

CIDNY October 2022 Newsletter

Hello from CIDNY

Hello! Thank you for taking the time to read our October 2022 newsletter.

If you know someone who would like to receive our email newsletter, please 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 (through 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: 347-474-7076). We'll be sure to let you know when anything changes.

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

Please Like/Follow CIDNY on social media if you haven't already.

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

Twitter: https://twitter.com/CID_NY

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

TikTok: https://www.tiktok.com/@cid_ny

YouTube:

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

CIDNY Manhattan Office Address Change!

In case you haven't heard, we've moved! Our new Manhattan office address is now 1010 Avenue of the Americas Suite 301 New York, NY 10018 (with the entrance on 38th Street). Please note that there are still no in-person meetings at this time, but we are slowly adding more in-person events to our schedule.

Introducing the NY Connects Long-Term Care Council

The NY Connects Long-Term Care Council (LTCC) was created to identify gaps in services and supports, duplication, and accessibility issues as well as making recommendations for system improvements and actions to achieve. It is composed of professionals working in this area and consumers with lived experiences. We meet quarterly throughout the year. If you are a person with a

disability living in NYC and you want to share your experiences using long term services and supports, please send an email to Rebecca Gralla at RGralla@cidny.org. Please put "LTCC" in the subject line and let us know why you are interested in becoming a member of the LTCC.

COVID-19 Vaccines, Tests, and Information

CIDNY has been working with groups like the Disability Vaccine Access Opportunities Center (DVAO Center) to help make sure we're all staying safe and have the correct information about COVID-19 and vaccines. If you need help getting the first vaccine or a booster, making an appointment, or just have questions about the vaccine and what you've heard, reach out to us.

If you would like to schedule a vaccine appointment, visit vaccinefinder.nyc.gov or call 877-829-4692.

CIDNY's Action Network (CAN) Meeting

Join us on Wednesday, October 19, 2022, 1 p.m. - 3 p.m. for the monthly CAN meeting. This month we will talk about the November General Elections, voting rights, what to do on election day and more.

We will also share advocacy updates. We also want to hear about your issues and what is happening out there.

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

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

CAN call in number +1-929-436-2866 Meeting ID: 822 4354 9762 Password: 090870

Closed captioning will be provided. If you need an accommodation, such as large print or interpretation services, please let us know by October 12, 2022.

CIDNYs Fall Fundraiser

Fall is here and we are asking for your support! The Center for Independence of the Disabled, New York's (CIDNY) goal is to ensure full integration, independence and equal opportunity for all people with disabilities by removing barriers to the social, economic, cultural and civic life of the community. We reached 18,000 people this year in accessing benefits for housing, food, medical care,

legal assistance and more, and with your help, we can grow our capacity even further. Our goal is to raise \$180,000 this season, to grow our reach in the years to come! Your generous donation of \$10 or more helps ensure that CIDNY can support and advocate for 18,000 consumers (and more!) We are asking for your support to help us increase our advocacy efforts for our consumers to live the life they choose. Please donate and share!

You can donate directly on Facebook if you like. And, you can share the fundraiser with your friends. Visit the link below to support us on Facebook:

<https://www.facebook.com/donate/5856806157671445/471133588392472>.

You can also support us directly on our website at

<https://www.cidny.org/donation/>.

You can also mail a check to our Manhattan office at 1010 Avenue of the Americas, Suite 301 New York, NY 10018.

The People's Money Participatory Budgeting Program

CIDNY on behalf of the NYC Civic Engagement Commissions (CEC) is hosting "The Peoples Money" a series of participatory budgeting idea sessions. For this

process, New Yorkers ages 11 and up, regardless of citizenship or incarceration status, are invited to help directly decide how \$5MM of mayoral expense funding is spent. Residents will have the opportunity to submit creative ideas and vote for winning projects. More information about The People's Money program can be found at

<https://www.participate.nyc.gov/processes/Citywidepb>.

You can find a list of upcoming idea sessions for The People's Money in our list of workshops and events. Some events are in person at our Manhattan or Queens offices and some on virtual over Zoom so you can participate from wherever you are.

