Hello from CIDNY

Thank you for taking the time to read our June 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/
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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/.
RECOVER Informational Webinar (Long COVID)

Millions of Americans suffer from Long COVID. This disease affects each person differently, so no single research study can provide all the answers to Long COVID for everyone. The National Institutes of Health (NIH) created the RECOVER Initiative to find answers across many different types of research studies. RECOVER brings together clinicians, scientists, caregivers, patients, and community members to understand, treat, and prevent Long COVID. During this presentation, you will hear directly from one of the researchers and be able to ask questions. The virtual seminar lasts less than 30 minutes and is free.

We value your support in advancing healthcare and clinical research and we hope this information benefits you, your family, and your friends.

To secure your place in the webinar, register at http://bit.ly/RECOVER_June12
CIDNY's Consumer Action Network (CAN) Meeting

Wednesday, June 26, 2024, 1 p.m. - 3 p.m. online via Zoom

In June we plan to discuss inclusive summer camp options for children with disabilities.

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. If you need accommodation like large print, American Sign Language (ASL), or materials in other languages, please let us know as soon as possible.

Voting Continues for The People’s Money, NYC’s Citywide Participatory Budgeting (PB) Process!

From May 1st through June 12th, New Yorkers age 11 and up, regardless of immigration status, can decide how to spend $3.5M of city funds on projects in their community. Last year, in the first People’s Money process, New Yorkers voted to fund 46 expense projects for a total of $5M. The projects address a wide range of community
needs, including mental health, food safety, youth programming, skills building and arts.

*The People’s Money* is the only citywide process utilizing mayoral expense funding; from 2011, select NYC Council Members have opted into a similar process wherein their district residents can vote on how to spend their own discretionary funding. Expense funding can be used for projects and services, and the citywide process allows all New Yorkers to participate, regardless of the council district they live in. To learn more about the process, visit participate.nyc.gov.

How to Vote by June 12th:
Online Ballot: Voting online is easy. The online ballot is available in English and 13 additional languages. Visit on.nyc.gov/pb and follow the instructions.

1. Visit https://on.nyc.gov/pb
2. Select your preferred language.
3. Enter your zip code to find your borough ballot.
4. Enter your cell phone number and receive a text message with a verification code (standard messaging rates apply).
5. Enter referral code: CIDNY
6. Enter your verification code when prompted.
7. Vote for the projects you like!
8. Complete the optional survey or click “Skip and submit my vote now”.

Accredited Continuing Education Courses For NYS Licensed Mental Health Professionals

CIDNY is currently offering accredited Continuing Education (CE) courses for mental health professionals licensed in New York State. The courses, instructed by New York State licensed professionals, at CIDNY, will count towards satisfying the 36-credit-hour continuing education credits that are required by the New York State Licensure Board for triannual renewal for licensure. The program currently offers accredited courses to NYS licensed practitioners holding LMSW, LCSW, LMHC designations. The program is expected to expand offerings in the near future.

If you or someone you know is a licensed mental health professional in New York State, please visit our website to find out more about our upcoming courses and support a non-profit organization by getting your CE credits.

Our next course is Impact of Disability During the First Session on Wednesday, June 26, 2024. Impact of Disability During the First Session will provide an overview of competency practices when working with patients with
disabilities. It will emphasize understanding the impact of disability during the intake session with a patient. Practitioners will learn about practices they can incorporate into their work with patients with disabilities, to ensure that they embrace multicultural disability competence (MDC). To register for June 26, CLICK HERE.

For more information and available courses, please visit: https://www.cidny.org/ce/

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**Upcoming CIDNY and Public Information Events**

Below are some upcoming CIDNY events and public events where you can speak with staff from CIDNY. Stop by and say hello to learn more about some of our programs.

**Benefits Open House – Queens**
Friday, June 7, 2024, 10 a.m. – 4 p.m.

Consumers can come in to the CIDNY Queens office (80-02 Kew Gardens Rd, Suite 400, Kew Gardens, NY 11415) for a Benefit Check-up and if eligible, CIDNY counselors can help submit benefit applications. We will be checking on the following benefits: SSI, SSDI, Medicare, Medicaid, Fair Fares, Low Income Home Energy Assistance Program
(LIHEAP), Temporary Aid to Needy Families Program (TANF), and SNAP.


**Education Rally**
Thursday, June 6, 2024, 10:30 a.m.
Location: Tweed Steps, 52 Chamber Street, New York 10007

Join us on Thursday, June 6th to demand equal and inclusive education programs for our Immigrant and Asylum seeking students. English Language Learners (ELL's) have the highest drop out rate of any other students in New York City! We must ensure programs like ELL Transfer schools and comprehensive high schools that have enrolled older newcomer youth are properly funded to provide beneficial services for ELLs! We encourage you to bring students, teachers, and impacted individuals to this rally!

