MUNSON AWARDS
Sports Pros Honored at AHRC Dinner

Recipients of the 2019 AHRC Thurman Munson awards, back row left to right, N.Y. Yankees players Miguel Andújar and Didi Gregorious, Yankees manager Aaron Boone, N.Y. Giants’ Zak DeOssie and former N.Y. Met Ed Kranepool attended the 39th Annual AHRC Awards Dinner.

Bronx AHRC Arts Center members, front row left to right, Carol Fields, Devona Gamble, Thomas Gambero and Jayson Valles also participated in the event.

The athletes were recognized for supporting the AHRC New York City Foundation. Also honored were Michael Rosen, founding chair of the foundation, who accepted a lifetime achievement award and Gary Green, CEO of Alliance Building Services and Alliance Baseball, who accepted the M. Anthony Fisher Humanitarian Award.

Other sports legends who spoke at the event included Reggie Jackson, Daryl Strawberry and Ron Swoboda.

The dinner raised nearly $800,000 for the foundation, which supports programs for city residents with intellectual and developmental disabilities.

Munson’s widow Diana has attended this event since its inception and has been involved in the awards program, which honors her late husband, a Yankee catcher who died in 1979.
T he Center for Disabilities (CDR) responded to Gov. Andrew Cuomo’s 2019-2020 budget proposal with a piece entitled “Governor Silently Declares War On Disabled New Yorkers.” Each year, the Center for Disability Rights (CDR) analyzes the Governor’s State of the State Agenda and Budget to identify the effect of these proposals on the Disability Community in New York.

According to the CDR, Gov. Cuomo failed to include in his budget vital measures that help people with disabilities interact with their community.

The following are some of the items listed by the CDR:

• Reestablish Office for People with Disabilities
• Increase Funding for Institutions; the state must provide more money for institutions and elderly to continue living in their own homes and interact with the community. These centers are occupied by the error. The publisher reserves the right to substitute the content of advertisements. No part of this publication may be reproduced without the permission of the publisher. Able is not responsible for errors in advertisements beyond the price of the space occupied by the error. The publisher reserves the right to decline advertising for any reason.

Deadline for the April issue of Able Newspaper Will Be March 12
State Budget Could Upend CDPAP

Gov. Andrew Cuomo’s 2018-2020 budget proposal may seriously jeopardize the Consumer Directed Personal Assistance Program (CDPAP), which is used by thousands of people with disabilities and senior citizens in New York state who require long-term care.

According to Consumer Directed Personal Assistance Association of New York State (CDPAANYS), the proposal will devastate or possibly eliminate CDPAP, a Medicaid program for individuals who need attendants to assist with their activities of daily living.

CDPAP gives consumers or their legal representatives the ability to choose their own caregivers instead of an agency assigning staff. The consumer assumes full responsibility for hiring, training, supervising and terminating the service providers.

The program helps people with long-term care needs to have more control over the care they receive in their homes and helps keep them from being forced into nursing homes or other institutions.

The proposal would result in the Department of Health closing nine out of every 10 fiscal intermediaries (FIs), with the intended goal of eventually having just one FI agency for the entire state. FIs help consumers run their programs, resolve issues and learn how to be better employers, as well as protect taxpayer funds from fraud.

A statement by CDPAANYS explained that “A common misconception is that fiscal intermediaries only act as a human resources department for the consumer, handling legal requirements like payroll, workers comp and Medicaid compliance,” said CDPAANYS in a statement. “In truth, fiscal intermediaries provide a wide range of other value-added services that help consumers thrive and ensure they and the taxpayer get the most from their services.

CDPAANYS “The governor also proposes draconian cuts that he is trying to pass off as restructuring,” the statement continued. “In reality, this re-structuring would cut the administrative component of the

Lawyer Sues for Inaccessible Courthouse

A U.S. District Judge of the Eastern District of New York refused to dismiss a case against the state brought by lawyer Caner Demirayak, a wheelchair user who is suing the city and state, because the Kings County Supreme Court civil courthouse he uses as an attorney is not accessible.

However, as of yet, the city has not filed a dismissal. Demirayak is a personal injury lawyer who has been representing himself since he initiated this case in 2017. He is asking for substantial structural changes to the Brooklyn courthouse at 360 Adams St., in Brooklyn, as well as monetary damages of $1 million.

Demirayak, who has muscular dystrophy, filed the suit because there are significant barriers throughout the courthouse, including the restrooms, conference rooms, court rooms, the judge’s bench and even the tables. The 30-year-old lawyer, who utilizes the courthouse up to three times per week, claims that this has often impeded his ability to properly do his job, violating the Americans with Disabilities Act (ADA), the Rehabilitation Act of 1973 and other statutes.

On many occasions, a hearing, conference or trial he is involved with must be moved to a different part of the courthouse where he can more easily maneuver his wheelchair, however it is not clear whether these impromptu accommodations will be considered by the presiding judge or jury as adequate and therefore undermine his suit.

However, Demirayak does not consider these temporary and limited accommodations as giving him full and equal access to the courthouse. "They have to move tables and furniture where he can more easily maneuver his wheelchair," the lawyer said.

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Autism Legislation Set to Expire

The Autism Collaboration, Accountability, Research, Education and Support Act of 2019 (Autism CARES Act of 2019) was recently introduced to reauthorize protections under the Autism CARES Act of 2014, which is set to expire in September.

Due to the sunset provision of the existing legislation, important autism initiatives will no longer be fully funded if Congress does not take action. The original act of 2014 provides more than $3.1 billion dedicated to the National Institutes of Health (NIH), the Centers for Disease Control and Prevention (CDC) and the Health Resources and Services Administration (HRSA).

This funding is partially used for research grants. It also ensures the continued funding of autism prevalence monitoring at the CDC, training of health-care professionals and efforts to develop treatments for medical conditions often associated with autism.

