

## **CIDNY Quens April 2025 Newsletter**

### **Hello from CIDNY**

Thank you for taking the time to read our April 2025 newsletter. We are hosting a Disability Mayoral Forum on Friday, April 25 at 5 p.m. and hope you will join us.

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. You can view this newsletter on our website at <https://www.cidny.org/cidny-quick-takes/> where you can access accessibility options such as changing font size, changing background color, and more through the Recite Me app (icon in the lower right corner of the webpage).

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/>

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

Bluesky: <https://bsky.app/profile/cidnyinc.bsky.social>

If you would like to support CIDNY with a donation, you can do so here: <https://www.cidny.org/donation/>.

[Click here to view CIDNY's Rights and Responsibilities and Grievance Policy.](#)

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### **Disability Mayoral Forum**

Please join us on Friday, April 25 at 5 p.m. for a Disability Mayoral Forum and discussion on accessibility and inclusion of NYC for people with disability in housing, healthcare, education, employment, transportation, and voting rights. CIDNY is hosting this event so the community can hear directly from candidates about disability issues.

- What: Disability Mayoral Forum
- With: Sen. Jessica Ramos, Sen. Zellnor Myrie, Whitney Tilson, Scott Stringer, Comptroller Brad Lander, and more
- When: Friday, April 25, 2025, 5 p.m. - 7 p.m.
- Where: 1199SEIU 498 7th Ave. New York, NY 10018
- RSVP: [www.tinyurl.com/CIDNY4All](http://www.tinyurl.com/CIDNY4All)

RSVP is required for this event.

If you have a question that you would like the candidates to answer, please email [ahumphrey@cidny.org](mailto:ahumphrey@cidny.org).

You can also visit <https://www.cidny.org/calendar/> for updates on this event and others.

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

Wednesday, April 16, 2025, 1 p.m. – 3 p.m.

During CIDNY's April CAN meeting we will focus on Ranked Choice Voting, what it is, how it works, and more including polling location accessibility. Featuring guests Kathy Collins, Advocacy Coordinator with DNY ADAPT and Luke Messina, Voting Rights & Accessibility Coordinator with NYC Votes.

Please RSVP in advance at <https://forms.office.com/r/ALMWUbcY1s> or by emailing Mbacke Thiam at [mthiam@cidny.org](mailto:mthiam@cidny.org). If you need accommodation like large print, American Sign Language (ASL), or materials in other languages, please let us know as soon as possible. For more information, please call 212-674-2300. Thank you!

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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.

### **Career Workshop: Workforce1 Thursday, April 3, 2025, 3 p.m.**

CIDNY is offering no-cost workshops catered to people with disabilities to find employment and overcome barriers. Weekly Interactive workshops will include: Current Job Market, Vocational skills, Resume writing, Interview Preparation, Mock Interviews, Job Coaching, Technology in the Workplace, Advocacy and Reasonable Accommodations/Legal Rights, and more. This workshop will focus on Workforce1 which helps New Yorkers prepare for, and connect to, jobs across New York City's five boroughs and in every sector of the economy. Featuring special guest speakers Rahdiah Barnes, Workforce1 Career Community Partnership Manager and Carlos Leon, SCION Program Manager.

Please RSVP here: <https://forms.office.com/r/LXiN9bmbsq?origin=lprLink>

### **Vaccine Event**

Friday, April 4, 2025, 10 a.m. - 2 p.m.

Stop by CIDNY's vaccine event and get a flu or COVID-19 vaccine. No cost and no insurance needed. \$75 E-Gift Card For Those Vaccinated.\* This event will take place at CIDNY's Manhattan office (1010 Avenue of the Americas, 3rd Floor, New York, NY 10018). This project is supported with public funds through the NYC Civic Engagement Commission's The People's Money participatory budgeting program. Please call 212-674-2300 if you have any questions.

### **Know Your Fair Housing Rights Workshop**

Wednesday, April 9, 2025, 10:30 a.m.

Join CIDNY and the Fair Housing Justice Center for an informative session. Our presentation covers: A brief history of fair housing and residential segregation, Fair housing laws and protections at the federal, state, and local levels, The impact of race and national origin discrimination in housing, How individuals can recognize and respond to discriminatory practices, Resources and actions to advocate for fair treatment in housing. Participants will receive \$25 Amazon E-Gift Card for attending the full 1-hour workshop with camera on.

RSVP: <https://us02web.zoom.us/meeting/register/PtK8yXi8RG-u9gW8qa3AtA>

### **Workshop: Simplifying Saving and Spending - Financial Literacy Workshop**

Wednesday, April 23, 2025, 4 p.m. - 5 p.m.

Take control of your financial future. Our Simplify Your Spending and Saving Strategies presentation can help you bring balance to your budget. You'll learn more about: setting personal financial goals, balancing saving, spending and borrowing to help achieve your goals, strategies for controlling debt and improving credit scores, practical savings options for now through retirement. Presented by: Isaac McCabe, Financial Advisor. Participants will receive \$25 Amazon E-Gift Card for attending the full 1-hour workshop with camera on. This workshop is supported with public funds through the NYC Civic Engagement Commission's The People's Money participatory budgeting program.

Register: [https://us02web.zoom.us/meeting/register/-GVqGJjiRhmcTy4\\_yK\\_XUw](https://us02web.zoom.us/meeting/register/-GVqGJjiRhmcTy4_yK_XUw)

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RSVP at [www.tinyurl.com/CIDNY4All](http://www.tinyurl.com/CIDNY4All)

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## **Empowerment Group for Individuals with Disabilities**

Join us for an inspiring and transformative experience! Our empowering group meets on Wednesdays for eight weeks, both in-person in our Manhattan office and online. This is your chance to connect with a supportive community where you can learn, grow, and share experiences. Our sessions focus on identity, self-acceptance, and the importance of building vital support networks in a welcoming environment.

