

CIDNY October 2023 Newsletter

Hello from CIDNY

Thank you for taking the time to read our October 2023 newsletter. October is National Disability Employment Awareness Month.

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

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

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

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

CIDNY's Consumer Action Network (CAN) Meeting

Wednesday, October 18, 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. Current scheduled guests include Sen. Jessica Ramos (Labor Committee Chair), Assemblymember Latoya Joyner (Chair of Committee on Labor), Councilmember Carmen De La Rosa (Chair of Committee on Civil Service and Labor), Kim Hill Ridley, NYS Chief Disability Officer, and CIDNY's Dr. Sharon McLennon-Wier.

Please RSVP in advance

at: www.tinyurl.com/advocacy4cidny or email Mbacke Thiam at mthiam@cidny.org. For more info, please call 212-674-2300.

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, October 3, 2023 and Thursday, October 5, 2023, both 2 p.m. – 3 p.m.

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 place virtually.

Topics: Transferable Skills Analysis. O'Net Profiles Creation. Self-Directed Search.

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

Easy Ways to Build a Healthy Meal

Wednesday, October 4, 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/tZcsdO-tpzsjE9NpjNBBko7SM5v-4xNvL3Ok>

Fall Employment Vocational Rehabilitation Workshop

Tuesday, October 10, 2023 and Thursday, October 12, 2023, both 2 p.m. – 3 p.m.

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 place virtually.

Topics: Applying for school. Looking for schools, GED programs, community colleges, universities.
Understanding the differences between degrees.

For questions or to RSVP for this event, CIDNY's Director of Employment Vocational Rehabilitation, Joel Taveras

at jtaveras@CIDNY.org or call 646-442-4146 or 646-726-1960

Fall Employment Vocational Rehabilitation Workshop

Tuesday, October 17, 2023 and Thursday, October 19, 2023, both 2 p.m. – 3 p.m.

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 place virtually.

Topics: Advocacy and reasonable accommodations. Understating your disability. Understanding your rights under the law.

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

Easy Ways to Keep Food Safe

Wednesday, October 18, 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/tZcucOqorj8pGNzEfCZ5cO3hC9PV5HWs-Fjl>

NYC Disability Pride Parade

Sunday, October 22, 2023, 10 a.m.

Find out more about the 2023 NYC Disability Pride Parade [HERE](#). Please note this is not a CIDNY run event.

Fall Employment Vocational Rehabilitation Workshop

Tuesday, October 24, 2023 and Thursday, October 26, 2023, both 2 p.m. – 3 p.m.

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 place virtually.

Topics: Overview of the ADA and the Vocational Rehabilitation Act of 1973.

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

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

Wednesday, October 25, 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>

Easy Ways to Add More Fruits and Vegetables to Your Meals

Wednesday, November 1, 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/tZMrD-GqrDksE9e7QfwY1USgquDfigfJXzIK>

Fall Employment Vocational Rehabilitation Workshop

Tuesday, November 2, 2023, 2 p.m. – 3 p.m.

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 place virtually.

Topics: Vocational group or individual counseling and job coaching.

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

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 for help or with questions.

Disability Pride Parade

The 2023 Disability Pride Parade is currently scheduled for Sunday, October 22, 2023 at 11 a.m. If you would like to participate, please visit <https://bit.ly/DPP-2023> for more details.

Voting Update

Election Day is coming up on November 7, 2023 and includes New York City Council elections. If you need to register to vote, change your party affiliation, or find your polling place, you can do so at <https://vote.nyc/page/register-vote> or by calling

1-866-868-3692. If you need help registering, please reach out to CIDNY.

Benefits Updates and Assistance

Do you have questions or need help with any benefits? We can help with initial applications, recertification, checking eligibility, and advocacy. Some of the benefits we can help with include:

- **Public Health Insurance:** Health coverage
- **Fair Fares:** The Fair Fares NYC program allows eligible New York City residents to receive a 50% discount on subway and eligible bus fares or Access-A-Ride paratransit trips.
- **Low Income Home Energy Assistance Program (LIHEAP):** LIHEAP provides federally funded assistance to reduce the costs associated with home energy bills, energy crises, weatherization, and minor energy-related home repairs.

- Federal Temporary Assistance for Needy Families (TANF)
- SSI/SSDI: Supplemental Security Income and Social Security Disability Insurance

If you would like to speak with someone about any of these topics or just have a question about benefits, please contact Delva Somers at dsomers@cidny.org or 646-849-8093.

ACCES-VR VIRTUAL PUBLIC FORUMS - 2024 ACCES-VR Update: NYS Workforce & Opportunity Act (WIOA) Combined State Plan

The New York State Education Department's Office of Adult Career and Continuing Education Services - Vocational Rehabilitation (ACCES-VR) is completing its revisions to the ACCES-VR section of the NYS WIOA Combined State Plan. This plan details the agency's collaborative commitment to supporting people with disabilities in participating in NYS Workforce Development services in order to attain high quality employment outcomes. The plan sets forth ACCES-VR's goals and strategies for providing vocational rehabilitation services to people with disabilities. These public forums provide an

opportunity for customers and vendors to provide feedback to ACCES-VR. ACCES-VR is seeking input on the following policies: College, Non-Degree Training and increasing flexibility on service provision. ACCES-VR looks forward to customer and vendor feedback and input on the goals set forth in this plan.

Members of the public attending these hearings will be asked to identify themselves and if they would like to be given an opportunity to provide public comment(s). Each commenter will be provided 5 minutes each. Please note, sign language interpreters will be provided at all public forums.

If you're unable to attend a virtual public forum, and would like to share written comments, please mail comments to: NYS Education Department, ACCES-VR, Policy Unit, EBA 5th Floor, 89 Washington Ave, Albany, NY 12234 or email your comments to vrpolicy@nysed.gov, no later than 11/1/2023.

- Tuesday, 10/17/2023, 8 a.m. – 9 a.m.
Zoom:
<https://us06web.zoom.us/j/81873285032?pwd=UlverwOj2I7WfWsgbvj9mPzWgmbU1t.1>
Meeting ID: 818 7328 5032 Passcode: 0H8YGj
- Wednesday, 10/18/2023, 6 p.m. – 7 p.m.

Zoom:

<https://us06web.zoom.us/j/88656163746?pwd=xAqFqbKeCzpcvTsFTXrN3NWixYDZcb.1>

Meeting ID: 886 5616 3746 Passcode: 3eqa1w

- Wednesday, 10/25/2023, 12 p.m. – 1 p.m.
Zoom: <https://us06web.zoom.us/j/89731664461?pwd=EWcVGBaOeKwMYVcRZDRgA5e7ZoZEHn.1>
Meeting ID: 897 3166 4461 Passcode: 9SJjWB

CIDNY In The News

Check out some our recent media coverage, linked below.

- [Amid rising debt, New York MTA aims to keep accessibility promises](#) (The Bond Buyer)
- [Mount Sinai Beth Israel announces its closure after serving community for more than a century](#) (News 12)
- [What you can do to help voters with disabilities](#) (Epicenter-NYC)

- Elected officials, neighbors push back on Beth Israel closure plan (Crain's)
- Disability rights advocates call for improved access to early voting (Epicenter-NYC)
- The Road To Inclusion (Able News)
- The Terrible Blues Can Hurt Unnecessarily (Able News)