The United Nations (U.N.) recently recognized International Day of Disabled Persons (IDDP) with several events at U.N. headquarters in New York City.

The annual observance of Dec. 3, was proclaimed in 1992 by a U.N. General Assembly resolution to promote the rights and well-being of people with disabilities in all aspects of society. It is celebrated throughout the world.

This year, IDDP focused on the empowerment of people who are disabled for inclusive, equitable and sustainable development as anticipated in the 2030 Agenda for Sustainable Development and its 17 goals. The goals are related to education, growth, employment, inequality, accessibility of human settlements, data collection and monitoring of the goals.

"When we secure the rights of people with disabilities, we move closer to achieving the central promise of the 2030 Agenda – to leave no one behind," said Antonio Guterres, U.N. secretary general.

The one-day event was organized by the Department of Economic and Social Affairs. The opening program consisted of statements by global leaders who discussed ongoing efforts and their vision for continued development at the Department of Economic and Social Affairs of the United Nations Secretariat; Victor Calise, commissioner of the New York City Mayor’s Office for People with Disabilities; Annika Bryson Emmert, self-advocate; Mrudula Peddinti of Florida, Limbitless Solutions; Francesco Magisano of New York, Achilles International of New York; Caroline Gibson of New York, Microsoft.

Continued on page 16
Rent Freeze Programs Expand

More New York City tenants can now benefit from rent freeze programs for seniors and people with disabilities due to a recent change in the law that allows renters to keep preferential rents for as long as they remain in their apartment, according to Assemblymember Steven Cymbrowitz (D-Dist. 45), chair of the Assembly Housing Committee and prime sponsor of the preferential rent legislation.

This legislation was first introduced by Cymbrowitz when he became housing chair and was one component of the Housing Stability and Tenant Protection Act passed by the Legislature in June. Preferential rents, which affect nearly a third of rent-stabilized leases, involve landlords charging a preferential amount under the rent-stabilized maximum.

Previously, landlords were allowed to raise preferential amounts to the legal limit when a tenant’s lease was up for renewal. Now, preferential rents are locked in for the length of tenancy. Under the former system, tenants paying preferential rents were forced to wait until their rent reached the legal level to benefit from the Senior Citizen Rent Increase Exemption (SCRIE) and Disabled Rent Increase Exemption (DRIE) programs. “So many senior and disabled tenants in my district and across our city who paid preferential rents lived in fear of not being able to afford their apartments once their lease was up for renewal, but at the same time they couldn’t qualify for the city’s rent freeze programs until their rent was increased to a level they couldn’t afford,” said Cymbrowitz. “This Catch-22 made it essential to lock in preferential rents for the length of tenancy as part of the Housing Stability and Tenant Protection Act.”

SCRIE and DRIE, administered by the New York City Department of Finance, helps eligible senior citizens who are 62 and older and tenants with qualifying disabilities who are 18 and older stay in affordable housing by freezing their rent.

Eligibility also requires a household income of less than $50,000. Under this program, a property tax credit covers the difference between the actual rent amount and what a tenant is responsible for paying at the frozen rate. There are 74,666 households enrolled in these programs.

For information on the programs and specific eligibility criteria visit www.nyc.gov/rent-freeze.

Deadline for the February Issue of Able Newspaper Will Be Jan. 14
Mediticaid Matters New York is the statewide coalition representing the interests of the more than 6 and a half million people who are served by New York’s Medicaid program, in addition to the community-based organizations and safety-net providers that serve them.

The intent of the Medicaid program is to provide coverage to people with low-income and/or disabilities. According to Medicaid Matters, the New York state has been a national leader in providing public health insurance coverage and promoting health-care access. They claim that few states cover more people or provide as wide an array of community and home-based services.

The coalition asserts that overall the state has made significant progress toward encouraging person-centered care and reducing costs through Medicaid redesign. Medicaid Matters New York is concerned about the state’s Medicaid budget crisis. “The rest of the nation is looking to see how New York will meet its financial constraints while preserving what has distinguished its Medicaid program from all others,” Medicaid Matters said in a statement. “Medicaid Matters urges state policymakers to maintain its unwavering commitment to the Medicaid program and thoughtfully address the budget crisis by preserving its strengths. New York must show the nation that in times of financial challenge, we stand by our families, children, seniors and people with disabilities.”

Gov. Andrew Cuomo recently vetoed a bill, A7578/S5485, which would allow for automatic recertifications for many Medicaid recipients, including those with managed long-term care (MLTC), and would allow for automatic enrollment into an MLTC plan for those who are eligible to enroll but haven’t picked a plan.

Earlier, the Health Law Unit of the Legal Aid Society sent a letter to Cuomo urging him to sign the bills, which would have helped people with disabilities and the elderly from losing Medicaid, Medicare Savings Programs and/or home care coverage, despite being eligible. It was written by Rebecca Antar-Novick, director of the Health Law Unit.

The legislation to automate the annual Medicaid renewal process was created to protect consumers who were in jeopardy of having their benefits terminated because of unforeseen problems with the process. Automatic recertifications for MLTC and the Medicare Savings Program would have helped enrollees who are elderly, blind or disabled to avoid a burdensome and error-prone renewal process to prove they are still eligible.

The renewal packages are mailed to recipients who are often unable to understand and respond on a timely basis. Many consumers have related stories of not receiving these mailings or those who did follow the process but were still disenrolled for allegedly failing to respond.

“Recipients are cut off Medicaid aid because they fall victim to the bureaucratic barriers of an archaic mail renewal system,” stated Novick in her letter. “Consumers often do not receive a discontinuance notice or may not have the wherewithal to request a fair hearing in the short 10 days from the date of the discontinuance notice.”

The coalition has identified issues they feel are of particular importance, such as protecting enrollees from loss of coverage or services and ensuring access to meaningful care coordination. They are also calling for rightsizing Medicaid reimbursement for facilities so safety-net providers are compensated for the services they provide.

In addition, they want all Medicaid spending, including allocations made that are considered exempt from the global cap, to be transparent.

Gov. Andrew Cuomo recently vetoed two tax credit bills that would help people with disabilities.

The Visitability Tax Credit bill, A2493/S2424, was introduced to provide homeowners with a tax credit of up to $2,750 to help pay for renovations in their home that would make it more accessible. This measure was meant to help New Yorkers pay for the removal of barriers or the addition of accessibility features that would keep them from possibly having to move to a nursing home or similar facility because their home or practice is not safe to live in.

Some features could include one no-step entrance, an accessible path to a door, making hallways and doorways wide enough to accommodate a wheelchair or an accessible bathroom on the first floor. Many people with disabilities live on a fixed income and cannot afford even the smallest modifications. This funding would have helped defray that cost.