It also tasks the federal government with surveying the current landscape of autism services, reporting to Congress where gaps exist and how to effectively address those needs.

The 2014 legislation resulted in a report to Congress on challenges faced by young adults with autism related to transitioning from school-based services to services available during adulthood. The report recommended another report to Congress, placing an increased emphasis on their needs throughout the life span.

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A girl scout was happy to show off her new pinewood derby race car kit, along with Mid-Westchester Elks member Jay Singer, at the annual Cerebral Palsy of Westchester banquet luncheon in Rye Brook for adaptive Boy Scouts and Girl Scouts.

During the event, the scouts ushered in the 2019 pinewood derby season by picking out their racecar kits, which they build and decorate over several weeks in preparation for the big race in April. In addition, the Girl Scouts created valentine cards that were distributed to local veteran’s organizations for the holiday.

The Mid-Westchester Elks helped establish the adaptive scout troops almost 10 years ago. Singer serves as a troop leader and coordinates the Elks support of the adaptive scouts.
New Emoji Symbols Are Inclusive

Apple sent a proposal to Unicode in March 2018, requesting the addition of emojis to better represent individuals with disabilities. Unicode is a global nonprofit consortium consisting of representatives from various technology companies which ensures that standards are maintained for the emoji symbols.

The proposal explained that emojis are a universal language used by people throughout the world, they are a way to communicate self-expression and that they should be more inclusive. The emojis they submitted for approval fell into four main categories, which are blind and low vision, deaf and hearing impaired, physical motor and hidden disabilities.

The new emojis include a manual wheelchair, motorized wheelchair, prosthetic arm, prosthetic leg, service dog with vest, service dog with harness, a hearing aid, people using canes and people using sign language. They were developed in collaboration with several respected disability organizations, such as the American Council of the Blind, Cerebral Palsy Foundation and the National Association of the Deaf.

“Diversifying the options available helps fill a significant gap and provides a more inclusive experience for all,” Apple said in their proposal. “One in seven people around the world has some form of disability. The current selection of emojis provides a wide array of representations of people, activities and objects meaningful to the general public, but very few speak to the life experiences of those with disabilities.”

AAPD Announces Leadership Award Recipients

The American Association of People with Disabilities (AAPD) recently announced that Sarah Blahovec and Dustin Gibson are this year’s recipients of the 2019 AAPD Paul G. Hearne Emerging Leader Awards.

Through the awards, AAPD recognizes outstanding emerging leaders with disabilities who exemplify advocacy and dedication. The winners each receive $2,500 in recognition of their contributions and $7,500 to further a new or existing disabilities initiative.

Blahovec, diagnosed with severe Crohn’s Disease at age 15, is focused on politics and civic engagement. After graduating college in 2014, she began blogging about disability rights for the “Huffington Post.”

She is currently the disability vote organizer for the National Council on Independent Living. With the award, she plans to establish the first campaign training curriculum for people with disabilities who want to run for elected office.

Gibson has worked with all three centers for independent living in Pennsylvania and has held positions with national independent living organizations. He co-founded Disability Advocates for Rights and Transition, an organization that works to end forced institutionalization of the disabled and assist them in navigating systems to live in the community of their choosing.

As a founding member of the Harriet Tubman Collective and co-creator of We Can’t Breathe: The Deaf & Disabled Margin of Police Brutality Project, Gibson travels across the country to build collective power within marginalized communities. With his AAPD award, he will work alongside

Continued on page 15
Colorado Delegation Fully Supports DIA

Colorado has become the second state in the country to have its entire Congres- sional delegation co-sponsor the Disability Integration Act (DIA), just 21 days after its in- troduction on Jan. 15.

The DIA is a bill (S1177/ HR555) that affirms the right of people with disabilities and se- niors to live in their community rather than be forced into nurs- ing homes or other institutional facilities. It would require states and insurance providers who pay for institutional placement to also offer long-term services and supports in the community. It was introduced by Sens. Charles Schumer (D-N.Y.) and Cory Gardner (R-Colo.) and Rep. Jim Sensenbrenner (R-Wisc.) in the House.

“We know that it will take members of Congress from both sides of the aisle to make DIA the law of the land,” said Dawn Rus- sell, an organizer with Atlantis ADAPT in Colorado. “We want to thank every member of Colo- rado’s delegation for supporting the rights of disabled people to live in freedom, especially Sen. Gardner who was the first republic- an on the Senate bill.”

DIA has widespread support from more than 730 national organizations. At the DIA in- troduction event, the American Association of Retired People (AARP) announced their support for the bill, which according to ADAPT illustrates support from the aging community and the im- portance of seniors being able to age in their own homes.

“Individuals with disabilities should have the right to live in the setting that best fits their needs and allows them to live as independently as possible in their community” said Gardner.

“After hearing first-hand from the ADAPT community in Colo- rado, I was proud to be the first Senate republican to champion this critical legislation that will help ensure individuals living with disabilities are provided the flexibility to live how they choose,”

“We were thrilled that all of our members of Congress from Ver- mont were original co-sponsors of the Disability Integration Act this session, and we are excited to see more states join us,” said Sarah Launderville, executive director of the Vermont Center for Independent Living, speaking of her state being the first to secure their entire delegation. “I think this really demonstrates the importance of ensuring that disabled and elderly Americans can live in the community.”

ADAPT and the broad- er disability community have called upon the House of Rep- resentatives to pass DIA be- fore July 26, which will also mark the 28th anniversary of the signing of the Americans with Disabilities Act (ADA).

Budget Allows Waivers to School Districts

Advocates for Children of New York (AFC) are concerned that Gov. Andrew Cuomo’s 2019-2020 budget proposal would allow school districts to seek broad waivers from laws and regulations that provide important protections for stu- dents with disabilities.