What You Can Expect:

- Engaging discussions and activities
- Valuable resources and support
- A small group setting (6-10 participants) for meaningful interactions
- Flexible options to attend in-person or virtually

Don't miss out on this unique opportunity to be part of a transformative journey. For more information contact Eric Blazsek, LMHC, MPA at [eblazsek@cidny.org](mailto:eblazsek@cidny.org) to find out about upcoming open groups.

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## **Accredited Continuing Education Courses For NYS Licensed Mental Health Professionals**

Reminder! 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.

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 while getting your required CE credits.

Upcoming courses:

- Wed. 04/16/2025 – Trauma and Disability - [Register here](#)

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

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## **Deadline Reminder: HEAP Benefits Close On April 7**

This is a reminder that HEAP Regular and Emergency Benefits will close on Monday, April 7, 2025, at 5 p.m. All applications submitted online via ACCESS HRA or postmarked on or before the deadline will be processed.

HEAP helps low-income households meet the cost of heating their homes. The benefit can pay for fuel, your utility source, and heating equipment replacement and repairs. The benefit is paid directly to the heating vendor or utility company.

If you need assistance with HEAP, now or in the future, please contact us. For more information visit <https://access.nyc.gov/programs/home-energy-assistance-program-heap/#how-it-works>

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## **Inclusive Food Security Study**

The folks at the University of New Hampshire are seeking participants for a food security study. We are sharing the information below.

Are you or your home having trouble getting enough food? Do you ever worry that you won't be able to get enough food for the week? We'd like to hear from you. We want to interview people with intellectual and developmental disabilities (IDD) and their families to understand why they might be food insecure. Food insecurity, or not being able to get enough food, can affect health, well-being, and quality of life. With your help, we can better understand and address food insecurity for people with IDD and their families. There are limited spaces, so not everyone who signs up may be asked to take part in this study. You may be able to take part in this study if:

- You have an intellectual or developmental disability or are the parent/guardian for someone with an intellectual or developmental disability
- You are at least 18 years old

- You speak English
- You live in the United States
- You or your home have trouble getting enough food

If it looks like you qualify for the study, you will get a screening call to get more information and possibly schedule an interview. The interview will be around one hour and we will ask you questions about why you have trouble getting enough food.

For more information, visit: <https://iod.unh.edu/food-nutrition-security-among-people-disabilities/inclusive-food-security-people-idd-ifidd/inclusive-food-security-study>

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## **LIFE PRESERVER: Impactful Environmental Activism Through Creative Expression for People With Disabilities**

Ever wanted to have more of a voice in how environmental, climate or pollution issues affect, worry or anger you as someone with a disability ... and do that through your own personal artistic or written expression ... and also possibly earn money from what you create? Thanks to funding from The Puffin Foundation and the support of Center for Independence of the Disabled, New York (CIDNY), LIFE PRESERVER, a free one-time virtual (Zoom) webinar and arts workshop, will allow you to share the importance of having your voice heard on environmental, climate and pollution issues using the tools of personal artistic and/or written expression. If you complete the 1-hour webinar and arts workshop AND submit (via email or in person) your communicative artistic or written expression together with your name for display at the October 27, 2025 CIDNY Gala by no later than Monday, September 15, 2025 at 5 p.m., you will also receive a digital Visa Gift Card for \$25 usable anywhere where Visa is accepted to cover the cost of any materials you used, and that includes pens, paper and any display frames or easels for whatever you are submitting. Additionally, if someone purchases your artistic or written work during the Gala, you will also receive 50% of that payment, and the other half will go to towards the great work CIDNY is doing in order to support your health, well-being and longterm success! This contribution may also qualify as a personal tax deduction because CIDNY is a registered 501(c) (3) organization. Please register on the Eventbrite app or website by searching for LIFE PRESERVER. For more information, please email [LadyScreenwriter@aol.com](mailto:LadyScreenwriter@aol.com) or call or text [917-930-3058](tel:917-930-3058). For CIDNY video phone calls (TTY capability) call [646-350-2681](tel:646-350-2681).

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## **Jobs at CIDNY – Come Work With Us!**

We have a few open jobs at CIDNY. Below is a list of our current open roles. Please visit <https://www.cidny.org/jobs/> for more information, full job descriptions, and our

most recent job listings. Come join our team help fellow New Yorkers, and get great benefits!

- ASL Benefits Counselor - Manhattan
- Benefits Counselor – Manhattan
- Independent Living Specialist
- LTCOP Ombudsman Advocate/Brooklyn Nursing Homes
- NY Connects Outreach Specialist - Brooklyn
- OHS Housing Specialist
- Peer Independent Living Specialist
- Transition Specialist
- Veteran Direct Care Independent Living Specialist

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## CIDNY In The News

Check out some our recent media coverage, linked below. You can always see CIDNY in the news stories at <https://www.cidny.org/media-coverage>.

- [Stirring Through Challenges in the Kitchen: Strategies for People with Disabilities](#) (Next Avenue)
- [Social Security changes backed by DOGE 'a recipe for disaster,' advocates say](#) (Scripps News)
- [New York City Council report decries Adams' involuntary hospitalization policy](#) (Newsday)
- [House Democrats hold 'Medicaid Day of Action' in NY](#) (WPIX)