Hello from CIDNY

Thank you for taking the time to read our March 2024 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
Instagram: https://www.instagram.com/cidnyinc/
TikTok: https://www.tiktok.com/@cid_ny
LinkedIn: https://www.linkedin.com/company/cidnyinc/

If you would like to support CIDNY with a donation, you can do so here: https://www.cidny.org/donation/.
CIDNY's Consumer Action Network (CAN) Meeting

Wednesday, March 20, 2024, 1 p.m. - 3 p.m.

Please join our Consumer Action Network (CAN) meeting in March for a variety of topics. This event will be online only through Zoom.

Please RSVP in advance at: www.tinyurl.com/CIDNY4All or email Mbacke Thiam at mthiam@cidny.org. For more information, please call 212-674-2300.

CIDNY's Annual Mental Health Fundraiser on May 20

Since 1978, the Center for Independence of Disabled New York (CIDNY) has worked to ensure full integration, independence, and equal opportunity for all New Yorkers with disabilities, by removing barriers to the social, economic, cultural, and civic life of the community.

People with disabilities experience significant challenges trying to navigate an ablebodied society. CIDNY focuses on seven areas of advocacy: physical health, mental health, housing, education, employment, voting, and
transportation. I’m reaching out today to invite you to our annual fundraiser to help us advance our mission, and because we have a great opportunity for you to join us.

Our annual fundraiser in May, Mental Health Awareness Month, will raise awareness and funds for crucial initiatives for our consumers. The event will take place on May 20, 2024, from 5 p.m. - 7 p.m. at the Perelman Arts Center in the World Trade Center. The Perelman Arts Center is a new innovative theatre space crafted by a world-class team of award-winning architects and designers.

Please join us for an evening of performances by Broadway artists, raffles, cocktails, light bites, vendors, and a keynote address.

For tickets, please visit:  
https://www.eventbrite.com/e/cidnys-annual-mental-health-fundraiser-tickets-852427432397?aff=oddtdtcreator

For sponsorship opportunities, please visit:  
https://www.cidny.org/2024-sponsorship-opportunities

If you have any questions about this event, please contact Makenzi Cooley at mcooley@cidny.org or 646-519-0339.
FREE Vaccine Events (Flu, COVID-19, RSV Vaccines)

Protect your health and the people you love! CIDNY is hosting upcoming vaccine clinics, providing no-cost vaccines for Flu, COVID-19, and RSV in Manhattan and Queens. Vaccines are available to anyone entirely free, no health insurance required! Recipients can receive a $50 Amazon E-gift card for getting vaccinated.

The Manhattan location will be outside of CIDNY’s Manhattan office at 1010 Avenue of the Americas, New York, NY 10018. Look for the Mobile Health minibus next to CIDNY’s office on the corner of W 38th Street and Sixth Ave (Avenue of the Americas).

The Queens location will be outside CIDNY’s Queens office at 80-02 Kew Gardens Rd Queens, NY 11415. Look for the Mobile Health minibus next to CIDNY’s office on the corner of 80 Rd and Kew Gardens.

Vaccine Clinics will be held from 10 a.m. – 2 p.m. on the below dates.

- Saturday, March 2, 2024, Manhattan
- Saturday, March 9, 2024, Manhattan
- Saturday, March 16, 2024, Manhattan
- Saturday, March 23, 2024, Queens
• Saturday, March 30, 2024, Queens
• Saturday, April 6, 2024, Manhattan
• Saturday, April 13, 2024, Queens

A full list of events can be found online at https://www.cidny.org/calendar/

If you have any questions, please call 212-674-2300 or email cspaulding@cidny.org

New York City Post Disaster Housing Recovery Study

City agencies are doing an assessment of New York City's post-disaster housing recovery efforts since Hurricane Sandy in 2012. The goal is to develop recommendations that will help the City to quickly activate housing recovery efforts after a disaster. The survey will be open from February 29, 2024 through March 29, 2024. The survey is currently available in English, Spanish, Chinese, and Russian.

You can take the survey online at https://bit.ly/PDHRSeng

Encuesta en español: https://bit.ly/4bOtB8G
中文调查: https://bit.ly/48Fz1Qy
Employment Vocational Rehabilitation Events

Below is a list of upcoming employment focused events from CIDNY’s Department of Employment Vocational Rehabilitation. For more information about these events, please contact Kareese Steward at 646-752-5822 or ksteward@cidny.org. For more listings visit https://www.cidny.org/calendar/.

Employment Vocational Rehabilitation Workshop Series: Parent Workshop
Thursday, March 7, 2024, 3:30 p.m. - 4 p.m.

A Vocational Counselor from CIDNY will conduct a parent workshop. This is an online event.

RSVP: Click here to join the meeting on the date or call Kareese Steward at 646-752-5822

Employment Vocational Rehabilitation Workshop Series: Applying for Employment
Thursday, March 14, 2024, 3:30-4 p.m.
A Vocational Counselor from CIDNY will conduct a workshop on applying for employment. This is an online event.

RSVP: Click here to join the meeting on the date or call Kareese Steward at 646-752-5822

**Employment Vocational Rehabilitation Workshop Series: Resume Building**
Thursday, March 21, 2024, 3:30 p.m. - 4 p.m.

A Vocational Counselor from CIDNY will conduct a workshop on resume building. This is an online event.

