



Dear Friends and Neighbors,

There is a caregiver crisis in our state as family caregivers spend on average nearly 20% of their income on caregiving activities and the costs of caregiving are largely underreported.

This National Caregivers Day, I am highlighting legislation to require the State Office for the Aging to produce an annual report to the governor and legislature. An annual report will serve to underscore the costs and sacrifices caregivers make and respond with state funding, resources, and legislative action.

If you or someone you know is a caregiver, [consider the New York State Office for the Aging Caregiver Portal](#), a no-cost organization and join a community of experts who can offer advice, compassion, and encouragement.

Join us for an upcoming event we are sponsoring:

Monday through Friday from 10am-12pm- **No-Cost Notary Public Service** [at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue \(78/79 Streets\).](#)

Friday, February 28- **Black History Month Essay Contest Submissions Due**. Students may submit their essays by email at SeawrightR@NYAssembly.gov or in person at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78/79 Streets).

Tuesday, March 4 at 3:30pm- **No-Cost Housing Legal Clinic** at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78/79 Streets). To make a reservation please call 212-288-4607.

Wednesday, March 5 from 10:00am-12:00pm- **MetroCard Sales/OMNY Bus**- Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78/79 Streets). Refill your MetroCard/OMNY card or apply for a reduced fare card. (only cash is accepted at the sales bus).

Thursday, April 10 from 9:00am-4:30 pm- **No-Cost Screening Mammograms**- The Mammogram Bus will be at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78/79 Streets). For an appointment, please call 212-288-4607.

Wednesday, April 16- **Save the Date! The "Big Shred NY!"** no-cost community paper shredding with AARP at Lenox Hill Neighborhood House, 331 East 70 Street. Time and more details to be announced!

As always, please consider our office your resource.

Phone: 212.288.4607

Email: SeawrightR@NYAssembly.gov

Sincerely,

Rebecca A. Seawright

REBECCA A. SEAWRIGHT

OUR TOWN 
The local paper for the Upper East Side

Rebecca Seawright Vows to Serve Seniors As New State Assembly Aging Chair

[Read more](#)

amNY

Speaker Heastie said “With her wealth of experience and wisdom, New York’s older adults will have a formidable and tireless advocate”

[Read more](#)

POLITICS **NY**


Seawright now chairs the Aging Committee, positioning her as a key advocate for New York’s nearly five million older adults

[Read more](#)

Honoring Edward R. Matthews



For thirty-five years until his passing last November, Ed Matthews was the CEO of ADAPT, formerly United Cerebral Palsy of New York City.

He oversaw the growth of the organization by expanding its reach from four boroughs in NYC to supporting over 25,000 families and individuals across eight counties, including the Hudson Valley, and employing over 3,000 staff members.

ADAPT remains the leading not-for-profit agency and a pioneer in providing programs and services that improve the quality of life for people with disabilities.



Communications Coordinator Rene Ontal presented a proclamation on behalf of Assembly Member Rebecca Seawright honoring the life of Edward R. Matthews at ADAPT's Celebration of Life event recognizing his legacy on February 3, 2025 at the Giardino D'Oro Restaurant.

Warning: Toll Scam Alert!



A text message has been circulating claiming the recipient owes unpaid E-ZPass tolls. If you receive this text, delete it and report it as junk. To file a complaint with the FBI's Internet Crime Complaint Center, visit www.ic3.gov.

News You Can Use

GOVERNOR HOCHUL ANNOUNCES ACTIONS TO RESTORE PUBLIC TRUST IN NEW YORK CITY'S MUNICIPAL GOVERNMENT LEADERSHIP

STABILIZING CITY GOVERNMENT

Establishing a Special Inspector General for New York City Affairs who will receive updates and information directly from the New York City Department of Investigation

Revising the City Charter to provide that the Mayor of New York City will not be able to terminate the New York City Commissioner of Investigation without approval by the State Inspector General

Giving City officials explicit authority to bring litigation against the Federal government using outside counsel if the City's Law Department declines to do so

Expanding the Office of the Deputy State Comptroller for City Oversight to more closely monitor New York City's fiscal operations

GOVERNOR KATHY HOCHUL



Consider Our Office Your Resource!

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.



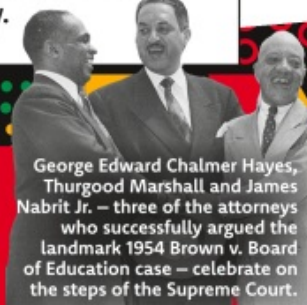
Civil rights protesters participate in the 1965 Selma to Montgomery marches.

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**
ASSEMBLY MEMBER

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/OMNY BUS

STOPS HERE (79/YORK):

WED. 03/05 & 03/19

10:00 AM - 12:00 PM

**REFILL YOUR
METROCARD/OMNY
CARD**

**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**

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

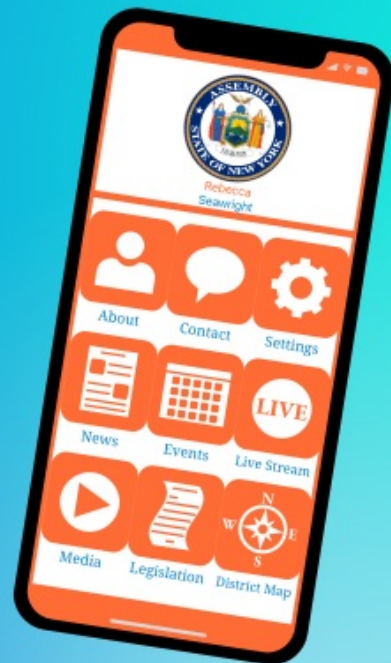
The legal clinic is solely to provide guidance and advice from attorney's experienced in landlord- tenant law. The clinic does not guarantee a desired outcome and does not establish an attorney- client relationship. Assembly Member Rebecca Seawright does not represent or advise constituents in any legal 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 provides 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: 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=IwAR2JRsjGd4zt7CdT5aw5NQibqIoud2O141dOUbqPWOjooIlaO8Qi7xxTFw>

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



Unity Concert Honoring Black History Month

Music event in New York, NY by The Church of The Holy Trinity on Friday, February 28 2025

[Read More](#)

Congressman Jerry Nadler Virtual Town Hall



Tuesday, February 25th at 7pm

Congressman Nadler will provide an update on his latest work in Washington and New York featuring Letitia James, Attorney General of New York State, Kevin Jennings, CEO of Lambda Legal, and Donna Lieberman, Executive Director of NYCLU.

[RSVP here](#)



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!](#)

[Community Update: February 14, 2025](#)

[Community Update: February 7, 2025](#)

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

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

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