



Dear Friends and Neighbors,

As the leaves begin to change and our city eases into autumn, I am proud to share important updates and opportunities from across New York. This season brings good news for millions of households: direct inflation refund checks of up to \$400 are on the way to provide real relief for hardworking families and seniors on fixed incomes.

September is also a time to focus on our health and well-being. Together with the State Office for the Aging and Department of Health, we are raising awareness for Sepsis Awareness Month and Falls Prevention Month—two critical issues that disproportionately affect older adults but can be addressed through education, prevention, and early action.

New York continues to invest in our cultural life, dedicating \$80 million in funding to strengthen the arts and ensure our theaters, museums, and community institutions thrive for generations. We are also working to make higher education more accessible, with workshops and resources to guide students and families through the college application process.

Our Older Adult Centers are offering a full calendar of enriching programs this September, and our beloved neighborhood greenmarkets and farmstands continue to provide fresh, local food to our community. I also hope you'll join us at upcoming events—from Roosevelt Island's 50th anniversary celebration to our city's annual fall festivals.

Please join us for a community event that our office is pleased to sponsor:

- **No-Cost Notary Public Service** at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets)
 - Mon, Wed, & Fri from 10:00 am to 1:00 pm
 - Tues, Thurs from 10:00 am to 12:00 pm
- Wednesday, October 1, from 10:00 am to 12:00 pm: OMNY Bus (York Ave/79th Street). **Refill your OMNY card or apply for reduced fare**
- Friday, October 10 from 10:00 am-5:00 pm at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets): **No Cost Flu Shot Clinic**
- Sunday, October 12 from 12:00 pm-5:00 pm at Carl Schurz Park (East 86 Street and East End Avenue): **Animal Care Centers of NYC (ACC) Mobile Adoption Event**
- Sunday, October 19 from 1:00 pm-3:00 pm at Carl Schurz Park: **Halloween Howl and Healthy Hound Fair. Visit our table for information on dog licensing from the Department of Health!**
- Friday, October 31 from 4:00 pm-5:00 pm at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets): **Halloween Trick-or-Treat Open House**
- Friday, October 31 from 4:00 to 7:00 pm on East 86 Street: **UES Community Unity Initiative's Second Annual Halloween Community Trick-or-treat Spooktacular**

As always, please consider our office your resource.

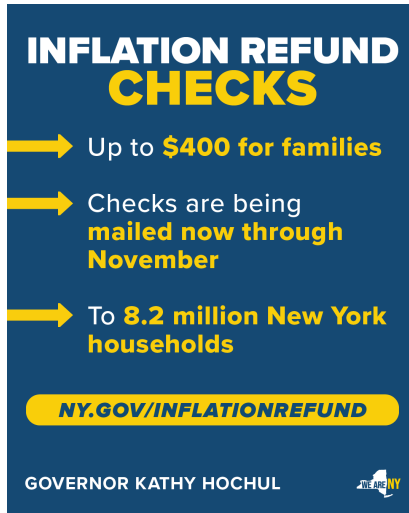
Phone: 212.288.4607

Sincerely,



REBECCA A. SEAWRIGHT

Inflation Refund Checks Are on the Way



INFLATION REFUND CHECKS

- Up to **\$400 for families**
- Checks are being **mailed now through November**
- To **8.2 million New York households**

NY.GOV/INFLATIONREFUND

GOVERNOR KATHY HOCHUL 

Governor Kathy Hochul has announced that 8.2 million New York households will begin receiving direct inflation refund checks of up to \$400 this fall. There's no need to apply—checks are automatically mailed to eligible residents based on their 2023 tax returns. This initiative is part of the Governor's ongoing efforts to ease the rising cost of living, alongside middle-class tax cuts, expanded child tax credits, and universal free school meals. Assemblymember Rebecca Seawright applauds this measure as "real and immediate relief for hardworking New Yorkers, including seniors on fixed incomes." For more information, visit ny.gov/inflationrefund.

