



Dear Friends and Neighbors,

February 7 is National Wear Red Day to help raise awareness of heart disease and to promote heart-healthy lifestyles. Cardiovascular disease is the number 1 killer of women, causing 1 in 3 deaths each year. Heart disease and stroke can affect a woman at any age, making it vital for all women to understand their personal risk factors and family history. Visit goredforwomen.org for more information.

This week in Albany, we passed our first bills out of the Aging Committee and hosted Acting Director of the New York State Office for the Aging Greg Olsen to discuss updates on the range of community-based services and supports for New York's 4.8 million older adults.

On Tuesday, I questioned Mayor Adams at a hearing on the governance of New York City about priority boarding for our Roosevelt Island Tram and enforcement of reckless e-bike riders. I will co-chair the Human Services hearing next week to question witnesses to understand the needs of service providers and agencies that serve the aging in New York State.

I am seeking nominations for our 2025 Women of Distinction Awards. Together, let's recognize the extraordinary women who are making the Upper East Side, Yorkville and Roosevelt Island stronger! Nominations are due by March 31, 2025. Please submit your nomination [here](#) or contact our office to request a nomination form.

As always, please consider our office your resource.

Phone: 212.288.4607
Email: SeawrightR@NYAssembly.gov

Sincerely,

A handwritten signature in black ink that reads "Rebecca A. Seawright".

REBECCA A. SEAWRIGHT



Seawright Chairs First Committee on Aging Meeting Passing Bills to Expand Energy Affordability Program, Establish Caregivers Report and Aging-In-Place Task Force

Director of New York State Office for the Aging Greg Olsen Brought Updates



Assembly Member Rebecca Seawright passed three bills through our Aging Committee in the Assembly, including legislation to expand the HEAP program, establish an annual caregivers report, and establish the aging-in-place task force.

Greg Olsen, Acting Director of the New York State Office for the Aging (NYSOFA) provided updates on its public-private partnerships, data on the contributions of older adults to the state, and the work of NYSOFA in communities across our state.



Seawright Questions Mayor Adams on Priority Boarding for Roosevelt Island Tram, Protecting Streets from E-Bikes, and Investment in John Jay College Cadets Program



As a member of the Assembly Ways and Means Committee, Assembly Member Rebecca Seawright took the opportunity on Tuesday to question Mayor Adams on important local issues impacting our neighborhood at a hearing on New York City at the Capitol.



Click the above link to the video of her questions for the Mayor.

Seawright Speaks with AARP's Beth Finkel, State Director on State Budget Priorities



Cutting the Ribbon on the New Carmel Hall, a Montessori-Inspired Dementia Care Neighborhood



Seawright joined the Sr. Philip Ann Bowden, Ana Tagle, Patricia Gathers, Karen Reich, and Mother Mary Rose for a ribbon cutting on a new Montessori-inspired dementia care neighborhood at Ozanam Hall.



Assembly Member Rebecca Seawright with Ozanam Hall leaders.



Patricia K. Gathers, President and CEO of the Carmelite System, Assembly Member Rebecca Seawright and Sammie Orih, Associate Publisher Long Island Press & Dan's Papers.

Leading Age Board Including Reps of NYC Health + Hospitals Coler and Mary Manning Walsh Advocate Higher Medicaid Reimbursement and Stronger Workforce to Support Aging Population



Sarah Daly, Director of Government Affairs for Leading Age NY; Jonathan Feltheimer, Assistant Administrator, Mary Manning Walsh; Assembly Member Rebecca Seawright; Michelle Feller, Assistant Administrator, Archcare at Ferncliff Nursing Home; Anthony Lechich, MD, Director Palliative Care Integration, ArchCare; Alyssa Herman, Chief Development and Marketing Officer, The New Jewish Home; Rafael Dominguez, Director of Public Affairs & Communications, NYC Health + Hospitals/Post-Acute Care; Laura Niland, VP Government Affairs, MJHS Health System; Donny Tuchman, CEO, Cobble Hill Health; Rachel Coskey, Development Coordinator, The New Jewish Home.