The other legislation that Cuomo vetoed was bill A7475/S5545, which would provide a tax credit for small businesses who hire a full-time employee with a disability. This type of incentive would help more people with disabilities to find jobs, addressing their high unemployment and poverty rates in the state. With more people gainfully employed off public assistance programs, this could have also benefitted taxpayers.

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OPWDD Fails to Ensure Reporting of Abuse & Neglect

The National Association of the Deaf (NAD) recently announced a settlement with Harvard University that institutes a series of new guidelines to make the university's website and online resources accessible for those who are deaf or hearing impaired.

According to NAD, the settlement represents the most comprehensive set of online accessibility requirements in higher education. The settlement expands upon the university's new digital accessibility policy, which was announced in May.

Harvard must provide captions for all online resources, including school-wide events that are live-streamed, content from department sponsored student organizations, and any new audio or video hosted by third-party platforms such as YouTube or Vimeo. The terms of the settlement are included within a consent decree, which can be enforced by the court. The court must approve the consent decree before it may become effective.

This settlement was reached four years after litigation began in 2015, when it was filed in the U.S. District Court for the Western District of Massachusetts as a class action lawsuit. Through the litigation, Harvard filed two motions to dismiss the case.

In response to each, the court ruled that federal laws prohibiting disability discrimination covered Harvard's online content. After these rulings were issued, Harvard announced its new digital accessibility policy, and several months later the parties reached a settlement.

There were individual plaintiffs in this class action lawsuit, who were represented by Cohen Milstein Sellers and Toll, the Disability Law Center, the Civil Rights Education and Enforcement Center and the Disability Rights Education & Defense Fund (DREDF).

“Harvard learned through this lawsuit, universities and colleges are on notice that all aspects of their campus, including their websites, must be accessible to everyone,” said Howard Rosenblum, chief executive officer of NAD. “Captioning video content is a basic form of access that opens up academic learning to not only deaf and hard of hearing people, but the world.”

“Open and equal access to evolving technology is essential if the promise of the Americans with Disabilities Act is to be realized,” said Arlene Mayerson, an attorney at DREDF.

Harvard previously announced it will begin captioning new content on its website created on or after Dec. 1. However, the settlement requires them to take several new and additional steps, including captioning existing content posted on or after Jan. 2019, within two years.

For any content not already captioned, upon receiving a request, Harvard must caption the content within five business days. The university must also implement a public process to manage these requests, as well as submit reports twice a year to NAD and the Disability Law Center.

CMS Reverses Decision to Weaken Emergency Planning Protections

Although the Centers for Medicare and Medicaid Services (CMS) previously issued a proposed rule to roll back the long-term care emergency preparedness requirements, they have recently reconsidered that position.

Most notably, the proposal would have allowed nursing homes to review their emergency preparedness programs and to train staff to carry out emergency plans every two years instead of annually. The Long Term Care Community Coalition (LTCCC) and the Center for Medicare Advocacy (CMA) submitted comments to CMS expressing their opposition to the proposed rule.

LTCCC and CMA wrote a letter to the administrator of CMS stating that nursing home residents will be at a greater risk of harm or death if the requirements were to be rolled back.

In the letter they gave very specific examples of patients who were injured or died...
Day Health Care Benefits Adults

By Patricia Granados

People who are isolated or live alone in the community can suffer from depression, chronic health problems, loneliness, a reduced sense of purpose, fear over health issues and loss of sense of self.

However, most people with ongoing medical issues or disabilities prefer to remain independent, live in their own homes or communities, maintain family/friendship ties and keep stress at the most manageable level despite many ongoing issues.

For people who need ongoing long-term care services and want daily interaction with other people, an Adult Day Health Care (ADHC) program is a good solution. ADHC fosters independence and optimum functioning and assists the family or caregiver by providing health services in a congregate setting that accomplishes these goals. Services include nursing care, medication management, social work services, physical, occupational, and speech therapies, dietary counseling, pharmacy review and case management. These services are provided amid a day of activities that includes a minimum of one meal. As an alternative to a nursing home, ADHC provides people the care they need while enabling them to continue to remain at home.

The benefits of ADHC include increased mental stimulation and interaction with others, less worry about health issues, increased mobility afforded by attending a community-based program, decreased potential for low-mobility related complications of chronic illnesses. Services and activities are tailored for people with all levels of disability—physical, cognitive and visual, to facilitate participation; interaction with others that have similar issues; and creates a supportive environment, plus, a calendar of therapeutic activities creates a sense of anticipation often missing in those who are isolated at home.

Some ADHCs also include specific services, that others do not, to help people with vision loss or conditions such as Diabetes. For example, Lighthouse Guild’s ADHC, GuildCare’s programming and service delivery are especially designed and adapted for those with vision loss and physical/cognitive disabilities.

Positive Outcomes

According to a study published by The Gerontological Society of America, ADHC is another option in the continuum of community-based long-term care that is associated with improved quality of life. The services ADHC provides maintains the individual in community life, increases confidence and feeling of self-worth through socialization and peer interaction, improves or maintains the individual’s maximum level of independence, prevents or delays costly long-term care alternatives (nursing home), reduces unnecessary hospitalization by providing ongoing health monitoring and ultimately, restores and rehabilitates the individual to their highest level of functioning.

Adult Day Health Care services are paid for by Medicaid, Medicaid Managed Care, and Veterans Health Administration (in some areas). To find out more about programs where you live, contact the Adult Day Health Care Council at 518 867-8383.

Patricia Granados is Vice President, GuildCare Network Director. GuildCare is a program of Lighthouse Guild.

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UNITED SPINAL NOW

Disability Issues and the Presidential Campaign

BY JAMES WEISMAN
CHIEF EXECUTIVE OFFICER

In recent remarks delivered from the Vatican, Pope Francis discussed discrimination against people with disabilities (PWDs) by cultures all over the world. He said humanity needs to “develop antibodies against a culture that considers some lives as Class A and others as Class B; this is a social sin!”

Pope Francis’ remarks, made during International Day of Persons with Disabilities ceremonies, encouraged those who live in countries that, even today, do not recognize people with disabilities as persons of equal dignity—and as brothers and sisters in humanity—to give a voice to those who are discriminated against. The Pope said that, while great progress has been made in medicine and in legislation, many people with disabilities feel they don’t belong and cannot participate in organized society.

The Pope, while acknowledging that making laws and breaking down physical barriers is important, felt attitudes continue to limit access to education, employment and full participation. He said service and commitment to those in need “determines the degree of a nation’s civility.” He said that to exist, one must belong to a community. The Pope’s strong support for the rights of PWDs is a model for others in the spiritual community.

As states consider assisted suicide legislation, it is important to heed the Pope’s advice. Eligibility for assisted suicide should not be determined by societies that consider lives as Class A and Class B. If, as the Pope points out, many consider the lives of PWDs to be Class B, it is more likely that when a Class B member (i.e. a PWD) is seeking help to kill themselves that an “ableist” predisposition of a third party might result in an assisted suicide recommendation, rather than counseling.

