

## **CIDNY Queens February 2025 Newsletter**

### **Hello from CIDNY**

Thank you for taking the time to read our February 2025 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. 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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### **CIDNY's Consumer Action Network (CAN) Meeting**

Wednesday, February 19, 2025, 1 p.m. – 3 p.m.

Join us as we share our Lobby Day 2025 experiences, insight, and feedback.

Please RSVP in advance at: [www.tinyurl.com/CIDNY4All](http://www.tinyurl.com/CIDNY4All) or email 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

Thursday, February 6, 2025

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. Workshops, when scheduled, are held on Thursdays at 12 p.m. – 2 p.m. and/or 3 p.m. – 5 p.m. via Zoom. For more information and/or to RSVP, please contact: Rachel Smith at [rsmith@cidny.org](mailto:rsmith@cidny.org) or [646-216-8543](tel:646-216-8543).

### Vaccine Event

Friday, February 7, 2025, 10 a.m. – 2 p.m.

Stop by CIDNY's vaccine event with US Aging 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). Please call 212-674-2300 if you have any questions.

### Career Workshop

Thursday, February 13, 2025

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. Workshops, when scheduled, are held on Thursdays at 12 p.m. – 2 p.m. and/or 3 p.m. – 5 p.m. via Zoom. For more information and/or to RSVP, please contact: Rachel Smith at [rsmith@cidny.org](mailto:rsmith@cidny.org) or [646-216-8543](tel:646-216-8543).

### Career Workshop

Thursday, February 20, 2025

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. Workshops, when scheduled, are held on

Thursdays at 12 p.m. – 2 p.m. and/or 3 p.m. – 5 p.m. via Zoom. For more information and/or to RSVP, please contact: Rachel Smith at [rsmith@cidny.org](mailto:rsmith@cidny.org) or [646-216-8543](tel:646-216-8543).

### **Vaccine Event**

Friday, February 21, 2025, 10 a.m. – 2 p.m.

Stop by CIDNY's vaccine event with US Aging 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). Please call 212-674-2300 if you have any questions.

### **Career Workshop**

Friday, February 28, 2025

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. Workshops, when scheduled, are held on Thursdays at 12 p.m. – 2 p.m. and/or 3 p.m. – 5 p.m. via Zoom. For more information and/or to RSVP, please contact: Rachel Smith at [rsmith@cidny.org](mailto:rsmith@cidny.org) or [646-216-8543](tel:646-216-8543).

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## **NYC Congestion Pricing: How to Apply for the Individual Disability Exemption**

Did you know that there is a disability exemption for NYC's congestion pricing program?

The Individual Disability Exemption Plan (IDEP) is available for individuals who have disabilities or health conditions that prevent them from using transit. IDEP can be applied to a vehicle registered to the applicant, or to a vehicle registered to a person the applicant designates, such as a family member or a caregiver, if they use that vehicle to drive the applicant in the Congestion Relief Zone. Other discounts may be available, including Low-Income Discounts.

Below is the process to apply for the Individual Disability Exemption Plan. If you need assistance with applying or have questions, you can reach out to CIDNY at any time.

Steps to apply for Congestion Pricing IDEP:

- Step 1: Confirm Eligibility
  - Ensure the vehicle is registered to you or a caregiver if you have a disability preventing public transit use

- Prove eligibility through an IDEP assessment, Access-A-Ride enrollment, or PPPD enrollment (as of 11/15/2025).
- Step 2: Get Assessed (if needed)
  - Call the appropriate number to schedule an IDEP assessment (9 a.m. - 5 p.m.) - Brooklyn, Queens, Bronx: 844-233-3377; Manhattan: 888-811-1050; Staten Island: 866-685-0690
  - Print and complete the IDEP Eligibility Assessment application to bring to the appointment.
- Step 3: Set Up E-ZPass
  - Ensure you have an E-ZPass New York account or sign up online if needed and update license plate details in your account.
- Step 4: Apply for IDEP
  - Complete the online IDEP application on the MTA or E-ZPass website.
  - Wait for an approval or denial notice, which will include appeal instructions if denied.

If you need assistance with the application or encounter any issues you would like to report, please contact [ahumphrey@cidny.org](mailto:ahumphrey@cidny.org).

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## **The NYC Department of Social Services' Office of Disability Affairs and Center For Independence of the Disabled, New York invite you to a Focus Group!**

Are you deaf and use ASL to communicate? We need your help. Join our focus group to discuss a new communication card ("Communicard"). This card will help people who are deaf to communicate basic needs in NYC shelters. They will be able to point to images to request things like food, a toothbrush, or medical help, when getting an interpreter might take too long.

### **Why Join the Focus Group?**

- Provide us with feedback to improve the Communicard.
- Help us create the best tool for the community.
- Enjoy a light breakfast!

### **General Information:**

- **When:** Thursday, February 6, 2025, 10 a.m. - 11:30 a.m.
- **Where:** 1010 Avenue Of The Americas, Suite 301, New York, NY 10018 (located on the corner of 6th avenue and 38th street)

- **Who Can Join:** People who are deaf and use ASL
  - **RSVP:** Please RSVP to Massiel Felix at [mfelix@cidny.org](mailto:mfelix@cidny.org)
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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. 02/26/2025 – Disability 101 - [Register here](#)
- Wed. 03/05/2025 – Impact of Disability During the First Session - [Register here](#)
- Wed. 03/26/2025 – History of Deinstitutionalization - [Register here](#)
- Wed. 04/02/2025 – Trauma and Disability - [Register here](#)

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

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## Seeking Interview Participants

A student researcher at Barnard College is looking for people to share their stories of navigating disability benefits programs. You must live in New York State and have applied for disability benefits such as SSDI, SSI, worker's compensation, or a similar program. Interviews will last between 60 and 80 minutes and can be conducted via Zoom or in person, depending on your preference. If you are interested, please reach out directly to Myriam Joseph-Schilz at [mmsj2155@barnard.edu](mailto:mmsj2155@barnard.edu) or [202-910-8313](tel:202-910-8313).

