

**Nothing More,
Nothing Less
For All People
With Disabilities**

Access to Independence of Cortland County, Inc.

ACCESS NEWS

Summer 2011 NUMBER XXIX

2011 ADA Celebration Success!

More than 200 people participated in one or more of the four events that Access to Independence (ATI) held throughout the month of July in recognition of the 21st Anniversary of the Americans with Disabilities Act (ADA).

The July 16 ADA Celebration picnic, held at the Courthouse Park, was the most successful ever, with more than 100 attendees! Leading up to that event, more than 35 individuals participated in a "Stroll-and-Roll" from ATI's offices to the Courthouse Park.

Other events included an inclusive art exhibit and a reception at the Center for the Arts of Homer.

This year's events would not have happened without the generosity of area businesses. Many thanks to all of you! (*See pages 3-5.*)

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ATI's Media Efforts

Throughout the years, Access to Independence (ATI) has strived to increase the community's awareness of its services, general disability issues and the ongoing fight for the civil rights of people with disabilities. ATI has steadfastly increased those efforts this year.

Access to Independence has finally joined the Facebook age. Thanks to funding from the NYS Independent Living Council (NYSILC), ATI has purchased a video camera and has begun posting streaming video of events for our 450+ friends. Friend our page!

In the past, you might have read an occasional *Eye on Access* column in the *Cortland Standard*. Now, the column is printed every month, features a variety of staff writers and covers a breadth of topics.

In addition, the *Cortland Standard* has nearly doubled the number of articles it has published on issues relating to disability, in part due to an increase in ATI press releases, but also in part due to the public's increased interest in disability issues. ATI staff write feature stories for other regular columns as well.

In the past, you would rarely see an advertisement in the *Cortland Standard* about ATI or its programs. So far in 2011, ATI has published nearly 10 ads in the paper, as well as two color ads in the *Syracuse Post Standard*. ATI secured nearly \$2,000 from NYSILC to run a series of seven ads in the past month alone!

Help us continue our efforts!

New Face in the Office!

In July, Access to Independence welcomed Richard G. Platt as the newest Member to its team. Richard is serving as a part-time Architectural Barrier Specialist for the Architectural Barrier Programs.

Richard offers more than 20 years of experience in construction and code enforcement. Most recently, Richard served as a Code Enforcement Officer for Chenango County. Richard has extensive experience with architectural and assistive technology and as a field supervisor, superintendent and estimator.

Richard will work primarily to perform architectural barrier assessments for businesses, agencies and individuals. He will complete comprehensive scopes of work and drawings. He will also do inspections and help oversee the successful completion of projects.



Above: Richard Platt joined ATI's Architectural Barrier Program team in July as Architectural Barrier Specialist.

Cortland Recovery Center In the Works

Last September, a group of peers and professionals assembled to discuss the idea of a drop-in center for mental health consumers in Cortland County. The aim of the new group is to bridge a gap that exists for consumers who have recovery needs and who would like an opportunity to pursue their passions and interests.

The peers and professionals planning the new concept are interested in getting it up and running as soon as possible and have already applied for a grant to help with start-up costs.

The planning group meets every other Monday at 5:00 pm at Access to Independence. The group is currently working to identify the next steps that need to be taken and to act on them.

According to one of the committee members, “a wellness center in Cortland County would be a stepping stone to help all people connect with their community in a way they haven’t done before. It would not focus on their diagnosis, but on their interests, passions and goals for their lives.”

The group believes that recovery does not happen in a room, but touches every part of a person’s life. “The social aspect and community connection is just as important as what goes on in a “recovery group” or a doctor’s office.”

Some of the ways a recovery center may help a person is to introduce them to different interest groups and organizations in the community so that the person would be able to rekindle or develop new interests and passions.

Interested people are welcome to join in this endeavor. Committees have been formed to look into ways to do outreach, to come up with an organizational structure, and to research different clubs, groups, and organizations with which to connect.

If you are interested in joining the group, you may contact Phyllis Schriefer at Access to Independence, by phone at: 607-753-7363, ext. 26, or 607-423-7472 to get information on the meetings.

ATI Wants You!