Suicide prevention for some, and suicide assistance for others is a scary choice, but states are forcing the issue by passing assisted suicide statutes for those considered terminally ill. Under some state laws, “terminally ill” means terminal with or without treatment, so that people with diabetes, quadriplegia and HIV/AIDS may in fact be eligible candidates for help with suicide.

The depressed person with a disability sinks deeper into depression when their lives are viewed as less valuable than those without disabilities by members of the communities in which they reside. Sometimes, reflections of the relative worth of the lives of people with disabilities, when compared with those without, are readily observable by PWDs, but overlooked by those without disabilities, such as architectural barriers, unnecessary physical requirements for job applicants and stereotypical portrayals of PWDs in media as heroic or pathetic.

Other times, the inability to obtain appropriate medical care and/or equipment, living with chronic pain, health insurance and benefits denials, and social isolation are crushing problems leading to depression unappreciated by third parties.

Continued on page 15
Disability Rights Advocates (DRA) recently filed a class action lawsuit against Queens Borough Public Library, its board of trustees and the City of New York, claiming that the newly built Hunters Point Library is inaccessible to people with disabilities.

Plaintiffs Tanya Jackson and Center for Independence of the Disabled New York (CIDNY) are suing to require the library to amend this situation. Disability rights laws state that newly constructed buildings must be made fully-accessible however, the library in question has many barriers to people with mobility challenges. These barriers include at least three-levels and a rooftop terrace that are completely inaccessible, as well as a children's section which is partially inaccessible. Additionally, plaintiffs contend that there are long waits for the heavily-utilized single elevator, which does not even stop at every level.

“It is shocking to me that a brand-new public library would not be fully accessible to people with mobility disabilities like myself. Libraries should welcome everyone, not exclude whole populations of people,” said Jackson. “Twenty-nine years after the ADA promised open doors and equal opportunities for people with disabilities, we find the doors of a brand new library shut to children and adults with disabilities,” said Susan Dooha, executive director of CIDNY. “This should not be allowed to happen. The Queens Borough Public Library and the City of New York must obey the law and make this right.”

The suit alleges violations of federal and local civil rights laws designed to eliminate disability discrimination. DRA’s goal is that the defendants be required to develop and implement a remedial plan to provide equal access to the library.

“The ADA is not a new requirement, and it is not hard to understand. It is baffling that this $41.5 million building is missing these fundamental elements,” said Aendra Kazok-Oxnard, staff attorney at DRA. “It’s as though the library didn’t care about these requirements, or worse, didn’t even consider the needs of these members of the community. People with disabilities should be able to browse, relax and enjoy the library just like everyone else.”

Report UnCOVERS Shortfall in Early Intervention Program

Advocates for Children of New York (AFC) and the Citizens’ Committee for Children of New York recently released a report, “Early Inequities: How Underfunding Early Intervention Leaves Low-Income Children of Color Behind,” showing that there are significant racial and socioeconomic disparities in access to the early intervention (EI) program.

EI provides vital services to babies and toddlers with developmental delays or disabilities, as well as their families. According to AFC, when New York’s EI program first launched, it was seen as a model for the rest of the country.

PDPM May Effect Quality Of Services

The Centers for Medicare and Medicaid Services (CMS) recently began implementing a new payment system called the Patient Driven Payment Model (PDPM) for Medicare-covered nursing home care, which the Long Term Care Community Coalition (LTCC) said has already caused a negative impact on skilled therapy services.

PDPM creates a new set of financial incentives for nursing homes when deciding whom to admit, what type of care to provide and when to discharge residents. In the final rule’s impact analysis, CMS indicates that nursing homes will have a greater financial incentive under PDPM to provide less therapy as possible to residents.

Furthermore, the final rule states that nursing homes will be able to provide 25 percent of a resident’s total therapy regimen, by discipline, in group and/or concurrent therapy settings. CMS notes that there will be no penalty for exceeding this 25 percent cap on non-individualized care.

According to LTCC, within days of PDPM’s implementation, reports surfaced that therapists were being laid off and other therapists were being encouraged to utilize group and concurrent therapy rather than one-on-one care. Despite a change in the financial incentives, CMS claims that PDPM does not change Medicare coverage and eligibility.

CMS went on to say that a resident’s care needs must still drive care decisions, including the type, duration and administration of therapy services. However, LTCC is encouraging nursing home residents and their families to make sure the appropriate therapy services are being provided.

NY Connects can help people with disabilities...

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The Viscardi Center announced ten recipients of the 2019 Henry Viscardi Achievement Awards recently at a ceremony in New York City. Showed above front row left to right, are Dinesh Palipana, Kamran Khan, Yves Veuliet, Virginia Jacko, and past recipient and awards selection committee member Saima Aslam. In the back row are Candy Cuchero, chair of the Abilities, Inc. at The Viscardi Center Board; Etku Ahuja, accepting the award on behalf of recipient Abha Khetarpal; Rose Marie and David Hann, accepting the award on behalf of recipient Dr. Hoang-Yen Thi Vo; Sherwood Goldberg, co-chair of the awards selection committee; John Kemp, The Viscardi Center’s President & CEO; Henry Viscardi Achievement Award recipients Major Jas Boothe and SFC Joseph Bowser.

The annual awards honor leaders in the global disability community who, through the example of their professional accomplishments and advocacy efforts, are shifting societal perceptions and significantly improving the quality of life of people with disabilities.

According to Viscardi Center’s President & CEO John Kemp they have awarded nearly 70 “trailblazing” men and women with disabilities from 20 different countries.

The 2019 Selection Committee was co-chaired for the sixth consecutive year by Robert Dole, former U.S. Senator, along with Sherwood “Woody” Goldberg, Esq., retired U.S. Army Colonel, Vietnam veteran and Civilian Aide to the Secretary of the Army in Washington D.C.

The recipients include military personnel, CEOs and founders of organizations, social workers, government employees, student counselors, doctors, teachers and an actress – most of whom have disabilities and all who advocate for people with disabilities from the United States, Pakistan, India, Australia, South Korea, Belgium and Vietnam.
Resource Helps Small Businesses Comply with ADA

The New York City Mayor’s Office for People with Disabilities (MOPD), the city’s Department of Small Business Services (SBS), the city’s Business Improvement District (BID) Association and the Public Policy Lab have announced the launch of Empowering Accessibility, an online resource that will enable small business owners to understand their legal obligations in order to ensure compliance with accessibility standards and the Americans with Disabilities Act (ADA).