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## Vaccine Reminder and No Cost Vaccine Events

Don't wait – get up to date on your flu and COVID-19 vaccines, and check with your health care provider to see if you're eligible for an RSV vaccine. You can stop by one of

CIDNY's vaccine events to received a no-cost flu or COVID-19 vaccine. There is no cost and no insurance is needed. \$75 E-Gift Card For Those Vaccinated.\*

We have two vaccine events coming up. Both will take place at CIDNY's Manhattan office (1010 Avenue of the Americas, 3rd Floor, New York, NY 10018).

- Vaccine Event: Friday, February 7, 2025, 10 a.m. - 2 p.m.
- Vaccine Event: Friday, February 21, 2025, 10 a.m. - 2 p.m.

Visit <https://www.cidny.org/calendar> for the most up to date information. Please call 212-674-2300 if you have any questions.

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## **AAHD College Scholarship Opportunity**

AAHD has announced their 2025 Scholarship Program. The AAHD Frederick J. Krause Scholarship on Health and Disability is awarded annually to deserving students with a disability who are pursuing undergraduate or graduate studies in an accredited university. This scholarship recognizes students pursuing studies related to health and disability, particularly majors that will impact the quality of life of persons with disabilities. Preference will be given to students majoring in public health, health promotion, disability studies, disability research, rehabilitation engineering, audiology, disability policy, special education, or other fields related to disability and health.

For more information or to apply, visit <https://aahd.us/initiatives/scholarship/>. The deadline to apply is March 3, 2025.

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## **No-Cost Mammogram Screening**

Brooklyn Neighborhood Health is bringing free mammograms via a mammogram bus.

What: Mammogram Bus Free Mammogram Screening

When: Friday May 16, 2025, 9 a.m. – 4:30 p.m.

Where: 485 Throop Ave Brooklyn NY 11221

To be eligible you must be: a woman aged 40 - 75, currently living in New York City, have had no Mammogram in the past 12 months. Services are at no-cost. No co-pays required and deductibles are waived. Uninsured patients also welcomed. Please bring your photo ID and health insurance card (if insured)

For information, questions, or to schedule a no-cost mammogram, email [cjosephleconte@health.nyc.gov](mailto:cjosephleconte@health.nyc.gov) or call 718-637-5317 or 1-877-628-9090.

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## Free COVID-19 Tests May Still Be Available

COVID-19 has recently been on the rise in NYC. If you haven't taken advantage of the opportunity yet, free COVID-19 tests may still be available to you! Every U.S. household is eligible to order 4 free at-home tests.

You can order tests at <https://covidtests.gov> or by calling 1-800-232-0233 (TTY 1-888-720-7489). Please take advantage of this while it is available. Supplies are limited.

Many COVID-19 tests have extended expiration dates, so you may be able to use your COVID-19 tests after the expiration date that is printed on the box. To find out if your test has an extended expiration date, check the FDA's list of extended expiration dates at <https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests>

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## IdeaSpark Entrepreneurship Program

The IdeaSpark Program is a collaboration between The Viscardi Center (TVC) and the Hynes Institute of Entrepreneurship & Innovation at Iona University.

The IdeaSpark Program engages individuals with disabilities in developing an entrepreneurial mindset. Participants will discover what it takes to be an innovator and entrepreneur by engaging in a series of activities that will let them define an entrepreneurial opportunity and explore its feasibility over a six-week period. Embedded in the free virtual program will be opportunities for participants to interact with entrepreneurs and experts in their fields, as well as partner with Iona University students serving as Peer Mentors. Participants will be given challenges that will help them develop and apply entrepreneurial skills in action. At a culminating Second Annual IdeaSpark Program Pitchfest event, they will practice presentation skills and share aspects of their personal learning experiences, while pitching their business ideas and competing for equity-free cash grants.

To be eligible, people must: Be 18 years of age or older and self-identify as having a disability, have a defined business concept, or are actively launching a business, commit to attend all class sessions and complete assignments, sign the participant agreement.

The deadline to apply is March 10, 2025. For more information, visit <https://www.ViscardiCenter.org/IdeaSpark> - Questions may be directed to [entrepreneurship@viscardicenter.org](mailto:entrepreneurship@viscardicenter.org).

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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
- Chief Program Officer
- Healthcare Advocate - IDD
- Independent Living Specialist
- LTCOP Ombudsman Advocate/Brooklyn Nursing Homes
- Nutrition Outreach and Education Program (NOEP) Coordinator
- OHS Housing Program Intake Coordinator
- OHS Housing Specialist
- Part Time Open Doors (MFP) Transition Specialist
- Transition Specialist

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## CIDNY In The News

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

- [Prioritizing therapy and mental health in 2025: Navigating challenges and embracing healing](#) (Afro News)
- [Planned transformation of former Willowbrook State School highlights commitment to inclusivity, empowerment, change](#) (Staten Island Advance)
- [How accessible is the subway? News 12 gets a look at how a rider navigates the system](#) (News 12)
- [Last page in library mess](#) (Queens Chronicle)
- [Library's violations of ADA being fixed](#) (Queens Chronicle)
- [Justice Department orders Queens Public Library to make LIC branch accessible](#) (Queens Daily Eagle)



- Disabled New Yorkers weigh in on congestion pricing launch (NY1 Spectrum News)