

## **CIDNY May 2026 Newsletter**

### **Hello from CIDNY**

Thank you for taking the time to read CIDNY's May 2026 newsletter. May is Mental Health Awareness Month.

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](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**

Tuesday, May 19, 2026, 1 p.m. - 3 p.m.

Join us on Tuesday, May 19 at 1 p.m. for our May CAN meeting. May is Mental Health Awareness Month and we will host a discussion on the impact of mental health and the stigma around seeking therapy. After the discussion we will host a one-hour community relaxation workshop, open to all. Refreshments will be provided. Please note that May's CAN meeting is on a Tuesday.

Below is an outline of what you can expect during the relaxation workshop.

- Gentle grounding and mindfulness. Breath, sound, and body awareness. Noticing the present moment without changing anything. Adapted for all bodies and ways of attention.

- Personal affirmation (optional). A short supportive phrase or intention. Something simple to return to during the session.
- Gentle movement (yoga-inspired). Slow weight shifting and light stretching. Gentle movement of shoulders, arms, hands, and upper body. Adapted for all bodies and energy levels.
- Progressive relaxation. Guided release of tension through the body. Head-to-toe muscle relaxation. No movement required.
- Guided imagery. Restorative inner experience focused on calm, ease, and safety. Flexible and adaptable for different ways of experiencing imagery.
- Closing integration. Gradual return to the room and surroundings. Awareness of breath and body support. Gentle ending and grounding.
- Participation options throughout. Standing. Sitting. Gentle movement. No movement.

Please RSVP in advance at <https://www.tinyurl.com/CIDNY4All> 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 and at least two weeks in advance. 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. For all events, please visit <https://www.cidny.org/calendar>.

### **Career Workshops**

Thursday, May 14, 2026, 3 p.m.

Thursday, May 21, 2026, 3 p.m.

Thursday, May 28, 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, May 8, 2026, 1 p.m. – 2 p.m.

Friday, May 15, 2026, 1 p.m. – 2 p.m.

Friday, May 22, 2026, 1 p.m. – 2 p.m.

Friday, May 29, 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: Cybersecurity Basics**

Tuesday, May 5, 2026, 12 p.m. - 1 p.m.

This is an in-person digital literacy workshop on cybersecurity basics for consumers age 55+. No registration is needed. First time attendees to a digital literacy event are eligible for a stipend.

## **Digital Literacy Workshop: Email Basics**

Tuesday, May 19, 2026, 12 p.m. - 1 p.m.

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

This is an in-person digital literacy workshop on email basics for consumers age 55+. No registration is needed. First time attendees to a digital literacy event are eligible for a stipend.

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## **The Future of MOPD Forum 2026 | Recording**

What should the Mayor's Office for People with Disabilities (MOPD) do for New Yorkers? This is what we asked at a two-part forum in April. If you were unable to attend, but would still like to view the forum, you can stream the full event at the link below for a limited time.

<https://disabilityunite.org/live-stream-center/>

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## **Intro 303 – Take Action!**

Intro 303 Risks Home Care & Jobs The law aims to protect workers, but is fundamentally flawed. If the bills passes, at least 14,000 people could lose the 24-hour coverage they depend on to remain safely in their homes and out of

institutional settings. Take action and tell the NYCC to reject this bill!

You can use the link below to contact your City Council member to voice your opposition to Intro. 303. You can contact them here:

<https://legalaidnyc.quorum.us/campaign/161562/>.

You can also learn more about the impact of Intro 303 (sometimes known as No More 24) by reading the op-ed linked below from Julia Yapez-Macbeth, who has 24-hour coverage. Read the full story here:

<https://www.amny.com/opinion/no-more-24-new-yorkers-at-risk/>.

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## **Help Shape The Future of Jamaica Station**

The MTA is currently accepting feedback regarding the future of Jamaica Station in Queens which is a hub for the Subway, Long Island Rail Road, and AirTrain. This is an opportunity for you to share your thoughts. Your voice and your thoughts matter. Let's make sure you are heard! You can fill out the survey at the link below.

Link: <https://tinyurl.com/JamaicaStationSurvey>

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## Help Shape The Interborough Express (IBX)

Join the MTA for in-person, interactive public workshops about the proposed light rail connection between Brooklyn and Queens.

Participants will be able to:

- Share your priorities for stations and train design, and your experience using transit.
- Hear background information and recent updates on the project.
- Have opportunities to ask the project team questions.
- Participate in family-friendly activities - all are encouraged to attend!

