cidny CENTER FOR INDEPENDENCE OF THE DISABLED, NY quick takes

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CIDNY November 2026 Newsletter

Hello from CIDNY

Thank you for taking the time to read CIDNY's November 2026 newsletter. Election Day is on Tuesday, November 3. If you don't know your polling place, you can find it here: https://vote.nyc/page/find-your-poll-site. Whether you helped CIDNY with poll site surveys, completed our post-election survey, or simply exercised your right to vote – it's important to make sure you are heard! Your voice and your support help to ensure that everyone can vote independently.

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).

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Please Like/Follow CIDNY on social media if you have not already.

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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, November 18, 2026, 4 p.m. – 6 p.m.

Join us on November 18 for CIDNY’s November CAN meeting. We’ll be speaking about education, postsecondary supports, and more. We’ll also have a number of guests joining us and more details to come as we get closer to the date. This event is hybrid with the option to attend in-person at CIDNY’s Manhattan office or online via Zoom.

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After our November meeting, our last CAN meeting of 2026 will be on Monday, December 7.

- What: CIDNY's Consumer Action Network (CAN) Meeting
- When: Wednesday, November 18, 2026, 4 p.m. – 6 p.m.
- Where: CIDNY's Manhattan office or online via Zoom

- RSVP: https://forms.cloud.microsoft/r/iVyt2jpieZ

Please RSVP in advance at https://forms.cloud.microsoft/r/iVyt2jpieZ 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

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

Tuesday Job Club
Tuesday, November 3, 2026, 2 p.m. - 3 p.m.
Tuesday, November 10, 2026, 2 p.m. - 3 p.m.
Tuesday, November 17, 2026, 2 p.m. - 3 p.m. – Resume Clinic

This group will focus on resumes, cover letters, and interview preparation. For the November 17 resume clinic, interested participants can send their resumes and cover letters by the end of the day on Monday, November 16, 2026. Please email cnasoff@cidny.org for a Zoom link.

Pathfinder Peer Group
Wednesday, November 4, 2026, 2 p.m. - 3 p.m.
Wednesday, November 18, 2026 2 p.m. - 3 p.m.
Location: CIDNY Manhattan: 1010 Avenue of the Americas, 3rd Floor, New York, NY 10018

CIDNY's Wednesday Pathfinder Peer Group is a counseling-focused group for individuals who are currently job seeking or already employed.

This group provides a supportive space to discuss the emotional and personal experiences that can come with

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searching for work, starting a new job, and maintaining employment. Please email cnasoff@cidny.org for more information.

Pre-Vocational Workshop
Thursday, November 5, 2026, 3 p.m. - 4:30 p.m.
Thursday, November 12, 2026, 3 p.m. - 4:30 p.m.
Thursday, November 19, 2026, 3 p.m. - 4:30 p.m.

This weekly workshop provides job opportunities, job fairs, and information on general job readiness skills. Please email cnasoff@cidny.org for a Zoom link.

2026 Citywide Transition Summit
Saturday, November 7, 2026, 10 a.m. - 2 p.m.
Location: John Jay College, 524 W. 59th St., New York, NY 10019

The Summit supports students with IEPs or 504 Plans and their families as they prepare for the transition from high school to college, careers, and independent living. Families will have access to guidance, resources, and information to help them plan for life after high school. This event is open to the public.

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RSVP/Registration information: https://forms.cloud.microsoft/pages/responsepage.aspx?id=tyxJGEXvYUWFcQxC5fesB9IokmPuXEpOtDejhbx1YtlUNDk4OEdZTlVNSEVJVFRWUEdKUVRHMlM2ViQlQCN0PWcu&route=shorturl

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The People's Money Idea Generation Workshops

CIDNY is hosting Idea Generation Workshops for this year's NYC Civic Engagement Commission (CEC) The People's Money participatory budgeting process! Join other New Yorkers like you to help decide how to use part of NYC's budget to improve our communities. In this workshop, we'll identify needs and craft ideas for programs or services that make life better for us and our neighbors. Then we'll submit our ideas to the CEC so New Yorkers can vote on which projects to implement. Your idea could be turned into an actual program or service for your community! Make your voice heard and help build a better NYC!

In-person workshop attendees will receive a $75 E-Gift Card (virtual workshop attendees will receive a $10 E-Gift Card) and be entered in our raffle for a chance to win a CIDNY Raffle Basket filled with goodies!

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Upcoming workshop dates include:

The People's Money: Virtual Idea Generation Session
Wednesday, November 4, 2026, 11 a.m.

Register:
https://us02web.zoom.us/meeting/register/3pdRtUr6Q9Czayeusq1mmQ#/registration

The People's Money: In-Person Idea Generation Session: CIDNY Manhattan
Friday, November 6, 2026, 1 p.m.

Register for in-person:
https://forms.cloud.microsoft/r/wnKhiRvVsV

Register for virtual:
https://us02web.zoom.us/meeting/register/N8EgGp94TBKl7J4lI-InGg

The People's Money: Virtual Idea Generation Session
Monday, November 9, 2026, 3 p.m.

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Register:
https://us02web.zoom.us/meeting/register/Kl_KyKYlR66biG5BTkOQzQ

The People's Money: In-Person Idea Generation Session: CIDNY Queens
Friday, November 13, 2026, 1 p.m.

