English Proficiency



- Families with incomes below \$64,000

Note that some complex returns may not qualify

Returns prepared by IRS trained and certified volunteers
Appointments available January 30 through April 13

**To Schedule an Appointment:
 607-279-3741**

call & leave a voicemail OR send a text with your name & phone number.

See our website www.tclifelong.org for more information and
 for contact-free and no cost self-prep options.

The Tax Counseling for the Elderly (TCE) program is sponsored by a grant from the Internal Revenue Service with additional funding from Lifelong, Tompkins County Office for the Aging and the Park Foundation.

AND

Tompkins County Public Library is partnering with Cornell

Free services for residents in both Tompkins and Cortland Counties
 who make \$65,000 or less per year.

Free services are offered February 3 through April 13.

Call **607-272-4557 ext. 271** for more information.

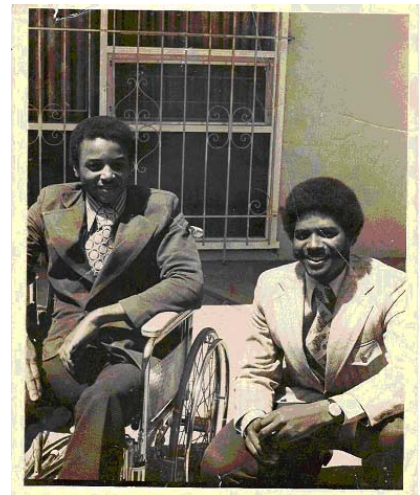
Black History Month: Brad Lomax--Uniting the Civil Rights and Disability Rights Communities

from The Center for Learner Equity

Brad Lomax (1950-1984), a Civil Rights leader and disability rights activist, brought together the two movements to present a united front in the fight for equity.

Diagnosed with multiple sclerosis in his teens, Lomax founded the Washington, D.C. chapter of the Black Panther Party (BPP) and organized the first African Liberation Day demonstration in 1972. A move to Oakland, California, where Lomax was unable to access public buses without being physically lifted onto them, launched his participation in the disability rights movement.

In 1975, Lomax worked with Ed Roberts, the founder of the Center for Independent Living in Berkeley, to open another CIL site in East Oakland with support from the BPP. His activism led to increased awareness within the BPP of the disability rights movement, making him the cornerstone of a partnership built on solidarity.



Read more about Brad Lomax and his work. Click this link:

<https://www.centerforlearnerequity.org/news/brad-lomax-uniting-the-civil-rights-and-disability-rights-communities/>

Image Description: Black and white photo of Brad Lomax and his brother Glenn. Both African American men, Brad is seated in his wheelchair with Glenn kneeling next to him, both men are wearing suits. Brad's suit is a dark fabric and Glenn's is a light color. They are photographed outside, on a sidewalk, in front of a store front.

Myths About Disability and Chronic Illness

from The Sophie Fund, by Erin Vallely

Like our Facebook Page

(<https://www.facebook.com/fingerlakesindependence>) to read more articles and information from FLIC!



Stereotypes can shift how we view individuals with disabilities and chronic illnesses. It is important to familiarize yourself with common social assumptions and how to check problematic ideas you might not realize existed.

Myth 1

Myth number one is that individuals in the disability and chronic illness (DCI) community have a lower quality of life because they can't do things like non-DCI people can. Many people associate quality of life with strict self-sufficiency and independence. In reality, some DCI people do have a lower quality of life because societal structures make it difficult or impossible to access the services, supports, and opportunities we need in order to live well. However, many DCI people also report the same or a higher quality of life than non-DCI people.

The disconnect here typically stems from assuming everyone values the same things. For example, I'm guessing many would be devastated if they could no longer drive due to a disability or chronic illness. However, if you lived somewhere that had a great public transportation system, you would realize that the important thing was being able to get out, and go about your typical activities, and not actually the loss of your ability to drive. More often than not, it is the lack of community accessibility that impacts our ability to have a high quality of life rather than our personal disability or chronic illness.

Continue reading: <https://thesophiefund.org/2024/01/11/myths-about-disability-and-chronic-illness>

NeuroPong-Prescribing Pingpong as Physical Therapy and Rehabilitation

In Colorado, Pingpong is being utilized as a form of neurological exercise/rehabilitation and physical therapy for people with neurodegenerative conditions such as Parkinson's Disease, Multiple Sclerosis, and Dementia. The program's goals are:

1. To achieve improvement in motor function and disability status in people with Multiple Sclerosis.
2. To achieve improvement in both motor and non-motor symptoms in people with Parkinson's Disease.
3. To avoid further mental decline, without the use of medications, in people with Mild Cognitive Impairment.

Ultimately, this program seeks to provide physical, mental and emotional improvement in everyone's life, no matter what their capabilities may be.

To learn more, visit their website, Table Tennis Connections:
<https://tabletennisconnections.org/>

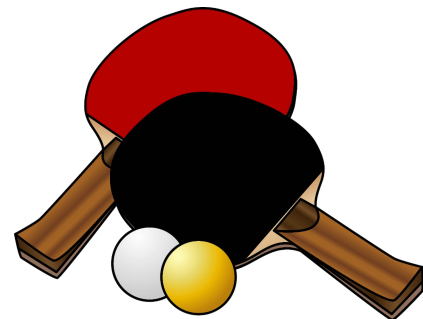


Image description: clip art image of two pingpong rackets (1 red, 1 black) and two balls (1 white, 1 yellow).

The Registry Referral Program

The Finger Lakes Independence Center administers the Registry Referral Program. This is a free referral service linking individuals seeking independent employment to people who need care in their home. Opportunities include: elder companion, housekeeper, run errands, cook, personal care aide, home care aide, LPN, RN. People looking for help can call and receive names of people willing to provide those services. If you either need assistance or if you would be interested in listing your name as a caregiver, please call FLIC at 272-2433 or email: info@fliconline.org. If you have experience caring for a friend or loved one, please consider sharing your compassion with others. This program is made possible through funding from the Tompkins County Office for the Aging.

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

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