For example, these waivers could allow school districts to avoid certain requirements regarding class size, behavior intervention plans and notifi- cation of certain changes in placement. This broad waiver provision could erode students’ rights.

DOL Award to Fund Apprenticeships

The U.S. Department of La- bor’s Office of Disability Em- ployment Policy (ODEP) re- cently announced the award of a $1.9 million contract to devel- op pilot projects focused on appren- ticeship opportunities for youth and adults with disabili- ties in high-growth industries.

ODEP works to increase the number and quality of employ- ment opportunities for the dis- abled by developing and influ- encing policies and practices.

The two-year contract was awarded to Social Policy Research Associates (SPRA) of California to research, develop, test and evaluate innovative strategies in exist- ing apprenticeship programs that provide skills training to people with disabilities.

Although the New York state Legislature has rejected this proposal multiple times in the past, AFC claims that interest- ed parties should be vigilant.

AFC suggests that all par- ents, teachers and other inter- ested parties contact their state senators and assembly mem- bers to voice their concerns. AFC works on behalf of children with disabilities are dispropor- tionately underrepresented in high-skill industries, yet people with disabilities are dispropor- tionately underrepresented in apprenticeship programs and in the workforce at large,” said Deputy Assist. Sec’y for Labor for Disability Employment Policy Jennifer Sheehy.

“Apprenticeships are a prov- en strategy for connecting job creators with motivated, high- ly skilled workers, yet people with disabilities are disproportio- nately underrepresented in apprenticeship programs and in the workforce at large,” said Deputy Assist. Sec’y for Labor for Disability Employment Policy Jennifer Sheehy.

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The tragic death of Connecticut native, Malaysia Goodson, who fell down a flight of subway steps holding her one-year-old child (who was unhurt) brought out politicians and media, as well as disabled activists, clamoring for more subway elevators.

While disabled activists have been seeking access to New York City subways for 40 years, until recently only a handful of politicians and editorial boards have felt the same way.

United Spinal Association (then called Eastern Paralyzed Veterans Association (EPVA)) settled its lawsuit with the Metropolitan Transportation Authority (MTA) in 1984. New York City agreed to become the first old rail city in the nation to retrofit “key” stations and provide wheelchair access. Buses are accessible because of the settlement and Access-A-Ride paratransit services were created because of the settlement.

At the time, the most liberal Democrats had to be dragged, kicking and screaming, to provide merely key station access. Mayor Ed Koch opposed us. The MTA board, which included such liberal Democratic champions as City Council Pres. Carol Bellamy, MTA Board Chair Richard Ravitch and Liberal Party Chair Stephen Berger, opposed subway and bus access. The *New York Times* opposed public transportation access. When United Spinal stopped subway station renovation via court order, the *Times* wrote an editorial using the phrase “there’s a wheelchair on the tracks.” All the other major news outlets’ editorial boards opposed access. Incidentally, in 1990, the *Times* opposed the passage of the Americans with Disabilities Act (ADA), as well.

It is no wonder that New York City elected officials felt safe from political retribution when the *Times* editorial page was promoting the perpetuation of discrimination against people with disabilities. The *Times* favored paratransit only.

Remember Access-A-Ride’s budget is $600 million this year and that’s with every bus accessible and well over 100 subway stations accessible. Moreover, no thanks to these same politicians, and due to the intrepid advocacy of N.Y.C.’s disability community, more than 1,000 for-hire vehicles are accessible or there would be even more demand for Access-A-Ride.

Why is the subway still so inaccessible? After all, there are 466 subway stations and only a little over 100 have elevators. It is because the moral consciousness of this city was not offended when public transit ignored the needs and rights of people with disabilities. Unlike politicians in Washington D.C., who supported the Americans with Disabilities Act in 1990, N.Y.C.’s politicians from the late 1970’s until recently did not make this issue a priority because they were given so much cover by the media.

Now, after a young mother lost her life on the subway stairs, New Yorkers are wondering why older rail cities like Chicago and Boston have a much higher percentage of stations usable by people with mobility impairments.

It is because we, at United Spinal/EPVA were too optimistic about what a key station access settlement would mean. We thought New Yorkers would rally around people with disabilities once they saw them using transit and that by 2019 the collective conscience of all New Yorkers, including elected officials and editorial boards, would have demanded equal access.
Dustin Snowadzky has recently joined the American Association of People with Disabilities (AAPD) as its first portlight inclusive disaster strategies fellow.

The purpose of the fellowship is to lead a national legislative initiative, as well as facilitate collaboration among AAPD stakeholders and disability inclusive emergency management coalitions. The fellowship was established to advance legislative and community organizing initiatives affecting disaster-impacted individuals with disabilities and emergency preparedness.

“For those of you that know my mother, Marcie Roth, or my sister, Jessa Steinbeck (now Specht), you know that I’ve been involved with the disability rights movement since I was born,” he said. “Jessa was Helena Berger’s and Andy Imparato’s administrative assistant at AAPD almost 20 years ago, so my fellowship at AAPD is, in many ways, among family.”

Snowadzky will focus on the use of technology to maximize nationwide engagement towards passage and implementation of disability inclusive emergency management legislative initiatives. His overall goal is to contribute to AAPD’s partnerships with disability organizations and other stakeholders committed to equal access to emergency and disaster services for people with disabilities before, during and after disasters.

Previously, he spent two years as the chief technology officer for the Partnership for Inclusive Disaster Strategies. While there, he was the organizational lead for rapid and sustained national emergency response and recovery, providing technical assistance in support of federally declared disasters. He created and implemented internal and external tools for web and electronic support in disaster response.

