

## CIDNY March 2023 Newsletter

### Hello from CIDNY

Thank you for taking the time to read our March 2023 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.

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Instagram: <https://www.instagram.com/cidnyinc/>

TikTok: [https://www.tiktok.com/@cid\\_ny](https://www.tiktok.com/@cid_ny)

YouTube: <https://www.youtube.com/channel/UCI0eMkvGCPLfI3hZvYXZCVg>

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### CIDNY's Action Network (CAN) Meeting

Wednesday, March 15, 2023, 1 p.m.

Our March CAN meeting will be held on March 15 at our Manhattan office (1010 Avenue of the Americas, Suite 301, New York, NY 10018) with an online Zoom option. Topics to be determined.

To attend an in-person meeting proof of COVID-19 vaccine and booster is required. Masks are also required and can be provided at the office.

Please RSVP by calling Adrienne at 646-442-1520 or by sending an email to [awhite@cidny.org](mailto:awhite@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](mailto:jgonzalez@cidny.org).

If you need accommodation, such as large print or interpretation, please let us know.

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## Support CIDNY's Fundraiser and Get a Sweet Treat

There's still time to support our work through our Krispy Kreme Doughnuts Digital Dozen Fundraiser! Visit Krispy Kreme Fundraiser at <https://givebutter.com/bA680A> any day for the month of February and purchase a box of Krispy Kreme's original glazed donuts for \$17.00. An email will be sent with a digital voucher to redeem at your favorite Krispy Kreme location! 50% of proceeds will support CIDNY's ongoing community efforts. Enjoy a sweet treat or gift some doughnuts to your loved ones while supporting your favorite cause. For more information, email Alyssa D'Agosto at [adagosto@cidny.org](mailto:adagosto@cidny.org).

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## CIDNY Education Workshops and Events

Join us and learn more! This month the Center for Independence of the Disabled, NY (CIDNY) will be presenting the workshops and events below. 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 at <https://www.cidny.org/calendar/>.

### **Monkey Pox (Mpx), Polio, and Skin Health – Disability Rights and Awareness**

Wednesday, March 15, 2023, 2 p.m. – 3:30 p.m.

CIDNY is partnering with AgeWell New York to provide a Disability Rights and Awareness Webinar on Monkey pox, Polio, and Skin Health.

Register in advance for this meeting:

[https://us02web.zoom.us/meeting/register/tZakceGopj8uGtZQA7bP9IBGhsF\\_GE8dI2BH](https://us02web.zoom.us/meeting/register/tZakceGopj8uGtZQA7bP9IBGhsF_GE8dI2BH)

### **NYC Department of Consumer & Worker Protection Tax Prep Webinar**

Thursday, March 16, 2023, 2 p.m. – 3 p.m.

The External Affairs division of the New York City Department of Consumer & Worker Protection (DCWP) in partnership with CIDNY will be conducting virtual presentations to educate New Yorkers about the upcoming tax season and how to get free professional tax preparation across all five boroughs. After registering, you will receive a confirmation email containing information about joining the meeting.

Register in advance for this meeting: <https://us02web.zoom.us/j/82258132631>

## **Tenants' Rights in New York City**

Thursday, March 23, 2023, from 1 p.m. to 3 p.m.

The guest speaker(s) from the New York City Mayor's Public Engagement Unit (PEU) Tenant Support Unit (TSU) will come help us learn more about your rights as a tenant living in New York City, how the COVID-19 pandemic has affected tenants' rights, and different resources available to tenants living in NYC. This is an online event via Zoom.

Registration here: <https://us02web.zoom.us/meeting/register/tZIkce-pqTqjHdCDIIXbYOAtseQ26rv35r9>

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

Friday, March 24, 2023, 3:30 p.m. – 5 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/meeting/register/tZEpdGvpzMjGtaXe44lCrP4fPaAk5pQZ3RT>

## **Rent Freeze and Property Tax Exemption Programs in NYC**

Thursday, March 30, 2023, from 1 p.m. to 3 p.m.

The guest speaker(s) from the New York City Mayor's Public Engagement Unit (PEU) Rent Freeze team will give an overview of rent freeze and property tax exemption programs in New York City (NYC) such as: the Senior Citizen Rent Increase Exemption (SCRIE), the Disability Rent Increase Exemption (DRIE), the Senior Citizen Homeowners' Exemption (SCHE), and the Disabled Homeowners' Exemption (DHE). Our presenter(s) will talk about what these programs are and how to figure out if you are eligible for them. This is an online event via Zoom.

Register

here: <https://us02web.zoom.us/meeting/register/tZAocO6hrDksG9Je6u9huSUjSmFeLnWhsX7F>

For the most up to date event listings, please visit <http://www.cidny.org/calendar>.