Fighting for New York Foundation for Seniors in Our State Budget



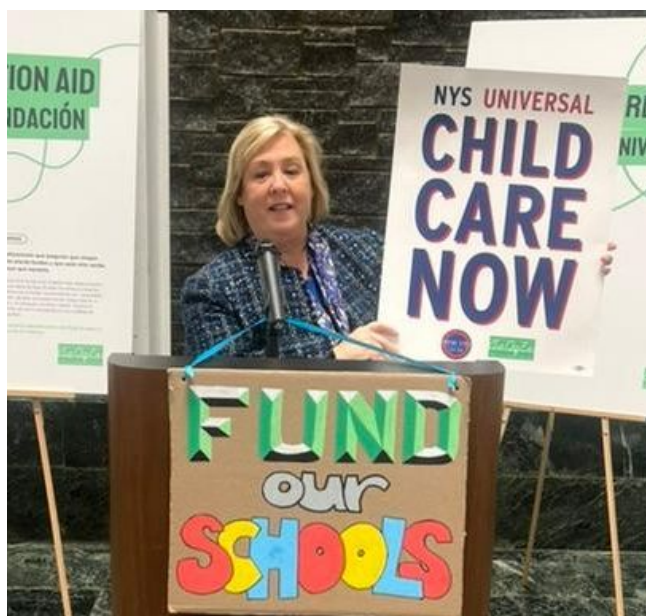
Assembly Member Rebecca Seawright is leading a budget priority letter to support the inclusion of \$250,000 for the New York Foundation for Senior Citizens with Barbara Baer, Director of the Home Sharing Program.

Advocating for \$5 Million Settlement House and Afterschool Funding to Support Lenox Hill Neighborhood House



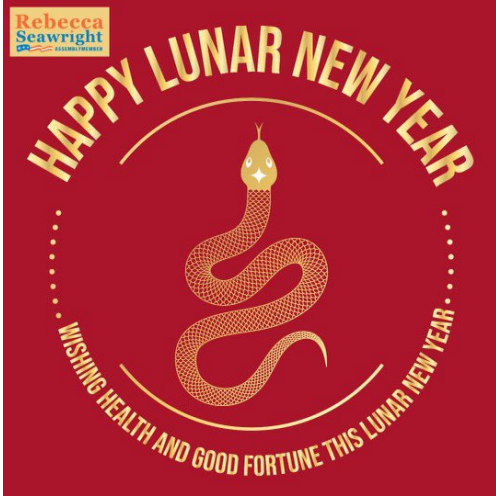
Assembly Member Seawright is supporting Lenox Hill Neighborhood House with capital for the renovation of its teaching kitchen and gymnasium.

Assembly Member Rebecca Seawright Met with the Coalition for Equitable Education Funding to Discuss Changes to the Foundation Aid Formula to Meet the Needs of New York City Students



Members of the New York Assembly Asian Pacific American (APA) Task Force Celebrate the Lunar New Year

"I am pleased to send my warmest wishes to everyone celebrating the Lunar New Year," said Assembly Member Rebecca A. Seawright of the Upper East Side, Yorkville, and Roosevelt Island. *"An especially auspicious year as New York became the first in the U.S. to recognize Lunar New Year as a statewide holiday, thanks to the efforts of my colleagues Assemblymember*



Lee, Assemblymember Kim, Assemblymember Colton, and Senator Kavanaugh. This Year of the Snake represents resilience, wisdom, and growth. I hope this coming year brings AAPI New Yorkers--who enrich their communities culturally, socially, and economically--all of these blessings and more!"

Seawright Rallies with Students with Disabilities for Expansion of the Tuition Assistance Program (TAP) Higher Education Funding



Canada Day Honored by the New York State Assembly



Royal Canadian Mounted Police Corporal Shawn Thompson with Assembly Member Rebecca Seawright in the Chamber on Monday for Canada Day.