September is Sepsis Awareness & Falls Prevention Month

The New York State Office for the Aging (NYSOFA) and Department of Health (NYSDOH) are recognizing **September as Sepsis Awareness Month** to raise awareness about this life-threatening condition. Sepsis, the body's extreme response to infection, can lead to organ failure and death, and older adults are among those at highest risk.

It is important to recognize sepsis early and seek immediate medical attention if you notice symptoms such as fever, extreme pain, confusion, rapid heart rate, shortness of breath, or clammy skin. Thanks to New York's sepsis prevention efforts, including Rory's Regulations, early detection and treatment have already saved thousands of lives.

For more information, signs to watch for, and educational resources in multiple languages, visit <https://aging.ny.gov/sepsis>.

September is also recognized as Falls Prevention Month a time to raise awareness about the serious risks of falls, particularly for older adults. Falls are a leading cause of injury and hospitalization, but many can be prevented through simple steps such as regular exercise, home safety modifications, proper footwear, and routine health checkups.

The New York State Office for the Aging (NYSOFA) offers resources and tips for older adults, caregivers, and families to reduce the risk of falls and stay safe at home. For more information and educational materials, visit <https://aging.ny.gov/fallsprevention>.

New State Funding Available for Arts and Cultural Organizations

From world-class museums to charming community theaters, New York's vibrant arts and culture scene draws visitors from across the globe. To keep that creativity alive, New York

***New state
funding available
for arts and cultural
organizations***

State is investing \$80 million in capital funding to support these vital nonprofit organizations. Building on the \$86 million already awarded in 2025, this funding will expand access to the arts, boost tourism, create jobs and ensure our cultural institutions thrive for generations to come. Learn more and apply here: <https://arts.ny.gov/>

Higher Education Funding Opportunities

**Planning for college?
NYS has resources
available for you!**



Navigating the college application process can feel overwhelming, but you don't have to do it alone! From financial aid workshops to guidance exploring the full range of higher education opportunities, New York State offers a variety of assistance. For more information and a full list of upcoming events, visit: <https://hesc.ny.gov/get-help/find-event/event-calendar/>.

Consider Our Office Your Resource

NO-COST NOTARY PUBLIC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM-1PM	10AM-12PM	10AM-1PM	10AM-12PM	10AM-1PM



METROCARD/OMNY BUS

**STOPS HERE
(79/YORK):**

WED. 10/1, 10/15

10:00 AM - 12:00 PM

REFILL YOUR
METROCARD/OMNY
CARD

APPLY FOR
REDUCED FARE

Resources

Cash Assistance & Benefits Security

Cash Assistance Skimming Alert: Beware of electronic theft of EBT benefits via skimming or phishing. To learn more or file a claim for stolen Cash Assistance benefits, visit: nyc.gov/hra/benefitreplacement

Paid Family Leave

Since 2018, New York's Paid Family Leave program has supported thousands of working families.

Benefits and wage replacements increase annually with the NY State Average Weekly Wage. Learn more about 2025 benefits at: paidfamilyleave.ny.gov/2025

Tax Credits & Financial Assistance

Empire State Child Credit: Over 1.5 million eligible New Yorkers will automatically receive supplemental payments based on this credit. No action needed. Details: [Additional Empire State Child Credit Payments](#)

Unclaimed Funds: Check for unclaimed money you may be owed at: osc.ny.gov/unclaimed-funds

Energy & Heating Assistance

Energy Affordability Program: Income-eligible consumers may get discounts on electric/gas bills. Info and forms: [ConEd Energy Affordability Program PDF](#) or call 800-752-6633 (seniors: 800-404-9097).

Regular HEAP Benefit: The 2024–25 season is open. Eligible households can get help paying heating bills. Details: otda.ny.gov/programs/heap

Cooling Assistance: HEAP also covers fans and AC units for qualifying households:

otda.ny.gov/programs/heap/#cooling-assistance

Health Insurance & Counseling

Qualified Health Plans: Enroll by the 15th for coverage the following month with new cost-sharing savings. Info: nyc.gov/health/healthcoverage or call 347-665-0214.