The digital platform includes information on the benefits of making businesses accessible, physical and digital accessibility standards, the risks of accessibility lawsuits and additional resources. In conjunction with the release of this resource, MOPD and SBS conducted a physical and digital accessibility training for representatives from BIDs across the city to highlight Empowering Accessibility and ensure that BIDs are aware of accessibility obligations when working with businesses.

“New Yorkers and visitors with disabilities must have equal access to everything that the city has to offer, including the myriad of businesses and restaurants that play a critical role in our economy and cultural life,” said MOPD Commissioner Victor Calise. “The launch of this new resource will educate small business owners on accessibility requirements so that establishments can be accessed by everyone. As we remove barriers, we are one step closer to becoming the most accessible city in the world, and Empowering Accessibility gives the business community the tools they need to more effectively serve the nearly one million New Yorkers with a self-disclosed disability and the approximately seven to nine million visitors with disabilities who come to the city each year.”

“The NYC BID Association is excited about the launch of this new online tool. It will give our small business owners the additional information and resources they need in order to make their businesses more accessible and avoid unnecessary lawsuits,” said Mark Caserta, co-chair of the BID Association’s ADA Compliance Working Group.

City Honors Documentary Filmmaker/Disability Advocate

The Mayor’s Office of Media and Entertainment recently presented independent filmmaker and disability advocate Jason DaSilva with its 2019 Made in NY Award.

Established in 2006, the award recognizes the achievements of people and organizations that have made significant contributions to the city’s entertainment and digital media industries during the course of their careers. DaSilva, who has multiple sclerosis recently received his award at the Independent Filmmaker Project (IFP) Gotham Awards event at Cipriani Wall Street in New York City.

“Jason DaSilva continues to show us the power of media in advancing a more inclusive society,” said the Mayor’s Office of Media and Entertainment Commissioner Anne del Castillo. “Thank you Mayor de Blasio, the Mayor’s Office of Media and Entertainment, and Commissioner del Castillo for this great honor,” said DaSilva. “Receiving a Made in NY Award confirms that Jason DaSilva

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Jason DaSilva

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As 2019 nears its end, Consumer Directed Personal Assistance Association of New York State (CDPAANYS) and our allies are preparing for another difficult budget fight to #SaveCDPA. The Department of Health (DOH) has appealed the decision that declared the new reimbursement scheme null & void, and legislative leaders are expecting major cuts to Medicaid that will disproportionately hit long term care and the people who rely on it.

The Global Cap

You have likely heard a lot recently about how New York has a “Medicaid deficit.” The Governor has been telling anyone who will listen about this “deficit.” Numerous editorial boards have written that New York has as much as a $6 billion Medicaid “shortfall.” Thing is, this shortfall is not real.

The “Medicaid Global Cap” was put in place by Gov. Cuomo and it basically lays out what he is willing to spend on Medicaid. Importantly, and we’ll get back to this in a minute, it does not say how much there is to spend.

So, when you hear that we have a “Medicaid deficit” or “shortfall,” what they are saying is we have spent $6 billion more on Medicaid than the Governor wanted to spend. It is like my giving my child an allowance of $20 and them wanting me to raise it to $30. If I say no, it’s not because I don’t have the extra $10 - it’s because I do not wish to give more to my child’s allowance in my household budget.

In reality, there is plenty of money. If you look at the state’s financial plan, the money is there without cuts to Medicaid. Further, there is always the possibility of taking action to get more money - namely, raising new money through increased taxes on millionaires, billionaires, stock traders from out of state, and more.

While CDPAANYS does not have a position on new taxes or revenues, we note that it is just as reasonable an idea, if not more so, than cutting services that let seniors and disabled folks live in the community.

Regardless of how we proceed, we must combat the misinformation the state is giving about CDPA. It is not the under regulated “wild west” program critics claim it is. Fiscal intermediaries, the agencies who run the program and contract with Medicaid to provide services, provide a critical service with the same oversight as most others in health.

This year in particular, fiscal intermediaries have been subject to numerous audits and surprise visits from state and federal agencies. The Department of Health has also mandated extensive cost reporting and is rolling out a new system this year to increase accountability and detect waste.

CDPAANYS supports efficient delivery of services and eliminating fraud and waste in Medicaid. But CDPA cannot be squeezed any more tightly. Under program cuts, consumers are losing hours and workers.

Let’s call the global cap what it is - an arbitrary spending target that only has as much weight as those in power give it. As Senate Majority Leader Andrea Stewart-Cousins notes, Continued on page 15

Nadina LaSpina, a disability rights activist tells the story of her liberation from oppressive standards of normalcy, showing that freedom comes not through cure, but through organizing to end exclusion from public and social life.

“A Story of Struggle, Empowerment and Disability Pride”

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- Applicants who meet the equal opportunity requirements of the New York City Housing Authority (NYCHA), The Housing Trust Group (HTG), and The Citywide Administrative Office (CAO), as well as any other applicable equal opportunity requirements.
- Applicants with disabilities who request assistance with the application process.
- Applicants with disabilities who request reasonable accommodations in the application process.

Available Units and Income Requirements

<table>
<thead>
<tr>
<th>Unit Size</th>
<th>Monthly Rent*</th>
<th>Units Available</th>
<th>Household Size*</th>
<th>Annual Household Income*</th>
<th>Monthly Rent*</th>
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* Monthly Rent includes heat, electric, gas, water, and basic cable service.

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<tr>
<th>Unit Size</th>
<th>Monthly Rent*</th>
<th>Units Available</th>
<th>Household Size*</th>
<th>Annual Household Income*</th>
<th>Monthly Rent*</th>
<th>Units Available</th>
<th>Household Size*</th>
<th>Annual Household Income*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Studio</td>
<td>$1,705</td>
<td>2</td>
<td>1 Person</td>
<td>$40,012 - $59,375</td>
<td>$1,946</td>
<td>2</td>
<td>1 Person</td>
<td>$40,012 - $59,375</td>
</tr>
<tr>
<td>1 Bedroom</td>
<td>$2,142</td>
<td>9</td>
<td>2 People</td>
<td>$57,463 - $93,750</td>
<td>$2,642</td>
<td>9</td>
<td>2 People</td>
<td>$57,463 - $93,750</td>
</tr>
<tr>
<td>2 Bedroom</td>
<td>$2,582</td>
<td>11</td>
<td>2 People</td>
<td>$57,463 - $93,750</td>
<td>$2,943</td>
<td>11</td>
<td>2 People</td>
<td>$57,463 - $93,750</td>
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<td>$2,975</td>
<td>3</td>
<td>4 People</td>
<td>$54,640 - $120,125</td>
<td>$3,391</td>
<td>3</td>
<td>4 People</td>
<td>$54,640 - $120,125</td>
</tr>
<tr>
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<td>$3,520</td>
<td>2</td>
<td>7 People</td>
<td>$54,640 - $165,500</td>
<td>$4,501</td>
<td>2</td>
<td>7 People</td>
<td>$54,640 - $165,500</td>
</tr>
</tbody>
</table>

* Monthly Rent includes heat, electric, gas, water, and basic cable service.