RSVP: Click here to join the meeting on the date or call Kareese Steward at 646-752-5822

**Employment Vocational Rehabilitation Workshop Series: Mock Interviews**
Thursday, March 28, 2024, 3:30 p.m. - 4 p.m.

A Vocational Counselor from CIDNY will conduct a workshop on mock interviews. This is an online event.
RSVP: Click here to join the meeting on the date or call Kareese Steward at 646-752-5822
Certified AccessAbility Testing Program (CAT) Overview with Helen Keller Services for the Blind

Helen Keller Services for the Blind has partnered with AccessAbility Officer to offer the Certified Accessibility Testing Program (CAT). The CAT program is a comprehensive training designed to prepare students for employment as Digital Accessibility Analysts/Testers and Section 508 Specialists. All training is provided by AccessAbility Officer. There are 2 phases to the program.

The 1st phase is 13.5 weeks and is dedicated to teaching, training and developing the skills needed to succeed as a Digital Accessibility Tester. During Phase 1, the weekly program includes:

- 1.5 hour Live Instruction
- 2 hour Interactive Workshop – to practice and receive coaching on hands-on accessibility testing and reporting; creating/using LinkedIn
- 1 hour 1-1 mentoring
- 2 hour Canvas Quiz and Discussion Posts – WCAG 2.1 (weeks 2-11)
- 2 hours – for sighted/technical assistance when working on practice exercises (additional assistance given during weeks 11 – 13)
At the conclusion of Phase 1, students take the CAT 2.1 AA and Department of Homeland Security Trusted Tester certifications. Students who pass the CAT 2.1AA certification are offered part time employment with Helen Keller Services for the Blind to perform accessibility testing and reporting.

Phase 2 is dedicated to ongoing job sourcing and placement, part time accessibility testing with HKSB, professional development and mentorship. In Phase 2, graduates will:
1. Work part-time as digital accessibility analysts for HKSB on New York State Preferred Source contracts.
2. Review the LinkedIn Playbook for Getting Hired
   o 6 1.5 hour lecture
   o 6 1.5 hour Interactive Workshop

HKSB and Accessibility Officer currently have multi-year New York State Preferred Source contracts with the following: New York State Department of Labor, New York City Department of Information Technology & Telecommunications, and New York State Board of Elections.

Certified Accessibility Testing (CAT) Referral Process
1. NYSCB counselor makes referral for a Vocational Baseline to HKSB.
2. Joe Dinero conducts Baseline Evaluation to determine if participant has the minimum skills and abilities to participate.

3. If participant is appropriate, request is made to counselor for a Vocational Training authorization. All authorizations should be sent to Joe Dinero & Liz Meade.

4. If participant is deemed inappropriate, recommendations for remediation are identified.

Program Fees
Baseline Evaluation: $513
1 Vocational Training submitted at week 6: $5,384
1 Vocational Training submitted at conclusion of program: $5,384
Total Program Cost: $11,281

Please note that payment for this course may be sponsored/subsidized by the New York State Commission for the Blind (NYSCB). NYSCB can be contacted at https://ocfs.ny.gov/programs/nyscb/ or 1-866-871-3000.

Contact: Joe Dinero at 631-424-0022, ext. 8013 / jdinero@helenkeller.org or Liz Meade at 718-522-2122, ext. 2295 / lmeade@helenkeller.org
Long COVID Research Study Opportunity

If you have Long COVID, you may be able to join a research study that is taking place at the Icahn School of Medicine at Mount Sinai and NYU Langone/tDCS Program. Long COVID is when a person is sick months after getting COVID. Cognitive dysfunction symptoms of Long COVID can include brain fog, trouble thinking clearly, memory changes, fatigue, headache, slowed attention, anxiety, depression, and difficulty with problem-solving.

The RECOVER-NEURO study is studying possible treatments for adults who have cognitive dysfunction symptoms related to Long COVID. We want to learn if brain training may improve those symptoms. With your help, we can better understand why and how Long COVID affects people in different ways. No insurance is required.

You may be a good fit for the study if you are an adult who had COVID, you do not have an active COVID infection, you have one or more of these symptoms: Brain fog or trouble thinking clearly, or trouble paying attention or remembering things.

If you are selected, participation should last about 6 months and you would be paid for your time. Your personal health information collected during the study will
be kept confidential. Participants will be asked to complete the following:

• Visit the clinic 3 times
• Complete brain training sessions at home for 10 weeks
• Answer follow-up questions about your health and well-being
• Complete testing, including lab tests and brain function tests

To learn more about this opportunity, visit https://trials.recovercovid.org/neuro

CIDNY In The News

Check out some of our recent media coverage, linked below. In addition to the links below, during February, CIDNY was featured on broadcast television on CBS News, Fox 5 News, NBC News, News 12, Spectrum 1, Telemundo, and more.

• **NYC’s plan to ease gridlock and pump billions into mass transit? A $15 toll for Manhattan drivers** (Associated Press)

• **Advocacy groups fight to get better care for people with disabilities at Rikers** (News 12)
• Some Queens residents who had homes raised after Superstorm Sandy now paying thousands for elevator lift repairs (CBS News)

• NY disability rights advocates tackle a mountain of barriers (En Español) (Public News Service)

• As Cases Surge, Governor Hochul Moves to Kill State-Mandated COVID Sick Leave (Hell Gate)