HIICAP: Free counseling on Medicare, Medigap, and long-term care insurance. Call 1-800-701-0501 or visit aging.ny.gov/hiicap.

Housing & Tenant Rights

Renters Rights: NYC tenants are protected against unsafe living conditions, harassment, and discrimination. See the [Tenant Bill of Rights](#).

Homeowner Handbook: A resource to help NY homeowners manage responsibilities and find assistance. View at homeownerhelpny.org/handbook.

Discrimination Reporting: File discrimination reports by phone at (844) NYS-DHR1 or (844) 697-3471.

Rent Protection & Resources: NYC tenants can check rent increase legality and get help at GoodCauseNYC.org.

Food Assistance

SNAP Benefits: Simplified one-page applications, longer recertification periods for seniors, and no interview needed for recertification. Learn more and apply online.

Health Bucks: At NYC farmers markets, spend \$2 in SNAP/EBT/Summer EBT and get \$2 bonus Health Bucks for fresh produce, up to \$10 per visit. Info: gownyc.org/greenmarket/ebt/nutritionprograms.

Transportation

MTA Reduced-Fare Program: Half-fare benefits are moving to OMNY. New cards should have arrived; continue using MetroCards meanwhile. Check updates at [MTA Reduced-Fare OMNY info](#).

MTA Mobile Sales: Services include reduced-fare applications, OMNY sign-ups, card balance transfers, and lost card reports. Schedule at mta.info/fares/mobile-sales.

Congestion Pricing: Tolls apply entering Manhattan south of 60th St. Discounts and exemptions available. Details: mta.info/discounts and congestionreliefzone.mta.info.

Emergency & Community Resources

Mental Health Hotline: Call 988 for mental health support; call 911 for emergencies.

Community Health Advocates: Help with medical bills and insurance issues at 1-888-614-5400.

NYC Emergency Alerts: Sign up for Notify NYC at nyc.gov/notify or call 311.

Animal Care Centers: Due to temporary dog intake suspension, ACC urges adoption. Visit local centers or website for info.

Curbside Composting: Available citywide weekly on recycling day. Details: nyc.gov/curbside-composting.

Identification

New York Mobile ID: Carry a secure digital ID or driver's license on your phone. Learn more and download the app.

NYC Infrastructure

NYCDOT Street Work Permit Maps: View active street work permits for your district at nycdot.info.

Upcoming Events



LENOX HILL NEIGHBORHOOD HOUSE

SINCE 1894

The September Activity Calendars for our Older Adult Centers are filled with enriching excursions, arts and fitness programs, daily farm-to-table meals—and more! Don't miss out on 100+ FREE weekly activities. [Click here](#) for more information or call 212-218-0319.