 Restrictions

- Income restrictions apply.
- A percentage of units is set aside for applicants with disabilities.
- Preference is given for applicants with disabilities.
- Preference is given for applicants 62 years and older.
- Preference is given for applicants with children.

How to Apply?

- To apply online, please go to nyc.gov/housing.
- To request an application by mail, send a self-addressed envelope to: The Crossing at Jamaica Station, Attn: Application Request, 909 Third Avenue, 21st Floor, New York, NY 10022.
- If you are 62 years or older, or have a disability, you can receive an application by mail.

Applications are also available at the site management office (located at 148-10 Archer Avenue, Floor, New York, NY 10022). At the discretion of the site manager, applications may be available in other locations.

What Happens After You Submit an Application?

- Applications are reviewed by lottery. You will be informed of your lottery ranking.
- You will be contacted for an interview.
- You may be asked to provide additional documentation.

Contact Information

The Crossing at Jamaica Station
909 Third Avenue, 21st Floor, New York, NY 10022
929-987-3490

For more information, please contact
The Crossing at Jamaica Station, Attn: Application Request, 909 Third Avenue, 21st Floor, New York, NY 10022.
Cuts to Food Stamps Proposed

The Medicare Rights Center (MRC) recently provided comments to the Food and Nutrition Service (FNS) in response to their proposed rule that would sharply affect access to benefits by cutting billions of dollars of funding from the Supplemental Nutrition Assistance Program (SNAP), also referred to as food stamps.

Many older adults and people with disabilities who are Medicare enrollees are also SNAP recipients. They have come to rely on SNAP for access to affordable, nutritious food.

According to MRC, cuts to SNAP would exacerbate existing health and financial challenges for people with Medicare and put more people at risk of harm. The proposed cuts would disallow states from making state-specific adjustments to SNAP budgets in response to state-specific utility costs. This would predominately impact northern states with higher heating costs.

“We urge FNS to withdraw this proposed rule in its entirety,” said MRC in a statement. “Rather than seeking to cut benefits, the administration must do more to ensure that all Americans have access to the services and supports they need to live with health, dignity and choice.”

This proposal coincides with the Trump administration’s recent finalized rule that would weaken the program by imposing work requirements on recipients, a move that is expected to cause hundreds of thousands of people to lose access to the program.

In addition, another proposed rule would change how the federal poverty level is determined and potentially cut eligibility for SNAP even further, as well as other programs on which older adults and people with disabilities rely, including Medicare’s low-income assistance programs and Medicaid.

According to New York City Transit (NYCT) and the Metropolitan Transportation Authority (MTA), they are continuing to launch initiatives and establish projects that make public transportation more accessible to people with disabilities.

NYC Transit (NYCT) Pres. Andy Byford has also worked to improve customer communications they said. This includes a newsletter to keep the public informed about all current news as well as a resource page on their website at new.mta.info/accessibility/paratransit/newsletter-and-announcements.

Byford has established a systemswide accessibility team, overseen by senior advisor Alex Elegudin. Other members of the team are Rachel Cohen, director of systemswide accessibility; Sara Bahri, accessibility outreach coordinator; Jennifer Bartlett, training specialist; Mira Philipson, systemswide accessibility analyst.

Access-A-Ride

The Access-A-Ride (AAR) Metro Card gives Paratransit customers the opportunity to take a total of four free trips per day using the subways, local buses, select bus service (SBS) and the Staten Island Railway (SIR). In addition, personal care attendants can travel free when they are accompanying their client.

Bus Etiquette

NYCT and the MTA Bus Video company has created a bus training disability etiquette video to help educate their more than 10,000 bus drivers. Many disability advocates participated in the video, where they discuss various topics such as service animals, priority seating and using ramps or lifts.

The video is available at www.youtube.com/watch?v=UAGk4Gt4fbk

Making Transit Accessible

NYC Transit Pres. Andy Byford, third from left, and Senior Advisor Alex Elegudin, center front, are shown with staff.

Capitol Plan

Seventy NYCT stations will receive $5.5 billion for accessibility improvements through the 2020-2024 capital plan. The first 48 stations have been announced and will work to put customers no more than two stations from an accessible station anywhere in the subway system.

Elevators

In early November, NYCT opened a new elevator at the Eighth Ave. station on the Rockway Beach line. The elevator provides service to the northbound platform, and another new elevator is under construction for access to the southbound platform.

During the summer, NYCT opened four new elevators at the 62nd St./New Underuch Ave. station in Brooklyn, providing stair-free access to both lines at this critical transfer complex.

NYCT also opened a new elevator in Grand Central station, providing access from the street level to the mezzanine level, connecting to various trains.

In addition, NYCT recently opened a new elevator at the 86th St. station on the Upper East Side. The elevator provides access from the street to the northbound line and is located at the northeast corner of 86th St. and Lexington Ave.

Accessible Station Lab Pilot

NYCT provided an accessible station lab in the fall at the Jay St./Metro Tech station in Downtown Brooklyn to test more than a dozen new accessibility features. It included tactile guideways, accessible boarding area floor markers, colorful floor wayfinding strips, tactile and visual maps and wayfinding apps and features. Consumers were encouraged to provide feedback.

Questions and comments may be sent at accessibility@nyct.com.
COMEDY CLUB TO HOLD AUTISM FUNDRAISER
The Brooklyn Autism Center (BAC) will host its 12th annual “Stand-Ups Give BAC” event at Carolines on Broadway in New York City on Feb. 25.

All proceeds will go to BAC to fund services for children with autism. To purchase tickets visit www.brooklynautismcenter.com.

SCHOLARSHIPS AVAILABLE FOR TEENS IMPACTED BY ALZHEIMER’S HIGH SCHOOL SCHOLARSHIP ESSAY CONTEST
The American Alzheimer’s Association of New York State is offering a $1,200-$1,500 scholarship to high school seniors who have been impacted by Alzheimer’s disease.

Applicants must complete an essay of 1,200-1,500 words describing how Alzheimer’s disease has impacted their lives and what they have learned about themselves, their family and/or their community through their experience with Alzheimer’s.

Essays can be submitted by visiting the American Alzheimer’s Association of New York State’s website, www.alzfn.org, and clicking on the “Teen Scholarship Essay Contest” tab in the top menu. Current college students are not eligible. Awards range from $500 to $5000.

AFA CREATING AN APP FOR OUTPATIENT CARE
Burke Rehabilitation Hospital in White Plains is conducting a pilot program aimed at helping spinal cord injury patients transition from inpatient care to outpatient rehabilitation with the help of a patient-engagement app.