**ICAN Presentation: Medicaid Managed Long-Term Care Webinar**
Friday, June 7, 2024, 2 p.m.

This webinar will give an overview of Medicaid Managed Long-Term Care, including the covered benefits and how to join. Already enrolled in an MLTC plan? We’ll cover how to request new services, like home care, what to do if the request is denied, and how ICAN can help with the appeal process.

Register: https://us02web.zoom.us/meeting/register/tZMkd-quqDwtG9A6AbYfTkUK5Va8y0NbKSEU

FIDA-IDD plan and Applying for Home Care for People with I/DD Presentation
Friday, June 21, 2024, 3 p.m.

What is FIDA-IDD? FIDA-IDD covers medical primary care, plus long term services & supports, OPWDD services, behavioral health services, and pharmacy benefits all in one plan. Find out more in this presentation.

Join here: https://us02web.zoom.us/j/85765939499
NYC Civic Engagement Commission’s The People’s Money Housing Workshops

CIDNY is hosting a series of Housing workshops each Tuesday and Thursday, now through August, supported with public funds through NYC Civic Engagement Commission’s The People’s Money participatory budgeting program.

Workshops may be closed once they reach a certain level of registrations. If a workshop you are interested in closed, you should be able to choose an upcoming date for the same workshop in June, July, or August. Events this month include:

**Disability Literacy Workshop**
Tuesday, June 4, 2024, 12 p.m. – 1 p.m.

This presentation covers multiple disability related topics and explains how to navigate obligations for accommodating individuals with disabilities. This training will examine both what is mandated, by law, and best practices for creating an inclusive environment. This includes providing practical steps to help people choose inclusive actions, improve cultural competency, and address personal biases. Specifically, the training is designed to provide people with a greater understanding as to what constitutes as discrimination, proper etiquette,
and awareness. This workshop occurs every first Tuesday on 6/4, 7/2, and 8/6.

Register: https://us02web.zoom.us/meeting/register/tZAkf-6prjIoGNamBJipErzEOUeG4_xpwEt2

**Fair Housing Act Workshop**  
Thursday, June 6, 2024, 12 p.m. – 1 p.m.

This presentation covers the history of the Fair Housing Act. The Fair Housing Act protects people from discrimination when they are renting or buying a home, getting a mortgage, seeking housing assistance, or engaging in other housing-related activities. This workshop occurs every first Thursday on 6/6, 7/3 (Holiday Excep.), and 8/1.

Register: https://us02web.zoom.us/meeting/register/tZwt_d-2pqjsoGt3mIWrfDMOF7z9H2IRbIROE

**Affordable Housing Workshop**  
Tuesday, June 11, 2024, 12 p.m. – 1 p.m.

This presentation covers an overview about NYC’s Affordable Housing Lottery. You’ll learn the basics of the
following: what NYC Housing Connect is; how to read an affordable housing lottery’s advertisement; who is eligible and what the qualifications are; what the application process is; what documents and materials are needed; what set-aside units for people with disabilities are; where to indicate disability; how to indicate a reasonable accommodation(s) on your profile, if you need a reasonable accommodation(s); and more. This workshop occurs every second Tuesday on 6/11, 7/9, and 8/13.

Register: https://us02web.zoom.us/meeting/register/tZMs

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**Housing Rights and Discrimination Workshop**
Thursday, June 13, 2024, 12 p.m. – 1 p.m.

This presentation covers an overview about fighting housing discrimination in New York (NY). You’ll learn the basics of the following: what types of general housing discrimination assistance are available, such as FHJC assists clients with filing housing discrimination complaints and investigates allegations of discrimination based on any protected characteristic (e.g., race, national origin, source of income, disability, etc.); what the Adele Friedman Housing Accessibility Fund, which FHJC provides targeted financial assistance to benefit low and moderate income persons with disabilities who need reasonable
modifications made to the housing they occupy to make it accessible, is; who is eligible and what the qualifications for the Adele Friedman Housing Accessibility Fund are; how to report discrimination and/or request an application; and more. This workshop occurs every second Thursday on 6/13, 7/8, and 8/8.

Register: https://us02web.zoom.us/meeting/register/tZ0qdeGrrzkpHNKvQL0sNavGt7V_SMvia-fo

**Olmstead Housing Subsidy Workshop**
Tuesday, June 18, 2024, 12 p.m. – 1 p.m.

This program covers the Olmstead Housing Subsidy (OHS). OHS is a rental housing subsidy program that provides transitional housing support to Medicaid beneficiaries with a disability that have lived, or currently live in a nursing home. The funding was made available as part of the Medicaid Redesign Team’s Supportive Housing Workgroup initiative to help address the needs of eligible Medicaid participants in transitioning from Skilled Nursing Facility settings. This workshop occurs every third Tuesday on 6/18, 7/16, and 8/20.

