



Dear Friends and Neighbors,

Since 1995, each president has issued an annual proclamation designating the month of March as “Women’s History Month.” The theme for Women’s History Month 2025 is “Moving Forward Together! Women Educating & Inspiring Generations.” Please consider nominating a woman of distinction in our community to be honored at an awards ceremony. You can use the nomination form [here](#) or contact our office for a paper form.

This week in Albany, I questioned witnesses at the Higher Education Budget hearing and spoke at a rally with graduate students who were advocating for student workers' rights.

As Chair of the Aging Committee, I stood alongside advocates calling for higher Medicaid reimbursement for nursing homes as 70,000 nursing home beds are in jeopardy across the state.

In this special report you will find updates of our work in Albany, helpful resources, and upcoming events. 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).**

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.

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

**ASSEMBLY MEMBER
REBECCA A. SEAWRIGHT**
is seeking nominations for the

**2025
WOMEN OF
DISTINCTION
AWARDS**



***TOGETHER, LET'S RECOGNIZE THE
EXTRAORDINARY WOMEN WHO ARE
MAKING OUR COMMUNITIES STRONGER.***

For a nomination form or more information about this or any community issue,
contact Assembly Member Seawright at seawright@nyassembly.gov

NOMINATIONS MUST BE SUBMITTED BY:

3/31/25

via email to seawright@nyassembly.gov.

Keep an eye on my website for details about the
2025 Women of Distinction Awards Ceremony.



ASSEMBLY MEMBER REBECCA A. SEAWRIGHT

1485 York Avenue, New York, NY 10075
212-288-4607 • seawright@nyassembly.gov

Nominate a Woman of Distinction

**Seawright Presents Proclamation Honoring Frank E. Campbell
Funeral Chapel on 125 Years**



L-R: Upper East Side Assembly Member Rebecca Seawright Presents Proclamation to VP James Pescitelli and President William Villanova as Frank E. Campbell The Funeral Chapel unveils extensive renovation on February 27, 2025 in New York City.

(Photo by Eugene Gologursky/Getty Images for Frank E. Campbell)

Assembly Member Seawright presented a proclamation on behalf of the New York State Assembly to President William “Bill” Villanova and Vice President James Pescitelli of the Frank E. Campbell The Funeral Chapel during a Rededication Ceremony on February 27th. The event unveiled an extensive renovation which transformed nearly every corner of the iconic funeral home’s five-story building on the Upper East Side. In her remarks, Assembly Member Seawright honored Frank E. Campbell for shifting the very paradigm of the industry and changing how families in the city, and indeed, the world, think about and experience grieving spaces. She praised the deft and dedicated leadership of Bill Villanova and celebrated the renovation as a signal that Frank E. Campbell’s historic, 125-year arc toward innovation and excellence endures. His Eminence Timothy Cardinal Dolan delivered the keynote address and was joined by fellow religious leaders such as Rabbi Joshua Davidson of Temple Emanu-El, Reverend Canon Carl Turner from St. Thomas Episcopal Church, Reverend Dennis Yesolonia of St. Ignatius Church and civic leaders including Matt Bauer, Executive Director of the Madison Avenue BID.



L-R: Angela Anton, Co-Publisher, Schneps Media; Assembly Member Rebecca Seawright and Joshua Schneps, CEO and Co-Publisher, Schneps Media.

(Photo credit: Ramy Mahmoud for Schneps Media)



L-R: Joan MacNaughton, Schneps Media; Frank E. Campbell President William Villanova and Assembly Member Rebecca Seawright with Assembly Member Seawright's Official Proclamation Honoring Frank E. Campbell The Funeral Chapel.



L-R: Rabbi Joshua M. Davidson of Temple Emanu-El and Upper East Side Assembly Member Rebecca Seawright attend as Frank E. Campbell The Funeral Chapel Unveils Extensive Renovation on February 27, 2025 in New York City.

(Photo by Eugene Gologursky/Getty Images for Frank E. Campbell)



His Eminence and Keynote speaker Timothy Cardinal Dolan and Upper East Side Assembly Member Rebecca Seawright.

Seawright Questions CUNY Chancellor Félix V. Matos Rodríguez & SUNY Chancellor John B. King, Jr. on Classes for Senior Citizens and the Expansion of Adaptive Sports Programs



Watch the full clip [here](#).

Seawright Questions Dr. Guillermo Linares on Senior Citizen Eligibility for Tuition Assistance at Budget Hearing on Higher Education



Watch the full clip [here](#).

Seawright Advocates for LGBT Curriculum Bill for New York State Schools with State Education Commissioner Betty Rosa



Standing in Support of Graduate Student Workers' Rights



Assembly Member Seawright cosponsors and strongly supports legislation for the elimination of onerous student fees, almost 20% of a SUNY graduate student's annual income, forcing many students into poverty. She rallied with students calling for funding in the budget to eliminate the fees. The coalition includes NYPIRG, CWA, the Student Assembly, and the Graduate Student Employees Union on the Million Dollar Staircase.