OCTOBER EVENTS AT *Search and Care*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
	MORNING MEDITATION (ZOOM) 11AM - 12PM	HEALTH FOR THOUGHT (IN-PERSON/PHONE) 2PM - 3PM	READING ROOM (ZOOM) 11AM - 12PM OT INTERN GROUP (KNICKERBOCKER PLAZA) 1PM - 2PM VOCAL EASE LIVE (BRICK CHURCH) 2PM - 3PM	TEA & CREATIVITY (IN-PERSON) 2:30PM - 4:30PM	PET PRO WORKSHOP: UNDERSTANDING VACCINES (IN-PERSON) 11:00AM - 12:30PM DECLUTTERING W/ MILLIE (ZOOM) 2PM - 3PM MOVIE CLUB "DADDY DAYCARE" 2:30PM - 4:30PM	
12	13	14	15	16	17	18
	COLUMBUS DAY OFFICE OPEN W/ LIMITED SERVICES	HEALTH FOR THOUGHT (IN-PERSON/PHONE) 2PM - 3PM	READING ROOM (ZOOM) 11AM - 12PM	MEDICATION EDUCATION W/ DR. LUBA (IN-PERSON/ZOOM) 11AM - 12PM	MYCHART ASSISTANCE EVENT	TECHNOLOGY HELP EVENT (IN-PERSON) 11AM - 2PM
19	20	21	22	23	24	25
	MORNING MEDITATION (ZOOM) 11AM - 12PM NUTRITION GROUP (ZOOM) 2PM - 3PM	LET'S TALK MONEY! (IN-PERSON/ZOOM) 12PM - 1PM HEALTH FOR THOUGHT (IN-PERSON/PHONE) 2PM - 3PM WRITING GROUP (IN-PERSON/ZOOM) 3PM - 4PM	OT INTERN GROUP (KNICKERBOCKER PLAZA) 1PM - 2PM READING ROOM (ZOOM) 11AM - 12PM	TECH TALK W/ALEX: HOW TO TAKE PHOTOS (IN-PERSON/ZOOM) 12PM - 1:00PM	TECH GAMES (ZOOM) 11AM - 12PM DECLUTTERING W/ MILLIE (ZOOM) 2PM - 3PM MOVIE CLUB "THE MASK" 2:30PM - 4:30PM	
26	27	28	29	30	31	
	MORNING MEDITATION (ZOOM) 11AM - 12PM	CLIENT ADVISORY COMMITTEE (IN-PERSON/ZOOM) 1PM - 2PM HEALTH FOR THOUGHT (IN-PERSON/PHONE) 2PM - 3PM WRITING GROUP (IN-PERSON/ZOOM) 3PM - 4PM	READING ROOM (ZOOM) 11AM - 12PM	TEA & CREATIVITY (IN-PERSON) 2PM - 4PM	HAPPY HALLOWEEN 	

OCTOBER IN-PERSON EVENTS

TEA & CREATIVITY - 10/2 & 10/30
MOVIE CLUB - 10/10 & 10/24
MEDICATION EDUCATION - 10/16
WRITING GROUP - 10/21 & 10/28

OCCUPATIONAL INTERN GROUP - 10/8 & 10/22
HEALTH FOR THOUGHT - EVERY TUESDAY
LET'S TALK MONEY! - 10/21
TECH TALK W/ALEX - 10/23
ADVISORY COMMITTEE - 10/28

To join any group/event, please contact
Jacob at (212) 289-5300 Ext. 218 or
jagonzalez@searchandcare.org



Honey Locust Park Ice Cream Social



Sunday, September 28th at 3pm

 Honey Locust Park

(59th Street between 1st and 2nd Avenues)

Come join us for some ice cream and
share your ideas for how to better use
the space occupied by the DOT dump
under the Queensborough Bridge!



@ParkNotDump



FOR CLASSIC COMEDY TELEVISION FANS

Author
Tripp Whetsell
Norman Lear: His Life & Times

BOOK SIGNING MEET & GREET

Moderated by *New York Times* bestselling author and writing professor Susan Shapiro.

- Limited Seating.
- Complimentary book for first 50 guests.
- Meet Tripp and join us for light refreshments.

Monday, September 29, 2025

Doors open at 5:30 p.m.

Event begins at 6:00 p.m.

Frank E. Campbell
1076 Madison Avenue
at 81st Street
frankecampbell.com



FRANK E. CAMPBELL

Call For Reservations: 212.288.3500 or
Email: william.villanova@dignitymemorial.com



About Norman Lear

Norman Lear was a legendary American television writer and producer best known for creating groundbreaking sitcoms in the 1970s, including *All in the Family*, *The Jeffersons*, *Maude*, and *Good Times*. His work revolutionized TV by tackling social issues such as race, gender, and politics with humor and honesty. Lear was also a political activist and philanthropist. He passed away in 2023 at the age of 101, leaving a lasting legacy in entertainment and American culture.



