

THE FLIC

NEWS FLASH

News from the Finger Lakes Independence Center

DECEMBER 2025

SHORT NOTES

- FLIC will be **closed Wednesday, December 24 through Thursday, January 1**, reopening **Friday, January 2**.
- **Volunteers needed!** The Office for the Aging maintains a list of volunteers (paid and unpaid) who assist local seniors with snow removal. If you're interested in being added to that list, please reach out to the Office for the Aging at (607) 274-5482.
- Holiday gift idea: **A membership to Love Living at Home!** LLH is a member-driven, nonprofit organization that enables older adults to live vibrantly while aging in place. The list of membership benefits is long, but includes access to volunteers who assist with transportation, technology, errands, household tasks, visits, gardening, downsizing and more. To learn more about Love Living at Home, visit www.lovelivingathome.org
- **Two inclusive holiday greetings:** "Wishing you peace and joy this holiday season" and "Whatever you celebrate, I hope this season is filled with light, love, and connection."
- You can **contact FLIC** by calling 607-272-2433 or by emailing

The Lindseth Climbing Center will be hosting its next

Adaptive Rock Climbing

from 10:30am-1:00pm on Saturday, December 13th at Bartels Hall.
This free event is open to members of the community with a disability,
as well as their friends and caregivers.

RSVP: Optional, but nice! to Josh Giblin, jbg286@cornell.edu

For more details and contact information, visit:

<https://scl.cornell.edu/coe/adaptive>



FLIC Items Find New Home in Honduras!

A few of our foldable
walkers embarked on quite
a journey! They landed in a
Honduran community for



seniors, traveling there through ACTS ("Americans Caring Teaching Sharing") Honduras.

ACTS Honduras is a non-governmental organization with 38 years' experience doing "community building" work in rural Honduras. They define "community building" as helping local people make their own communities stronger.

Volunteers pay their own way when they go to Honduras and they meet in loaned spaces. When this couple approached us about donating durable medical equipment to go to Honduras, we jumped at the chance. They couldn't take much but they planned to fill a "hockey bag." "We were so happy to give as much equipment as they could take," said Jan Lynch, FLIC Executive Director.

ACTS Honduras' goal of stronger communities throughout the region is resulting in modest growth. People moving to the region cite a better quality of life, safety, and living with dignity. ACTS has a broad scope of interests including health, water, agriculture, education, and building leadership.

For more information, visit www.ActsHonduras.org.



Free NYSEG Energy Savings Kits Available

Our local Office for the Aging has **free** do-it-yourself energy savings kits available for **individuals over 60**. Each kit contains 10 outlet and switch gaskets, 2 door sweeps, 1 can of spray foam and a 3-pack window insulation kit.

To get a kit, visit Office for the Aging, 214 W. Martin Luther King Jr./State St., 8:30am-4:30pm, Monday-Friday. (The kits are not able to be mailed.)

While supplies last. One kit per household. For individuals 60 or older.

For more information, call Office for the Aging at (607) 274-5482.



Join our Jeff Boles and Andrea Champlin for practical tips on how to increase **accessibility and inclusion at your place of business**. The training session will cover a brief overview of the Americans with Disabilities Act (ADA), your responsibilities as a business owner, cost-effective tips and tricks, and guidance for increasing inclusion. Attendees will also receive a resource list for additional guidance and support.

The event will be from 12-1:30pm, December 18, 2025 at Tompkins Chamber at 124 Brindley St., Ithaca. This venue is ADA accessible.

To register, click here: [Register](#)

**"Sometimes it takes
only one act of kindness and caring
to change a person's life."**

— Jackie Chan, martial artist, actor and filmmaker, who lives with obsessive-compulsive disorder, attention deficit disorder, and dyslexia

Managing Holiday Stress

There are a variety of reasons why your days may not be merry and bright around the holiday season. It can be a jam-packed social calendar, work deadlines, grief, sunless winter



days, or all of the above.

A 2023 survey by the American Psychological Association found that 89% of U.S. adults feel stressed during the holiday season. The reasons given include lack of time, financial pressure, gift-giving, and family gatherings.

There are ways in which we can prepare ourselves and hopefully deflect some of the increased stress of the holidays. It's important to realize that we do have more control than we think we do.

