

CIDNY November 2022 Newsletter

Hello from CIDNY

Hello! Thank you for taking the time to read our November 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/>.

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/UCI0eMkvGCPLfI3hZvYXZCVg>

In-Person Visits Now Available By Appointment Only

We are pleased to let you know that as of November 1, 2022, CIDNY is now accepting in-office visits at our Manhattan and Queens offices by appointment only. **You must schedule an appointment to be seen.** We are unable to see any walk-in visitors at this time. Without an appointment will be unable to see you, so please be sure to schedule and confirm an appointment if you would like to meet with a benefits counselor. If you would like to schedule an appointment at our Manhattan office please call 212-674-2300. If you would like to schedule an appointment at our Queens office please call 646-442-1520.

Please note that our new Manhattan office address is 1010 Avenue of the Americas Suite 301 New York, NY 10018 (with the entrance on 38th Street).

Upcoming Election and Post-Vote Survey

Don't forget to vote in the general election on Tuesday, November 8, 2022. Polls will be open from 6 a.m. to 9 p.m.

After you vote, whether it was in-person or absentee, please take out short post-election voter survey online at this link: <https://bit.ly/Nov22ElectionSurvey>.

Join the conversation: online at www.cidny.org; on Facebook (www.facebook.com/CIDNYInc), on Twitter (@CID_NY) and IG (@cid_ny)

CIDNY's Action Network (CAN) Meeting

Join us on Wednesday, November 16, 2022, 1 p.m. - 3 p.m. for the monthly CAN meeting. We will also share advocacy updates. We want to hear about your issues and what is happening out there. Let's start preparing for the budget and legislative season in Albany.

Starting this November, we will meet in person at CIDNY's Manhattan office at 1010 Avenue of the Americas, Suite 301, (corner of W 38th Street). The virtual option will still be available.

To attend an in-person meeting proof of COVID-19 vaccine and booster is required.

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

If you need accommodation, such as large print or interpretation services, please let us know by November 9, 2022. Closed captioning will be provided.

Fall is For Fundraising Campaign

Help CIDNY reach our goal of \$180,000 in new donations. We have served over 18,000 people this year and want to grow our capacity for the upcoming season. All donations, big and small, are appreciated. To donate, visit our Facebook page- <https://www.facebook.com/donate/5856806157671445/>

Want a CIDNY T-shirt? Here's your opportunity- Create a team on GiveButter and raise \$100 or more in donations - we will send you a CIDNY shirt as a thank you for your fundraising!

- Click on the CIDNY GiveButter link here- <https://givebutter.com/1wUocb>
- Click "donate" on the top right hand corner to provide a general donation
- Click the "Fundraise" button in the bottom left corner of the screen and enter your information. This will have you create your own "team"

- This will give you a custom donation page and link to share on your social media pages and people can donate directly to your campaign.

For fundraising ideas, questions, and comments, contact the Manager of Development and Fundraising, Alyssa D'Agosto (adagosto@cidny.org).

Online Education Workshops and Events

Join us and learn more! For the month of November 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 November and beyond at <https://www.cidny.org/calendar/>.

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/tZErceGsajotGdyqlGkTBWQh0YyUhpDFB1TS>

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/tZMlduqupiMuE9EkvMDsySY1e9AVu2qy5d40>

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

Monday, November 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>

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.

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.

OMNY for Reduced-Fare is here!

OMNY, the MTA's contactless fare payment system, is now available for Reduced-Fare customers. And there is no need to re-apply for Reduced-Fare – if you have a Reduced-Fare MetroCard, you can make the switch to OMNY today.

You can now put your Reduced-Fare benefit on a contactless credit or debit card or the digital wallet on your smart phone or wallet at any time, from anywhere, using the MTA's online Digital Assistant. Just go to omny.info online to create an OMNY account, open the Assistant and enter your Reduced-Fare program info, and enter your payment info.

You will need your Reduced-Fare MetroCard number handy along with the bank card number that will carry your Reduced-Fare benefit. Once you link your contactless debit/credit card or digital wallet, you will receive a success message and can begin tapping your selected payment method right away. If you're using a physical credit or debit card, you can tap and go right away. If you're using a smart phone or watch, just make sure the card you chose is uploaded into that digital wallet and then you can tap and go with your device. You can watch a video demonstration of how to switch [here](#), or call the OMNY call center at 877-789-6669 (8 a.m. - 5 p.m. EST any day of the week) for help.

If you'd prefer to wait to switch to OMNY, you can! OMNY cards will be available for Reduced-Fare customers in 2023.

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.

Lavelle Leaders Award Winners, 2022

Congratulations to Ms. Karina Agarwal and Ms. Kendelle Pitts, the inaugural winners of the Lavelle Leaders Awards! These students have demonstrated outstanding leadership skills by identifying critical needs in their communities and coalescing the strategies, resources, and partners necessary to effect change.

The Lavelle Leaders Awards were established to recognize outstanding scholars who have demonstrated the highest level of academic achievement and whose leadership experiences and school, career, or community engagement have made a significant impact. The Awards are open to college juniors and seniors as well as graduate students who are legally blind and attend one of the 12 Lavelle Fund Tri-State New York area partnering colleges and universities. The two winning applicants stood out as exemplars of outreach, team-building, and leadership skills; their efforts and perseverance have directly impacted hundreds of individuals, and are likely to serve many more in the future. Both impressive and inspiring, they are true role models for their peers.

As a busy pre-law student, Ms. Agarwal has put her problem-solving and leadership skills to excellent use in varied projects, including partnering with directors of healthcare networks on measures to improve support services and clinical outcomes for hospital patients, and creating "Bungee Box," a highly acclaimed program (with potential to become a non-profit organization) delivering food and personal care items to the people and communities who need them most.

In addition to studying chemistry, Ms. Pitts is a volunteer and advocate for several non-profit organizations. In working with a team providing outreach to homeless individuals in her community, she immediately recognized the special needs of the women she served, particularly regarding the lack of feminine hygiene products. Through outreach and collaboration with service agencies, community leaders, media outlets, and merchants, Ms. Pitts formed "Pad-emonium", an ongoing collection drive (with potential to become a non-profit organization), distributing essential supplies to women in need across the state.

These examples are only the highlights of the many academic and civic accomplishments of these outstanding young women, who embody the spirit of the Lavelle Leaders Award, demonstrating that true leaders are change-makers determined to persevere despite obstacles--including a global pandemic-- to make a significant, lasting impact on their communities.

The Lavelle Fund for the Blind is a charitable grant-making foundation dedicated primarily to supporting programs that help individuals who are blind or visually impaired

live independent and productive lives. The Lavelle Fund offers the Lavelle-Brother Kearney Scholarship Program and the Lavelle Leaders Awards to select students annually.

CIDNY In The News

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

- [As Disability Employment Awareness Month Ends, NY Advocacy Continues](#) (Public News Service)
- [Food Insecurity, exacerbated by the pandemic, continues to affect New Yorkers with disabilities](#) (Epicenter NYC)
- [Why have New York's ADA lawsuits increased to No. 1 in the country?](#) (NYN Media)
- [Hundreds turn out for Day of Dignity event in New Brighton](#) (Staten Island Advance)
- [SNAP Hacks: Six tips to help you with your application](#) (Epicenter NYC)
- [Disability Voting Rights Week A Success](#) (Able News)
- [Disability Pride For Employment And Universal Access](#) (Able News)