ATI is currently recruiting interested individuals with diverse backgrounds, with and without disabilities, to serve on its Board.

For more information, please contact:

Mary E. Ewing, Executive Director
by phone: 607-753-7363; or
by email: mewing@aticortland.org

Debt Ceiling Fight Not Over!

It’s true that President Obama signed the “Debt Ceiling Bill” into law on August 2, and it’s true that disability advocates’ outreach to Congressional Representatives put a STOP to the cuts to Medicaid!

But, as part of the Debt Ceiling Bill, there will be a “Super Committee of 12” responsible for reducing the deficit by at least \$1.5 trillion through 2021. This could have terrible outcomes for many in the Independent Living community.

Summary of the Bill: The bill would permit the government to borrow until 2013 and allow the debt limit to be increased by up to \$2.4 trillion, set spending caps through 2021, and create the House-Senate budget recommendation committee.

The **spending caps** are imposed through 2021; for fiscal year 2012 – 2013 there would be two caps:

1. For spending by the Pentagon, Homeland Security, Department of Veterans Affairs, the National Nuclear Security Administration, international affairs and intelligence functions.
2. Other discretionary spending – which would provide for a single cap to be applied to all discretionary spending (Medicare and Medicaid).

The **Super Committee of 12** will be a Joint Select Committee (House and Senate) comprised of six Democrats and six Republicans. The party leadership will appoint the members of the committee. It will be responsible for producing a new bill by November 23 and the House and Senate must vote on this bill (with no amendments) by December 23.

If the Committee does not achieve a goal of at least \$1.2 trillion in cuts or their work is not enacted by January 15, 2012, then the “trigger” would be implemented and spending would automatically be reduced by \$1.2 trillion over nine years. Many believe that this Committee will propose cuts and/or policy changes to the entire “Entitlement Program,” consisting of Social Security – Medicare and Medicaid.

What does this mean for the disability community? This committee’s bill could dismantle much of the work the disability community has done in the past twenty plus years!

1. The definition of Long Term Care is being re-defined and we could have tragic outcomes;
2. The dismantling of Medicare and Medicaid could end the independent life many in our community lead; and
3. The process of consumer-advocacy is being tested and could possibly end.

Urge our nation’s leaders to not let this happen!

ATI Celebrates 21st Anniversary of the ADA!

The Access to Independence 2011 Americans with Disabilities Act (ADA) 21st Anniversary Celebration kicked-off on July 16th with an inclusive “Stroll & Roll” through downtown Cortland. More than 35 people, most with disabilities, marched down Cortland’s Main Street and recognized the various local businesses that had made accessibility changes.

Following the Stroll & Roll, more than 100 people from the community convened at the Courthouse Park for fun and food.

Mayor Susan Feiszli read a Proclamation passed by the Common Council and Congressman Richard Hanna made a guest appearance and presented ATI with an American flag which was flown over the U. S. Capitol in honor of the passage of the ADA.

Mr. Tom Earle, an Attorney and the CEO from Liberty Resources, Inc. in Philadelphia, provided a spirited keynote address that left many cheering for the continued fight for the civil rights of people with disabilities.

Tom noted how the ADA aimed to end discrimination in employment and how it was instrumental in integrating people with disabilities into the community. He spoke on the importance of communities making sure that sidewalks and buildings are accessible so that people with disabilities and their families have access to community life.

Tom, who has a vision impairment called retinitis pigmentosa,

concluded his remarks with this encouraging statement: “I’m a strong believer that people with disabilities can do whatever they set out to do.”

Following Tom’s remarks, attendees had an opportunity to share personal stories about how the ADA had affected their lives.

One young boy thanked Access to Independence for helping his dad receive home modifications, under the Medicaid Waiver program.

Another woman with a vision impairment spoke about the discrimination she faced and how difficult it was for her to afford legal assistance. She pointed out the significance of gathering together as advocates “to insure the message gets out loud and clear that people with disabilities are here to stay and that we are entitled to the same rights as those with-out disabilities.”

In its second year, the vendor fair included five local and regional vendors. WXHC provided music and two-hours of live radio broadcast from the event. The Channel 2 Cable Access Chanel filmed the events and continues to air them periodically for everyone to see.

