

CIDNY April 2023 Newsletter

Hello from CIDNY

Thank you for taking the time to read our April 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.

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

Twitter: https://twitter.com/CID_NY

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

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

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

CIDNY Wellness Fair

Join CIDNY on Saturday, May 13, 2023, from 10 a.m. to 2 p.m. as we celebrate and showcase Mental Health Awareness Month with our first CIDNY Wellness Fair located at our Manhattan office.

We will be showcasing all types of wellness, including physical, emotional, social, intellectual, spiritual, and financial wellness. There will be accessible physical and mental exercises to take part in, raffle with great prizes, music, giveaways (while supplies last! first come, first served!), and more!

- What: CIDNY Wellness Fair 2023
- When: Saturday, May 13, 2023, from 10 a.m. to 2 p.m.
- Where: [CIDNY, 1010 Avenue of the Americas, Suite 301, New York, NY 10018](#)

Sponsorships and tables are available! If you would like to become a sponsor, need an accommodation, or have questions, please reach out to Ann at adeangelis@cidny.org.

Registration is required. Please register with the link below.

<https://www.cidny.org/cidny-wellness-2023/>.

CIDNY's Action Network (CAN) Meeting

Wednesday, April 19, 2023, 1 p.m.

Our April CAN meeting is currently scheduled for April 19. Topics to be determined. This will be a hybrid meeting held in person in the CIDNY Queens office and online via Zoom.

Please RSVP by calling Adrienne at 646-442-1520 or by sending an email to 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.

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

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/>.

NYC Department of Consumer & Worker Protection Tax Prep Webinar

Tuesday, April 11, 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/84405004901>

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

Monday, April 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/join/91012920000?pwd=ZEpdeGvpzMjGtaXe44lCrP4fPaAk5pQZ3RT>

Empowering Financial Wellness - Webinar II: Investing in yourself

Tuesday, April, 25, 2023, 1 p.m. - 2:30 p.m.

Very few people stumble into financial security. While some benefit from generational wealth, most people who achieve financial security do so by saving and investing wisely over time. While investing is a crucial step toward building wealth, it is a step that most women and communities of color are not taking. A recent study by financial services company Fidelity found that a gap in financial knowledge and confidence could be the reason.

Join our community partner Consumer Action for a series of free 90-minute trainings aimed at narrowing the financial literacy and confidence gaps for women and BIPOC communities. Each Empowering Financial Wellness webinar will explore a breadth of topics, from establishing healthy financial habits and building savings to getting started investing and preparing for retirement.

When consumers invest in themselves, they are putting in the effort to make their lives better—today and in the future. This includes focusing on actions that will enable them to increase their wealth over the long-term, such as identifying tools, accounts, and strategies that will help them to make investing a lifelong practice. Investing is a crucial step toward achieving long-term financial security and building generational wealth. Join us on Tuesday, April 25, when Daphne Wright, CPA and CFP®, will present “Investing in yourself,” a webinar that will focus on the difference between saving and investing, and investing as a vehicle to build wealth.

Register here: <https://register.gotowebinar.com/register/4645328204616879456>

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 for help or with questions.

Documentary Screening: American Hospitals

From the makers of Fix It: Healthcare at the Tipping Point, comes a new documentary entitled American Hospitals, a provocative look at the cost and inequities of American hospitals, often more motivated by money and power than in providing for the health needs of individuals and the communities they were founded to serve.

Immediately following the film screening there will be a panel discussion of some of the issues detailed in the film, the unique challenges and inequities within New York's hospital and healthcare system, and solutions to the crushing healthcare costs and inequities harming patients and healthcare workers.

We hope you will join us!

- When: Tuesday, April 11th, 2023 - 7 PM to 9:15 PM EST
- Where: QUAD Cinema 34 West 13th Street, New York, NY

Visit <https://www.pnhpnymetro.org/> for more information or tickets.

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? Do you have a life change like a new job, a child birth, or something else? 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.

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/>.

Free HIV Testing In Queens

CIDNY will be offering free HIV testing outside of our Queens office (80-02 Kew Gardens Rd Suite 400, Kew Gardens, NY 11415) in partnership with the Center for Young Adult, Adolescent and Pediatric HIV at Northwell Health. No is appointment necessary.

Upcoming dates:

Monday, April 10, 2023, 10 a.m. – 3 p.m.

Monday, May 8, 2023, 10 a.m. – 3 p.m.

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 or call 877-829-4692.

You Are Not Alone: Crisis Resources

If your life or someone else's is in imminent danger, please call 911. Please call 988 if you are in a crisis and require immediate assistance. 988 can also provide educational resources and public outreach materials. In addition, New York City has a 24-hour, free, confidential support and crisis intervention team that can be reached at 1-888-NYC-WELL or by texting "WELL" to 65173. An additional Crisis Text Line is available by texting GOT5 to 741741.

CIDNY In The News

Check out our recent media coverage, linked below.

- [Finding Our Voice And Using It](#) (Able News)
- [New York City, state grapple with MTA budget woes](#) (ABC News)
- [Fed up with the inconvenience, disability advocates demand reliable elevators at subway stations](#) (amNY)

- Eyewitness News Segment: 9:22 Rally for Working Elevators (ABC 7 Eyewitness News)
- Advocates for disabled send message to Gov. Hochul, MTA: Fix broken elevators at subway stations (CBS News)
- Busted Elevator Lawsuit Still Stuck as MTA Vows More Lifts and Ramps in Subways (THE CITY)
- Advocates Urge Age Cap Removal on NY Medicaid Buy-In Program (En Español) (Public News Service)
- What Is Solution Focused Brief Therapy (SFBT)? (Forbes)
- Students with Disabilities: Advocate for Yourself (American Bar Association's Student Lawyer Magazine)