News You Can Use

Over a Dozen Lawmakers Join New Yorkers in Capitol to Call on Assembly Leadership to Pass the NY HEAT Act in the Budget

New York State has a great plan to transition off of dirty fracked gas to clean and renewable heating and cooking, but to move this plan forward, we have to pass the NY HEAT Act (HEAT stands for Home Energy Affordable Transition).

Currently the majority of New Yorkers are paying every month to expand the gas system and the costs are going up. Until we pass NY HEAT, we're stuck with unsafe and increasingly unaffordable fracked gas that is accelerating climate change. NY HEAT will enable the shift to safe and renewable heating and cooling.

Assembly Member Rebecca Seawright said, "***Fossil fuels account for approximately one-third of greenhouse gas emissions in New York State. We need to move toward a clean renewable system and ensure that NY passes the NY Heat Act in this year's budget.***"

Consider Our Office Your Resource!

Spotlight ON: New York Foundation for Senior Citizens



Since 1981, NYFSC's free Home Sharing Program helps link adult "hosts" with extra private spaces in their homes or apartments with appropriate adult "guests" to share their space. One of the matchmates must be age 60 or older. Click here for more information: <https://www.nyfsc.org/home-sharing/>

FEBRUARY IS NATIONAL

BLACK HISTORY MONTH

Assembly Member Seawright

is sponsoring a National Black History Month essay contest, with awards going to the top entries from schools in the Upper East Side, Yorkville, and Roosevelt Island.



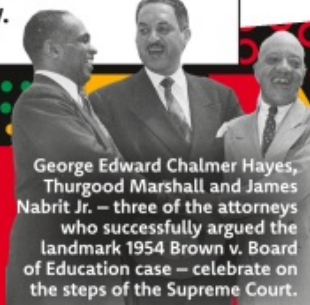
Civil rights protesters participate in the 1965 Selma to Montgomery marches.

ESSAY CONTEST

Tell us about a Black American who stood up to injustice or broke down barriers. Or tell us about a significant moment or event that helped shape American history.



Send your essay by 02/28/25 to:
Assembly Member Rebecca A. Seawright
1485 York Avenue, New York, NY 10075
212-288-4607, seawright@nyassembly.gov



George Edward Chalmer Hayes, Thurgood Marshall and James Nabrit Jr. – three of the attorneys who successfully argued the landmark 1954 Brown v. Board of Education case – celebrate on the steps of the Supreme Court.

Tax Filing Assistance



TAX FILING ASSISTANCE
is Available for
Qualifying New Yorkers!

More New Yorkers can file their taxes for free this year! If your 2024 personal income was \$200,000 or less – \$250,000 or less for joint returns – you can file your state and federal taxes for free with Direct File.

Visit www.tax.ny.gov/pit/efile to learn more.

Need help preparing your taxes? **The Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation for seniors and other qualifying taxpayers.** For

more information or to see if you are eligible for these services, please visit www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers.

Make sure you take advantage of all the tax savings out there!

Visit www.irs.gov/credits-deductions/individuals/child-tax-credit or www.irs.gov/credits-deductions/individuals/earned-income-tax-credit-etc to learn more about the federal Child Tax Credit and Earned Income Tax Credit.

**Rebecca
Seawright**
ASSEMBLYMEMBER

NO-COST SCREENING MAMMOGRAMS

The Mammogram Bus



American-Italian
CANCER FOUNDATION

**will be at our Community Office
1485 York Avenue**

**THURSDAY, APRIL 10, 2025
9:00am to 4:30pm**

For an appointment please call
212-288-4607

Eligibility:

Women age 40 to 75
Currently living in New York City
No Mammogram in the past 12 months

- No co-pays required and deductibles are waived
- Uninsured patients also welcomed
- Medical Services provided by Multi-Diagnostic Services

**Funded by a grant from the NYS DOH Cancer Services Program
Additional funding provided by the generous support of the JALBCA, NBCF,
NYC Council, NYC DOHMH, NYS Senate, MCHF,
RAR Foundation, and individual patrons.**



METROCARD BUS

STOPS HERE (79/YORK):

