

## We Can All Be Superheroes

**BY JEFF PETERS**

DIRECTOR OF COMMUNICATIONS



I recently had the opportunity to watch and rewatch a few DC Comics movies, Superman, Batman, Wonder Woman, etc. It got me thinking about real life superheroes. Yes Virginia, superheroes are real.

We remember banging pots and pans and clapping for nurses, medical professionals and essential workers during the COVID-19 pandemic. Someone may remember the time a stranger helped them change a tire when they were stranded.

Perhaps you know someone who has given or received CPR or the Heimlich maneuver when someone was choking. Maybe a teacher once said one little positive thing that set you on the path to be who you are today.

These are just a few examples of how small everyday actions, even actions that are part of a job, can be heroic and have a lasting impact that you may never even know about.

At CIDNY, we see acts of heroism every day. CIDNY's staff work to ensure that people with disabilities are aware of and can get the services they may need, and advocate for changes that make the world more inclusive and accessible for all.

We are working to change the world. One example is the recent settlement that will ensure 95 percent of NYC subway stations are accessible to those who need stair-free access (up from about 25 percent accessible today).

This happened because of tireless works from advocates, partners and aligned organizations. This is just one example. But this happened because people spoke out, held firm and said "change needs to happen." And change happened.

My point is simple. We don't need superpowers, a cool super suit, or even a specific job in order to be a hero. We just need to show up. We need to be willing to do the right thing. We need to help.

Together, we can make the world a better place, for all of us here now and those to come. Simple actions can have tremendous results.

Showing up to hold a sign, signing an online petition, donating, volunteering, even sharing something on social media from an organization you support, can provide a spark that creates a flame that creates an inferno.

Superheroes are real. We all have the capacity to be a superhero. Know that you, yes you, can make a difference. You can be a hero, and to some, you may already be one.

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