

## CIDNY September 2023 Newsletter

### Hello from CIDNY

Thank you for taking the time to read our September 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 have not 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)

LinkedIn: <https://www.linkedin.com/company/cidnyinc/>

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

Wednesday, September 20, 2023, 1 p.m. - 3 p.m.

Please join us for our monthly advocacy meeting where we discuss our advocacy work and hear what is important to you. All are welcome. September's CAN meeting will take place at our Manhattan Office or online via Zoom.

Please RSVP in advance at: [www.tinyurl.com/advocacy4cidny](http://www.tinyurl.com/advocacy4cidny) or email Mbacke Thiam at [mthiam@cidny.org](mailto:mthiam@cidny.org). For more info, please call 212-674-2300.

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### The Promise of the Aging and Disability Vaccination Collaborative

USAgings' Aging and Disability Vaccination Collaborative (ADVC) has reached more than 170 communities and, in some cases, entire states, through Area Agencies on Aging, Title VI Native American Aging Programs, Centers for Independent Living and other community-based organizations. Watch and share this new video (at this link <https://bit.ly/3DvBHDd>) that highlights the ADVC grantees' work and impact in their communities. The ADVC is funded by the U.S Administration for Community Living.

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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/>.

### **Fall Employment Vocational Rehabilitation Workshop**

Tuesday, September 5, 2023 and Thursday, September 7, 2023

Starting September 5, 2023, CIDNY will host a series of one-hour workshops focusing on how to find employment and overcome barriers. The workshops will take place twice a week, on Tuesdays and Thursdays. All workshops will take place online via Zoom. Topics addressed in the workshops will include: resume building, mock interviews, job coaching, counseling, technology, advocacy, and legal Rights. There will be a virtual option (ex. Zoom). The workshops will run for 10 weeks, over 3 months, with a total of 19 workshops. September 5, 2023 is the first workshop. Upon completion of all workshops, you will receive a certificate of achievement.

The topics for these first workshops on September 5, 2023 and September 7, 2023, will include: How to write a resume, how to write a cover letter, how to write a CV., and how to get familiar with technology for the pre-employment process.

For questions or to RSVP for this event, CIDNY's Director of Employment Vocational Rehabilitation, Joel Taveras at [jtaveras@CIDNY.org](mailto:jtaveras@CIDNY.org) or call 646-442-4146 or 646-726-1960

### **Easy Ways to Save Money on Healthy Food**

Wednesday, September 6, 2023, 1 p.m. -2 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  
at <https://us02web.zoom.us/meeting/register/tZcscOmgrzksHdPYgcBfslW9zY0TyMTho1Xy>

## **Brooklyn Vaccine Day (Grand Army Plaza)**

Saturday, September 9, 2023, 10 a.m. – 2 p.m.

Join us at Grand Army Plaza-Brooklyn Public Library (Eastern Parkway and Underhill Ave. Brooklyn, NY 11238) for Brooklyn Vaccine Day. We will be offering COVID-19 vaccines from Mobile Health, as well as free COVID-19 rapid test kits, KN95 masks, hand sanitizer, and more information about the NY Connects program. No appointment needed. No insurance required.

## **Fall Employment Vocational Rehabilitation Workshop**

Tuesday, September 12, 2023 and Thursday, September 14, 2023

This workshop is part of a series of workshops catered to assist everyone, including people with disabilities, minorities, and people of color to find and overcome barriers to employment. This workshop will take online over Zoom.

Topics: How to search for employment and how to apply for employment. What apps/websites to use for employment. Opening a LinkedIn account. Navigating Indeed, CareerBuilder, Monster, Simply Hired.

For questions or to RSVP for this event, CIDNY's Director of Employment Vocational Rehabilitation, Joel Taveras at [jtaveras@CIDNY.org](mailto:jtaveras@CIDNY.org) or call 646-442-4146 or 646-726-1960

## **Fall Employment Vocational Rehabilitation Workshop**

Tuesday, September 19, 2023 and Thursday, September 21, 2023

This workshop is part of a series of workshops catered to assist everyone, including people with disabilities, minorities, and people of color to find and overcome barriers to employment.

Topics: How to schedule an interview. How to send the thank you follow up email. How to communicate appropriately in written format with potential employers. How to research the company you will be working for.

For questions or to RSVP for this event, CIDNY's Director of Employment Vocational Rehabilitation, Joel Taveras at [jtaveras@CIDNY.org](mailto:jtaveras@CIDNY.org) or call 646-442-4146 or 646-726-1960

### **Queens Vaccine Day (Kew Gardens)**

Wednesday, September 20, 2023, 10 a.m. – 2 p.m.

Join us outside CIDNY's Queens office (corner of Kew Gardens Road & 80th Road. Kew Gardens, NY 11415) for Queens Vaccine Day in Kew Gardens. We will be offering COVID-19 vaccines from Mobile Health, as well as free COVID-19 rapid test kits, KN95 masks, hand sanitizer, and more information about the NY Connects program. No appointment needed. No insurance required.

### **Easy Ways to Eat a Variety of Protein**

Wednesday, September 20, 2023, 1 p.m. -2 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

at <https://us02web.zoom.us/j/84977182630>

### **Fall Employment Vocational Rehabilitation Workshop**

Tuesday, September 26, 2023 and Thursday, September 28, 2023

This workshop is part of a series of workshops catered to assist everyone, including people with disabilities, minorities, and people of color to find and overcome barriers to employment. This workshop will take online over Zoom.