Online Education Workshops and Events

Join us and learn more! For the month of October 2022 and beyond, the Center for Independence of the Disabled, NY (CIDNY) will be presenting the workshops and events below. All workshops for the time being will be presented online, with captioning, as well as other accommodations upon request. The workshops may also be recorded for future use in communications materials, websites, and for other purposes by CIDNY. Please visit our website for an updated list of events for October and beyond at <https://www.cidny.org/calendar/>.

Fighting Housing Discrimination in New York (English)

Thursday, October 6, 2022, 1 p.m. - 3 p.m.

CIDNY will host a guest speaker(s) from the Fair Housing Justice Center (FHJC) will talk with us about fighting housing discrimination in New York. Topics will include: general housing discrimination assistance, such as FHJC assists clients with filing housing discrimination complaints and investigates allegations of discrimination based on any protected characteristic (e.g. race, national origin, source of income, disability, etc.); Adele Friedman Housing Accessibility Fund, which FHJC provides targeted financial assistance to benefit low and moderate income persons with disabilities who need reasonable modifications made to the housing they occupy to make it accessible; how to report discrimination or request an application; and more. Please register with the link below. You can also RSVP by contacting Corinne Varela at RSVP@cidny.org or by calling 347-885-5436.

Registration

link: <https://us02web.zoom.us/meeting/register/tZMtcO2ppjkuG9VKoGGNs8d45cUGRuwxjTEw>

Lucha Contra la Discriminación en la Vivienda en Nueva York (Español)

Viernes 7 de Octubre 2022 de 1 p.m. a 3 p.m.

CIDNY recibirá a un orador invitado del Fair Housing Justice Center (FHJC) que hablará con nosotros sobre la lucha contra la discriminación en la vivienda en Nueva York. Los temas incluirán: asistencia general por discriminación en la vivienda, como FHJC ayuda a los clientes a presentar quejas por discriminación en la vivienda e investiga las denuncias de discriminación basadas en cualquier característica protegida (p. ej., raza, origen nacional, fuente de ingresos, discapacidad, etc.); Adele Friedman Housing Accessibility Fund, que FHJC brinda asistencia financiera específica para beneficiar a las personas con discapacidades de ingresos bajos y moderados que necesitan modificaciones razonables en la vivienda que ocupan para que sea accesible; cómo denunciar la discriminación o solicitar una solicitud; y más.

Enlace de

registro: <https://us02web.zoom.us/meeting/register/tZ0qdOmoqz4oHNfWEuSoxaGzeiZQPah2hqQi>

CIDNY Presents: The People's Money (In-person)

Friday, October 7, 2022, 1 p.m. – 3 p.m.

This is currently scheduled to be an in-person event at our Manhattan office (1010 Avenue of the Americas Suite 301 New York, NY 10018). Food and refreshments will be

served. Attendees must show proof of COVID-19 vaccination and wear a mask at all times. Register here: <https://forms.office.com/r/CaXPjmz58p>

Easy Ways to Save Money on Healthy Food / Raw Corn Salad

Wednesday, October 10, 2022, 3 p.m.

CIDNY has partnered with Stellar Farmers' Markets to offer a series of free virtual nutrition workshops this fall. Each workshop includes an interactive nutrition activity lead by a nutrition educator with tips for healthy eating and a delicious seasonal recipe demonstration lead by a culinary educator.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZAlc-GsrDguHNac5km3C8GMSYkLrfZa0LhU>

CIDNY Presents: The People's Money (In-person)

Thursday, October 13, 2022, 1 p.m. – 3 p.m.

This is currently scheduled to be an in-person event at our Manhattan office (1010 Avenue of the Americas Suite 301 New York, NY 10018). Food and refreshments will be served. Attendees must show proof of COVID-19

vaccination and wear a mask at all times. Register here: <https://forms.office.com/r/r88DGZbe0e>

Rapid Transition Housing Program (RTHP): Information Needed to Determine Eligibility

Thursday, October 13, 2022, 1 p.m. - 3 p.m.