The day’s festivities ended with ATT’s 3rd Annual water-melon eating contest. The reigning 2009 & 2010 champion, Lukas Pizzola, continued his streak to take the title for the third year in a row, while Mayor Susan Feiszli took a close second!

Check out a few videos from the event on the Access to Independence Facebook page!



Visit us online at:
www.aticortland.org
Find us on Facebook!

Thank You 2011 ADA Celebration Sponsors!

ADA Sponsor: First Niagara Bank

Mary Robillard, AVP, Area Sales Manager/Branch Manager
Lisa Morgan, Branch Manager, Homer Office
Walter Allen, AVP, Branch Manager, Cortlandville Office

Spirit of ADA Sponsors:

Cultural Resource Council
Alliance Bank
Wal-Mart
Capital Home Improvements
Cornell University HR Division
Rx Business Solutions
Tops Supercenter

Advocate Sponsors:

Plan First Technologies	Tompkins Trust Company
George Bailey Insurance	H & R Block
Autocrafting	NYS EPIC
Madison/Cortland ARC	Medical Pain Consultants
Cortland Eye Center	BRIX Puberia
Mike & Carmela Pizzola	Sheridan's Fine Jewelry

Family/Friend Sponsors:

Place Insurance, Klemmt Orthopedic, Cortland Communities That Care, CRMC-Home Health Services, Way 2 Go Cortland

Also Thanks To:

Cortland City Youth Bureau, Cortland Regional Sports Council, Center for the Arts of Homer & Cortland Chamber of Commerce





2011 Art-Ability Exposé & Gala Celebration

Expressing oneself comes in various formats. Some people draw, others write, some like to build things, some sing. Whatever the talent or ability, the Access to Independence 2nd Annual Art-Ability Exposé offered an opportunity for anyone and everyone to express their creative abilities!

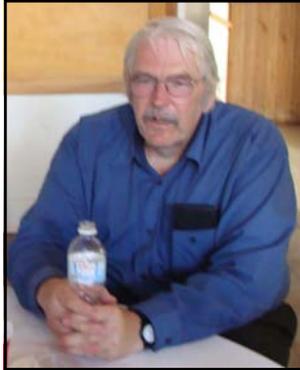
For the second year in a row, Access to Independence partnered with the Center for the Arts of Homer to host an eclectic five-week show featuring more than 30 creative works of community artists with disabilities.

One of the local artists featured in the Exposé, was 13 year old Homer student, Jacob Maxwell. Jacob has autism and was encouraged by his Art Teacher, Terry Perkins, to enter his mosaic, "Snowman," into the Exposé. Terry explained that creating the mosaic was very meticulous, but with the encouragement from herself and Jacob's Teacher Assistant, Jacob learned to express an idea and take on the task, "one step at a time".

Thanks in part to a \$750 grant from the Cultural Resources Council of Central New York, ATI also secured and exhibited three paintings by artist, Tommy Hollenstein from Canoga Park, California.

During the opening night Gala, Hollenstein spoke with participants via Skype. He spoke about his passion for art, shared some his inspiration for his pieces on display and responded to questions.

ATI has already started planning it's 3rd Annual Art-Ability Exposé for the Spring or Fall of 2012. Spread the word to your friends and family and start thinking about what pieces of personal art you'd like to display!



Featured Artist: Tommy Hollenstein, Canoga Park, California

Tommy Hollenstein, who acquired a spinal cord injury in 1985, uses the tires on his motorized wheel-chair to "action paint". He describes his painting technique to be like dancing, layering different colors of paint on top of others. He also uses different speeds on his wheelchair to create different effects. When asked about his painting techniques he explained that, using the layering technique is very time consuming and that one painting can take several months to complete. To view Tommy's artwork visit: www.tommyhollenstein.com.

“With Help From a Friend, You Can Reach the Stars!”

The Access to Independence (ATI) Peer Mentoring Program (PMP) aims to help people with disabilities obtain stronger independent living and work readiness skills. Through one-on-one peer mentoring, job shadowing, workshops, support groups, and collaboration with employment focused agencies, the PMP provides new opportunities to learn, mature, and most importantly, work.