“Another passion of mine is in game design,” said Snowadzky. “I have worked as a quality control technician, and my college degree is in computer gaming and simulation. Last year, I was part of a team that won a national contest for designing and developing an educational game, with climate change as a theme, in 48 hours. I am excited to bring some of my game design skills to AAPD and plan to work on a game that will be very educational and informative for emergency preparedness.”
On April 1, Independence Care System will open the first and only “health home” in New York State specializing in helping people with physical disabilities stay healthy and independent, in their communities. A “health home” is not a place where people live; it is an organization that coordinates healthcare, social and community-based services, and public benefits like food stamps or housing assistance.

New York State charters health homes to assist people with multiple health conditions, which is true of many people with physical disabilities. Health home care managers may help schedule medical appointments and make sure that a member’s doctors are working together and sharing important information; they may educate members about their conditions so they can take better care of themselves, or help members apply for public benefits and advocate for themselves.

The ICS mission remains the same. ICS was created almost 20 years ago in order to help New Yorkers with disabilities get the services they need to live outside of institutions and to thrive in their communities. ICS put into practice the belief that disability rights are human rights, including the right to choose how and where to live.

The new ICS health home will carry that mission forward. It is the result of many months of discussion with the State Department of Health about how to make sure that ICS’s expertise will continue benefiting New Yorkers with disabilities when ICS closes its managed long-term care (MLTC) plan, now scheduled for March 31.

“DOH worked with us over many months to ensure that we will be able to use the specialized knowledge and skills we have developed to continue serving New Yorkers with disabilities, some of whom have been ICS members for almost two decades,” said ICS Chief Operating Officer Regina Estela. “We are thrilled that ICS will be able to continue filling the critical need for comprehensive disability-expert care coordination.”

ICS President Rick Surpin added, “ICS has an impressive record of helping our members avoid disability-related health crises and unnecessary hospitalizations and nursing home stays. What we do, not only saves public health dollars, it is vital to ensuring that New Yorkers with disabilities are able to live safely and independently in their communities, which lies at the heart of the ICS mission.”

You can learn more about the new ICS health home on the organization’s website: www.icsny.org

ICS to Launch New Disabilities Program

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Alpha Care is a family-owned business established nearly 25 years ago as a regional durable medical equipment provider. Today, Alpha is a provider of accessibility solutions in the entire metro-NYC region including the 5 boroughs, Nassau, Suffolk, Westchester, Rockland, Yonkers and N.J. to clients in need. The company specializes in various types of access applications: modular ramps, portable ramps, ramp systems, stair lifts, patient lifts, wheelchair lifts, home elevators and even provides fully ADA compliant bathroom/home modifications.

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The camp is a not-for-profit organization and scholarships are available. For information contact David Billingham.

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**SOUTHAMPTON FRESH AIR HOME**

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The Southampton Fresh Air Home provides a unique vacation experience for physically challenged youth. Children ages eight to 18 attend one of our three-or one-week sessions. Camp activities include the traditional camp favorites and adaptive equipment allows campers to participate in every activity from basketball to sailing. During the summer more than 150 campers attend the camp. They interact with their peers, gain new confidence and return home with memories and new friends.

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center for Independence of the disabled, New York (CIDNY) conducts comprehensive benefit screenings for health care, SNAP (formerly food stamps), heating assistance, Social Security Incom (SSI), Social Security Disability (SSDI), tax benefits, veteran’s benefits, housing subsidies, Disability Rent Increase Exemption (DRIE), Senior Citizen Rent Increase Exemption (SCRIE), various waiver programs, prescription assistance, unemployment insurance, subsidized transit, among other benefits. We provide information on these programs, help with applications, explain the appeals process, and make referrals to the appropriate New York City agencies.

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By Richard Baluran

Living life to the fullest is a goal for each of us. Physical therapy (PT), occupational therapy (OT) and vision rehabilitation (VT) can put that goal within reach, making people stronger, more mobile, more confident, healthier and safer.

Physical Therapy

Physical therapy focuses on restoring a function by improving movement, balance, pain management and gaining strength after an injury or illness. In most cases, the physical therapist will design a specific program of exercise to do daily at home.

A physical therapist will give additional exercises using specially designed equipment and techniques. Counseling and patient education are also part of the program.

Occupational Therapy

Occupational therapy focuses on activities of daily living, such as dressing, going to the bathroom, bathing, brushing teeth and eating.

An occupational therapist can teach using adaptive devices to perform daily activities and use techniques to make grooming and dressing easier.

Identifying hazards in the home and evaluating and prescribing seating and wheelchair needs and helping with the use of memory books and other devices to aid memory can also be part of an occupational therapy program.

“My goal is to make patients function more independently,” said Inna Babaeva, occupational therapist at Lighthouse Guild.

Vision Rehabilitation

For those who have vision loss due to conditions such as macular degeneration, glaucoma, diabetic retinopathy, retinitis pigmentosa and retinal diseases, vision rehabilitation can help patients make the best use of their remaining vision.

They can learn new skills and strategies to compensate for the loss of central or peripheral vision, loss of depth perception, decreased balance, decreased contrast sensitivity and increased glare.

Accessing Rehab Services

In most cases, patients will need a prescription or referral from a physician to begin a rehabilitation program. It is important for the patient to communicate honestly with their physician about how they are doing, whether they are having difficulty showering or performing daily tasks, for instance, so that they can get the referral they need to maximize independence.

It’s important to remember that each individual has different goals and abilities. A rehabilitation program should be customized to the patient’s unique goals and abilities. They need to collaborate with your therapists to develop a treatment plan.

The good news is that with a comprehensive plan for rehabilitation, individuals can achieve as much independence as possible, learning how to travel and handle daily tasks. Working with the right team of therapists, they can maximize their abilities and live the life they want.

Richard Baluran is a Doctor of Physical Therapy at Lighthouse Guild. Programs such as those offered at Lighthouse Guild in Manhattan can help restore or maintain independence and achieve a person’s personal best to improve quality of life.

