



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

May 2024



Image Description: American Flag with the words "Memorial Day: Remember and Honor" beneath it.

The Finger Lakes Independence Center (FLIC) Office will be closed in honor of Memorial Day on Monday, May 27th.

New York Association on Independent Living (NYIAL) Provides a Summary of the New York State Budget for 2025

Many items were under review and debate within the governor's office and throughout the New York senate and assembly. As the budget comes up for vote, NYIAL has provided a summary of the budget as it pertains to persons with disabilities and older adults. Follow the link below to read the full report. NYIAL addressed the following areas:

- Independent Living Centers
- Health/Medicaid
- Housing
- Aging
- Alliance First Look at Enacted NYS Budget for Fiscal Year 2024-2025
- Other Major Provisions Included in FY 2024-2025 Budget

Read the full summary from NYIAL on FLIC's website: <https://fliconline.org/FLIC/news-information/>

Virtual Event-Finger Lakes independence Center Resource & Advocacy with Andrea Champlin, Statewide Systems Advocate

Every day, our lives are impacted by decisions made by our representatives in congress. As a constituent, you have the right to have your voice heard! Join Andrea Champlin from the Finger Lakes Independence Center to learn more about the opportunities for you to share your perspectives with your representatives. Some issues that Andrea advocates for regularly are homecare, voting rights, funding for home accessibility modification, accessible transportation, Medicare, Medicaid, and Social Security. As an Independent Living Center, FLIC staff work to ensure that all people with disabilities – including those related to aging – can live as independently as possible. Andrea will also give a brief overview of FLIC services, including the Try it Room and Loan Closet.

To Register: [Love Living at Home Registration Page](#)



Finger Lakes Independence Center Resources and Advocacy

**Thursday, May 23
2 PM on Zoom**



Every day, our lives are impacted by decisions made by our representatives in congress. As a constituent, you have the right to have your voice heard!

Andrea Champlin
Statewide Systems Advocate

Learn more about the opportunities for you to share your perspectives with your representatives. FLIC staff work to ensure that all people with disabilities, including those related to aging, can live as independently as possible. Plus, get an overview of free services like the Try it Room and Loan Closet.

Free and open to all. RSVP required if you are not a LLH member.

www.lovelivingathome.helpfulvillage.com/events/1526

Image Description: Top of poster, the logos for Love Living at Home—a clipart image of a home with a heart in the center—and Finger Lakes Independence Center-FLIC, with the I as an open door.

Below the logos it reads: Finger Lakes Independence Center Resources and Advocacy; Thursday, May 23, 2:00 pm on Zoom.

Within a blue banner in the center of the poster is a picture of Andrea. She is a young adult, white woman with

long brown hair and glasses wearing a purple shirt. Next to her picture it reads: Every day, our lives are impacted by decisions made by our representatives in congress. As a constituent, you have the right to have your voice heard! Andrea Champlin, Statewide Systems Advocate.

Below the blue banner in the center, it reads: Learn more about the opportunities for you to share your perspectives with your representatives. FLIC staff work to ensure that all people with disabilities, including those related to aging, can live as independently as possible. Plus, get an overview of free services like the Try It Room and Loan Closet. Free and open to all. RSVP required if you are not an LLH member.



Image: 2024 Logo for Older Americans Month. The logo reads--Older Americans Month: Powered by Connection 2024. The image shows three simple human figures, two are joining hands to form a heart and lift up the third figure.

May is Older Americans Month!

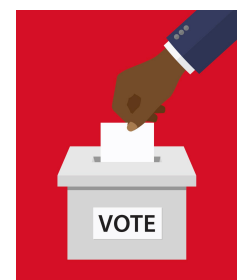
Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others. Here are some ways you can participate.

- Share facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- Promote resources that help older adults engage, like community events, social clubs, and volunteer opportunities.
- Connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- Encourage partners to host a connection-centric event or program focused on older adult mentors to youth, peer-to-peer support, or similar efforts.
- Challenge professional and personal networks to prioritize meaningful social connections and share the benefits.
- Inspire older adults to share what connection means to them on social media using the hashtag #PoweredByConnection.

Why People with Disabilities Should Vote

- Voting is an opportunity to raise your voice on important issues that affect you.
- It's a form of self-empowerment.
- It's a way to keep people engaged and included in their communities.
- Voting is a way to help practice skills that are useful in other parts of life such as decision making and self-empowerment.



The Disability Vote can make a difference on issues such as:

- Adequate funding and coverage for Medicaid acute and long-term services and supports.
- Waiting lists for home and community services.
- Consolidation and closure of public institutions.
- Integrated employment at no less than minimum wage.
- Accessible, affordable, integrated housing.
- Adequate funding for quality public and higher education.
- Quality Medicaid managed care with strict accountability measures.
- Recruitment and retention strategies for improved wages and benefits for community attendants.
- Implementation and enforcement of the “most integrated setting” requirements in the Americans with Disabilities Act (ADA)

You can register to vote at the Finger Lakes Independence Center, 215 Fifth Street, Ithaca.

For more information on voter registration, contact Andrea Champlin, andrea@fliconline.org or Jeff Boles, Jeff@flinonline.org

Image Description (above right): Red box with clip art image of voting box with hand inserting a slip of paper.

May is Asian American and Pacific Islander Heritage Month



Image Description: It reads: 31 ways to celebrate Asian Pacific American Heritage Month 2024. The number, 31, is in yellow with artistic accents. The bottom, right corner of the image depicts a yellow bush, with the same artistic accents, red flowers, and a red bird with a crown sitting in the bush.

