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## Holiday Edition -

### A COLA Raise for Residents, Social Security Increases Benefits!!

**A Federal 8.7 % cost-of-living adjustment (COLA) will begin January 2023!!**



As a result, adult home residents' monthly SSI benefit (your rent plus your personal needs allowance, or PNA) will go up to **\$1,608** on January 1. Your PNA will now be **\$241 per month, \$19 per month more than 2022**. If you are on SSD and SSI, your PNA is \$20 higher, so you will get \$261 per month.

**Will my rent go up? Yes**, Adult Home Operators are allowed to increase rents when residents get a COLA increase. The new rent for residents who receive SSI will be **\$1,367 for 2023** – an increase of \$54.

The 8.7% COLA is significantly higher than in previous years because of the high inflation the country is experiencing.

**For more information call the CIAD Support Line at 1-866-503-3332**



### Taking Control: A Guide to Greater Choice and Independence

**CIAD Peer Advocates and Peer Bridgers from Community Access and Baltic Street have restarted Independence Skills Training at Adult Homes. The Independence Skills Training teaches residents the skills to become more independent and take control of their lives. Topics include Assertive Communication, Medication Management, Budgeting and Shopping and much more!**

Before the COVID 19 pandemic, CIAD conducted the workshops but now we are partnering with the Peer Bridger programs to reach as many residents as possible whether they plan to move back to the community or chose to remain in their home. For more information on dates for the training or if you are interested in having workshops at your home **reach out to CIAD on our CIAD Support Line 1-866-503-3332 or the Peer Advocate in your home. Join us and invite your friends!**

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**SPEAK OUT** IN 2023! TAKE ACTION

**JOIN WITH OTHER ADULT HOME RESIDENTS**



To **SPEAK OUT** to

**Your State Legislators  
In Albany**

CIAD's Annual Adult Home Resident Speak-Out is back as our centerpiece advocacy event after a 2- year COVID-19 delay. Residents from different NYC facilities will travel up to Albany to meet with their state representatives to advocate for our budget and legislative agenda.

**Stay Tuned for More Details!**

If you are interested or want more information, call our toll-free Support Line at 866-503-3332, and stay in touch with the leaders of your Resident Council.

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Inspirational Quote:

“Now, as a nation, we do not promise equal outcomes, but we were founded on the idea everybody should have an equal opportunity to succeed. No matter who you are, what you look like, or where you come from, you can make it. That’s an essential promise of America. Where you start should not determine where you end up.”

–Barack Obama

**Vaccine - Booster / Flu Shot News!**

**The COVID-19 Pandemic of 2020 is thankfully in the rear-view mirror although people continue to get infected.** If you have gotten your 1st and 2nd COVID-19 vaccines here is important information on Booster Shots.



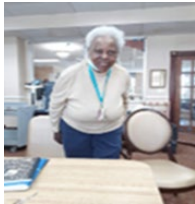
A bivalent COVID-19 booster will help eligible New Yorkers maximize their protection, prolong the vaccine’s durability, and safeguard our communities against the virus. The recommendation for your updated (bivalent) booster is **based on three things: Your age, completion of your primary series, and the length of time since your last dose.** If you have completed your primary series and it has been at least 2 months since your last COVID-19 vaccine dose you should get one updated (bivalent) booster (using Pfizer-BioNTech or Moderna). People who are moderately or **severely immunocompromised have different recommendations for their primary series and should consult their primary care provider!** Use this link to see online the COVID cases in your borough.

[https://projects.thecity.nyc/2020\\_03\\_covid-19-tracker/](https://projects.thecity.nyc/2020_03_covid-19-tracker/)

**Who Needs a Flu Shot?** Everyone 6 months of age and older should get a flu vaccine every Fall/Winter season. For more information call the CIAD Support Line at **1-866-503-3332**

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### ROLL CALL Features- Bronxwood Home, Bronx, NY

Bronxwood Home for Adults has a long history of strong, successful Resident Councils (RC) over the years since Geoff Liberman, CEO of CIAD began working with them in 1999. Since 2018 Training Dir. Sherletta McCaskill has worked with the council through its up and downs including the terrible COVID-19 Crisis. Even during this time, the RC maintained its presence and pulled through to grow even stronger. On December 14th Bronxwood Residents honored NYS Senator Jamaal T. Baily, Rannell Ogilvie, Constituent Services Chief, and Sal Morreno Sen. Bailey's Chief of Staff with awards for making a difference by advocating on behalf of residents with the NYS DOH and The W Group, the owners of the home.



They also honored the dedicated service of Recreation Director Crystal Pagan and her staff who work with the RC to improve services for residents. The holiday season made the



celebration even more festive! Residents received a gift bag from the RC with winter socks, candy canes, and a thank you card. The W Group Executives provided the plaque for Ms. Pagan, a cake in her honor, and sparkling cider!

Residents gave Ms. Pagan a bouquet of chocolate-covered strawberries. The current RC President

Ms. Harriet McBride says, "I encourage all homes to build relationships with their state elected officials to help residents advocate for better conditions and services in the home and to pass laws to bring accountability to and equity for residents with owners of the homes".



*Happy Holidays from CIAD Peers and Staff.*

**Best Wishes for a Healthy, Happy, and Safe New Year! See You in Albany in the Spring 2023!!**

**Call the CIAD Support Line with News about Your Home 1-866-503-3332**