Upcoming Workshops:

- Thursday, May 7, 2026, 6–8 PM – PS 235K (Brooklyn: 5811 Ditmas Ave, Brooklyn, NY 11203)
- Wednesday, May 13, 2026, 6-8 PM – Maimonides Medical Center (Brooklyn: 4802 10th Ave, Brooklyn, NY 11219)
- Thursday, May 28, 2026, 6–8 PM – PS 88Q (Queens: 60-85 Catalpa Ave, Ridgewood, NY 11385)
- Saturday, May 30, 2026, 10 AM–12 PM – East New York Arts and Civic High School (Brooklyn: 800 Van Siclen Ave, Brooklyn, NY 11207)

For more information please visit: [mta.info/IBX](http://mta.info/IBX) For translation or interpretation into languages other than

English and Spanish, please contact us with advance notice at [IBXoutreach@mtacd.org](mailto:IBXoutreach@mtacd.org)

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## **Access to Independence Transportation Resource Fair**

Join the NYC Department of Transportation for a fun, inclusive afternoon focused on connecting people with disabilities and older adults to transportation resources. Whether you're looking for new transportation options, helpful tech, or simply want to connect with community resources, this event has something for everyone. RSVP is not required You can expect:

- Transportation providers and accessibility services
  - Travel training and live demonstrations
  - Transportation technology and apps
  - Disability and older adult resource organizations
  - Cultural programming and entertainment
  - Giveaways and more!
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- Date: Sunday, May 17, 2026
  - Time: 11 a.m. – 3 p.m.
  - Location: Union Square Park, North Plaza
  - Rain or shine
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## **Scholarship Opportunity: 2026 Tony Coelho Media Scholarship Application Now Open!**

Applications for the 2026 Tony Coelho Media Scholarship from the American Association of People with Disabilities (AAPD) are now open.

The Tony Coelho Media Scholarship will offer eight (8) scholarships to be used in the fall semester of 2026. High school seniors, undergraduate, and graduate students with disabilities who are pursuing careers in media, communications, or entertainment industries and who will be enrolled in college or a university during the fall of 2026 are eligible to apply. Each recipient will receive \$5,625 to help cover the cost of education at their college or university.

This scholarship has been named in honor of Tony Coelho, a former United States Representative from California and the primary author and sponsor of the Americans with Disabilities Act (ADA). The deadline to apply is Wednesday, May 29, 2026 at 5 p.m.

For more information and next steps to apply for this scholarship, please visit <https://www.aapd.com/tony-coelho-media-scholarship/>

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## **Paid Research Study: Pregnancy Experiences**

The Bostin University School of Public Health is seeking parents with disabilities to share their pregnancy story. Receive a \$100 Visa gift card. Please note this is not a CIDNY study.

You may be eligible if:

- You have a thinking, learning, or developmental disability.
- You were pregnant in the last 10 years.
- You used Medicaid during your pregnancy.

What happens if I join?

You will take part in two video calls on Zoom, can take breaks when you need them and ask questions anytime:

- Call 1: 30 to 45 minutes: We'll talk to see if the study is right for you
- Call 2: ~90 minutes: Share your pregnancy story with us

For more information, visit

<https://sites.bu.edu/rubenstein/promise-idd/> or email [promidd@bu.edu](mailto:promidd@bu.edu).

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## **PATH Reduced Fare Program**

PATH reduced fare riders: update your account information. With SmartLink retiring in Fall 2026, ensure your contact information is up-to-date for a smooth and efficient transition to the TAPP Reduced Fare Card. If you've certified/recertified within the last year and your contact information is unchanged, no further action is needed.

To update your records:

- Go to [panynj.gov/SrSmartLink](http://panynj.gov/SrSmartLink).
- Call [800-234-7284](tel:800-234-7284).
- Visit the Reduced Fare Application Center at Journal Square.

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

New continuing education courses are now available! 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. Each course is three hours and three units.

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.

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

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

- [Director of Human Resources](#)
- [NY Connects Benefits Counselor - Brooklyn](#)
- [Transition Specialist](#)
- [Veteran Direct Care Independent Living 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 strongly oppose NYC's 'No More 24' bill (En Español) (Public News Service)
- UPS Won't Bring Packages to Their Doors. Some Are Fed Up. (New York Times)
- No More 24 Act: Healthcare workers continue hunger strike amid negotiations (QNS)
- Home Care Workers Launch Hunger Strike as 24-Hour Work Shifts Persist (THE CITY)
- New Yorker Builds Transit Access App (Able News)
- Advocates Demand Transparency After CDPAP Overhaul (Able News)