Marien-Heim Tower

On February 27, 2019, Marien-Heim Tower located at 870 Ocean Parkway, Brooklyn, NY 11230, a 181 unit Mitchell Lama elderly-disabled housing development will begin marketing available units to eligible applicants with limited incomes on their wait list. Qualified veterans who served in the United States Armed Services during time of war & reside in New York State or their surviving spouses will be afforded an admission preference.

Section 8 Federal guidelines and IRS 42 Low Income Housing Tax Credit income & occupancy restrictions apply.

Applicants must be 62 years of age or older.

MAXIMUM INCOME:

1 person Studio - $43,860 2 persons One-Bedroom - $50,100

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870 Ocean Parkway
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Office Hours: Monday to Friday 10am-1pm.

Please do not submit more than one application per family. If more than one application is received, it will be dropped to the bottom of the list.

Completed applications must be sent to the Post Office Box stated on the application form by first class mail only which must be received by the deadline of March 21, 2019.

Applications will be selected by Lottery.

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MLB Word Change Pleases Advocates

The Ruderman Family Foundation, a leader in advocating for the inclusion of people with disabilities, praised Major League Baseball (MLB) for its decision to rename the “disabled list” as the “injured list.”

“MLB’s announcement to terminate the use of the word disabled describing the list of players who are injured or unable to play is an example of our determination to get better off-the-field in the same way we try to improve on-the-field,” said Billy Bean, MLB vice president. “My leadership role at MLB has allowed me to work alongside great influencers and organizations like Link 20 Network.

Their work has had a profound impact on me, and I am in awe of their efforts to bring fairness, equity and a forceful voice for people living with disabilities.”

Link 20 is a Ruderman Foundation global social movement of young activists who promote the inclusion of the disabled. In the months leading up to the decision, they campaigned for the change and reached out to MLB Commissioner Robert Manfred to recognize that athletes who sustain injuries are simply injured and not disabled.

“Using the term disabled list for players who are injured re-inforces the belief that people with disabilities are injured and therefore are not able to participate or compete in any sports.

This perception is misleading and incorrect and have the unfortunate connotation that people with disabilities cannot take part in any professional sports. As we all know, there are many professional athletes with disabilities in all major sports in the United States and in the world,” a Link 20 letter to MLB read.

Link 20, made up of members with and without disabilities, creates a platform for social activism in the digital space by creating and promoting awareness campaigns, initiating leadership events and taking active roles in designing programs.

“I am proud of the advocacy of Link 20, a passionate group of activists with and without disabilities who worked with Major League Baseball to change the term attached to the injured list,” said Jay Ruderman, president of the Ruderman Foundation. “I’m also impressed with the respectful consideration of Major League Baseball as to why the term disabled list is offensive to people who are permanently disabled.”

Team USA Takes Two Medals at Taekwondo Championships

Americans Iris Fuentes and Daniel Espinosa recently earned medals at the World Para Taekwondo Championships in Turkey.

Fuentes won the silver medal in the female P33 over 30 poomsae division, while Espinosa captured the bronze medal in the male K42 -75kg sparring competition. Team USA also had two athletes reach the quarterfinals in their respective divisions. Evan Modell advanced to the quarterfinal round of the male K44 +75kg sparring competition, and Sophie Gimeno made it to the quarterfinals of the female K44 -49kg sparring division.

Para Taekwondo is quickly gaining in popularity. Nearly 400 athletes from 69 nations competed, nearly twice as many as the last edition. Seven nations were represented at this event for the first time, including Jordan, Saudi Arabia, Senegal, Switzerland, Somalia, Tanzania and Uganda.

This competition will go a long way toward deciding which athletes will qualify for Para Taekwondo’s Paralympic debut next year. The next Paralympics will be held in Japan.

USABA to Host Cycling Camp In Colorado

Registration is open for the United States Association of Blind Athletes (USABA) annual cycling development camp at the Olympic Training Center in Colorado, taking place from May 2 to 7.

Goalball Tourney Set for April

The Association of Blind Athletes of New Jersey (ABANJ) and the United States Association of Blind Athletes will host a Northeast Goalball Tournament in Westmont, N.J., April 6 to 7. The tournament will be round robin play for both the men’s divisions and women’s divisions. Registration and payment are due by March 20.

For information call Sharon Gunderman, 814 583.51 12.

Send All Your Sports News To www.ablenews.com
WHEELCHAIR USERS NEEDED FOR ONLINE RESEARCH STUDY
A professor at the School of Physical Therapy at Texas Woman’s University is conducting an online research study of adults who have a neurological diagnosis such as spinal cord injury and multiple sclerosis for at least 6 months.
Participants will be wheelchair users at least 75 percent of the time inside their home and 100 percent of the time outside the home. People who complete the survey will be eligible for a drawing for a $20 gift card.
For information contact Carolyn Da Silva, cdasilva@twu.edu.

KIDS BOOK BASED ON BALLPLAYER’S CHILDHOOD
“Pound of Kindness” is a new children’s book based on the childhood of Dave Clark, the only professional baseball player to pitch using crutches.
The child in the book, who lost the use of his legs due to polio, wears full length braces on his legs. He becomes anxious about an upcoming walking field trip with his class. However, things look up when one of his classmates comes up with a plan to help with the use of a Radio Flyer wagon.
Clark is a National Hero of Sports winner and an advocate for children with disabilities.

SCUBA GEAR WILL HELP FUNDRAISING PROGRAM
Diveheart, an Illinois-based nonprofit that offers scuba therapy to children, adults and veterans with a disability, are asking people to donate their old scuba gear.
This can include wetsuits, gloves, hoods and neoprene vests. Their recycling program will turn these items into colorful beverage coasters available for a $5 donation, which will benefit Diveheart’s programs.
For information visit www.diveheart.org.