WED. 02/05 & 02/19

10:00 AM - 12:00 PM

REFILL YOUR
METROCARD

APPLY FOR
REDUCED FARE

CASH ONLY

Rebecca
Seawright
ASSEMBLYMEMBER

NO-COST NOTARY

Monday - Friday

10am-12pm

1485 York Avenue (78/79 Streets)



ASSEMBLY MEMBER

REBECCA A. SEAWRIGHT



HOUSING LEGAL CLINIC

EVERY OTHER TUESDAY

**EVERY OTHER TUESDAY
AT 3:30 PM ATTORNEYS FROM
THE LAW OFFICES OF GRIMBLE
& LOGUIDICE, LLC WILL
PROVIDE ADVICE ON HOUSING-
RELATED MATTERS AT NO-
COST FOR CONSTITUENTS OF
THE 76TH ASSEMBLY DISTRICT**

**A VOLUNTEER ATTORNEY WILL
HOST A ONE -ON-ONE SESSION
WITH ATTENDEES.**

Get help navigating the housing court process, responding to notices, dealing with threat of eviction, getting repairs from negligent landlords, and advocating for your rights as a tenant in New York City!



**SCAN ME TO
RSVP!**

**RSVP REQUIRED:
CALL: 212-288-4607**

EMAIL: SEAWRIGHTR@NYASSEMBLY.GOV

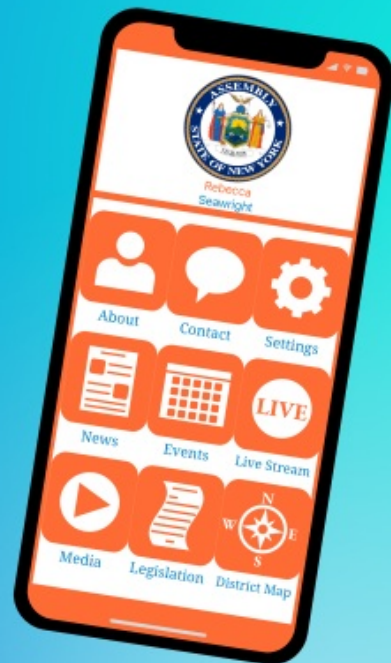
The legal clinic is solely to provide guidance and advice from attorney's experienced in landlord- tenant law. The clinic does not guarantee a desired outcome and does not establish an attorney- client relationship. Assembly Member Rebecca Seawright does not represent or advise constituents in any legal matters.

Assembly Member Rebecca Seawright's App is Live!

Stay Up-To-Date with the latest:

- News
- Events
- Legislation
- Livestream
- Media

Available on iPhone and iPad



Cash Assistance Benefits Skimming Alert

Beware of attempts to steal your EBT benefits electronically through skimming or phishing. To learn more and file an online claim for stolen Cash Assistance benefits, go to <https://on.nyc.gov/on.nyc.gov/benefitreplacement>

New York's Paid Family Leave Program

Since first launching in 2018, New York State Paid Family Leave has provided critical benefits to improve the lives of tens of thousands of working New Yorkers and their families. In addition to ongoing enhancements, the wage replacement benefits continue to increase in line with the New York State Average Weekly Wage. Click here to learn how Paid Family Leave may be able to help you and your family in 2025. Visit: paidfamilyleave.ny.gov/2025

Empire State Child Credit

The New York State Department of Taxation and Finance is issuing supplemental Empire State Child Credit payments to over 1.5 million low- and moderate-income New Yorkers. The 2024–2025 New York State budget provides for an additional payment to eligible taxpayers based on the Empire State child credit. If you qualify for a payment, you don't need to do anything; we will automatically calculate and send you a check for the amount you're entitled to. For more details, visit [the Additional Empire State Child Credit Payments](#).

Energy Affordability Programs

The NYS Energy Affordability Program provides income-eligible consumers with a discount on their monthly electric and/or gas bills. You may be enrolled automatically if you receive benefits from a government assistance program. For more information visit [this ConEd webpage](#) and click the "download form" button in the Energy Affordability Program box ([or click this link directly to download the pdf](#)). Or call 800-752-6633; the seniors-only direct line is 800-404-9097, M-F, 8:30 am – 5 pm.

