



Quick Takes

Center for Independence of the Disabled, NY
www.CIDNY.org

Manhattan

841 Broadway, #301
New York, NY 10003
212/674-2300 Tel
212/254-5953 Fax
646/350-2681 VP

Queens

80-02 Kew Gardens Rd, #100
Kew Gardens, NY 11415
646/442-1520 Tel
347/561-4883 Fax
347/905-5088 VP

CIDNY December 2020 Newsletter

Hello from CIDNY

Hello! Thanks for taking the time to read our December 2020 newsletter. We hope you're doing well and staying safe as 2020 comes to a close.

If you know someone who would like to also receive our email newsletter, please feel free to forward this or have them sign up here: <https://www.cidny.org/join-us/>.

As a reminder, due to COVID-19 (Coronavirus) our offices are closed to in-person meetings until further notice. However, our programs remain available remotely (though phone and email). If you have a benefits counselor you can reach out to them directly or contact us through email at info@cidny.org or phone (Manhattan: 212-674-2300 or Video Phone: 646-350-2681 | Queens: 646-442-1520 or Video Phone: 347-905-5088). We'll be sure to let you know when anything changes.

Information in this newsletter can always change so if you have any questions please call or email us.

If you haven't already, please take a moment to Like/Follow CIDNY on social media.

Facebook: <https://www.facebook.com/CIDNYInc/>



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Twitter: https://twitter.com/CID_NY

Instagram: https://www.instagram.com/cid_ny/

YouTube:

<https://www.youtube.com/channel/UCI0eMkvGCPLfI3hzyYXZCVg>

COVID-19: Testing and Tracing During the Holiday Season

Some of us may have visited family or friends over Thanksgiving, or the people we know and interact with may have traveled. It's time to once again be vigilant in making sure we follow the safety precautions. If you think you have been exposed to someone with COVID-19 or may have been, get tested. Below are the best prevention strategies to date. While we all know them, it's a good reminder.

- Frequently wash your hands with soap and water for at least 20 seconds. When soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover coughs and sneezes with a tissue or your arm.
- Avoid close contact with people who are sick.
- Stay home if sick.



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- Get a flu shot.
- Worship safely: Avoid large gatherings, especially indoors. Wear a face covering, don't share chalices or utensils and avoid close contact with others including hand shaking and hugging — wave instead. If you're singing, you must stay at least 12 feet apart from others.

If you would like to receive weekly updates on where the mobile testing sites will be or would like to talk to someone about testing and tracing, please email T2@cidny.org. Visit <https://www.cidny.org/testing-and-tracing/> for updates on testing. You can also tell your CIDNY counselor that you would like to talk to someone about COVID-19. If you don't have a CIDNY benefits counselor, call 212-674-2300 and tell our receptionist that you would like to talk to someone about COVID-19.

Support CIDNY with Amazon Smile

Do you shop with Amazon.com? Did you know that you can support CIDNY when you do?

With AmazonSmile all you have to do is shop through smile.amazon.com online or activate AmazonSmile in the Amazon Shopping app for iOS (Apple) and Android phones. Using AmazonSmile is exactly the same with the added benefit that AmazonSmile will donate 0.5% of your



eligible purchases to the charitable organization of your choice (at no cost to you)! Just go to smile.amazon.com and select CIDNY (search for Center For Independence Of The Disabled In New York Inc) as your organization to support. It's that easy. Be sure to tell your friends and family about this easy way to support CIDNY!

Medical Billing Focus Group



Have you received medical bills that seem unfair or confusing? Help make medical billing fairer for everyone in New York! Most of us who have had any contact with the health care system have at one point received medical bills that seem unfair and confusing, and may even drive people into debt. We need your help to learn more about your experiences to help advocate for new legislation to



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help make the medical billing process more transparent and better protect patients against medical debt.

Join our discussion and take part in our focus group on Thursday, December 10th from 6:30pm to 8pm and you may receive \$50. Spaces are limited.

Sign up here for consideration:

<https://www.cidny.org/2020-medical-billing-abuse-focus-group/>.

We will share our findings with lawmakers to advance consumer protections in New York State.

Bronx Special Election

A Special Election will be held in the Bronx to fill a vacancy in the 12th Council District.

Absentee Ballot: To request an Absentee Ballot, you must submit a completed application by December 15, 2020. You can apply online at <https://vote.nyc/page/12th-city-council-special-election-bronx>.

If you need the Accessible Absentee ballot click on the ADA accessibility link. You may apply in-person by December 21, 2020. Also check the Board of Elections site



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to make sure you know where the early voting and Election Day poll sites are.

Early Voting Period: December 12, 2020 - December 20, 2020. The hours may vary so please check online at the link mentioned above.

Election Day: You can vote in person on Tuesday, December 22, 2020. Polls are open from 6am to 9pm.

If you plan to vote in person make sure to wear a mask and practice social distancing.

CIDNY's Action Network Meeting - WHAT IS HAPPENING OUT THERE?!

There will be NO CAN meeting in December so we're sharing the January information early (and we'll share it again in our January newsletter).

Join us on January 20, 2021 at 1:00 p.m. for our monthly CAN meeting.

Help CIDNY to develop its 2021 Policy Agenda re:

- Health
- Housing



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- Transportation
- Education
- Voting Rights

Be ready to tell us your stories to support the issues you raised.

REMEMBER: Your experiences help our advocacy efforts.

Please RSVP by calling Shohana at 212 674-2300 or by sending an email to sjoati@cidny.org and we will send you a link to the Zoom meeting closer to the date.

For Spanish please RSVP by calling Jose at 646-442-1520 or by sending an email to jlmera@cidny.org

CAN call in number +1 929 436 2866 Meeting ID: 820 2285 5013 Password: 767292

If you need an accommodation, such as large print or interpretation services, please let us know by January 13, 2021.

Navigator Network

Our Navigator program helps people enroll in health insurance on the NY State of Health Marketplace. If you need help with NY State of Health insurance (the



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Marketplace), CIDNY has six Navigators in Manhattan and Queens who can help you. Please call us at 917-810-2566.

CIDNY Navigators have been helping people get insurance since the Affordable Care Act began in 2014, so you have access to the best expertise available.

You can also fill out our form below with your name and phone number and someone will call you with information.

<https://www.cidny.org/navigator-network-request-form/>

CIDNY in the News

Take a look at our most recent news coverage below.

[What's the best way to find an accessible NYC rental building for someone with a disability? \(Brick Underground\)](#)

[COVID-19 – Stay Safe with Testing & Flu Vaccine \(Able News\)](#)