## **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. If you cannot register, you can email [RSVP@cidny.org](mailto:RSVP@cidny.org) for help or with questions.

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## **Health Care – Get Covered in 2023**

Having health insurance coverage is vital for all people, especially those with disabilities. Did you miss the open enrollment period? You can still sign up for coverage if you qualify for the Special Enrollment Period. For example, you may be able to sign up for coverage if you experience a change in income or your job situation.

FYI, did you know that March 23 marks the 13-year anniversary of the Affordable Care Act?!

To learn more about plan options and eligibility, and to make sure you're getting the most out of your coverage, visit <https://www.healthcare.gov/choose-a-plan/plans-categories/>.

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## **Coming Soon: CIDNY Wellness Fair**

Join CIDNY's celebration of Mental Health Awareness Month on Saturday, May 13 from 10 a.m. to 2 p.m. at Thomas Paine Foley Square Park. We plan on having a variety of accessible physical and mental health exercises, raffles, giveaways, a CIDNY walk, and more. More details to come soon!

If you would like to get involved and/or help sponsor the event, please email Alyssa D'Agosto at [adagosto@cidny.org](mailto:adagosto@cidny.org).

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## **Self-Advocacy Training**

As part of a grant awarded by the Developmental Disabilities Planning Council (DDPC), Spina Bifida Association of New York State (SBANYS) is conducting outreach to develop a curriculum for a free and virtual Self-Advocacy Training Program to take place over 2023. This survey is being shared with individuals and families impacted by Spina Bifida, medical providers, and advocacy and disability agencies statewide. The results are intended to provide insight into the needs and desires for a Self-Advocacy Training

Program for potential participants (individuals with Spina Bifida and/or IDD ages 14+) as well as their support network. Providers and agencies are encouraged to complete the survey AND share it with relevant individuals they serve.

The goal of the program is to increase understanding and skills in self-advocacy and systems navigation for individuals with a disability age 14+. By participating in this survey, you will help us ensure the topics and outline are reflective of the most pressing needs of the disability community. Thank you for your participation in helping us to establish this much-needed programing.

If you are interested in participating, please fill out this form: <https://forms.gle/ufdh3TWs9r5QFzDv8>. Please note this is not a CIDNY-run event. If you have questions, please send an email to [admin@sbanys.org](mailto:admin@sbanys.org).

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## **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. Some social media sites have suspended moderation of COVID-19 misinformation, so it is more important than ever to make sure you have the right information. If you need help getting the first vaccine or a booster, making an appointment, or have questions about the vaccine and what you've heard, please reach out to us.

If you would like to schedule a vaccine appointment, visit [vaccinefinder.nyc.gov](https://vaccinefinder.nyc.gov) or call 877-829-4692.

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## **Youth Town Hall**

The folks at the [Institute for Educational Leadership](#) are hosting a "Youth Town Hall: Centering the Voices of Youth w/ Disabilities" on 3/30 where young people with disabilities discuss some challenges they are facing in school and how adults can shift their practices to alleviate some of these challenges. Please note this is not a CIDNY-run event. Register at:

[https://us06web.zoom.us/webinar/register/WN\\_9XRJ6t\\_8RV0dEuqwwj8eTQ](https://us06web.zoom.us/webinar/register/WN_9XRJ6t_8RV0dEuqwwj8eTQ)

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## **The Path Forward: Remembering Willowbrook Screening**

The New York State Developmental Disabilities Planning Council (DDPC) is holding a special screening event featuring one of the most impactful and inspirational topics in

the area of disability rights and services. This screening will be held Thursday, March 23 from 6-8 in Albany. For those in Albany, you can reserve free seats at: <https://www.eventbrite.com/e/519182006357>.

2022 marked the 50th anniversary of the exposé of Willowbrook State School, which at that time was the largest institution in the world for people with disabilities. In recognition of this landmark moment, the DDPC has produced a half-hour documentary highlighting the importance of lessons learned, positive change that resulted, and the legacy of Willowbrook. The Path Forward: Remembering Willowbrook is a celebration of inclusion for people with disabilities in all aspects of community life.

The documentary includes insightful interviews from parents and siblings of former residents, along with former staff, who tell personal stories of what happened at Willowbrook and how it impacted their lives.

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## **CIDNY In The News**

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

- [Brain Injury Can Happen To Me And You](#) (Able News)
- [Disability Inclusion In The Workplace](#) (Authority Magazine)
- Access-A-Ride Press Conference Segment (FOX 5)
- [Opinion: MTA, Reinstate the Mask Mandate on Access-A-Ride—Now!](#) (City Limits)
- [Disability History – PIVOTAL YEAR 1978 – PART TWO](#) (Able News)