

News

The main purpose of joining a book club is to encourage others to read and share information which helps build relationships. We are now taking suggestions on the types of books you find interesting and would like to read as a group. Please call 212-598-6429 to let us know if you would like IWD to start a virtual book club where we listen to audiobooks together.

Don't forget that exercise is an important part of a healthy lifestyle. Exercise regularly, every day if possible, is the single most important thing you can do for your health. IWD offers a variety of virtual exercise classes during the week. There is a class for everyone. Get unlimited access to all IWD's adaptive exercise classes. Our monthly pass is only \$40. Plus, we offer a monthly scholarship for \$20. Full scholarship is available to anyone with financial hardship. To sign up for our classes or learn more about the scholarship, call us at 212-598-6429. We accept checks and money orders. Please mail your payment to: NYU's Initiative for Women with Disabilities, 318 East 23rd Street, New York, NY 10010.

July
2024

Highlights of our Virtual and In-Person Workshops and Events

Virtual Social Security Administration Presentation

Friday, 7/12

11:00 am — 12:00 noon

Presented by: Social Security Administration

A representative from the New York Office of the Social Security Administration will provide first-hand information on understand the differences between Social Security disability Insurance (SSDI) and supplemental security income (SSI); and Ticket to Work Program.

Virtual New York Medicaid Choice Presentation

Tuesday, 7/16

11:00 am — 12:00 noon

Presented by: New York Medicaid Choice

New York Medicaid Choice is a New York State's managed care enrollment program. Join us to learn the basics on all your managed care options, and get your questions answered.

Virtual Spoonie Group

Monday, 7/1, 7/8, 7/15

1:00 pm — 1:45 pm

Presented by: Litsa DeJulio, LCSW

Join IWD's Group on Living the Spoonie Life. Spoon Theory is a way to explain how a person with disabilities can have limited energy throughout the day. This group will provide space to support each other, share tips, and express our thoughts and feelings related to Spoonie Living. The group will also include mindful exercises and discussion of self-care. After all, self-care can equal more spoons!

In-Person Empowerment Program

Thursday, 7/18

11:00 am—11:45 am

Presented by: Jane Pfitsch, LMSW

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

The program is specifically designed for women 21-32 years old who have physical disabilities. Topics addressed in this supportive program relate to independence, employment, and self advocacy.

Virtual Caring For Yourself in Relationships

Thursday, 7/11, 7/18, 7/25

1:00 pm — 2:00 pm

Presented by: Jane Pfitsch, LMSW

Inspired by the rich conversations throughout the recent "Caring For Yourself" series, which focused on the importance of self-care in many aspects of life, Jane Pfitsch, LMSW, will be hosting a 6-session series focusing on caring for ourselves and others in our most important relationships. We'll discuss the challenges and benefits of navigating emotional, physical, intellectual, and spiritual intimacy. Topics will include clear and nonviolent communication strategies, setting and maintaining healthy boundaries, navigating conflict, and more!

In-Person Group: Song Sharing

Thursday, 7/18

12:00 pm—12:45 pm

Presented by: Jane Pfitsch, LMSW

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

Join Jane Pfitsch, LMSW, for a song sharing session. We'll listen to our favorite songs and discuss the therapeutic benefits of music. Bring a list of songs that put you in the mood for summer!

Virtual Pain Reprocessing Therapy (PRT)

Orientation Session

Wednesday, 7/3 & 7/17

11:00 am — 12:00 noon

Presented by: Jane Pfitsch, LMSW

Jane is a certified Pain Reprocessing Therapy clinician and is launching a program to bring this groundbreaking therapy to NYU Langone patients experiencing chronic pain. Jane is in recovery herself from chronic pain and has personal experience with the benefits of PRT techniques. The program consists of a preliminary group session giving an overview of the neuroscience of pain, followed by eight individual sessions consisting of more in-depth psychoeducation as well as exploration of the PRT techniques.

IWD Virtual Classes Calendar

July 2024

Adaptive Workout

Monday 11:00 am – 12:00 pm
7/1, 7/8, 7/15, 7/22, 7/29

Wednesday 11:00 am – 12:00 pm
7/3, 7/10, 7/17, 7/24 (No Class 7/31)
Instructor: Steph Roach

This class is a total body, cardio and strength conditioning workout. With a new workout every week, the classes are designed to push participants harder than they'd push themselves.

Empowerment Program

Thursday 11:00 am – 11:45 am
7/11, 7/18, 7/25 (No Group 7/4)
Led by: Jane Pfitsch, LMSW

The program is specifically designed for women 21-32 years old who have physical disabilities. Topics addressed in this supportive program relate to independence, employment, and self advocacy.

Move & Groove

Tuesday 1:00 pm – 2:00 pm
7/2, 7/9, 7/16, 7/23, 7/30
Instructor: Jyothi Larson

Move & Groove is a dynamic fun filled total body workout. We use light weights, dynabands and other props to strengthen, tone, stretch and re-vitalize the entire being. Class can be done sitting or standing.

Seated Yoga

Thursday 3:00 pm – 4:00 pm
7/11, 7/18, 7/25 (No Class 7/4)
Instructor: Angeliqe Lele

This seated class works to realign the spine, detoxify the body, and build strength, flexibility, and stamina. This 60-minute class can include Sun Salutations, stretching, core strengthening postures, Balancing poses, Back Bending, and some restorative poses.

Strength & Tone

Wednesday 3:00 pm – 4:00 pm
7/3, 7/10, 7/17, 7/24, 7/31
Instructor: Laurie Malen

This class is a combination of strength training and aerobic conditioning. It is designed to improve upper body flexibility and strength; includes boxing weight training and cardio conditioning.

GEN Y&Z Peer Support Program

Friday 4:00 pm – 5:00 pm
7/19 (No Group 7/5)
Led by: Connie Lam, MS & Steph Roach

This program provides an opportunity for young adults with physical disabilities to engage with peers, build community, and practice socialization skills. The group is facilitated by our staff and is a safe space for creating friendship and community.

Virtual Gathering

Crossword
Tuesday, 7/9
3:00 pm – 3:45 pm

Trivia
Tuesday, 7/30
3:00 pm – 3:45 pm

You are invited to join us for fun, interactive virtual games from the comfort of your own home.

In-Person Gathering

Location:
301 E17th Street, Ground Fl
Loeb Auditorium

Trivia & Giant UNO
Tuesday, 7/2 3:00 pm – 4:30 pm

Trivia & Millionaire
Tuesday, 7/23 3:00 pm – 4:30 pm

Come out and have a good time. We assure you will leave with a big smile on your face.