The app enables physicians, therapists, and other clinicians to manage patient care between visits by sending customized treatment plans, education, therapies, home exercise activities and surveys directly to a patient’s or caregiver’s mobile or tablet device. For information visit www.burke.org.

TOOL RED FLAGS NURSING HOMES WITH RECENT ABUSE
The Centers for Medicare and Medicaid Services (CMS) recently made changes to their Nursing Home Compare website that will make it easier for residents to identify facilities with a history of resident abuse or neglect.

Consumers will now see a new icon, a red circle with a hand, on a facility’s profile if that facility has been cited for specific deficiencies within the past year. However, the Long Term Care Community Coalition has expressed that the absence of the abuse icon doesn’t absolutely indicate the absence of abuse.

For information visit www.medicare.gov/nursinghomecompare/search.html.

THERAPIST PENS AUTISM EMPLOYMENT BOOK
“101 Positive Steps Toward Employment with Autism: Social Skills for the Workplace,” a book written by a speech pathologist, is for parents and professionals who are guiding young adults with high functioning autism or Asperger’s toward employment and independence.

The author has worked with individuals on the autism spectrum for 30 years and is also a transition coordinator who helps youth with disabilities transition to higher education and employment.

For information visit www.fhautism.com.

CIDNY ISSUES GUIDE FOR SAFE INTERACTIONS WITH POLICE
Centers for Independence New York (CIDNY) has created a guideline that will help people with disabilities if they ever have interactions with police personnel.

The guide is meant to let people know their rights and also how to stay safe if they are stopped by police. The guide is available at www.cidny.org/right-to-know.
CALANDER OF EVENTS

JANUARY 1
Navigating Your Child’s Disability: One-to-One Expert Assistance 10 a.m. to 11 a.m. at Information Commons, Room 2, Central Library, 10 Grand Army Plaza. For information call 212 677-4650 ext. 19.

Memory Arts Café free art events for people living with Alzheimer’s, caregivers and public 6 p.m. at NY Memory Center, 199 14 St., Brooklyn. For information call 718 499-7701.

JANUARY 2
Peer Support Group 1 to 3 p.m. at BCID, 27 Smith St., Brooklyn. For information call 718 998-3000. Also Jan. 9, 16, 23 & 30

Writers Workshop 4 to 6 p.m. at CIDNY 841 Broadway #301 13-14 Sts. For information call Eva Eason, 646 442-4156. Also Jan. 9, 16, 23 & 30

JANUARY 3
Friday Night Hangout for seniors and adults with physical disabilities, 5 to 8:30 p.m. at ICS, 25 Elm Pl., 5th floor, Brooklyn. For information call Latricia James, 718 907-1622. Also Jan. 10, 17, 24 & 31

Jan. 10, 17, 24 & 31

JANUARY 4
Family Legos: Imagine It! Build It! For children and teens with and without disabilities 1 to 3 p.m. at Flatlands Library, 2065 Flatbush Ave., Brooklyn. For information call 718 253-4948.

Movie Club, 5:30 to 8:30 p.m. at NAMI, 505 Eighth Ave., 35 St., #1103. For information call 212 684-3365.

JANUARY 6
Learn to Draw & Paint with Rich 11 a.m. to 4:30 p.m. at ICS, 25 Elm Pl., 5th Floor, Brooklyn. For information call Latricia James, 718 907-1622. Also Jan. 13, 20 & 27

Knitting & Crochet Group for seniors and adults with physical disabilities 11 a.m. to 1 p.m. at ICS, 25 Elm Pl., 5th floor, Brooklyn. For information call 718 907-1622. Also Jan. 13, 20 & 27

JANUARY 7
Art for Everyone 10 a.m. to 1 p.m. at ICS, 400 Fordham Rd., 10th floor, Bronx. For information call Laticia James, 718 907-1622. Also Jan. 14, 21 & 28

TBI Support Group 12:30 to 2 p.m. at BCID, 27 Smith St., #200, Brooklyn. For information call 718 988-3000. Also Jan. 21

Q & A on the Turning 5 Process on Facebook Live presented by Advocates for Children of New York. For information call 866 427-6033.

JANUARY 8
Navigating Your Child’s Disability: One-to-One Expert Assistance is Here! 10 a.m. to 1 p.m. at Central Library, Info Commons Room 5, 10 Grand Army Plaza, Brooklyn. For information call 718 253-4948.

JANUARY 10
Brooklyn Family Support Services Advisory Council Outreach 10 a.m. to 12 p.m. at Mapleton Library, 1702 60th St., Brooklyn. For information call 718 253-4948.

JANUARY 15
Family Legos: Imagine It! Build It! For children and teens with and without disabilities 11:30 a.m. to 1 p.m. at SARATOGA LIBRARY, 8 Thomas St., Boyland St., Brooklyn. For information call 718 253-4948.

JANUARY 18
Family Legos: Imagine It! Build It! For children and teens with and without disabilities 11:30 a.m. to 1 p.m. at SARATOGA LIBRARY, 8 Thomas St., Boyland St., Brooklyn. For information call 718 253-4948.

JANUARY 21

JANUARY 24
Yeti, Set, Snow! Presented by the City Parks Foundation and the Swedish Cottage Theatre 10:30 and 11:30 a.m. at Swedish Cottage Manor, 79th St and West Dr., Central Park. For information call 718 760-6831.

JANUARY 29
Family Legos: Imagine It! Build It! For children and teens with and without disabilities 11:30 a.m. to 1 p.m. at SARATOGA LIBRARY, 8 Thomas St., Boyland St., Brooklyn. For information call 718 253-4948.

FEBRUARY 3
Learn to Draw & Paint with Rich 11 a.m. to 4:30 p.m. Mondays at ICS, 25 Elm Pl., 5th Floor, Brooklyn. For information call Latricia James, 718 907-1622. Also Feb. 10, 17 & 24

Knitting & Crochet Group for seniors and adults with physical disabilities 11 a.m. to 1 p.m. Mondays at ICS, 25 Elm Pl., 5th floor, Brooklyn. For information call Latricia James, 718 907-1622. Also Feb. 10, 17 & 24

JANUARY 22
double Trouble Support Group 6 p.m. Mondays at ICS, 25 Elm Pl., 5th floor, Brooklyn. For information call Latricia James, 718 907-1622. Also Feb. 10, 17 & 24

Double Trouble Support Group 6 p.m. Mondays For information call 212 684-3365. Also Feb. 10, 17 & 24

Strokes Brain Injury Survivor Support Group 12:15 p.m. at SONY College of Optometry, 33 W. 42 St. For information call Anthony Feliciano 212 246-0803.

SORT Support Group for Clutterers/Hoarders 6 to 8 p.m. at EIS, 80 Maiden Lane, 11th floor. For information call 212 308-2210.