Carroll began her path to employment in 2009, when she continuously struggled with job search efforts. While Carroll had been working with another local Employment Agency, her struggles led her to seek extra assistance from Access to Independence. Carroll's just wanted to once again gain employment. She enjoyed working with animals and had some experience cleaning homes. Carroll was very shy and had difficulty making decisions independently.

Carroll worked with Access to Independence to develop an employment goal plan. Carroll took the lead on this project and, together with the Work Readiness Coordinator, they detailed a plan

which included attending weekly workshops, monthly support groups, job shadowing opportunities and volunteering to build the skills she needed to success.

Carroll stuck to her plan and, as a result, began to more actively participate in groups. Carroll read aloud, answered questions, and freely interacted with others.

As Carroll gained self-confidence, she began a volunteer

opportunity at CNY SNAP, a local animal clinic. This was a fun job for Carroll and it gave her the comfort and confidence to grow as a self-determined individual. While there, Carroll worked along-side a peer mentor who helped her to develop work ethics and time-management skills. Moreover, Carroll took advantage of opportunities to explore other careers in areas that interested her, including job shadowing at the Country Inn & Suites, Pall Trinity Corporation and Edgecort Farms. These experiences helped Carroll to better understand her abilities and limitations, and empowered her to move ahead with her job search.

Carroll decided that the job market in Cortland was not favorable to her needs, therefore she began looking in surrounding areas. Carroll learned about Challenge Industries, an employment services center for individuals with disabilities in Tompkins County.

Almost as soon as Carroll met with Challenge Industries, she received the needed assistance to find a job that suited her abilities. Over the next few weeks, Carroll would come to the PMP workshops with a smile on her face and she was eager to share how she

had scheduled and participated in an interview. Then came the workshop at which she shared the fact that she had secured employment at the Econo-Lodge Hotel in Ithaca.

While this is not her dream job of working with animals, Carroll has found happiness in the fact that she made this opportunity happen on her own. Congratulations, Carroll, on the new job!

Keep up the great work Carroll!



Eyes on the Future

Vision Support Group

2nd Thursday monthly

5:00 - 6:00 pm

ATI Community Room

Get support from peers with similar vision barriers.

Learn about assistive tools and technology.

For more information, contact Aaron Baier by phone: 753-7363, or by email: abaier@aticortland.org

COMPUTER CLASSES

Mondays & Wednesdays

2:00 - 4:45 pm

Thursdays

1:00 - 3:00 pm

ATI Computer Lab

For more information, please call 607-753-7363.

Peer Mentoring Program

Every Thursday

3:00 - 4:00 pm

ATI Community Room

For more information, contact Aaron Baier

Phone: 607-753-7363

Email: abaier@aticortland.org



Above: Carroll Sangesland continues to reach for the stars in her new job at Econo-Lodge Hotel in Ithaca. Keep up the great work, Carroll!

New DOL Employment Services System (ESS)

Perhaps the greatest tool in a job-seekers' toolbox is access to listings of available jobs and an intuitive tool that helps them to find jobs that require their skillset.

This year, the NYS Department of Labor (DOL), in collaboration with the NYS Office of Mental Health (OMH) and other State agencies, has developed a new Employment Services System (ESS). Formerly known to DOL staff as the *One-Stop Operating System (OSOS)*, the ESS will combine new and existing software to provide a more comprehensive experience for both employment service providers and job seekers.

What does this mean for you?

- Access to the DOL jobs database (www.jobcentral.org/ny/).
- Ability to upload or manually enter your resume and job skills.
- Email / text notifications of jobs which match your skills as soon as they are posted.

What does this mean for your employment service provider?

- Improved ability to see what agencies you are working with while maintaining your confidentiality.
- Improved ability to match job seekers with employers for fast-paced job placement.
- Access to tax credit documentation which gives incentives to hire employees with disabilities.

The new ESS is an exciting tool that will be used statewide later this year. Currently the program is being used in select locations.

For more information on the new Employment Services System (ESS) and the New York Makes Work Pay program, visit www.NYMakesWorkPay.org.

ATI Gears Up for 2011 Disability Employment Awareness Month!