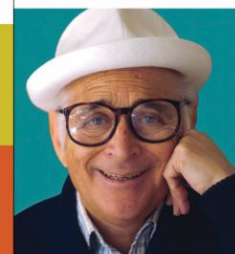
Author
Tripp
Whetsell



Moderator
Susan
Shapiro



NORMAN LEAR



Tripp Whetsell



Monday, September 29

Generational Perspectives: Celebrating 50 Years of Roosevelt Island – Roosevelt Island NYPL, 6:30 pm

Hosted by the Roosevelt Island Historical Society, President Judy Berdy leads a special conversation on families who have called the Island home across generations—from the 1970s through today. Free and open to all.

Journaling to Health

Tuesday
September 30, 2025
10:30 am–12:00 pm (ET)



An Online Event

Register online at: bit.ly/journaltohealth-sept25

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

Come to reflect and write!

Writing and journaling can:

- Help you gain insight into your own experiences
- Be a powerful way to connect with others
- Can benefit both mental and physical health

Come to hear what research shows and then write together! No writing experience is needed.

INSTRUCTOR

Joy Jacobson, MFA
HSS Journal® Editor

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



HSS Education Institute



Health Advocates for Older People *presents*

Flu Season: Influenza and Vaccination

*with Carlos Tejeda, Community Health Specialist, Office
of Community & Population Health, Montefiore Einstein*

**Thursday, October 2nd, 3pm-4pm
on Zoom**



Join us for the next installment in our Thursday Seminar Health Series with Montefiore Health System! In October, we will be discussing the flu, including key facts, preventative measures and treatments.

Sign up with this link:

<https://us02web.zoom.us/j/81541019392?pwd=RE56OE96MlVlWVhVeE5rWE5lWEc3dz09>.

We will also stream the Zoom at Church of the Holy Trinity, 341 E. 87th Street.

If attending the Zoom stream in person,
please RSVP to 212-980-1700, ext. 206 or info@hafop.org.

Health Advocates for Older People promotes safe and healthy aging for New Yorkers. Our programs are supported through generous donations from individuals, foundations, and government agencies.
Visit www.hafop.org to learn more and get involved.

Health Advocates for Older People

420 Lexington Ave., suite 1402 | New York, NY 10170 | 212-980-1700 | www.hafop.org



**Community Board 8
Manhattan
Presents**

ART SHOW

on the East Side

Saturday, October 04, 2025
11 am to 4 pm
Rain Date: October 05, 2025

James Cagney Place
East 91st Street, Between 2nd and 3rd Avenues

 cb8m.com  [@CB8M](https://twitter.com/CB8M)

 [@CB8Manhattan](https://www.instagram.com/CB8Manhattan)

Saturday, October 4

Roosevelt Island City of Forest Day – 910 Main Street & Lighthouse Park, 12–4pm

Tree care, a dance performance by Time Lapse Dance Ensemble, plus snacks from Poppa's Pantry and natural products from Niava's Body Bar. (Rain location: Good Shepherd Church, 543 Main Street.)

Sunday, October 12

Schurz Park Harvest Festival – Carl Schurz Park, 1–3pm

Pumpkin picking and decorating, arts & crafts, a spooky trail, and a free family concert with Patrick and the Rock-a-Silly Band.

Sunday, October 19

Halloween Howl & Healthy Hound Fair – Carl Schurz Park, 1–3pm

Over 200 pups in fabulous costumes parade before a panel of fashion judges. Free and unforgettable!

Animal Care Centers of NYC Mobile Adoption Event

**Office of NYS Assembly Member
Rebecca A. Seawright**

Sunday, October 12 | 12pm - 4pm

East 86th Street & East End Ave, New York, NY 10028



Looking to adopt a new four-legged family member? We're happy to be hosting an Adoption Event with some incredible cats and dogs from ACC! We hope you'll stop by to meet some boroughbreds.

View all available animals at nycacc.org

Adoption events are subject to cancelation due to rain. Please make sure to visit nycacc.org/adoptionevents for updates before heading out to one of our events!



Interested in adopting? Get a head start and fill out our Mobile Adoption Application! Scan the QR code above to get started.

