

CIDNY February 2026 Newsletter

Hello from CIDNY

Thank you for taking the time to read CIDNY's February 2026 newsletter.

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, February 18, 2026, 1 p.m.

We'll be discussing our advocacy efforts from our Lobby Day 2026 visit. You don't need to have attended Lobby Day to join this meeting. All are welcome!

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, February 5, 2026, 3 p.m.

Thursday, February 12, 2026, 3 p.m.

Thursday, February 19, 2026, 3 p.m.

Thursday, February 26, 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, February 6, 2026, 1 p.m. – 2 p.m.

Friday, February 13, 2026, 1 p.m. – 2 p.m.

Friday, February 20, 2026, 1 p.m. – 2 p.m.

Friday, February 27, 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 through May 22, 2026. These events are open to adults age 55+. RSVP is not required. For questions or more information, please call Sara at [646-849-8303](tel:646-849-8303).

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 adults age 55+. A stipend available to first-time attendees. To register, please call Sara at [646-849-8303](tel:646-849-8303).

Digital Literacy Workshop: Cybersecurity Basics

Tuesday, February 17, 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 cybersecurity basics and online safety 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).

Snow Removal/Complaint Resources

Recent winter weather, including significant snow, ice, and freezing temperatures have left many New Yorkers looking for resources. We have compiled a few resources below that may help in these situations.

To file complaint about snow removal, blocked sidewalks, and blocked curb cuts, contact 311: <https://portal.311.nyc.gov/article/?kanumber=KA-01397>

You can find information about Warming Centers and W.A.R.M. (Winter Access, Relief and Medical) outreach teams at <https://portal.311.nyc.gov/article/?kanumber=KA-03702>

When there is snow, and plows are active, you check the status of plows and plowed streets here: <https://plownyc.cityofnewyork.us/plownyc/>

If you would like to share a story or pictures about how the snow has affected you, you can send them to jpeters@cidny.org. We use these stories and photos to show City representatives the impact these storms have on people with disabilities.

Queens Community Board Applications Are Still Open Until 2/13

Applications are still open! Are you looking for a way to serve your community? Borough President Donovan Richards Jr. is 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.

There are also additional opportunities for Veterans throughout the five boroughs. If you are a Veteran interested in joining the Community board of other boroughs, you can find available opportunities here:

<https://www.nyc.gov/site/veterans/community/community-boards.page>

Con Ed Energy Affordability Program (EAP) Now Open

Did you know that if you are a Con Ed customer, there is a program that may help you with your bills? The Energy Affordability Program (EAP) is intended to help those who are experiencing difficulties paying their bills.

For more information on the program, visit conEd.com/EAP

Home Energy Assistance Program (HEAP)

It's been very cold with temperatures dropping to dangerous levels. We're sharing this information about the Home Energy Assistance Program (HEAP) program once again. The Home Energy Assistance Program (HEAP) is a federally funded program that helps low-income homeowners and renters heat and cool their homes. Applications will be accepted until funds are exhausted.

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>

Paid Research Opportunity

We are sharing the message below from the [Shirley Ryan AbilityLab](#) about a research opportunity with the [Rehabilitation Research and Training Center](#) on Home and Community-Based Services. Researchers are looking for people who receive Home and Community Based Services (HCBS) to pilot test surveys designed to evaluate the person-centeredness of their services. Please note this program is not affiliated with CIDNY.

Participants will undergo a brief screening and consent call (Zoom or phone, unpaid) and will complete two or more 10-minute surveys on different aspects of their HCBS (online, via Zoom with a research assistant, or via phone) and will receive a \$30 gift card for each completed survey. Participants will complete the same surveys 2 to 9

months later for \$40 per completed survey. Participants can complete up to 6 surveys for a total of \$200.

To see if you are eligible for the study, take this quick screener: <https://redcap.link/hcbsquality>. For more information email hcbs-rrtc@sralab.org.

Join CIDNY's Next Empowerment Group For People With Disabilities

We have a new group starting soon! 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.

Queens Bus Network Redesign

Have you been impacted by the Queens Bus Network Redesign? According to the website, "The Queens Bus Network Redesign is a historic effort to bring new and improved transit service to New York's largest borough. We've worked iteratively over the last five years to develop and refine proposals that meet riders' needs, modernize service, and improve operations for our workforce." You can find out more at <https://www.mta.info/project/queens-bus-network-redesign>.

We want to know of any of the changes have impacted you directly. If they have and you are willing to share your experience, please reach out to jpeters@cidny.org.

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: 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: 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: 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!

- Benefits & Outreach Coordinator (Bilingual in Cantonese, Mandarin or Spanish)
- Bilingual Licensed Mental Health Counselor (English/Spanish)
- Director of Human Resources
- LTCOP Ombudsman Advocate/Brooklyn Nursing Homes
- NY Connects Benefits Counselor - Brooklyn
- Transition Specialist

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>. You may have heard CIDNY recently on WNYC as well.

- NYC asks for 'patience' clearing snow. For the elderly and disabled, it's a problem now. (Gothamist)
- Break out the shovels ... and hot tubs. NYC and New Yorkers gear up for the storm. (Gothamist)
- As Mayor Mamdani Takes Office, Disability Community Seeks Action Beyond Words (Able Newspaper)