

CIDNY January 2026 Newsletter

Hello from CIDNY

Thank you for taking the time to read CIDNY's January 2026 newsletter. Happy New Year!

If you know someone who would like to receive our email newsletter, please forward this or have them sign up here: <https://forms.office.com/r/5FCJP8Auiv>.

Please note that the information in this newsletter is subject to 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 bottom-right corner of the CIDNY 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

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.](#)

CIDNY's Consumer Action Network (CAN) Meeting

Wednesday, January 14, 2026, 1 p.m.

Join us as we discuss Medicaid and the Affordable Care Act, the impact of cuts to the programs, and primary care coverage.

Please RSVP in advance at <https://www.tinyurl.com/CIDNY4All> or by emailing Mbacke Thiam at 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 and at least two weeks in advance. For more information, please call 212-674-2300. Thank you!

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. For all events, please visit <https://www.cidny.org/calendar>.

Career Workshops

Thursday, January 8, 2026, 3 p.m.

Thursday, January 15, 2026, 3 p.m.

Thursday, January 22, 2026, 3 p.m.

Thursday, January 29, 2026, 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.

RSVP: <https://forms.office.com/r/LXiN9bmbSq>

Digital Literacy Office Hours

Friday, January 16, 2026, 1 p.m. – 2 p.m.

Friday, January 23, 2026, 1 p.m. – 2 p.m.

Friday, January 30, 2026, 1 p.m. – 2 p.m.

This is a free open office hours event at CIDNY's Manhattan office (1010 Avenue of the Americas, Suite 301, New York, NY 10018) to learn the basics and build confidence using technology. This event will occur on Fridays beginning on January 16 and ending on May 22. These events are open to adults age 55+. RSVP is not required. For questions or more information, please call Sara at 646-849-8303.

Digital Literacy Workshop: Internet Basics

Tuesday, January 20, 2026, 12 p.m. – 1 p.m.

Location: CIDNY Manhattan 1010 Avenue of the Americas, Suite 301, New York, NY 10018

This is a free course on internet basics and safety open to open to adults age 55+. A stipend available to first-time attendees. To register, please call Sara at 646-849-8303.

Lobby Day In Albany

Tuesday, February 3, 2026

Lobby Day with CIDNY is an opportunity for advocates to discuss bills and legislation that impact people with disabilities, directly with the policy makers. We'll be taking

a bus to Albany, departing from CIDNY's Manhattan office. In order to join us for Lobby Day, you must attend one of our prep meetings on Wednesday, January 21, 2026 at 1 p.m. or Wednesday, January 28, 2026 at 6 p.m. to learn more about our legislative agenda. Please note that this event requires a significant amount of walking/traversing throughout the capitol building so wear comfortable shoes or bring your mobility devices. Space is limited, please RSVP as soon as possible.

RSVP: <https://forms.office.com/r/c0rSR1Pyem>

Digital Literacy Workshop: Email Basics

Tuesday, February 3, 2026, 12 p.m. – 1 p.m.

Location: CIDNY Manhattan 1010 Avenue of the Americas, Suite 301, New York, NY 10018

This is a free course on email basics and safety open to open to adults age 55+. A stipend available to first-time attendees. To register, please call Sara at [646-849-8303](tel:646-849-8303).

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Join us for Lobby Day in Albany on Tuesday, February 3, 2026!

Lobby Day with CIDNY is an opportunity for advocates to discuss bills and legislation that impact people with disabilities, directly with the policy makers.

We'll be taking a bus to Albany, departing from CIDNY's Manhattan office: 66w 38th Street New York, NY 10018. In order to join us for Lobby Day, you must attend one of our prep meetings on Wednesday, January 21, 2026 at 1 p.m. or Wednesday, January 28, 2026 at 6 p.m. to learn more about our legislative agenda.

For more info, email Mbacke Thiam at mthiam@cidny.org or call [212-674-2300](tel:212-674-2300).

Please RSVP in advance at:
<https://forms.office.com/r/c0rSR1Pyem>

Mulchfest- Queens and Beyond

Wrap up the holiday season by saying goodbye to your tree at a Mulchfest site near you! Drop it off and have it converted into mulch to make NYC even greener and help keep sidewalks clear. Please remember to remove all lights, ornaments, and netting before bringing a tree to a Mulchfest site. Free bags of mulch will be available at select sites on Jan. 10 and 11 between 10:00 a.m. and 2:00 p.m.