Each October, Access to Independence recognizes National Disability Employment Awareness Month (NDEAM) with a series of employment-related events and activities for the community. This year's national theme is: "Profit by Investing in Workers with Disabilities." Mark your calendar; here is what is planned this October!

2011 Employment Conference - October 13, 20 & 27 - The ATI Employment Conference has become a community-wide staple of NDEAM. The three-day conference caters to job seekers with disabilities and offers tools, skill building, networking, and empowerment to further their job search and inevitable career.

Each year's conference features: an Employers' Perspective series, where local business managers discuss their expectations of employees; a One Person's Path to Success, series, where successful individuals with disabilities join us to talk about their personal stories; interactive workshops where attendees learn new employment-related skills; and a workshop on Community Resources / Networking.

Disability Mentoring Day (DMD) - October 19 - DMD is a day-long celebration of job shadowing and career exploration offered to area youth. Also known as Cortland County Mentoring Day, DMD provides youth the opportunity to job shadow in a career of their choice and to get hands-on experience. The day is topped off with a luncheon where youth are joined by empowering speakers who share their personal stories

Americans with Disabilities Act ADA Training - October 25 - Something new this year, ATI will offer an ADA Training for employ-

ers that will help them to understand the benefits of hiring people with disabilities. It will also provide employers with tools and incentives for hiring people with disabilities. Not only can they receive tax credits, but they get the benefit of tapping into a talent pool of dedicated, strong, workers.

Social Security Benefits Training - October 11 - Perhaps one of the scariest things about going back to work is the thought of losing existing benefits. This training will show you the various work incentives, including the *Ticket to Work*, and trial work period. These incentives will ensure you go to work knowing that you will not lose the benefits which are needed to survive.

For more information on any of this year's NDEAM events, please contact Aaron T. Baier by phone at 607-753-7363, or by email at abaier@aticortland.org.

Youth In Power!

Get empowered...

Use your abilities...

Advocate for what you want!

2nd & 4th Wednesday,
Monthly 4:00 - 5:00 pm
CYB - Teen Center
35 Port Watson Street

For more information,
contact Aaron Baier at:
607-753-7363





Ladies & Gents - Bring your family!

Lisa's Beauty Shop

8 South Franklin St.
Cortland, NY 13045
607-753-1553

Wednesday - Saturday

Lisa Pizzola



Terri Maxson
Vice President

18-25 South St.
McGraw, NY 13101
(607) 836-6474 x 15
Fax (607) 836-6799
terri@higginsupply.com
www.higginsupply.com

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For more information,
call 607-753-7363.

Join Our Disability Advocacy Network!

- Keep current on federal, state and local disability issues!
 - Receive email alerts on policy and budget matters!
 - Fight for the civil rights of people with disabilities!
- Join more than 900 statewide advocates to fight for change!

Email Chad W. Underwood at:
cwunderwood@aticortland.org

What are Medicaid Waiver Services?

You may have heard about Medicaid Waiver Services, but you're not quite sure what they are. There are a number of different "Waivers" under the Medicaid system, each of which serves people with differing needs and different disabilities. Access to Independence (ATI) offers services through two of those Waivers, both of which aim to help people stay at home, remain independent, and live in the community (most integrated setting).

- The *Nursing Home Transition & Diversion (NHTD) Waiver* helps individuals between the ages of 18 and 64, with a wide variety of disabilities, remain in or return to living in the community.
- The *Traumatic Brain Injury (TBI) Waiver* helps individuals who have lingering effects of a brain injury (a result of a fall, stroke, shooting, wartime injury, or other accident) to return to living in the community.

Both the NHTD and the TBI Medicaid Waivers offer a similar menu of services, based on individual need. Below is a summary of the services that Access to Independence offers to eligible individuals in Cortland and surrounding counties.

Service Coordination (SC): All Waiver participants have a Service Coordinator. SC's work with the individual (and their family, if so desired) to coordinate all of the services necessary to live independently in the community.

Independent Living Skills Training (ILST): ILST helps individuals to be as independent as possible in the community by working on skills like money management, problem solving, navigating public transportation, etc. (ATI offers ILST primarily to consumers within Cortland County.)