Supporting New Investments in Sexual and Reproductive Health Services



Assembly Member Seawright met with Planned Parenthood advocates requesting support for new investments in reproductive care including access to medication abortion, ending mandatory abortion reporting to protect the privacy of New York patients, and to increase funding for the reproductive freedom and equity program.

Seawright Stands Up for Nursing Homes in Crisis



At a press conference on the Million Dollar Staircase Seawright called for budgetary investment and increased rates for Medicaid reimbursement to correct the course and avoid a nursing home shut-down crisis. She said, ***"It's unconscionable that over 70,000 nursing home beds are in jeopardy because we have under-invested in Medicaid and reneged on capital funding for long-term care providers. I am proud to stand with LeadingAge in calling for both the increase and restoration of this critical funding. Because caring for our aging loved ones is not a partisan issue, it's not an upstate or downstate issue, it's a human issue that affects all of us."***

Assembly Member Rebecca Seawright Introduces Casita Maria Executive Director Felix A. Urrutia Jr. to the Assembly Chamber for elevating youth, families and community in New York City



Consider Our Office Your Resource!

Spotlight On: Health Advocates for Older People

**Rebecca
Seawright**
 **ASSEMBLYMEMBER**

Spotlight on Aging Services



HEALTH ADVOCATES
FOR OLDER PEOPLE



Staying Safe in the City

hosted by



Health Advocates for Older People
& Carnegie Hill Neighbors

Thursday, March 6th, 3:00-4:30pm,
with Detective Anthony V. Nuccio, 19th Precinct
Crime Prevention



Detective Nuccio will present
safety information covering:

- mail/check theft
- phone scams
- ID theft
- personal safety

Join us! In person at 75 East 93rd Street, 2nd floor (enter on
93rd Street off of Park Avenue) **or** on zoom:

[https://us02web.zoom.us/j/81541019392?
pwd=RE56OE96MlVlWVhVeE5rWE5lWEc3dz09](https://us02web.zoom.us/j/81541019392?pwd=RE56OE96MlVlWVhVeE5rWE5lWEc3dz09).

If attending in person, please rsvp to 212-980-1700, ext. 205
or info@hafop.org.

Health Advocates for Older People promotes safe and healthy aging for New Yorkers. Our programs are supported through the generous donations from of individuals, foundations, and government agencies.

Health Advocates for Older People

420 Lexington Ave., Suite 300 | New York, NY 10170 | 212-980-1700 | www.hafop.org



Health Advocates for Older People Equipment Program

Free supportive and medical equipment

Items frequently available include:

Canes
Crutches
Shower chairs
Raised toilet seats & commodes
Post surgical boots
Rollators
Wheelchairs
Chucks disposable bed covers, and more!

All items are subject to availability.

***Call or email to arrange a pickup for yourself or your clients
or to arrange an "equipment fair" where we can bring a selection of items
to your agency location.***

**For more information, contact Health Advocates at
212-831-1700 or infoehafop.org**

*Health Advocates for Older People promotes safe and healthy aging for New Yorkers.
Health Advocates Equipment Donation is supported through public and private grants and donations.
Visit www.hafop.org to learn more and get involved.*

Health Advocates for Older People
420 Lexington Ave., suite 300 | New York, NY 10170 | 212-980-1700 | www.hafop.org



MARCH 2025 CALENDAR

Weekly Class Schedule: Check the Health Advocates Daily and Weekly Schedule for Zoom links, other details, and updates on closures. All classes are 1 hour unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday No SJC programs 3/1
12:00pm Exercise with Stephanie on Zoom	9:30am- 2:30pm Regis Tech & Errand Help 341 E. 87 th St., CHT By appointment	10:00am Alexander Technique with Kim 341 E. 87 th St., CHT and Zoom	9:00am Chair Yoga with Stephanie on Zoom 9:30-11am Regis Tech & Errand Help 341 E. 87 th St., CHT By appointment	10:15- 11:00am Strength & Tone with Reggie 921 Madison Ave., MAPC	10:00am Chair Yoga with Stephanie 341 E. 87 th St., CHT and Zoom *Zoom only 3/14, 3/21, 3/28*	11:00am - 1:00pm Tech Help 404 E. 87 th St., SJC By appointment No tech help 3/1
	12:00 pm *NEW!* Bone Health: Exercises and Information for Healthy Aging with Lynn on Zoom	1:30pm Chair Yoga with Eve Zoom	11:00am Chair Yoga with Strength with Jana 7 West 55 th St., FAPC	11:00am Tai Chi with Luc 2 E. 90 th St., CHR	12:00- 4:00pm Scrabble and Rummikub 341 E. 87 th St., CHT	11:00am Chair Yoga with Carol 404 E. 87 th St., SJC No class 3/1
	2:00pm Reiki Self-Healing with Wendy on Zoom No class 3/10	3:00pm Tai-Chi with Thuha Zoom	1:00pm Writing Workshop with Kathleen 341 E. 87 th St., CHT	12:00pm Essential Movement for Healthy Aging with Lynn on Zoom	3:00- 3:50pm Tai Chi with Thuha 109 E. 50th, SB Gym	11:00am Chair Yoga with Stephanie on Zoom
	4:30pm Dance with Alex 316 East 88 th St., CHT		2:00pm Tai Chi with Luc 2 E. 90 th St., CHR	12:30pm Strength & Tone with Reggie 50 W. 131 st , AT	3:00pm Advanced Harmonica with Jaiyi on Zoom	1:00pm Movie 404 E. 87 th St., SJC (see pg. 2) No movie 3/1 or 3/15
			2:30 – 4:30pm Poker 341 E. 87 th St., CHT Bridge on pause, call if you're interested!		4:00pm Beginner Harmonica with Jaiyi on Zoom	