Six Signs You May Be Struggling Around the Holidays ... and What To Do

1. You're Lacking the "Holiday Spirit"

What You Can Do About It

- You don't need to force yourself to be happy and that it's good to acknowledge feelings that aren't joyful; remember that you are not alone in feeling this way
- Avoid numbing or avoiding feelings by using alcohol or other substances, which worsen anxiety and depression

2. You're Overwhelmed by Grief and Loss

What You Can Do About It

- If holiday observances seem inauthentic right now, you do not need to force yourself to celebrate
- Connect with a support group, a therapist, a faith community, or friends who understand
- Let your loved ones know how they can support you, like helping you with shopping or meeting up for a regular walk

3. You're Feeling Pressured to Participate in Activities But You Want No Part of Them

What You Can Do About It

- If you feel overwhelmed by social obligations and what others are asking of you, learn how to be comfortable saying "no"
- You may choose not to celebrate at all. Instead of spending the holidays the way you think you should, you might opt for an activity you actually feel like doing, whether it's making a favorite dish or having a Netflix marathon
- Communicate intentions to friends and family early in the holiday season so everyone knows what to expect

4. You're Stressed About Giving Gifts

What You Can Do About It

- Consider how much money you can comfortably spend and stick to the amount. Consider having a Secret Santa or White Elephant exchange to reduce the number of items everyone needs to buy.
- You can let people know you are unable to give gifts this year
- Give personal gifts — like a poem, short story, or framed photo
- Give the gift of helping a neighbor, a friend, a family member, or a stranger

5. There's Not Much Sunlight at All, and It's Affecting Your Mood

What You Can Do About It

- Try to get as much sunlight as possible
- Schedule outdoor exercise in the middle of the day when the sun is brightest
- If you can, work near a window throughout the day
- Outfit your home with warm, bright lighting. Many traditions this time of year incorporate candles and twinkling lights for a reason.
- If you feel the need to slow your pace and hunker down this time of year, consider reframing the winter months as an opportunity to work on “quieter” projects and activities suited for the indoors, such as writing, knitting, or taking online courses.
- If you feel hopeless, have suicidal thoughts, or experience changes in appetite and sleep patterns, talk to your doctor. Effective treatments for Seasonal Affective Disorder include light therapy, talk therapy, and medication.

6. You're Alone or Feeling Isolated

What You Can Do About It

- Remind yourself of the people, places, and things that make you feel happy. Schedule a regular call or video chat with friends on a weekly or biweekly basis.
- Find other ways to connect, including sending out holiday cards and communicating with family and friends by phone, text, email, and social media.
- Don't forget about self-care. We know the importance of a balanced diet, moderate exercise, and plenty of sleep, but because there are so many distractions and stressors this time of year, we lose sight of some of the basic necessities. We need to take care of ourselves and pay increased attention to ensuring we fulfill these areas of our lives as we get closer to the holidays.

Should I Talk to a Doctor?

Talk to your mental health professional or your primary care physician if you have been feeling anxious or depressed for more than two weeks, or if the holidays are long gone and you are still feeling stressed, anxious, or depressed.



Employers, consider making participation for any company holiday event truly optional.



OMH Statewide Town Hall



Featuring Commissioner Ann Sullivan, M.D.
Wednesday, December 3, 2025 from 2 p.m. to 4 p.m.

OMH is conducting a Statewide Town Hall with **Commissioner Ann Sullivan, M.D.**, presenting and taking feedback on the future of New York State's public mental health system.

OMH is dedicated to providing individuals and families access to quality, integrated services and supports that foster recovery and well-being. Public input is crucial in assisting the agency in meeting the needs of all of the people we serve. All comments will be reviewed and considered pursuant to Section 5.07 of the New York State Mental Hygiene Law.

Accessible In-Person and via Livestream

The town hall will be held in person in the Bulmer Telecommunications Center at Hudson Valley Community College in Troy. Additionally, there is an option to livestream the event.

Register [HERE](#) or by scanning the QR code to the right.

If you require any special accommodations to participate in the event or have any questions, please contact us at planning@omh.ny.gov by November 19, 2025.



Office of
Mental Health

How to Nail your Job Interview: Be Persuasive and Confident

By Spiro Yeo, Cornell student, student intern at FLIC



Having a great resume is the start of the interviewing process. It gets your foot in the door. But what elevates you over other candidates is your ability to convince the interviewer that you are the most qualified candidate. **Here are some tips on how to be more persuasive in an interview:**

