



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

June 2024



The FLIC office will be closed on Wednesday, June 19th, in observance of Juneteenth.

Image Description: Cream background with Juneteenth colors--red, black and green--brushed across in broad lines. The word "Juneteenth" in white written across the colors. Two shackled African American hands rise up from the bottom, fists clenched. The chain linking the shackles is broken.



Image description: Booth at Ithaca Farmers Market with FLIC gray tablecloth and brochures. FLIC's Executive Director, Jan Lynch, waves from behind the table.

FLIC Supported Foodnet/Meals on Wheels in Making Some "Cheese!"

Foodnet/Meals on Wheels hosted another well-attended event for the 2024 Mac-N-Cheese Bowl. 20 restaurants competed for best Mac-n-Cheese and many local businesses and nonprofits tabled to share information and support this important program in our community. Pictured left is FLIC's table at the event.

Winners were announced in two categories: Best with Meat and Best Non-Meat. In the first category, the winners were The Towers at Ithaca College, Silo Food Truck, and Fittnell BBQ. In the second category, the winners were Kendal Ithaca, The Towers at Ithaca College and Adam's Corner Cafe. Other restaurants were honored for most creative (Cornell Catering) and kid's favorite (Kendal).

FLIC was pleased to be a part of the recent NAMIWalks Finger Lakes, a community gathering aimed at fostering mental health awareness and support! We were thrilled to be there, and, more importantly, to see so many people come out to support the fundraiser.

Image Description: Banquet table in front of large glass windows with indiscernible swag on the table. Table has a white covering with the FLIC logo. Orange and blue decorative banner at the top of the photograph.



FLIC Partners Again with Ithaca Rotary in Crutches for Africa

Periodically, Ithaca Rotary Club sends mobility equipment to areas of the world in need of this equipment. On May 20th, Rotary picked up another truckload of walkers from FLIC, thanks to generous donors.

Image description: picture of truck bed of black pick-up truck filled with walkers.

Meet Aaron Rose Philip-Activitist Highlight in Honor of Pride Month



Aaron (A-ron) Rose Philip is an Antiguan-American model. In 2018, she became the first black, transgender, and physically disabled model to ever be represented by a major modeling agency and has since modeled in several major high fashion photo shoots and campaigns. In 2021, Philip debuted as an exclusive for Moschino's spring/summer 2022 fashion show, making her the first model using a wheelchair to walk for a major luxury fashion brand.

In 2016, at the age of 14, Aaron published a memoir called *This Kid Can Fly: It's About Ability (Not Disability)*, detailing her experiences growing up with cerebral palsy. She has actively worked towards an inclusive fashion industry. She has had editorial features in magazines such as *Dazed*, *ELLE*, *Allure* and *Vogue*. She was featured in *The New York Times* in 2018. She appeared in campaigns for *Dove*, *Sephora*, *Outdoor Voices*, and *Nike*.

Read her interview in *British Vogue* here:

<https://www.vogue.co.uk/article/aaron-rose-philip-british-vogue-interview>

Image Description: Black and white photo of Aaron Rose Philips.

A-ron is a black woman seated in her motorized wheelchair. She is seated in silhouette, with her head turned toward the camera. She has shoulder-length, straight black hair and is wearing high white boots with tassels.



Image above: Deep purple background with light purple awareness ribbon. White words ovetop: June is Alzheimer's and Brain Awareness Month.

Go Purple, Share Your Story, Take Action

Worldwide, more than 55 million people are living with Alzheimer's or another dementia. Join the Alzheimer's Association in going purple and raising awareness this June. The more people know about Alzheimer's, the more action we inspire. Click the link to learn more.

www.alz.org

Celebrating Caribbean-American Heritage Month-Meet Erin Brown and Heather Little-White



Image Description: Clipart image of island in the ocean. A small island with palm trees is in silhouette against the blue sky, surrounded by waves. In white lettering it reads, Caribbean American Heritage Month.

Since 2006, June has been designated as Caribbean American Heritage Month by Presidential Proclamation. The month-long observance promotes the rich culture and heritage of the Caribbean American people and their contribution to the world. The website, Triangle, Inc., highlighted two disability activists who are also Caribbean-Americans; Erin Brown and Heather Little-White. Read about their lives and work by clicking the link below:

<https://triangle-inc.org/2023/06/26/celebrating-caribbean-american-heritage-month/>



Image Above: Yellow background. Hand raised making fist in black on righthand side. Words in Juneteenth colors of red, black and red read June-Teenth.

Celebrating Juneteenth!

Southside Community Center has hosted Ithaca's Juneteenth celebration for many years to emphasize education, achievement, and community! All people are invited to attend and enjoy an

educational experience with great food, live music, children's activities, and unique vendors. Representatives from local community organizations will share information and resources. See the poster below.

Juneteenth is the oldest known celebration commemorating the ending of African/European enslavement in the United States. Juneteenth acknowledges the history of Black Americans discovering truths and fallacies about freedom in this country. This celebration provides an opportunity to uncover, reflect, teach, set goals, and bring visibility to progress and existing untruths and fallacies that remain about freedom for Black Americans. (www.visitithaca.com)



SAVE THE DATE!

JUNETEENTH

Please come and join us
on **June 19, 11:00am-3:00pm**
at
Southside Community Center
305 S Plain St, Ithaca, NY 14850

Black Business Expo

**Historical Reenactment of the first
Juneteenth Celebration in 1865**

Community Lunch

Keynote Speaker:



Daquetta Jones,
CEO, Vera House, Syracuse

Sponsored by:

Tompkins County

City of Ithaca

**Business Leaders of
Colors(BLOC)**

**Southside Community
Center**

**The Community
Foundation**

Poster Description: Black poster with most print in white, title in red, and highlighted words in yellow. Poster reads--Save the Date! Juneteenth! Please come and join us on June 19th, 11:00 to 3:00 pm at Southside Community Center, 305 S. Plain St., Ithaca, NY 14850. Black business expo, Historical reenactment of the first Juneteenth Celebration in 1865, Community Lunch. Keynote speaker: Daquetta Jones, CEO, Vera House, Syracuse. Freedom then, Freedom now. Sponsored by: Tompkins County, City of Ithaca, Business Leaders of Colors (BLOC), Southside Community Center, the Community Foundation. Images included on poster: Juneteenth flag of orange, black and green, photo of keynote speaker-Daquetta Jones is an African American woman with black hair. She is wearing a black shirt and green jacket. Next to her picture is the image of two hands raised, making fists. There are shackles around the wrists and the chain connecting them is hidden by the



Image above: white background, letters in red and blue at top of image read, ADA 34. Beside the number 34 is a circle of red stars with 1990-2024 printed inside. Below it reads, Americans with Disabilities Act. Celebrate the ADA! July 26, 2024

The 34th Anniversary of the Americans with Disabilities Act (ADA) is coming up in on July 26th.. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. FLIC is still planning our celebration for the 34th anniversary of this landmark legislation! So watch for a notice about our celebration in the newsletter, on our website and on our Facebook Page.

Learn more about the ADA:

- [What is the ADA?](#)
- [ADA Fact Sheets from the ADA National Network](#)
- [Glossary of ADA Terms](#)
- [ADA Acronyms & Abbreviations](#)

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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