Speaker(s) from the Center for Independence of the Disabled, New York (CIDNY) will give an overview about the Rapid Transition Housing Program (RTHP), which is a

program that requires a referral. You'll learn the basics of the following: what RTHP is; how RTHP involves staff from hospitals, Managed Care Organizations (MCO), Medical Respite, Performing Provider System (PPS), and/or Skilled Nursing Facilities (SNF); who can make referrals; who is eligible and what the qualifications are; how to determine eligibility; what the Rapid Transition Housing Program (RTHP) Referral Form is; what the application process is; what documents and materials are needed; and more.

Please register with the link below. You can also RSVP by contacting Corinne Varela at RSVP@cidny.org or by calling 347-885-5436.

Registration Link:

<https://us02web.zoom.us/meeting/register/tZIpce2oqjMoE9K84sFJLMXQPftua-nfAXVp>

Programa de Vivienda de Transición Rápida (Rapid Transition Housing Program (RTHP)): Información Necesaria Para Determinar la Elegibilidad (Español)

Viernes 14 de octubre de 2022 de 1 p.m. a 3 p.m.

El viernes 14 de octubre de 2022 de 1 p.m. a 3 p.m., el Center for Independence of the Disabled, New York (CIDNY) será el anfitrión del "Programa de Vivienda de Transición Rápida (Rapid Transition Housing Program (RTHP)): Información Necesaria Para Determinar la Elegibilidad (Español)," que tendrá lugar en Zoom (en línea). El orador del Center for Independence of the Disabled, New York (CIDNY) brindarán una descripción general sobre el Programa de Vivienda de Transición Rápida (RTHP), que es un programa que requiere una remisión. Aprenderá los conceptos básicos de lo siguiente: qué es RTHP; cómo RTHP involucra al personal de hospitales, Organizaciones de Atención Administrada (MCO), Respiro Médico, Sistema de Proveedores Ejecutores (PPS) y/o Centros de Enfermería Especializada (SNF); quién puede hacer referencias; quién es elegible y cuáles son los requisitos; cómo determinar la elegibilidad; qué es el Formulario de Referencia del Programa de Vivienda de Transición Rápida (RTHP); cuál es el proceso de solicitud; qué documentos y materiales se necesitan; y más. Enlace de registro:

https://us02web.zoom.us/meeting/register/tZUscO-srjstGNP5gMy6NVE3rw_dcwMGTGUv=

CIDNY Presents: The People's Money (In-person)

Tuesday, October 18, 2022, 1 p.m. – 3 p.m.

This is currently scheduled to be an in-person event at our Queens office (80-02 Kew Gardens Rd. Suite 400 Kew Gardens, NY 11415). Food and refreshments will be served. Attendees must show proof of COVID-19 vaccination and wear a mask at all times. Register here: <https://forms.office.com/r/PZReGihx4z>

Disability Rights and Awareness – COVID-19 Vaccination Webinar

Tuesday, October 20, 2022, 1 p.m.

CIDNY is partnering with AgeWell New York to provide a Disability Rights and Awareness Webinar specific to COVID-19 Vaccination. Some of the webinar topics include, but are not limited to types of vaccinations, differences between vaccinations, accessible vaccination locations, and in-home vaccination options.

If you would like to attend, please register using this link: https://us02web.zoom.us/meeting/register/tZYld-GorT8vH9MxPQv1_W9TQShTvCkg9diQ

Homebase

Thursday, October 20, 2022, 1 p.m. to 3 p.m.

CIDNY will host a guest speaker(s) from the New York City (NYC) Human Resources Administration (HRA). This presentation will give an overview of Homebase, which is a homelessness prevention program serving all 5 boroughs. Programs support households experiencing housing instability to identify available resources and to support via landlord/tenant mediation, assessment for housing subsidy and eviction prevention. Homebase provides aftercare services to clients leaving New York City (NYC) Department of Homeless Services (DHS) homeless shelters. Please register with the link below. You can also RSVP by contacting Corinne Varela at RSVP@cidny.org or by calling 347-885-5436.

Registration

link: <https://us02web.zoom.us/meeting/register/tZ0lc-6hqTstHt3yZ0KhUSTllyby-hUEFYn4>

Easy Ways to Build a Healthy Meal / Stewed Cabbage

Friday, October 21, 2022, 3 p.m.

CIDNY has partnered with Stellar Farmers' Markets to offer a series of free virtual nutrition workshops this fall.