Environmental Modifications (E-mods): E-mods provide internal and external modifications to the home to make it more accessible and safe. Modifications might include: ramps, lifts, roll-in showers, raised toilets, kitchen modifications, and many others. (ATI offers E-mods to consumers throughout Central New York.)

Assistive Technology (AT): AT provides equipment and technology that improves a person's ability to function more independently. Examples of AT include computer hardware or software, medication management units, Lifeline alarm units, and many other specialty devices. (ATI offers AT to consumers throughout Central New York.)

Community Transitional Services (CTS): CTS helps a person transitioning from a Nursing Facility back to the community to re-establish house-keeping. CTS will pay for the cost of essential furnishings, security deposits, first month's rent, and deposits for utilities. (ATI offers CTS to consumers throughout Central New York.)

Moving Assistance (MA): (NHTD Waiver only) - MA helps a person to move their belongings to their new home when they are leaving a Nursing Facility, or when moving from an unsafe situation to one where physical safety and more supports are available. (ATI offers MA to consumers throughout Central New York.)

For more information about any of the above Access to Independence Medicaid Waiver services, contact Mary E. Ewing, Executive Director, by phone: 607-753-7363, or by e-mail: mewing@aticortland.org.

How Does Social Security Decide If you have a Disability?

The Social Security Administration (SSA) uses a five-step process to determine if you are disabled.

Are you currently working?

If you are working and your monthly earnings average more than \$1,000, SSA will not determine that you have a disability. The amount may change yearly.

If you are not working, or your monthly earnings average less than \$1,000 per month, SSA then looks at your medical condition.

Is your medical condition severe?

For SSA to determine that you have a disability, your medical condition must significantly limit your ability (for at least one year) to do basic work activities such as walking, sitting and remembering.

Is your medical condition on the List of Impairments?

SSA has a list of impairments that are considered so severe that they automatically qualify you as having a disability, by law. If your condition (or combination of medical conditions) is not on this list, SSA looks to see if your condition is comparable to one on the list..

Can you do the work you did before?

SSA determines if your medical condition prevents you from doing the work you did prior to acquiring the medical condition..

Are you able to do other work?

SSA determines your ability to do other work. It evaluates your medical condition, your age, education, past work experience and any skills you may have that could be used to do other work.

If you are unable to do other work, SSA will determine that you have a disability.

For more information, contact Susan Lewis at 607-753-7363.

NY Bridge Health Insurance

For people who have a pre-existing condition and are unable to qualify for any other health insurance, the NY Bridge Plan may be the answer.

Purchasing individual health insurance is unrealistic for most people, and if you have a pre-existing condition, impossible. That is why NY State contracted with GHI to offer health insurance for individuals who cannot get health insurance from any other source.

The NY Bridge Plan will cover a broad range of services, including primary and specialty care, inpatient and outpatient hospital care, prescription drugs, and even assistance from professional nurses and case-workers to help manage a chronic condition and maintain overall health. The NY Bridge Plan includes:

- No deductibles
- \$20 office visit copays
- \$100 emergency room copays
- \$500 inpatient hospital copays
- Pharmacy benefits
- Vision Care
- Preventive care

To qualify for coverage:

- Have a qualifying pre-existing condition
- Be a New York State resident
- Be a legal US Resident
- Have not had health care coverage during the last six months.

Premiums for the NY Bridge Plan are \$362 per month for an up-state New York resident.

For more information on the New York State Bridge Insurance Plan, call 1-877-444-9622, or go to www.nybridgeplan.com.

You may also contact Susan Lewis by phone at 607-753-7363 for assistance in applying.

Emergency Housing Workshop

On July 20, Access to Independence (ATI) teamed up with the Cortland Area Communities that Care (CACTC) coalition to host an Emergency Housing Seminar for local Faith leaders and interested community stakeholders. The Seminar featured participants from area agencies that currently provide emergency housing programs.

Through the auspices of the March 2011-formed County Housing Consortium (CCHC), the Seminar provided participants with an opportunity to develop new collaborative partnerships to close existing gaps in services.

CCHC priorities that were discussed at the meeting included::

Awareness/ Education - Develop and implement strategies to raise awareness of housing issues through various media and public events.