DOE PLANS SPECIAL ED TRAINING FOR RESEARCHERS
The National Center for Special Education Research of the Institute of the Department of Education will have a summer research training institute on single-case intervention research design and analysis to increase the national capacity of education researchers to conduct rigorous studies.
It will be held in Wisconsin from June 18 to 22. Applications are due by March 15.
For information visit www.ies.ed.gov/whatsnew/conferences/?id=3998.

UPDATED DIRECTORY LISTS SCI SERVICES AND PRODUCTS
The United Spinal Association recently issued their new and improved disability products and services directory.
It offers people with spinal cord injuries (SCI) and disorders information on a wide range of products and services, including assistive technology, therapy, legal assistance, employment, independent living and accessible travel. For information visit www.unitedspinal.org/disability-products-services.

AUTISM SOCIETY PLANNING ANNUAL CONFERENCE
The Autism Society of America will host a two-day conference in Maryland, July 9 to 11.
It will feature keynote addresses, presentations and breakout discussions covering a wide range of topics. To register visit www.autism-society.org/get-involved/conference.

NETFLIX SEEKS GIRL TO CO-STAR IN UPCOMING TV SERIES
Netflix is searching for a young female wheelchair user to co-star in their new series called “The Healing Powers of Dude.”
They want to cast a girl between the ages of 9 and 13. She can be from any country, but needs to speak English. For information about the part and auditions email net@abilityjobs.com.

ATLANTA GOVERNOR URGES CONGRESS TO PASS DIA
Atlanta Gov. Stacey Abrams, who recently gave the Democrats’ response to the president’s state of the union address, released a video endorsing the Disability Integration Act (S117/HR555).
She calls on Congress to pass the legislation immediately. The video can be viewed at adapt.org/stacey-abrams-video-supporting-the-disability-integration-act.

DISABILITY MATTERS TO HOST 13TH ANNUAL CONFERENCE
The 2019 Disability Matters Conference and awards dinner will be held in Florida, April 23 to 25.
A full schedule of events will take place, including a keynote address from Paralympian Lex Gillette. For sponsorship opportunities or to purchase tickets contact Ivette Lopez, ivette@consultspringboard.com.

APPLICATIONS OPEN FOR LAWYER MENTORING PROGRAM
The American Bar Association’s Commission on Disability Rights offers a national mentor program for students with disabilities who either would like to study law, are currently in law school or those who have graduated.
Attorney mentors, who do not have to be disabled to participate, provide students and recent graduates with insight into the legal profession. Mentors and mentees can apply by contacting Amy Allbright, Amy.Allbright@americanbar.org.

FILM SHOWS PERSISTENCE AND SUCCESS OF GUITARIST
“Mind Over Matter,” an award-winning documentary that chronicles the life of a musician with cerebral palsy, is now available for streaming on all major digital platforms.
Featured throughout the film are members of KORN, the Grammy winning rock band who mentored him. For information visit MindOverMatterFilm.com.
March 1
NYC Parks ADA Advisory Committee Meeting 2 to 4 p.m. at the Charles A. Dana Discovery Center, Central Park North/110th St., Manhattan. For information call Christopher Noel 718 760-6831.

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 March 11, 18 & 25

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 Latricia James 718 907-1622. Also March 11, 18 & 25

Double Trouble Support Group 6 p.m. for information call 212 684-3365. Also March 11, 18 & 25

Stoke Brain Injury Survivor Support Group 12:15 p.m. at SUNY College of Optometry, 33 W. 42 St. For information call 212 988-4040.

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 6:30 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 March 5, 11, 12, 18, 19, 25 & 26

March 5
Art for Everyone 10 a.m. to 1 p.m. at ICS, 400 Fordham Rd., 10th floor, Bronx. For information call Latricia James 718 907-1622. Also March 12, 19 & 26

TBI Support Group 12:30 to 2 p.m. at BCID, 27 Smith St., #200, Brooklyn. For information call 718 998-3000. Also March 19

Lupus Alliance of Long Island/Queens Support Group/ Meet and Greet 7:30 to 9 p.m. at NSLIJ Forest Hills Hospital, 102-01 66th Rd., Forest Hills. For information call 516 783-3370.

March 6
Navigating Your Child’s Disability: One-to-One Expert Assistance 10 a.m. to 1 p.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.

The Rainbow Connection meeting 2 to 4 p.m. at IndependenceCare System, 25 Elm Pl., Brooklyn. For information call Latricia James 718 907-1622. Also March 20

March 7
Peer Support Group 1 to 3 p.m. at BCID, 27 Smith St., Brooklyn. For information call 718 998-3000. Also March 14, 21 & 28

Writers Workshop 4 to 6 p.m. at CIDNY 841 Broadway #301 13-14 Sts. For information call Eva Eason 646 442-4156. Also March 14, 21 & 28

March 10
Disabled Queers 1 to 3 p.m. at the LGBT Community Center, 208 West 13 St., Manhattan. For information call 718 389-8180.

March 12
Adult Support Group 6:45 p.m. at NY Branch IDA, 71 W. 23 St. #1527. For information call 212 691-1930.

Lupus Alliance of Long Island/Queens Support Group meets once a month on Tuesday at 4 p.m. at ICS, 25 Elm Pl., 5th floor, Brooklyn. For information call 516 783-3370.

March 13
Traveling Training on Buses & Subways presented by Abilities Inc. at the Viscardi Center 3:15 to 4:15 p.m. at IWD Multipurpose Room, 530 First Ave., Manhattan. For information call 212 598-6429.

For information call 415 253-4948.

March 14
Eduational Workshop: Meeting of the Minds-Mindfulness and You presented by The Initiative for Women with Disabilities Social Work Department 11:30 a.m. to 12:30 p.m. at IWD Multipurpose Room, 530 First Ave., Manhattan. For information call 212 598-6429.

For information call 718 499-7701.