Each workshop includes an interactive nutrition activity lead by a nutrition educator with tips for healthy eating and a delicious seasonal recipe demonstration lead by a culinary educator.

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZwpf-qupzkuEtIRL9-mp3i9_Hgr2EWv-W2l

Olmstead Housing Subsidy (OHS) Program: Information Needed to Determine Eligibility

Thursday, October 27, 2022, 1 p.m. - 3 p.m.

Speaker(s) from Center for Independence of the Disabled, New York (CIDNY) will give an overview about the Olmstead Housing Subsidy (OHS) Program. You'll learn the basics of the following: what the OHS Program is; how the OHS program involves family, peers, Transition Specialists, nursing homes staff, Nursing Home Transition and Diversion (NHTD) staff, and/or Traumatic Brain Injury (TBI) staff; who can make referrals; who is eligible and what the qualifications are; how to determine eligibility; what the Olmstead Housing Subsidy (OHS) Referral Form is; what the application process is; what documents and materials are needed; and more. Please register with the link below. You can also RSVP by contacting Corinne Varela at RSVP@cidny.org or by calling 347-885-5436.

Registration Link:

<https://us02web.zoom.us/meeting/register/tZAsceurrTgSHNRN2XpqGy-7jUiKraryRS9e>

Programa de Subsidio de Vivienda de Olmstead (Olmstead Housing Subsidy (OHS) Program): Información Necesaria para Determinar la Elegibilidad (Español)

Viernes 28 de Octubre 2022 de 1 p.m. a 3 p.m.

El viernes 28 de octubre de 2022 de 1:00 p.m. a 3:00 p.m., el Center for Independence of the Disabled, New York (CIDNY) será el anfitrión del "Programa de Subsidio de Vivienda de Olmstead (Olmstead Housing Subsidy (OHS) Program): Información Necesaria para Determinar la Elegibilidad (Español)," que tendrá lugar en Zoom (en línea). El orador del Center for Independence of the Disabled, New York (CIDNY) brindarán una descripción general sobre el Programa de Subsidio de Vivienda Olmstead (OHS). Aprenderá los conceptos básicos de lo siguiente: qué es el Programa OHS; cómo el programa OHS involucra a la familia, los compañeros, los especialistas en transición, el personal de los hogares de ancianos, el personal de transición y desvío de hogares de ancianos (NHTD) y/o el personal de lesiones cerebrales traumáticas (TBI); quién puede hacer referencias; quién es elegible y cuáles son los requisitos; cómo determinar la

elegibilidad; qué es el Formulario de Referencia del Subsidio de Vivienda de Olmstead (OHS); cuál es el proceso de solicitud; qué documentos y materiales se necesitan; y más.

Enlace de registro:

<https://us02web.zoom.us/meeting/register/tZ0tduGtrzssGt32kHSL7DjFIb-6ChpFCIUk>

FIDA-IDD Program and Home Care issues for People with I/DD

Friday, October 28, 2022, 2 p.m. - 4 p.m.

This presentation will include ICAN materials on FIDA-IDD model for dual eligible OPWDD waiver participants, and discussion of how our individuals get Medicare. It will also include Question and Answers section on applying for home care from your county or Medicaid Managed Care plan. You can join with the Zoom link below:

<https://us02web.zoom.us/j/87294462050?pwd=dG0rTHB4K2ZUcE56K0cyMTBxcGdmQT09>

CIDNY Presents: The People's Money (In-person)

Thursday, November 3, 2022, 5 p.m. – 7 p.m.

This is currently scheduled to be an in-person event at our Queens office (80-02 Kew Gardens Rd. Suite 400 Kew

Gardens, NY 11415). Food and refreshments will be served. Attendees must show proof of COVID-19 vaccination and wear a mask at all times. Please register for this event in advance. You can register at <https://forms.office.com/r/PptXx474Q7>

Easy Ways to Flavor Food Without Salt / Collard Greens with Spicy Peanut Sauce

Friday, November 4, 2022, 3 p.m.

CIDNY has partnered with Stellar Farmers' Markets to offer a series of free virtual nutrition workshops this fall. Each workshop includes an interactive nutrition activity lead by a nutrition educator with tips for healthy eating and a delicious seasonal recipe demonstration lead by a culinary educator.