Existing Housing Stock/ New Development - Develop and implement strategies to improve the availability and quality of housing choice (market rate, subsidized, accessible/affordable, student, and transitional housing).

Homelessness/ Emergency Housing - Develop and implement strategies to raise funds for new emergency housing and homelessness programs, as well as, to sustain current programs.

Systems Changes - Ensure that housing code is strictly adhered to and enforced throughout Cortland County. Identify and work toward resolution of antiquated laws and codes in Cortland County and its municipalities.

For more information on the Cortland County Housing Consortium or on any of the area's existing emergency housing programs, please contact Aaron Baier by phone: 607-753-7363, or by email at abaier@aticortland.org.

Barrier-Free + Accessible Design + Assistive Technology = Universal Design: Part VIII

Access to Independence is a proud advocate of the idea of universal design. It is something that should be mandatory in all new construction projects!

Universal design is a concept that emerged from "barrier-free," "accessible design" and "assistive technology." It relates to the idea that all products and environments should be usable by everyone, to the greatest extent possible, regardless of age, ability, or situation. It relates to people who are young or old, and with excellent or limited abilities. In short, universal design accommodates limitations.

There are four common aspects to universal design that apply to any environment: **Flexibility:** making the environment adaptable to your needs as they might change over time; **Simplicity:** ensuring things remain accessible with housekeeping, storage, entertaining, maintenance and routine daily functioning; **Stylish:** keeping the environment beautiful and comfortable while being accessible; and **Safety:** eliminating risk factors that may lead to accidents.

This edition we are going to talk about the seven principles of universal design. Please remember,

accessibility in the home, workplace or business is not just for people with disabilities. If you think about it, accessibility is important for all people from youth to seniors; in all settings from work to home to business...remember the Universal Design concept!

Principle 1: Equitable Use

The design is useful and marketable to people with diverse abilities.

Principle 2: Flexibility in Use

The design accommodates a wide range of individual preferences and abilities.

Principle 3: Simple & Intuitive

Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.

Principle 4: Perceptible Info

The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.

Principle 5: Tolerance for Error

The design minimizes hazards and the adverse consequences of accidental or unintended actions.

Principle 6: Low Physical Effort

The design can be used efficiently and comfortably and with a minimum of fatigue.

Principle 7: Size and Space for Approach and Use

Appropriate size and space is provided for approach, reach, manipulation, and use regardless of user's body size, posture, or mobility.

For more information on the various Access to Independence (ATI) architectural barrier programs, including our accessibility construction and aging-in-place services, please call 607-753-7363. Ask to speak with Audrey Jones (ajones@aticortland.org) or Richard Platt (rplatt@aticortland.org), ATI's Architectural Barrier Specialists.

You may also visit our website: www.aticortland.org. Accessibility is what we do!



Planning a home remodel?
Having difficulty with daily activities?
Concerned for the safety of a parent?
History of falls? / Fear of falls?

Call us for a free estimate (607) 753-7363

We are your Local Accessibility Experts!

Way2Go Cortland

Information about Local Transportation

Whether you walk, bike, ride the bus, drive a car, or use alternative transportation, there is a *Way2Go Cortland*.



There are few transportation options in the Cortland community, so it is important to know what is available.



As part of the Mobility Management program, Jan Dempsey is writing a blog of important transportation information that affects all of us here in Cortland.

Check it out!

<http://gettingaroundcortland.wordpress.com>

Got rent?

The Cortland Housing Authority has a rental assistance program that may be able to help you!!

The Section 8 Housing Program helps qualified people meet their monthly rent bills by paying a portion of their rent directly to their landlord.

Interested persons may pick up applications at the Housing Authority offices located at
42 Church Street or 51 Port Watson Street
Monday through Friday from 8:30 am to 4:30 pm
or

Call 607-753-9364 or 607-753-1771 to request to have an application sent by mail



THE IZAAK WALTON LEAGUE OF AMERICA



Defenders of
soil, air, woods,
waters, & wildlife

Cortland Chapter
Contact: Lisa Carper
(814-386-5969)
web: cortland-iwla.org

Catholic Charities of Cortland County

- ◆ Emergency Food Pantry, Medications & Basic Needs
- ◆ Community Mental Health & Recovery Services
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