March 15
Free Diabetes Workshop: Managing Diabetes to Save Sight 11 a.m. to 12 p.m. offered by Lighthouse Guild and Goddard Riverside at Lincoln Square Neighborhood Center, 250 W. 65th St., Manhattan. For information call 212 874-0861.

For information call 516 783-3370.

March 16
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 S. Boyland St., Brooklyn. For information call 718 233-1948.

For information call info@heidilandskydance.org. Also March 20

March 27
Advance Care Planning Workshop presented by NYU Langone’s Advance Care Management 11 a.m. to 12:30 p.m. at IWD Multipurpose Room, 530 First Ave., Manhattan. For information call 212 598-6429.

For information call 718 998-3000. Also March 19

Kovach 19
Heidi Lansky Dance Special: Tech and Accessible Art Showings 11 a.m. to 2 p.m. at Aaron Davis Hall, Theater B, 129 Convent Ave. For information contact info@heidilandskydance.org. Also March 20

For information call 718 998-3000. Also March 19

Lupus Alliance of Long Island/Queens Support Group

For information call 212 598-6429.

Free Diabetes Workshop: Managing Diabetes to Save Sight 11 a.m. to 12 p.m. offered by Lighthouse Guild and Goddard Riverside at Lincoln Square Neighborhood Center, 250 W. 65th St., Manhattan. For information call 212 874-0861.

Ongoing Events

Free Workshops and Services at United Cerebral Palsy of New York City Family Connect Centers throughout the five boroughs. For information call 718 498-7979 ext. 704.

To have your event or meeting listed, send information to www.ablenews@aol.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.
CDR BUDGET RESPONSE
Continued from page 2

reimbursement rate by more than 80 percent in the best-case scenario, putting the few FIs that remain out of business. “The proposal would effectively get rid of 550 of the 600 FIs,” said CDPAANYS Exec. Dir. Bryan O’Malley. “There will be a break in the continuity of care. A few states, like Pennsylvania, are using a one-FI model.”

They report that service and payments are much slower. “Cuomo mistakenly thinks that an FI is just a payroll company.”

LAWYER SUES
Continued from page 3

niture out of your way,” said Demirayak in an New York Post article. “You go to the bathroom where you want to have a trial, you can’t even go near it, because there’s no legroom underneath. They have signs all over the court saying, “This bathroom is accessible.” You go inside, it’s not accessible. They tell you that you can go to the second floor, you can go to the third floor.”

And I’m trying to pick a jury, and I don’t have time to kill. But I’ll go to those floors anyway, and it’s either not an accessible bathroom or it’s out of order. So, I’m in court all day and I can’t use the bathroom. It’s humiliating and frustrating and a little embarrassing. People are only disabled to the extent that the world around them doesn’t allow them to do things. If everything is accessible, you’re not really disabled.”

AUTISM LAW TO EXPIRE
Continued from page 3

The bill also empowers the Interagency Autism Coordinating Committee to coordinate federal activities concerning autism. The committee makes recommendations to implement a strategic plan and provides advice to the secretary of Health and Human Services.

“On behalf of the millions of people with autism and their families, Autism Speaks celebrates the introduction of the Autism CARES Act of 2019,” said Autism Speaks President Angela Geiger. “Autism CARES is the foundation of the federal government’s efforts around autism. We ask Congress to act expeditiously on this legislation.”

“Their hope to not only preserve today’s programs for another five years, but to strengthen them to meet growing needs,” said Sen. Bob Menendez (D-N.J.), who introduced the bill in the Senate. The Association of University Centers on Disabilities is asking the public to urge legislators to pass the bill before it expires. They suggest that everyone contact their congressmembers, explaining the importance of their sponsoring and/or supporting the Autism Care Act.
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 citations. Primary emphasis is placed on safety and ease-of-use by end users and/or care-givers. As a well-stocked brick and mortar supplier of access ramp systems and lifts, emergency needs can be resolved quickly. Generally, the access equipment can be either purchased or rented.

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abaD annouNces recipienTs
Continued from page 4

youth with disabilities who are or have been incarcerated. AAPD founder Paul Hearne was a passionate advocate for increased employment of people with disabilities. He opened doors for thousands through his leadership of Just One Break, an employment agency for the disabled in New York City, and The Dole Foundation for Employment of People with Disabilities in Washington, D.C.

“As a result of Paul’s passion, for the past 20 years AAPD has helped to cultivate the next generation of disability rights leaders,” said AAPD President Helena Berger. “Sarah and Dustin are working on leading-edge issues that are lifting up the voices and advancing the rights and inclusion of multi-marginalized youth and adults with disabilities. We are honored to present them with this year’s awards and look forward to supporting their important work.”

The award recipients will be honored at the 2019 AAPD Leadership Awards Gala in Washington, D.C., on March 12.

Alpha Care Supply
Continued from page 8

es of worship, event planners, schools, universities, property management companies, etc. Equipment is often rented to educational facilities that require access products for short-term needs such as commencement exercises, concerts, fundraising/benefit events, or for any temporary applications.

In-depth residential and facility evaluations are offered free of charge with no obligations. Primary emphasis is placed on safety and ease-of-use by end users and/or care-givers. As a well-stocked brick and mortar supplier of access ramp systems and lifts, emergency needs can be resolved quickly. Generally, the access equipment can be either purchased or rented.

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The 10th day of the month prior to publication

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(每个词语之间只有一个空格)

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ADDRESS

PHONE ( )

ZIP

MAKE CHECKS PAYABLE TO ABLE NEWSPAPER

CHECK ENCLOSED $

□ VISA □ MASTERCARD

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OR to place your ad with a credit card by phone call 516 939-2253

DEADLINE:
The 10th day of the month prior to publication

CLASSIFIED ADVERTISING MAIL-IN FORM

Print my ad as follows
(Use one space per word)
APPLICATIONS FOR ALL NEWLY CONSTRUCTED Units Must Be Submitted Online Or Postmarked No Later Than April 1, 2019. Only Send One Application Per Development. Do Not Submit Duplicate Applications. Handwritten Applications Are Accepted For Mail And In Person. Applications Who Submit More Than One Application May Be Disqualified.