For more information and/or to find your Mulchfest site, visit nyc.gov/parks/mulchfest or by call 311

Queens Community Board Applications Are Now Open

Looking for a way to serve your community? Borough President Donovan Richards Jr. is now accepting applications from qualified, civic-minded individuals interested in joining one of Queens' 14 Community Boards, which play an important advisory role in considering land and zoning matters, city service delivery and more. The application deadline is Friday, February 13, 2026. Those interested can apply at bit.ly/communityboard2026.

Home Energy Assistance Program (HEAP)

In case you missed it, the Home Energy Assistance Program is now open. The Home Energy Assistance Program (HEAP) is a federally funded program that helps low-income homeowners and renters heat and cool their homes.

If you need help with this or other public benefits and services, please reach out to us.

For more information about this program, please visit <https://www.nyc.gov/site/hra/help/energy-assistance.page>

Join CIDNY's Next Empowerment Group For People With Disabilities

Join us for an inspiring and transformative experience! Reach out now to reserve your spot in our next group.

This group meets online via Zoom weekly for a total of eight sessions. 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 (6-8 participants) for meaningful interactions

Don't miss out on this unique opportunity to be part of a transformative journey.

For more information, contact Eric Blazsek, LMHC-D, MPA at eblazsek@cidny.org to find out about upcoming open groups.

Accredited Continuing Education Courses For NYS Licensed Mental Health Professionals 2026!

Registration is available for upcoming 2026 continuing education courses! CIDNY is currently offering accredited Continuing Education (CE/CEU) courses for mental health professionals licensed in New York State (NYS). 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 of licensure. The program currently offers accredited courses to NYS licensed practitioners holding LMSW, LCSW, LMHC designations, with selected courses available for licensed psychologists.

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 include:

- Impact of Disability in the First Session: January 7, 2026 - [Register here](#)
- Impact of Disability in the First Session: January 28, 2026 - [Register here](#)
- Impact of Disability in the First Session: March 11, 2026 - [Register here](#)
- Impact of Disability in the First Session: April 1, 2026 - [Register here](#)
- Impact of Disability in the First Session: April 15, 2026 - [Register here](#)

- Trauma and Disability: January 14, 2026 - [Register here](#)
- Trauma and Disability: February 18, 2026 - [Register here](#)
- Trauma and Disability: March 25, 2026 - [Register here](#)
- Trauma and Disability: April 29, 2026 - [Register here](#)
- Trauma and Disability: May 27, 2026 - [Register here](#)

- Disability 101: January 21, 2026 - [Register here](#)
- Disability 101: March 4, 2026 - [Register here](#)
- Disability 101: April 8, 2026 - [Register here](#)
- Disability 101: May 6, 2026 - [Register here](#)

- History of Deinstitutionalization: February 11, 2026 - [Register here](#)
- History of Deinstitutionalization: February 25, 2026 - [Register here](#)
- History of Deinstitutionalization: March 18, 2026 - [Register here](#)
- History of Deinstitutionalization: April 22, 2026 - [Register here](#)

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

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 up-to-date job listings. Come join our team, help fellow New Yorkers, and get great benefits!

- [Bilingual Licensed Mental Health Counselor \(English/Spanish\)](#)
- [Director of Human Resources](#)
- [ICAN Health Care Advocate](#)
- [Independent Living Specialist](#)

- LTCOP Ombudsman Advocate/Brooklyn Nursing Homes
 - NY Connects Benefits Counselor - Brooklyn
 - 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>.

- Disability advocates push for MTA to move forward with accessibility improvements (News 12)
- NYS experts offer ways to address holiday mental health challenges (En Español) (Public News Service)
- Stranded at home by a broken elevator. NYC lift complaints keep rising. (Gothamist)
- Mayor-Elect Mamdani on Housing Pressures Facing Disabled New Yorkers (Able Newspaper)
- Independent Living Centers (Inside Rehabilitation Counseling)

- MTA's Redesign of Flatbush Avenue Will Speed Up the B41 Route (New York City News Service)
- Mamdani Pledges More Inclusive Hiring for Disabled New Yorkers (Able Newspaper)
- Need the emergency exit? Be prepared to wait 15 seconds in NYC. (USA Today)
- NYS bill requires timely state reimbursement to nonprofits (En Español) (Public News Service)
- Around Our Town (Able Newspaper)
- Mold, Inaccessible Bathrooms, Unlivable Conditions: Disabled New Yorkers Say 'Hotel-for-Housing' is Failing Them (WJFF Radio Catskill)