

## CIDNY May 2023 Newsletter

### Hello from CIDNY

Thank you for taking the time to read our May 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](https://twitter.com/CID_NY)

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/UCI0eMkvGCPLf13hzvYXZCVg>

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### 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](#)

Find out more about vendors and participants at <https://www.cidny.org/2023-wellness-fair-vendors/>.

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](mailto:adeangelis@cidny.org).

Registration is required. Please register with the link below.

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

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

Wednesday, May 17, 2023, 1 p.m.

Join us in coming together and seeking ways to advocate through grassroots, lobbying, and direct actions for people with disabilities. This month's we will be meeting in person in our Manhattan office (1010 Avenue of the Americas, Suite 301, New York, NY 10018) as well as online via Zoom. For more information or to RSVP, please email [mthiam@cidny.org](mailto:mthiam@cidny.org).

Please, register in advance at: <https://www.tinyurl.com/advocacy4cidny>

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

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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 be recorded for future use in communications materials, websites, or for other purposes by CIDNY. Please visit our website for an updated list of events at <https://www.cidny.org/calendar/>.

### **Brooklyn Vaccine Day**

Saturday, May 6, 2023, 10 a.m. – 2 p.m.

CIDNY and partners will be offering free COVID-19 vaccinations & boosters on Saturday, May 6, 2023, from 10AM – 2PM at Albee Square in Downtown Brooklyn (Corner of Bond St. & Fulton St. 11201). No appointment is needed and no insurance required. We will also have free KN95 masks and hand sanitizer. Please call 212-674-2300 if you have any questions.

### **Fee HIV Testing**

Monday, May 8, 2023, 10 a.m. – 3 p.m.

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 appointment necessary. Please call 646-442-1520 if you have any questions.

## **CIDNY Wellness Fair 2023**

Saturday, May 13, 2023, 10 a.m. – 2 p.m.

Join CIDNY as we celebrate and showcase Mental Health Awareness Month with our first CIDNY Wellness Fair at our Manhattan office location (1010 Avenue of the Americas Suite 301 NY, NY 10018). This is a free event, but registration is required. If you would like to become a sponsor, vendor, or have questions, please reach out to Ann at [adeangelis@cidny.org](mailto:adeangelis@cidny.org).

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

## **Arthritis – Disability Rights and Awareness**

Wednesday, May 17, 2023, 2 p.m. – 3 p.m.

CIDNY is partnering with AgeWell New York to provide a Disability Rights and Awareness Webinar on Arthritis during National Arthritis Awareness Month.

Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZMpcu6prTIVG9yqDQ2IYo36wineTJ2vhq-H>

## **Empowering Financial Wellness – Webinar III: The ABCs of wealth-building**

Tuesday, May 23, 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.

Join us on Tuesday, May 23, when John Moses, deputy director of the U.S. Securities & Exchange Commission's (SEC) Office of Investor Education and Advocacy (OIEA), and Jackie Lam, personal finance writer and AFC-accredited financial coach, will give presentations on empowering communities of color to achieve financial wellness.

The webinar will cover the ABCs of wealth-building and provide a framework for consumers interested in using investments as a tool to build wealth.

Register here: <https://register.gotowebinar.com/register/4596283388948463706>

The webinar will cover: investing and the racial wealth gap, compound growth, aka: the importance of time, diversification and asset allocation, investment products, investing in the digital age, how to recognize and avoid investment fraud, how to manage risk, the SEC and other resources.

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? 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.

You can also find out more about the Medicaid Continuous Coverage Requirement at <https://nationaldisabilitynavigator.org/ndnrc-materials/fact-sheets/fact-sheet-19/>.

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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## **Free HIV Testing In Queens and COVID-19 Vaccines in Brooklyn**

Our NY Connects team, in partnership with the Center for Young Adult, Adolescent and Pediatric HIV at Northwell Health, will be offering free HIV testing outside of our

Queens office on Monday, May 8 from 10 a.m. to 3 p.m., (80-02 Kew Gardens Rd Suite 400. Kew Gardens, NY 11415). No is appointment or insurance is necessary.

Our NY Connects will also be at Albee Square in Downtown Brooklyn (corner of Bond St. & Fulton St. 11201) for Brooklyn Vaccine Day on Saturday, May 6 from 10 a.m. – 2 p.m. We will be offering free COVID-19 vaccinations & boosters, KN95 masks, and hand sanitizer. No appointment is needed and no insurance required. Please call 212-674-2300 if you have any questions.

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## 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. 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. Someone is available 24/7.

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## CIDNY In The News

Check out some our recent media coverage, linked below.

- [NY Group Hosts Wellness Fair for Mental Health Awareness Month \(En Español\)](#) (Public News Service)
- [CIDNY Features Wellness Fair](#) (Able News)
- [May Blossoms Good Mental Health](#) (Able News)
- [STATE & FEDERAL COURTS GRANT FINAL APPROVAL TO HISTORIC SETTLEMENT TO MAKE THE NYC SUBWAY ACCESSIBLE TO PEOPLE WHO NEED STAIR-FREE ACCESS](#) (The City Life)
- [Historic Settlement to Make NYC Subway Accessible to Disabled](#) (Disabled World)
- [NYC subway authority agrees to make 95% of stations accessible under settlement](#) (American City & Country)
- [Video: Disabled Commuters Say it's the MTA vs. Them](#) (Columbia News Service)