LOCATION GUIDE: **AT:** Abyssinian Towers, 50 West 131st Street; **CHT:** Church of the Holy Trinity, 341 East 87th Street; or 316 East 88th Street; **CHR:** Church of the Heavenly Rest, 2 East 90th Street. **FAPC:** Fifth Avenue Presbyterian Church, 7 West 55th Street; **MAPC:** Madison Ave Presbyterian Church, 921 Madison Ave. (73rd Street); **SJC:** St. Joseph's

[Click here to sign up for Health Advocates for Older People's Healthy Aging Program!](#)

You're Hired: Check Out New York State Public Service Employment Opportunities



Governor Kathy Hochul launched a new "You're Hired" initiative to recruit talented public sector workers into State service. This initiative comes as the new federal administration utilizes the so-called Department of Government Efficiency, or DOGE, to lay off thousands of highly-qualified workers in the federal government. Visit statejobs.ny.gov for more information.

**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

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

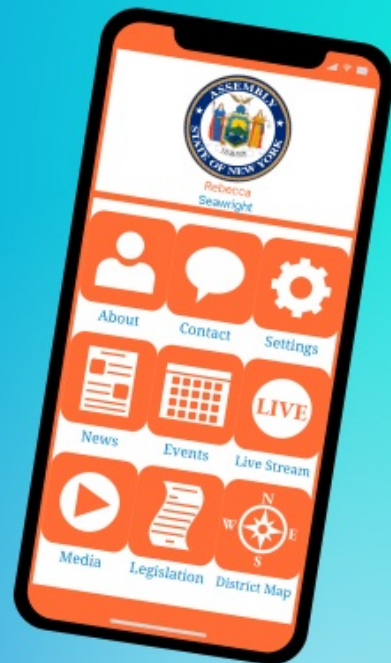
*The legal clinic is solely to provide guidance and advice from attorney's experienced in landlord- tenant law.
The clinic does not guarantee a desired outcome and does not establish an attorney- client relationship.
Assembly Member Rebecca Seawright does not represent or advise constituents in any legal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



Aging Spotlight On: Health Advocates for Older People

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 can 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?>

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



Project Cicero Seeking Volunteers

There is a call for volunteers (grade 6 & older) for next weekend's distribution event with Project Cicero.

- o For individual registration: [Project Cicero Individual Volunteer Registration](#)
- o For group registration: [Project Cicero Group Volunteer Registration](#)
- o For any other questions – <https://projectcicero.org/>



HEALTH ADVOCATES
FOR OLDER PEOPLE

Health Advocates March 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!](#)

HSS

Register today!

Program is free of charge.

Protecting Your Health: Prevention of Stroke & Dementia

Tuesday

March 11, 2025

10:30–11:30 am



WEBINAR

An Online Event

Register online at: bit.ly/hss-prevent-stroke-dementia

For more information: call **212.774.7622** or email us at communityed@hss.edu

Did you know that having a stroke more than doubles your risk of developing dementia? Join us to learn:

- Essential strategies to protect your health and reduce your risk of stroke and dementia
- What a stroke is, how to recognize the warning signs and identify risk factors
- Share steps you can take for prevention

PROGRAM SPEAKER

Matthew E. Fink, MD

Neurologist-in-Chief, New York Presbyterian Hospital/Weill Cornell Medicine

HSS Education Institute

Join our print mailing list to be notified of future programming by calling **212.774.7622**.

Or sign up for our email list at hss.edu/registration.

This program is designed to give general information and does not provide medical advice.

Scan QR code for more information



HSS

Register today!
Program is free of charge.

Greenberg Academy
for Successful Aging

Back Pain

Thursday
March 20, 2025
10:30–11:30 am



An Online Event

Register online at: bit.ly/hss-back-pain-march

For more information: call **212.774.7622** or email us at communityed@hss.edu

Not all back pain is the same. Join us to learn:

- The different causes and symptoms of back pain as we age
- Strategies and treatments designed to improve mobility and alleviate discomfort as we grow older

INSTRUCTORS

Olatunde Badejo, MD

Yosi Oquendo, MD, MSE

Department of Orthopedic Surgery, HSS

This program is designed to give general information and does not provide medical advice.

HSS Education Institute

Join our print mailing list to be notified of future programming by calling **212.774.7622**.

Or sign up for our email list at hss.edu/registration.

Scan QR code for more information



[Community Update: February 21, 2025](#)

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

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

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

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