Commission on the Public’s Health System 12-14 p.m. at Urban Justice Center, 123 Williams St., 16th floor. For information call Anthony Feliciano 212 246-0803.

Housing and Benefits Clinics, 10 a.m. to 1:30 p.m. at CIDNY 841 Broadway #301 13-14 Sts. For information call Eva Eason 646 442-4156.

Also Jan. 7, 13, 14, 20, 21, 27 & 28

JANUARY 8
Navigating Your Child’s Disability: One-to-One Expert Assistance is Here! 10 a.m. to 1 p.m. at Central Library, Info Commons Room 5, 10 Grand Army Plaza, Brooklyn. For information call 718 253-4948.

JANUARY 10
Brooklyn Family Support Services Advisory Council Outreach 10 a.m. to 12 p.m. at Mapleton Library, 1702 60th St., Brooklyn. For information call 718 253-4948.

JANUARY 15
The Rainbow Connection meeting 1 to 3 p.m. at Independent Care Systems, 25 Elm Pl., Brooklyn. For information call Evelyn, 646 836-4075. Also Jan. 29

ASL Tour 6 to 8 p.m. at the Tenement Museum, 103 Orchard St., Manhattan. For information call 646 518-3038.

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Family Legos: Imagine It! Build It! For children and teens with and without disabilities 11:30 a.m. to 1 p.m. at SARATOGA LIBRARY, 8 Thomas St., Boyland St., Brooklyn. For information call 718 253-4948.

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Strokes Brain Injury Survivor Support Group 12:15 p.m. First Mondays at SONY College of Optometry, 33 W. 42 St. For information call 212 938-4040.

ONGOING EVENTS
Free Workshops and Services at United Cerebral Palsy of New York City Family Connect Centers throughout the five boroughs. For information call 718 436-7979 ext.704.

Lupus Alliance of Long Island/Queens Support Group meets once a month on Tuesdays 7:30 to 9 p.m. in Flushing. For information call 516 802-3142.

To have your event or meeting listed, send information to able-news@iol.com. The deadline for calendar items is the 10th day of the month preceding the date of publication. Calendar items will be accepted only if they have a specific date.
PERSONAL PLACE

MEET A COMPANION, PHONE FRIEND, PEN PAL, OR EVEN A SPOUSE

SWF, Nassau County, widow wishes to meet senior male retiree, 74 plus for companionship.  

Gentleman looking for a girlfriend/pen pal. I live in Kansas.  

SWM, 45, Looking for a nice woman 50 to 60 for friendship, possible LTR, send picture and phone number.  

SWM, wheelchair user 53, looking for SWF for friendship and more, into fishing, baseball, the outdoors and comedy clubs. I do not drive. I live in Sayville, N.Y.  

DBW-60, Seeking friendship, companion. Love to read, music and movies. Please enclose phone number.  

SWM 70, seeks nice lady for companionship to spend quality time with. I live in Babylon Township. In your response include you telephone number, NS.  

SWF, looking for that special guy to spend the rest of my life with. I’m easy going, out going person and I love doing most everything. Lets enjoy life together.  

GUIDELINES: Able assumes no liability for the contents of or replies to any personal advertisements, or the actions of any individuals. Any such liability rests exclusively with the advertiser, or a respondent to such advertisements. Able may, in its sole discretion, reject or delete any personal advertisements which it deems inappropriate. This service is intended solely for personal advertisements of single people. No ads will be accepted from couples, groups or organizations. Advertisers and respondents must be 18 years of age or older. No ads will be published seeking persons under the age of 18.

TO PLACE AN AD  

Just write your ad and mail it with payment and coupon below to: Able Personal, P.O. Box 395, Old Bethpage, N.Y. 11804. We will assign an Able personal number and forward all responses to you. Be sure to include your name and address. Just $12 for 15 words plus $1 for each additional word to appear one month.

TO ANSWER AN AD  

Put your response letter in an envelope with the A# of the person you are writing on the front. Put this envelope in another envelope addressed to Able personal, P.O. Box 395, Old Bethpage, N.Y. 11804. Enclose $2 per response to cover the cost of handling and mailing fees. Do not send cash. Checks or money orders only. Be sure to include your address or phone number. For faster response place 47 cent stamp on envelope.

CDPAANYS EDITORIAL  
Continued from page 10

the formula that determines the cap can be amended. And, since in 2011 managed long term care did not exist, the minimum wage was almost half of what it is today and numerous other policy changes have occurred. We agreed.

The major reason for increased spending in Medicaid can be traced back to higher enrollment, especially in long-term-care services such as CDPA and home care. There is a simple reason for this - people are getting older. Baby boomers (people born between 1946 and 1964) are aging. Over the past ten years, half of this generation entered the “65 or older” demographic. We know that as people age, if they are likely to need Medicaid and health services that go with it, they stay in New York. If they are “healthy and wealthy,” they leave. Programs like CDPA grow based on need, a need that is determined by two different independent groups. Historically, New York’s values have mandated that we ensure that need is met. CDPAANYS is committed to upholding those values.

We hope you will join us in the fight to #SaveCDPA. CDPAANYS and the New York Association on Independent Living will hold our Lobby Day in the Well of the Legislative Office Building in Albany on February 10, 2020. Hope to see you there!

EMERGENCY PLANNING  
Continued from page 4

during hurricanes and other disasters.

CMS recently published its final rulemaking. It makes clear that CMS will not roll back the requirements dealing with emergency preparedness review and training for nursing homes.

Addressing the decision not to roll back the requirements, CMS stated “Due to the vulnerability of residents in LTC facilities, we are not finalizing the proposal for those facilities only and will require them to update their emergency plan annually, as is currently required. We especially appreciate the comments that provided a very detailed analysis of the lack of emergency response in nursing homes following recent emergency events.

We believe that these comments have provided compelling evidence to revise our proposal specific to LTC facilities.”

UNITED SPINAL NOW  
Continued from page 6

Research on reasons for requests for lethal drugs pursuant to the nation’s oldest assisted suicide statute in Oregon demonstrates the problem. Loss of autonomy; loss of dignity; losing control of bodily functions; being a burden on family, friends or caregivers; and a decreased ability to engage in enjoyable activities are the top five reasons.

Notice that chronic pain is not among them, so their requests for suicide assistance are not about the fact that they have terminal illness or pain, but about depression. The problem is society is prepared to discount the value of life when considering the quality of the life of a person with a disability. Therefore, disability + depression + a request for suicide assistance is more likely to be rejected granted, but depression + request for assisted suicide, will undoubtedly yield counseling and suicide prevention.
The first clinical pilot study is underway for evaluating combined transcranial direct current stimulation (TDCS) and behavior therapy that could point to a new treatment for depression.