Newly Constructed Units At 2044 Westchester Avenue

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<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>(Minimum – Maximum)</th>
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<td>2 people</td>
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<td>(£)</td>
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<td>3 people</td>
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<td>(£)</td>
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<td>9</td>
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<td>$58,903 – $104,300</td>
<td>(£)</td>
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<td>(£)</td>
</tr>
</tbody>
</table>

Newly Constructed Units At 2044 Westchester Avenue

NEW YORK NEWS - MARCH 2019 PAGE 15

Who Should Apply?

• A percentage of units is set aside for applicants with disabilities:
  • Mobility (5%)
  • Vision/Hearing (2%)

• Preference for a percentage of units goes to:
  • Residents of Bronx Community Board 9 (50%)
  • Municipal employees (5%)

• Preference for a percentage of units goes to:
  • Residents of Bronx Community Board 9 (50%)

Affordable Housing for Rent

WESTCHESTER MEWS
174 NEWLY CONSTRUCTED UNITS AT 2044 WESTCHESTER AVENUE & 2035 NEWBOLD AVENUE, BRONX

Amenities: on-site resident super, card-operated laundry, bicycle storage, outdoor terrace

Transit: 6 Train, Bx4, Bx22, Q44 Bus

No application fee • No broker’s fee • Smoke-free building

This building is being constructed through the Match Program of the New York City Housing Development Corporation and the New York City Department of Housing Preservation and Development.

Who should apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.
Affordable Housing for Rent

1766-68 Second Avenue Apartments
28 NEWLY CONSTRUCTED UNITS AT 1766-68 Second Avenue, New York, NY 10128

Yorkville

Amenities: Bike room, laundry (card operated), roof deck.

Transit: Trains: Q, 4, 5, 6, Buses: M15, M103

No application fee • No broker’s fee • Smoke-free building

This building is being constructed through the Inclusionary Housing Program and is anticipated to receive a Tax Exemption through the 421-a Tax Incentive Program of the New York City Department of Housing Preservation and Development.

Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria.

Applicants who live in New York City receive a general preference for apartments.

A percentage of units are set aside for applicants with disabilities:
- Mobility (5%)
- Vision/Hearing (2%)

Preference for a percentage of units goes to:
- Residents of Manhattan Community Board 8 (50%)
- Municipal employees (3%)

Available Units and Income Requirements

<table>
<thead>
<tr>
<th>Unit Size</th>
<th>Monthly Rent1</th>
<th>Units Available</th>
<th>Household Size2</th>
<th>Annual Household Income3 Minimum – Maximum4</th>
<th>Monthly Rent</th>
<th>Units Available</th>
<th>Household Size</th>
<th>Annual Household Income Minimum – Maximum</th>
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<tbody>
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<td>$45,018 - $58,480</td>
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</tr>
<tr>
<td>2 bedroom</td>
<td>$1511</td>
<td>10 → 3 people</td>
<td>$53,863 - $75,120</td>
<td></td>
<td>$1511</td>
<td>10 → 3 people</td>
<td>$53,863 - $75,120</td>
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</tr>
<tr>
<td>3 bedroom</td>
<td>$1740</td>
<td>3 → 3 people</td>
<td>$62,298 - $75,120</td>
<td></td>
<td>$1740</td>
<td>3 → 3 people</td>
<td>$62,298 - $75,120</td>
<td></td>
</tr>
</tbody>
</table>

1 Rent includes gas for cooking and heat.
2 Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
3 Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application addressed envelope to: 1766-68 Second Avenue Apartments c/o Breaking Ground, PO Box 4624, New York, NY, 10163. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be posted or submitted online no later than April 16, 2019. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an appointment of eligibility to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: 1766-68 Second Avenue Apartments c/o Breaking Ground, PO Box 4624, New York, NY, 10163. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 16 de abril 2019.

禹体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：1766-68 Second Avenue Apartments c/o Breaking Ground, PO Box 4624, New York, NY, 10163. 信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交或邮寄书面申请2019年4月16日。

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: 1766-68 Second Avenue Apartments c/o Breaking Ground, PO Box 4624, New York, NY, 10163. En el reverso del sobre, escriba en inglés la palabra “SPANISH.” Las solicitudes se deben enviar en línea o con sello postal antes de 16 de abril 2019.

한국어

서로의 연락처에 다가와: nyc.gov/housingconnect 한글 버전을 얻으십시오. 1766-68 Second Avenue Apartments c/o Breaking Ground, PO Box 4624, New York, NY, 10163. 제출한 날짜로부터 2개월 내에 검증서를 제출할 수 있습니다. 제출 위해서는 전달된 날짜가 2019년 4월 16일까지어야 합니다.

Mayor Bill de Blasio • HPO Commissioner Maria Torres-Springer
The National Wheelchair Basketball Association recently released the initial selection of athletes for the 2019 U.S. Women’s National Wheelchair Basketball Team.

The announcement came following the Toyota Team USA Women’s Selection Camp, a three-day event that took place at the Olympic Training Center in Colorado. These athletes will continue to battle for a spot on the U.S. Team which will compete at the 2019 Pan American Games in August in Peru.

“We had 33 ladies come out here, tryout and the talent level at this camp has really risen from years past,” said coach Trooper Johnson. “It’s been a great experience. There was a lot of excitement in the camp, a lot of energy and a lot of great basketball.”

The group of 19 consists of veterans and younger elite athletes – two from the gold-medal winning team from the 2015 World Games. Continued on page 11