This Asian Pacific American Heritage Month, join Asia Society Texas for 31 ways to celebrate the vibrant and diverse traditions and contributions of Asians and Asian Americans! Highlighting Asia Society's live programs, our calendar also features a curated selection of on-demand activities, staff recommendations, and more.

Since 1979, May has been a dedicated time to celebrate Asian Pacific American heritage, but it wasn't until 1992 that May was officially designated Asian Pacific American Heritage Month. Selected to commemorate the immigration of the first Japanese to the U.S. in May 1843 and the completion of the transcontinental railroad in May 1859 that was made possible by thousands of Chinese laborers, APAH Month elevates the stories, contributions, and experiences of Asian and Asian American communities.

Attend a live program, learn about local artists, expand your playlist, and find inspiration to celebrate Asian Pacific American heritage throughout the month of May and beyond.

Continue reading by visiting this link: <https://asiasociety.org/texas/asian-pacific-american-heritage-month-2024>

Seven Tips for Serving Customers with Disabilities



Image Description: Photo taken inside a grocery or department store. Women who is a wheelchair user is looking at vegetable seeds packets with an employee. The employee is kneeling down to be at eye-level with the customer who is a wheelchair user.

1. **Your business should always feel like a welcoming environment to be in-** By providing exceptional service to people with disabilities, your employees can learn to offer a better experience for your entire customer base as well.
2. **Ensure that your business is accessible-** Enabling universal access throughout your business will ensure no customer is left behind.
3. **Understand that no disability is the same-** The best way to understand a person's needs is to get to know them and ask questions.
4. **Be patient-** Taking extra time with customers equals repeat business.
5. **Act normal-** Focus on the person not their disability. If the person needs some type of accommodation, they will let you know.
6. **Treat adults as adults-** Don't speak to an adult with a disability like you were speaking to a child.
7. **Don't assume.** Before assisting a customer with a physical task such as reaching for an item or opening a door, always ask.

The importance of disability awareness customer service training.

- Increases positive image for the company/business.
- Customer's Positive Experience = repeats
- Large population of people with disabilities = larger spending power in consumer industry

What we teach

- Learn proper disability etiquette.
- Learn how your facility can accommodate people with disabilities and service animals.
- Learn about the Americans with Disabilities Act (ADA) and how it applies to your business.

For more information or to schedule a training, e-mail Andrea Champlin andrea@fliconline.org, Jeff Boles jeff@fliconline.org or call 607-272-2433..

So Much to Become More Aware of in the Month of May

*Image below left: lightbulb drawn in gray with white background.
Fillament is in orange and five ray are drawn in orange coming from the top.*

Awareness months call the world to be come more informed about a wide variety of people, cultures, ethnicities, situations and needs. The month of May has an abundance of 'awarenesses' calling for our attention. Take some time to become more informed!



- **Mental Health Awareness Month:** Scroll down to see how area agencies are marking this awareness. And visit this site to learn more: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>
- **National Women's Health Week:** Runs from May 8-14, starting on Mother's Day. Visit the Office on Women's Health Site to learn more--<https://www.womenshealth.gov/nwhw/about>
- **Haitian Heritage Month:** Read about Haiti and the Haitian people at the Library of Congress Site--<https://guides.loc.gov/haiti-reimagined/primary-resources>
- **Jewish American Heritage Month:** Visit the government site to learn more-<https://www.jewishheritagemonth.gov/>

Many different medical conditions, illnesses and disabilities also have May as their awareness month. Click on the names below to follow the link to learn more:

- [Arthritis](#)
- [Asthma](#)
- [Celiac Disease](#)
- [Cystic Fibrosis](#)
- [Fibromyalgia](#)
- [Lupus](#)
- [Lyme Disease](#)
- [Stroke](#)

Power Outage Safety Tips

Be Prepared

- if you use medication that requires refrigeration, most can be kept in a closed refrigerator for several hours without a problem--check with your pharmacist or physician.
- If you have space in your refrigerator or freezer, consider filling plastic containers with water, leaving an ince of space inside each one--this will help keep food cold if the power goes out.
- Plan to have an alternative cooking source, such as a camp stove or outdoor grill. Follow appropriate safety rules for its use outside teh residence.
- Consider buying a generator and follow the rules for using it outside the residence. Before installing a generator, be sure to properly disconnect from your utility electrical service. If possible, have your generator installed by a qualified electrician.
- Have extra blankets, coats, hats and gloves on hand to keep warm.

Act During as Outage

- Turn off major appliances to prevent damage from a possible surge when the power comes back on--keep one light turned on so you know when the power returns.
- Call your utility provider to notify them of the outage.
- If you go outside, avoid all downed power lines and report them to your utility provider for repair. Assume all downed power lines have live electricity.
- Check to see if your neighbors have power.
- Use only flashlights for emergency lighting--candles pose a risk of fire.

For more information on power outages visit: <https://www.dhses.ny.gov/power-outage-safety-tips>



Need a Public Notary?

Contact Cheryl Baker at FLIC at 607-272-2433 to make an appointment.

Services are FREE!

Image: Gold seal shaped like multi-pointed star with double circles inside. Between the two circles it says: Official, Duly Commissioned. In the center in bold it says: Notary Public

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

[Unsubscribe tracy@fliconline.org](mailto:unsubscribe@tracy@fliconline.org)

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Sent by teressa@fingerlakesindependencecenter.ccsend.com powered by



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