Register: https://us02web.zoom.us/meeting/register/tZMk c-urrjosG9Xvee26LI31bYJKDHXHvmvi
Rapid Transitional Housing Program Workshop
Thursday, June 20, 2024, 12 p.m. – 1 p.m.

This workshop covers Rapid Transition Housing Program (RTHP). The Rapid Transition Housing Program (RTHP) provides a rental subsidy and supportive housing services for high-need Medicaid beneficiaries. RTHP, previously known as Nursing Home to Independent Living (NHIL), is a Medicaid Redesign Team initiative funded by the Department of Health and administered by the New York Association on Independent Living. The program started in four areas of the state: Long Island, Syracuse, New York City and Rochester. The program is currently expanding to cover all of New York State. This workshop occurs every third Thursday on 6/20, 7/18, and 8/15.

Register: https://us02web.zoom.us/meeting/register/tZAqduiqqjwoEtfGHu1MtfuZcgD2vtICvtt9

Homebase Workshop
Tuesday, June 25, 2024, 12 p.m. – 1 p.m.

This workshop covers Homebase. Homebase provides New Yorkers experiencing housing instability in the community with various homeless prevention services and aftercare services to families and individuals exiting NYC DHS shelter to permanent housing. Homebase locations are
servicing clients either via phone or for in-person services. Anyone seeking Homebase services should call the office in advance to schedule an appointment. This workshop occurs every fourth Tuesday on 6/25, 7/23, and 8/27.

Register: https://us02web.zoom.us/meeting/register/tZUrd-yppjkrG9diGjDUY72IrvaMT9pC5DQQ

Emergency Housing Voucher Program Workshop
Thursday, June 27, 2024, 12 p.m. – 1 p.m.

This workshop covers the Emergency Housing Voucher Program. The EHV Program helps families and individuals who are experiencing homelessness; at-risk of homelessness; fleeing or attempting to flee domestic violence, dating violence, sexual assault, stalking, or human trafficking; or recently homeless and at high risk of housing instability to find housing by subsidizing a portion of rent based on their income. This workshop occurs every fourth Thursday on 6/27, 7/25, and 8/22.

Register: https://us02web.zoom.us/meeting/register/tZYsc-yvpjIrEtNvZTPd7npZnTED2L-yZXDX
Disability and Abortion Access Survey

The Disability and Abortion Access Survey asks people with disabilities about their abortion experiences, including access barriers they may have encountered (e.g., inaccessible medical equipment or offices; failure to provide effective communication, etc.), and ways that they believe abortion professionals can improve their policies. The survey asks about experiences people have had with both in-person and virtual providers, abortion funds, and abortion doulas/support professionals, as well as personal stories they may want to share about their efforts to access abortion information or services. WEI and DREDF will use the responses to this community survey to create guidance documents on best practices for abortion accessibility. NOTE: participation is anonymous. Any information voluntarily or inadvertently shared that could be traced back to a particular person will remain strictly confidential and not be shared in any summary of the results or resulting guidance documents. This survey will be open until June 17, 2024.

Take the survey here:
https://airtable.com/appYhRxnDdiTJxpAa/pagXdGmEufFjEdM0/form
MTA Congestion Pricing Informational Webinars

Below is information from the MTA regarding congestion pricing and the Congestion Relief Zone, scheduled to begin on June 20, 2024.

The MTA is hosting six public webinars in June leading up to the launch of Congestion Relief Zone tolling on June 30.

The 60-minute webinars will explain why New York is moving forward with congestion pricing, how the Congestion Relief Zone works, what the toll rates are, who qualifies for discounts and exemptions, and other things people need to know before tolling begins. The sessions will feature an opening presentation and a Q&A.

Participants must register online prior to the start of the session(s) they wish to attend.

Use these links to register for a session:

- Wednesday, June 5: 11 a.m. -12 p.m. -
  https://contact.mta.info/s/forms/public-hearing-form?Id=a0m8z0000016wr1&pId=PH

- Thursday, June 6: 12-1 p.m. -
  https://contact.mta.info/s/forms/public-hearing-form?Id=a0m8z0000017Ot&pId=PH
- Monday, June 10: 6-7 p.m. -
  https://contact.mta.info/s/forms/public-hearing-form?Id=a0m8z0000017Ozl&pId=PH

- Friday, June 14: 10-11 a.m. -
  https://contact.mta.info/s/forms/public-hearing-form?Id=a0m8z0000017P1X&pId=PH

- Tuesday, June 18: 12-1 p.m. -
  https://contact.mta.info/s/forms/public-hearing-form?Id=a0m8z0000017P06&pId=PH

- Tuesday, June 18: 7-8 p.m. -
  https://contact.mta.info/s/forms/public-hearing-form?Id=a0m8z0000017P07&pId=PH

Participants are invited to submit questions in advance of the webinars through the registration link. In the meantime, you can read answers to some of the most frequently asked questions about Congestion Relief Zone tolling here:
https://congestionreliefzone.mta.info/faqs.