Topics: How to dress for an interview. Mock interview group breakout sessions. What questions to ask/not ask in an interview. Interview behaviors.

For questions or to RSVP for this event, CIDNY's Director of Employment Vocational Rehabilitation, Joel Taveras at [jtaveras@CIDNY.org](mailto:jtaveras@CIDNY.org) or call 646-442-4146 or 646-726-1960

### **Union Square Vaccine Day (Manhattan)**

Wednesday, September 27, 2023, 10 a.m. – 2 p.m.

Join us in Union Square (Union Square East between E. 16th St. and E 17th St. New York, NY 10003) for Union Square Vaccine Day in Manhattan.

We will be offering COVID-19 vaccines from Mobile Health, as well as free COVID-19 rapid test kits, KN95 masks, hand sanitizer, and more information about the NY Connects program. No appointment needed. No insurance required.

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

Wednesday, September 27, 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/j/85428798902?pwd=TS9qNG5xTG5zZzh4cEMyakZoSnJHUT09>

Visit us online at <https://www.cidny.org/calendar/> to see any new or updated events.

#### **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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## **Disability Voting Rights Week**

Disability Voting Rights Week is September 11-15, 2023. During Disability Voting Rights Week, we are working to register and educate voters with disabilities and our community. Did you know that nationally people with disabilities voted at a 3.6% lower rate than nondisabled voters in the 2022 midterm elections? And did you know that one in seven voters with disabilities reported difficulty voting? Your vote can make a difference.

We hope you will join us as we join the 'Access Your Power as a Voter' Zoom on Friday, September 15, 2023 from 6 p.m. -7:30 p.m. This is online so you can join from

anywhere. You can register for this Zoom at

<https://us02web.zoom.us/meeting/register/tZlQduurpj4oHNfR5CXrpnwLmmxhiXNEUvBF>

If you have any questions or would like to register to vote, please contact Tashia Lerebours at [tlerebours@cidny.org](mailto:tlerebours@cidny.org).

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## Fall Employment Vocational Rehabilitation Workshops

Beginning on Tuesday, September 5, 2023 CIDNY will be hosting a series of one-hour workshops focusing on how to find employment and overcome barriers to employment. The workshops will take place twice a week, on Tuesdays and Thursdays. This workshop will take online over Zoom. Topics addressed in the workshops will include: resume building, mock interviews, job coaching, counseling, technology, advocacy, and legal Rights. There will be a virtual option (ex. Zoom). The workshops will run for 10 weeks, over 3 months, with a total of 19 workshops. September 5, 2023 is the first workshop. Upon completion of all workshops, you will receive a certificate of achievement.

The focus of the September 2023 workshops will be:

- September 5 and September 7: How to write a resume, how to write a cover letter, how to write a CV., and how to get familiar with technology for the pre-employment process.
- September 12 and September 14: How to search for employment and how to apply for employment. What apps/websites to use for employment. Opening a LinkedIn account. Navigating Indeed, CareerBuilder, Monster, Simply Hired.
- September 19 and September 21: How to schedule an interview. How to send the thank you follow up email. How to communicate appropriately in written format with potential employers. How to research the company you will be working for.
- September 26 and September 28: How to dress for an interview. Mock interview group breakout sessions. What questions to ask/not ask in an interview. Interview behaviors.

For questions or to RSVP for this event, CIDNY's Director of Employment Vocational Rehabilitation, Joel Taveras at [jtaveras@CIDNY.org](mailto:jtaveras@CIDNY.org) or call 646-442-4146 or 646-726-1960.

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## NYC Vaccine Days

Through our NY Connects team, we will be offering COVID-19 vaccines (from Mobile Health), free COVID-19 rapid test kits, KN95 masks, and hand sanitizer, throughout the city. No appointment or insurance is required. Stop by. Stay safe. Learn more about our NY Connects program. Stay tuned for a September Bronx location. All information can be found on our website at <https://www.cidny.org/calendar/>.

Brooklyn Vaccine Day (Grand Army Plaza)

Date/Time: Saturday, September 9, 2023, 10 a.m. – 2 p.m.

Location: Eastern Parkway and Underhill Ave. Brooklyn, NY 11238

Queens Vaccine Day (CIDNY Queens office)

Date/Time: Wednesday, September 20, 2023, 10 a.m. – 2 p.m.

Location: 80-02 Kew Gardens Rd. Kew Gardens, NY 11415

Union Square Vaccine Day (Manhattan)

Date/Time: Wednesday, September 27, 2023, 10 a.m. – 2 p.m.

Location: Union Square East between E. 16th St. and E 17th St. New York, NY 10003

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## CIDNY In The News

Check out some our recent media coverage, linked below.

- [Assisted Living Options For People With Disabilities](#) (Forbes)
- [The Bronx Social Justice and Anti-Violence Forums | Center for Independence of the Disabled New York](#) (BronxNet)
- [NY Eye and Ear Infirmary closure fear continues](#) (The Village Sun)
- [Fatal fire sparks discussion about emergency accommodations for those with disabilities](#) (News 12)
- [Preventing Sexual Assault Against NY'ers with Developmental Disabilities \(En Español\)](#) (Public News Service)
- [Questions swirl as lawsuit draws billionaire investor deeper into Epstein scandal](#) (The Guardian)