The study is being conducted by Flow, a medical device company based in Sweden. They have stated that their new technological therapy app. Controlled trials published in the “New England Journal of Medicine” and the “British Journal of Psychiatry” showed that the treatment has a similar impact to antidepressants, with fewer, less-severe side effects.

According to Flow, people with depression often have a lower neural activity in their dorsolateral prefrontal cortex, the brain region that controls cognitive skills and emotional expression. The headset uses TDCS to activate neurons in this area and re-balance activity. “Flow has created a powerful medical device treatment for depression without the adverse effects associated with pharmacological therapies,” said Dr. Andre Bronnimann, who co-authors the study.

U.N. CELEBRATES DISABILITY DAY
Continued from page 1

The Mayor’s Office on People with Disabilities Commissioner Victor Calise gave a presentation about the work being done with New York City Parks and Recreation on inclusive play-grounds and programming. He also mentioned some of the relationships between profession-al sports teams and adaptive sports teams. In addition to the 30,000 acres of parkland, NYC Department of Parks and Recreation has rec centers and programming that members can take advantage of for their health and wellness needs,” said Calise. “To increase access to this programming, we were able to lower the annual fee for people with disabilities to $25. As kids we learned so many life lessons on the playground. If a playground isn’t accessible, then this bars children with disabilities from these formative experiences. This is why we work with NYC Parks Department to ensure we make these spaces accessible.”

Some other events taking place during the day was an art exhibit, musical performance group Milal, a Heidi Latsky Dance performance and a disability employment workshop and a technology panel discussion.

Study Being Conducted On New Depression Treatment

U.N. CELEBRATES DISABILITY DAY
Continued from page 1

Speakers included Luis Gallegos, permanent representative of Ecuador and president of the Conference of States Parties to the Convention on the Rights of Persons with Disabilities. Permanent representatives of New Zealand, Poland, Qatar and Australia spoke, as well as a self-advocate with autism.

The first panel discussion focused on new initiatives for disability inclusion that have been launched this year across the three pillars of the U.N. system, which are peace and security, human rights, and development. These initiatives include the U.N. Disability Inclusion Strategy, which was launched by the U.N. secretary general in June to transform the way the U.N. works on disability, operationalizing disability inclusion across its system. The panel’s moderator was Daniela Bas, director of the Division for Inclusive Social Development at the United Nations Department of Economic and Social Affairs.

The observance also featured a spotlight event called “Sport for all for Peace and Development.” The panel consisted of professionals who have worked on inclusive sport and recreational activities for people with disabilities. Speakers included Lindsay Krasnoff, member of Football for Peace, Francesco Magisano of Achilles International New York and several self-advocates.

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Sports Scene

January 1
Wheelchair Basketball will be held in the Bronx, Manhattan, and Queens. For times and locations call Christopher Noel, 212 360-3319.

January 2
Wheelchair Basketball 6 to 7 p.m. at the East 54 Recreation Center, 348 East 54 St., Manhattan. For information call Christopher Noel, 212 360-3319. Also Jan. 9, 16, 23 & 30

Wheelchair Basketball 6 to 8 p.m. at St. Mary’s Recreation Center, 450 St. Ann’s Ave., Bronx. For information call Rodolpho Guevara, 212 360-3341. Also Jan. 9, 16, 23 & 30

January 3
Table Tennis 2 to 6 p.m. at Sports Center Gym, Burke Rehabilitation, 785 Mamaroneck Ave., White Plains. For information call 914 597-2248.

January 4
Table Tennis 2 to 6 p.m. at Sports Center Gym, Burke Rehabilitation, 785 Mamaroneck Ave., White Plains. For information call 914 597-2248.

January 5
NY Rolling Fury Youth Wheelchair Basketball 1 to 2 p.m. at Gertrude Ederle Recreation Center, 232 W. 60 St., Manhattan. Also Jan. 12, 19 & 26

Advanced Goalball for Adults 10:30 a.m. to 12:30 p.m., Chelsea Recreation Center, 430 West 25 St., Manhattan. Also Jan. 12, 19 & 26

CP Soccer Camp 1 to 3 p.m. at Cadman Plaza Park, Brooklyn. For information visit https://go.teamsnap.com/login/signin. Also Jan. 12, 19 & 26

January 10
Bowling 12:30 to 2:30 p.m. at Homefield Bowl, 938 Saw Mill River Rd., Yonkers. For information call 914 597-2248

Ongoing Events

Greenwich Village Little League challenger baseball division for boys and girls with physical & developmental disabilities. For information visit http://gvllnyc.com/site.


The New York City Department of Parks and Recreation provides many adaptive sports, as well as accessible parks, hubs, programs and events throughout the city. Some of these activities include swimming classes, wheelchair basketball, goalball, soccer, rock climbing, chair aerobics and Special Olympics training. For a complete list of accessible hubs and programs, visit www.nycgovparks.org/accessibility.

Marathon runner and military veteran Steve Baskis stood between his two guide runners, Kristin Shill, left, and Natalie Cirek (right), all wearing their finisher medals following the 11th annual United States Association of Blind Athletes (USABA) Marathon National Championships in Sacramento, Calif.

Fifty runners and more than 70 guides from across the United States and from other nations participated. In addition to the race, they enjoyed multiple gatherings and meals together. Baskis, of Colorado, gave a speech at one of those events. He lost his eyesight from an explosive device while serving in Iraq.

Becca Meyers of Maryland is seen here performing at the 2019 U.S. Paralympics Swimming Para National Championships held in Texas, a multi-day event where she broke a 29-year-old world record in the 400-meter individual medley SM12 with a time of 5:17.81.

She unseated the previous record holder, Trischa Zorn, by almost 12 seconds. Meyers also competed in the women’s 200 butterfly $12 with a finish of 2:29.86, setting another world record. She also won in the 50 free $12.

Multiple swimmers garnered three or more national titles at the meet, including McClain Hermes of Georgia, who won the women’s 100 back $11, 100 breast SB11 and 400 free $11. Ethan Morrobel of New Jersey set an American record in the men’s 100 fly $12 with a time of 1:07.17.

The New York City Department of Parks and Recreation provides many adaptive sports, as well as accessible parks, hubs, programs and events throughout the city. Some of these activities include swimming classes, wheelchair basketball, goalball, soccer, rock climbing, chair aerobics and Special Olympics training. For a complete list of accessible hubs and programs, visit www.nycgovparks.org/accessibility.

Marathon runner and military veteran Steve Baskis stood between his two guide runners, Kristin Shill, left, and Natalie Cirek (right), all wearing their finisher medals following the 11th annual United States Association of Blind Athletes (USABA) Marathon National Championships in Sacramento, Calif.

Fifty runners and more than 70 guides from across the United States and from other nations participated. In addition to the race, they enjoyed multiple gatherings and meals together. Baskis, of Colorado, gave a speech at one of those events. He lost his eyesight from an explosive device while serving in Iraq.