Background:

Starting on June 30, 2024, vehicles will be tolled to enter the Congestion Relief Zone in Manhattan—local streets and avenues at or below 60 Street excluding the FDR
Drive, West Side Highway/Route 9A, and the Hugh L. Carey Tunnel connections to West Street. The toll amount will depend on the type of vehicle, time of day, whether any crossing credits apply, and the method of payment. Learn more about toll rates at https://congestionreliefzone.mta.info/tolling.

Make sure your current license plate is linked to your E-ZPass account to get the lower toll rate and any applicable crossing credits, discounts and exemptions when entering the Congestion Relief Zone. Learn more about discounts and exemptions at https://new.mta.info/tolls/congestion-relief-zone/discounts-exemptions.

Learn more:
- For general information about Congestion Pricing and the Congestion Relief Zone, visit congestionreliefzone.mta.info.
- If you have questions about E-ZPass or applying for a discount or exemption plan, please call E-ZPass New York Customer Service at 800-333-8655.
- To share feedback about Congestion Pricing, please visit mta.info/feedback.

PREVENTABLE Dementia and SKOAP Study Opportunities
PREVENTABLE Dementia Study

If you are 75 years or older you may be eligible to join the PREVENTABLE Study.

PREVENTABLE is investigating whether a commonly used heart medication can prevent dementia, disability, and heart disease in older adults. By taking part in PREVENTABLE, you may be able to make a difference in dementia prevention research and help shape the future of health care for older adults.

Taking part in PREVENTABLE is easy. Enrollment and all study activities can be done by phone or in-person in a participating clinic. Join today to be part of something bigger!

To learn more about this exciting opportunity and sign up to join, visit preventablecommunity.org today.

SKOAP Study
If you are 18 or older, have been diagnosed with osteoarthritis in one or both knees and experience pain most days you could benefit from the SKOAP research study.

SKOAP is a national study funded by The Helping to End Addiction Long-term® Initiative and the National
Institutes of Health that compares non-opioid pain treatments with the goal of reducing knee osteoarthritis pain and improving function to find out what treatments work best for which patients.

If you are interested in the research study you can fill out a pre-qualifying form. Participants in the SKOAP study may also earn up to $550 for completing the study.

To fill out a brief qualifying form and find a site near you visit skoapstudy.org.

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**CIDNY's Annual Mental Health Fundraiser Photo Gallery**

CIDNY hosted our mental health fundraiser on Monday, May 20, 2024 at the Perelman Performing Arts Center (PACNYC). Check out our photo gallery online at [https://www.cidny.org/2024-annual-fundraiser-gallery/](https://www.cidny.org/2024-annual-fundraiser-gallery/).

If you could not attend and would like to support the work that we do, you can do so at [https://www.cidny.org/donation/](https://www.cidny.org/donation/).
NYCHA Housing Waitlist Open

The New York City Housing Authority (NYCHA) reopened the waitlist for its Housing Choice Voucher (Section 8) Program on June 2, 204. The application will be open until June 9, 2024 at 11:59 p.m. For more information, visit http://on.nyc.gov/sec8-app-faq. To apply, visit http://on.nyc.gov/section8-application. If you need assistance, please contact CIDNY at 212-674-2300 or info@cidny.org.

Moving Rasa Inclusive Workshop

Moving Rasa Day is a monthly Lab designed to help you connect your inner joy with your outward expression through movement, dialogue, and shared experiences. The workshop will explore ways to connect with nature, our bodies, and objects as creative companions on our life's journey.

The Lab takes place in the picturesque Real Sculpture Park in Battery Park, featuring whimsical sculptures of animals and cartoon-like figures that provide endless inspiration and reflection. No prior experience is necessary.
Moving Rasa is committed to being trauma-sensitive and accessibility-focused, ensuring a welcoming environment for everyone. Come join us and discover the power of movement in a supportive, inclusive community.

About the Instructor: Andrew Suseno has a Physical Therapy doctorate, Feldenkrais Practitioner and Laban Movement Analyst Certifications, and significant dance and Contact Improvisation experience.

This workshop is free for those who mention CIDNY.

Register at https://forms.gle/4wxXc1o3RuYicoZNA

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**CIDNY In The News**

Check out some our recent media coverage, linked below.

- **The Importance of Supporting “Whole-Person Health” in the Workplace** (Able News)

- **Mount Sinai Beth Israel Hospital slated to close July 12** (En Español) (Public News Service)

- **Is Curbside Parking an Endangered Species?** (NY Times)
• Creating Systemic Change for Voters with Disabilities (Able News)