Easy Ways to Store Fruits and Vegetables / Apple and Pear Stir Fry

Wednesday, November 9, 2022, 3 p.m.

CIDNY has partnered with Stellar Farmers' Markets to offer a series of free virtual nutrition workshops this fall. Each workshop includes an interactive nutrition activity lead by a nutrition educator with tips for healthy eating

and a delicious seasonal recipe demonstration lead by a culinary educator.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZErceGsqjotGdyqlGkTBWQh0YyUhpDFB1TS>

CIDNY Presents: The People's Money (Virtual)

Wednesday, November 9, 2022, 5 p.m. – 7 p.m.

CIDNY on behalf of the NYC Civic Engagement Commissions (CEC) is hosting “The Peoples Money” a series of participatory budgeting idea sessions. For this process, New Yorkers ages 11 and up, regardless of citizenship or incarceration status, are invited to help directly decide how \$5MM of mayoral expense funding is spent. Residents will have the opportunity to submit creative ideas and vote for winning projects. More information about The People's Money program can be found at <https://www.participate.nyc.gov/processes/Citywidepb>.

This is a virtual event over Zoom. Register at

<https://us02web.zoom.us/j/87169586254>

Stock Up on Staple Foods / Black Beans and Peppers

Friday, November 18, 2022, 3 p.m.

CIDNY has partnered with Stellar Farmers' Markets to offer a series of free virtual nutrition workshops this fall. Each workshop includes an interactive nutrition activity lead by a nutrition educator with tips for healthy eating and a delicious seasonal recipe demonstration lead by a culinary educator.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZMlduqupjMuE9EkvMDsySY1e9AVu2qy5d40>

RSVP:

If you need an accommodation like large print, American Sign Language (ASL), or materials in other languages, please let us know at least two (2) weeks before the date of the event(s). The link to the meeting will be sent to you via email the day before the event.

To RSVP for The People's Money events and other events, to request more information, or if you need an accommodation, contact Courtney Spaulding at rsvp@cidny.org or 646-442-4162.

For housing-related events: If you have any questions, suggestions for housing and disabilities events, and/or are unable to use the Zoom registration link; or if need an accommodation like large print, American Sign Language (ASL), or materials in other languages please contact Corinne Varela by emailing RSVP@cidny.org, or by calling 347-885-5436 at least three (3) weeks before the date of the event(s) or as soon as possible.

Please be sure to mention what event you would like to attend when RSVPing by phone or email.

Mental Health Survey

Will you take a moment to complete this short Mental Health Messaging survey from the NYS Office of Mental Health? You can help them understand how New Yorkers view mental health and messaging around it. You can complete the survey online at <https://bit.ly/OMHSurvey22>.

Upcoming Election

There is an upcoming election in November on Tuesday, November 8, 2022. Polls will be open from 6 a.m. to 9 p.m. The early voting period will be from October 29, 2022 to November 6, 2022. If you need any assistance or

have questions about voting or using an accessible ballot, please let us know.

CIDNY In The News

Take a look at our recent media coverage, linked below.

- [Disabled New Yorkers Face Off With MTA Over Dropped Mask Mandate](#) (THE CITY)
- [Destination: Accessibility – For people with MS, accessible transportation is vital — and often elusive.](#) (Momentum Magazine)
- [Mayor Adams Civic Engagement Commission Announce Launch Of First Ever Citywide Participatory Budgeting Process](#) (Harlem World Magazine)
- [Adapting to the Midterm Elections Through National Disability Voter Registration Week!](#) (Adapting with Alex)
- [Will New NYC Transit Face Mask Graphic Send Wrong Covid-19 Messages?](#) (Forbes)
- [Uber drops mask requirements in some cities including New York and D.C.](#) (Mashable)

- New York's subway now has a 'you do you' mask policy. It's getting a Bronx cheer (NPR)
- 'You Do You' MTA Masking Signs Draw Backlash As COVID Rules Relax (Patch)
- Accessibility And Hearing Related Disabilities (Able News)
- Guide to touring and starting college with a disability: How to prepare for campus (Degree Choices)