Register for in-person:
https://forms.cloud.microsoft/r/y5PRvrVgyJ

Register for virtual:
https://us02web.zoom.us/meeting/register/euKg4IwKTyqNXCZ-JEZWSA

The People's Money: Virtual Idea Generation Session
Tuesday, November 17, 2026, 3 p.m.

Register:
https://us02web.zoom.us/meeting/register/GKl9ZEyhQ_mDBdzrMS2AOQ

The People's Money: In-Person Idea Generation Session: CIDNY Manhattan
Wednesday, November 18, 2026, 11 a.m.

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Register for in-person:
https://forms.cloud.microsoft/r/yhX3iQhiX4

Register for virtual:
https://us02web.zoom.us/meeting/register/NEycMyfzSLKx07lcEw5A0w

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2026 Election Post-Vote Survey

If you voted in the election on Tuesday, November 3, 2026 or voted early or absentee, please complete CIDNY's post-vote survey about your experience. Your help in identifying problems means that we can work to get them resolved. Every voter's experience that we hear about – including the good ones – makes a difference in our efforts to improve our election process.

If you cannot complete the survey online or have concerns that were not covered by the survey, contact CIDNY's Voting Community Organizer, Anna Humphrey, at 646-436-9906 or ahumphrey@cidny.org. Anna can help you complete the survey over the phone or take any complaints that are not covered in the survey.

Take the survey here:
https://forms.cloud.microsoft/r/z2kJaWMvSA

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National Survey on Health and Disability

The National Survey on Health and Disability (NSHD) is one of the largest national surveys asking people with disabilities about their experiences with health care access, housing, transportation, health insurance, community participation, and other life experiences. The survey is open to anyone age 18 or older with a physical, mental, emotional, or health condition – including people who may not identify as having a disability.

Can you spare a few minutes to help the Department of Disability Policy Studies at the University of Kansas by completing this survey?

Take the survey here: https://kuhealthsurvey.org

Home Energy Assistance Program (HEAP)

The Home Energy Assistance Program (HEAP) is a federally funded program that helps low-income homeowners and renters heat and cool their homes. Payments go directly to your utility company or energy provider. You can get HEAP even if utilities are included in your rent. Applications open on Monday, November 2, 2026.

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For more information on the program, visit: https://portal.311.nyc.gov/article/?kanumber=KA-02529

If you need help applying for these benefits, please contact us at info@cidny.org or 212-674-2300 and we will put you in touch with someone who can help!

Rides To Polls On Election Day

Do you or someone you know need a ride to the polls on Election Day? The folks at NCOA have partnered with Lyft to help older adults access affordable transportation to the polls through its Voting Access Program. Eligible riders can access up to $50 in Lyft ride credits per person to help cover transportation to and from the polls during early voting and on Election Day, Tuesday, November 3, 2026. Credits are valid through November 3, 2026, at 11:59 p.m., while funding lasts.

Get started here: https://www.lyft.com/ride-with-lyft?invite=NCOAELECTION26 (Ride code: NCOAELECTION26)

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Health Care Affordability Listening Sessions and Resource Fair

Join us at the Health Care Affordability Listening Sessions and Resource Fair on November 16. Looking for help with a health care issue? New Yorkers can come meet with agency leaders to share their issues and concerns, receive assistance or referrals, and learn more about health care rights and resources. New Yorkers can talk to agency leaders about their concerns and learn about rights and resources from state and city partners and community-based organizations.

Learn about:

- How to avoid health insurance scams
- Protections for medical debt
- How to get financial assistance from hospitals

What: Health Care Affordability Listening Sessions and Resource Fair
When: Monday, November 16, 2026, 5:30 p.m. - 8 p.m.
Where: LaGuardia Performing Arts Center 45-50 Van Dam St., Long Island City, NY
RSVP: https://www.eventzilla.net/e/health-care-affordability-listening-sessions-and-resource-fair-2138698195

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Please note this is not a CIDNY-run event.

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 split into a Part 1 and Part 2. Completing both parts is required to receive credit. Those registered will receive six continuing education credits upon completion of both parts of a course.

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.

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Upcoming courses include:

- History of Deinstitutionalization – Part 1: December 2 - Register here
- History of Deinstitutionalization – Part 2: December 9 - Register here

- Trauma and Disability – Part 1: January 13, 2027 - Register here
- Trauma and Disability – Part 2: January 27, 2027 - 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 Counselor – Queens
- Home Based Crisis Intervention (HBCI) Crisis Interventionist

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- Home Based Crisis Intervention (HBCI) Clinical Supervisor
- NY Connects Benefits Counselor – Bronx
- Transition Specialist
- Veteran Direct Care Independent Living 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.

- A Guide to the 5 Proposals on the Back of NYC Voters' Ballots (En Español) (City Limits)

- Advocating for Justice (Oct. 21) (WBAI)

- Your guide to voting in New York City this fall (Epicenter NYC)

- NYC disability rights group surveys polling place accessibility (En Español) (Public News Service)

- Disability Voting Rights Week Focuses on Inclusion at the Ballot Box (Able Newspaper)

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- Congestion Relief Delivers Cleaner Air, Faster Commutes, Advocates Tell Federal Court (Harlem World Magazine)