Regular HEAP Benefit

The 2024-25 Regular HEAP benefit reopened January 25, 2025. Find out if you may be eligible to apply for programs and services. If you are eligible, you may receive one regular HEAP benefit per program year to help you pay for heating your home. Visit: otda.ny.gov/programs/heap/

Health Insurance

New Yorkers can enroll in a Qualified Health Plan by the 15th of the month for coverage starting the 1st of the following month and benefit from new cost-sharing reductions for additional savings. Visit nyc.gov/health/healthcoverage or call 347-665-0214 to connect with an enrollment counselor and get more information.

HIICAP

Approximately 500 trained HIICAP counselors located in local offices for the aging across the state are available to answer New Yorkers' questions about Medicare, Medicare Advantage

programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance. Counseling is also available through a toll-free HIICAP helpline at 1-800-701-0501. Visit: <https://aging.ny.gov/health-insurance-information-counseling-and-assistance-program-hiicap>

Renters rights

In New York City, tenants have many rights relating to the safety and quality of their housing. Tenants should expect to live in safe, well-maintained buildings that are free from vermin, leaks, and hazardous conditions. [Laws protect tenants from harassment and discrimination](#). For more information on tenants' rights, please see the [Tenant Bill of Rights](#).

Homeowner Handbook

Homeowner Help NY offers a comprehensive guide to help New York homeowners navigate the responsibilities of homeownership and access available resources in their time of need. To view the handbook, visit <https://homeownerhelpny.org/handbook>.

Property Tax Exemptions

It's time to renew property tax exemptions, including SCHE, DHE, and the Clergy Exemption, for the 2025-26 tax year. The deadline to renew is March 15, 2025. Visit nyc.gov/contactdof or call 311 for details.

Mental Health Hotline

There's a three digit phone hotline, 988, for mental health. Call 911 for mental health emergencies.

Mobile ID

Ever forget your wallet and wish you had your ID on you? Now you can with New York Mobile ID! Just download the app, and a highly secure digital version of a state-issued driver license, learner permit or ID will be on your smartphone whenever you need it. More info here.

NYCDOT Street Work Permit Maps

The NYC DOT provided a street work permit map for our district so New Yorkers could have access to any active street work information in real time. You can view the map here: <https://dmv.ny.gov/id-card/mobile-id-mid>

Curbside composting

Curbside Composting service is now available to ALL NYC residents citywide. Compost is picked up every week on your recycling day. Visit: www.nyc.gov/site/dsny/collection/residents/curbside-composting.page

Attention MTA Reduced-Fare customers

Your half-fare benefit is moving to OMNY! Look for your new Reduced-Fare OMNY card in the mail soon and [check this page for updates](#). Continue to use your Reduced-Fare MetroCard in the meantime.

MTA Mobile Sales

Services offered at mobile sales vehicles

- Get help with a Reduced-Fare application
- Get more information about OMNY and sign up
- Transfer MetroCard balances (full-fare and Reduced-Fare to OMNY account)
- Report a lost/stolen Reduced-Fare MetroCard
- Ask our team about any OMNY-related issues

Note: Mobile sales buses and vans are making credit card transactions for OMNY only. You can still buy a MetroCard using cash. Check this site for the sales bus schedule: <https://www.mta.info/fares/mobile-sales>

Supplemental Nutrition Assistance Program benefits

New changes include providing a simplified one-page application form, allowing older New Yorkers to re-certify their benefits for 36 months instead of 24 months and eliminating the interview requirement for re-certification. To learn more about SNAP and apply for benefits, [click here](#).