- **Display Positive Body Language:** A firm handshake, good eye contact, and a relaxed-yet-attentive posture go a long way in convincing your employer that you are confident with your work.
- **Show Active Listening:** While you should have a few questions prepped for the end of the interview, active listening around the kinds of questions the interviewer asks shows that you are engaged in the conversation. You should try to paraphrase what concepts the interviewer is asking you, while asking probing questions to go into more depth with your responses.
- **Share Stories:** Sharing stories about your work experience and how you have contributed positively to support your co-workers is a great way to demonstrate your positive personal characteristics and your ability to influence action within the workplace. Employers want dynamic, attentive workers, and sharing real-life stories about how you help others is a great way to demonstrate those qualities.
- **Ask Insightful Questions:** Asking insightful, specific questions about the position for which you are applying is one of the best ways to demonstrate that you did your homework for the interview. It demonstrates to the interviewer that you care deeply about their line of work and you did your due diligence for this position. It can also be a way to separate yourself from other candidates.
- **Practice the STAR Method:** Employers will typically ask for instances where you achieved positive outcomes in your past work. One of the most effective ways to describe these outcomes is through the STAR (Situation, Task, Action, Result) method. This allows the employer to understand the context of the situation, what your role was in it, how you were able to enact positive action, and why that is important. All of these factors paint a complete picture of your ability to positively influence the workplace, and may give you a leg up over other interviewees.

FLIC has many great resources that can help you on your interviewing journey! Plus, FLIC works with a variety of employers to help people with

disabilities acquire jobs in the community. Feel free to reach out to us at any time with questions that you may have. Email Ila, our Employment Advocate, at ila@fliconline.org



SEEKING: Awesome new board members!

FLIC's mission is to empower all people with disabilities while creating an inclusive society through the elimination of any and all barriers ... and we are seeking Board Members to join our team!

The Board meets on the third Thursday of each month from 5:30 – 7pm. You can join via Zoom or in person at our office.

Board appointments are for three years. All Board Members are asked to participate in monthly meetings and join a committee; there are no fundraising requirements.

To qualify, you must have a ...

- commitment to the mission of the organization.
- willingness to attend meetings and join a committee.
- 51% of our Board Members must be people with lived experience with disability.

To apply, please email your interest to Executive Director Jan Lynch at jan@fliconline.org. Jan will then send you an application. If you would like more information before you apply, please email Jan.

We are committed to diversity and welcome applications from all individuals!



EMERGENCY

Preparedness



Winter Preparedness: Safely Winterizing Your Ramps and Lifts

Ensuring that ramps and lifts remain safe and functional is crucial, particularly in areas prone to snow, ice, and cold temperatures.

To Prepare Your Ramps and Lifts for the Winter Season:

Maintain Regular Snow and Ice Removal: Keep snow and ice from accumulating on your ramps and lifts. Regularly clear these areas using a shovel or, preferably, a wire broom to prevent damaging the surfaces. It's essential to remove snow promptly after a storm to prevent it from becoming compacted and icy.

Ensure Pathway Accessibility: Clear pathways ensure safe and easy access for everyone, especially those using wheelchairs or mobility aids. Make sure that the pathways leading to and from your ramps and lifts are always clear. This includes the immediate area around these accessibility features.

Use Safe De-icing Products: Apply ice melt products -- that are safe for metal and concrete -- to prevent slip and fall accidents. Be cautious in choosing de-icers, as some can be corrosive and damage the metal parts of ramps and lifts.

How to Prevent Snow and Ice Build-Up on a Wheelchair Ramp:

Use a Non-corrosive De-icing Solution: Avoid using rock salt or other corrosive substances, as they can harm the metal over time.

Anti-Slip Measures: Adding anti-slip tape or mats on the ramp surfaces can significantly improve safety by increasing traction, which is particularly important in icy conditions.

Scheduled Maintenance: Before the onset of winter, it's advisable to schedule a maintenance check for your ramps and lifts. This ensures that they are in optimal working condition and any potential issues that could be exacerbated by cold weather can be identified.

Protect Electrical Components: For powered lifts, ensure that all electrical components are well-protected and insulated against the cold. Check for any exposed wiring and have them properly covered or repaired.

Check for Wear and Tear: Regularly inspect your ramps and lifts for signs of wear and tear. Cold weather can exacerbate existing issues, so it's vital to address any problems before they worsen.

Ask for Assistance and Support: If you're unable to perform these maintenance tasks, ask for help from family, friends, or neighbors. It's important that these tasks are done regularly to ensure safety.

If you need help with snow removal, call the Office for the Aging (607)

274-5482. They maintain a list of volunteers who assist with snow removal and they may be able to help you.

TRY THIS FOR FREE!

The Clapper



Available in our

Try It Room

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



International Volunteer Day (IVD) is celebrated annually on December 5. It is a day where volunteers are acknowledged and the spirit of volunteerism is promoted at the local, national and international levels.

What one step can you take today to celebrate IVD? Pick an organization that you admire and thank them on social media, using their official hashtag. You just raised awareness.

Increased Awareness is a Powerful Tool.



Share This Email



Share This Email



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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