Unclaimed Funds

Check to see if you or someone you know may have unclaimed funds via this tracker by NYS Comptroller Thomas P. DiNapoli: <https://www.osc.ny.gov/unclaimed-funds?fbclid=IwAR2JRsjGd4zt7CdT5aw5NQiBqloud2O141dOUbqPWOjoolIaO8Qi7xxTFw>

COVID-19 resources

You can order four COVID tests (for free, including shipping!) at [this website!](#) To see the latest data and key metrics on COVID-19 in New York City, check out the [NYC Department of Health's website](#). Vaccine shots are also available in pharmacies, clinics, hospitals and doctors' offices.

Community Service Society of New York

Need healthcare assistance or an advocate on your side when dealing with a medical bill, insurance denial, or a confusing notice? Call the Community Health Advocates hotline at 1-888-614-5400 and receive help today!

Congestion Pricing discounts and exemptions

Vehicles entering Manhattan streets at or below 60th St will be tolled. Most E-ZPass users will pay \$9 during peak hours or \$2.25 overnight, once daily. Discounts and exemptions, such as the Low-Income Discount or Disability Exemption plans, are available—learn more at [mta.info/discounts](#). Update your E-ZPass account to ensure accurate toll rates and credits. For details, visit [congestionreliefzone.mta.info](#).

Animal Care Centers of NYC needs your help!

Due to a temporary suspension of dog intake, they're calling on the community to step up and adopt. If you're ready to welcome a furry friend into your home visit a local ACC Center or [check out their website for more details](#).

Emergency Preparedness

NYC Emergency Management (NYCEM) will keep you informed and prepared during emergencies through the Notify NYC alert system. Sign up at [nyc.gov/notify](#) or by calling 311.

Upcoming Events



HEALTH ADVOCATES
FOR OLDER PEOPLE

Health Advocates February 2025 Monthly Calendar

Health Advocates for Older People, Inc. promotes safe and healthy aging through programs designed to facilitate independent living, physical well-being, and greater social interaction.

[Click here for the monthly calendar!](#)



ASSEMBLY MEMBER REBECCA SEAWRIGHT

P R O J E C T
CICERO

BOOK DRIVE

for kids in under-resourced NYC Schools
through March 5, 2025

District Office of Assembly Member
Rebecca Seawright
1485 York Avenue (78/79 Streets)

- ✓ **Yes: new and gently used books for pre-school through high school**
- ✗ **NO: Adult books, textbooks, library discards, or out-of-date non-fiction/reference books**

Want to order books from the Project Cicero wishlist?
Visit projectcicero.org/wish-list





THE LIVES THAT MADE THE LIFE WE LIVE



An exhibition highlighting unlauded Black inventions & their silent impact on our global standard of living.

FEB 7th - MAR 2nd

OPENING CEREMONY 2/8

6-9 PM

ART, MUSIC & PERFORMANCES OPENING NIGHT

RIVAA GALLERY



527 Main Street
Roosevelt Island, NY 10044

rivaa
Roosevelt Island Visual Art Association

Construction Updates

A Message from the Roosevelt Island Operating Corporation (RIOC)

Dear Roosevelt Island Community,

Our Tram operator, Leitner-POMA, has scheduled upcoming repair work for the Tram's South cabin, which will require the cabin to be taken out of service for several days. The repair work is scheduled to take place from Monday, February 10th through Friday, February 14th.

This repair work mirrors the work done last February when the North cabin was taken offline to replace a hydraulic tension cylinder at the Manhattan Tram Station. This work is necessary to perform periodically to ensure the Tram continues to run safely and efficiently.

Please be advised that only the North Tram cabin will be in service during this repair period (February 10th–14th). Travelers should consider utilizing other modes of transportation, including the F-train, Ferry, and Q102 bus for off-island travel. The North cabin will remain in service throughout the entire day during this time, and the POMA team will work to ensure full service is restored as quickly as possible.

We thank you in advance for your patience and understanding.

- Team RIOC

WHAT: South Tram Cabin out of service to replace hydraulic tension cylinder

WHEN: Monday, February 10th through Friday, February 14th

WHERE: Work will take place on the Manhattan side Tram Station

[Community Update: January 31, 2025](#)

[Community Update: January 24, 2025](#)

[Community Update: January 17, 2025](#)

[Community Update: January 10, 2025](#)

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