ALL EVENTS @:
Andrew Haswell
Green Park at 60th St &
the East River Waterfront
Esplanade

October on The Esplanade!

Sponsored by EsplanadeFriends.

CityParks PuppetMobile

Sunday, October 19 | 11AM |

Pippi Longstocking!

Puppet Show

Plus some added fun
and free treats after the
show.



Come dressed as Pippi!

Subject to weather cancellation. Rain date Sunday,
October 26.

EsplanadeHalloween Spooktacular!

Saturday, October 25 | 1-4PM |

Live 🎵 music by Fan Favorite Band NOIZ!

Best of Rock, R&B and Soul.

Face Painting!

Halloween Crafts!

Free Ice Cream.

*And more Fun For Kids (of all ages)!

Costumes encouraged!

All With A Spectacular Water View!

Subject to weather cancellation. No rain date. *While supplies last



SPONSORED BY:

**FRIENDS
OF THE
EAST
RIVER
ESPLANADE**

 EsplanadeFriends.org

 [@EsplanadeFriend](https://www.instagram.com/EsplanadeFriend)

DONATIONS



ALSO IN OCTOBER:

**EsplanadeYOGA! with
IronStrengthNYC**

Saturday, October 11 2PM

Registration Required Email:

ExecutiveDirector@EsplanadeFriends.org



Health Advocates for Older People
presents

Who Makes NYC Run?

*with Diane Burrows, Speakers Bureau,
League of Women Voters of the City of New York*

**Thursday, October 23rd, 3pm-4pm
on Zoom**



Before early voting begins on
October 25th, join us for a
nonpartisan guide to voting in NYC!

We'll learn about what each elected
official in New York City does, ballot
measures in this election, and how
to increase your civic participation
outside of the ballot box.

Sign up with this link:

<https://us02web.zoom.us/j/81541019392?pwd=RE56OE96MlVlVWhVeE5rWE5lWEc3dz09>.

We will also stream the Zoom at Church of the Holy Trinity, 341 E. 87th Street.

If attending the Zoom stream in person,
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Visit www.hafop.org to learn more and get involved.*

Health Advocates for Older People

420 Lexington Ave., suite 1402 | New York, NY 10170 | 212-980-1700 | www.hafop.org

ASPHALT GREEN & COUNCILMEMBER JULIE MENIN PRESENT

ASPHALT SCREAMS

THE UPPER EAST SIDE'S BIGGEST HALLOWEEN EVENT

OCTOBER 24
2:30-6:30PM

ON LITWIN FIELD AND 90TH STREET

HAUNTED MAZE

GAMES & INFLATABLES

STREET FAIR VENDORS



FREE FOR ALL

ARRIVE IN COSTUME

FAMILY-FRIENDLY

RSVP AT ASPHALTSCREAMS.COM

555 E 90 ST. NEW YORK, NY 10128



**Asphalt
Green**

BACK BY POPULAR DEMAND, FOLLOWING LAST
YEAR'S SUCCESS!

THE
UES COMMUNITY
INITIATIVE'S
SECOND ANNUAL

HALLOWEEN COMMUNITY
TRICK OR TREAT



SPOOKTACULAR

FRIDAY, OCTOBER 31, 2025

4:00 PM TO 7:00 PM

YOU SUPPLY THE TREATS,
WE SUPPLY LOCAL FAMILIES!



<https://bit.ly/UEShalloween2025>

Merchants Register Today!



Autumn has to be New York's most beautiful season, right? To take advantage of this gorgeous time of year, visit www.iloveny.com/things-to-do/fall/ and check out the fall foliage report [here: www.iloveny.com/things-to-do/fall/foliage-report/](http://www.iloveny.com/things-to-do/fall/foliage-report/). Fall in love with fall in NY!

Weekly Greenmarkets

Every Saturday – 82nd Street / St. Stephen's Greenmarket
82nd Street between First & York Avenues, 9am–2:30pm

A year-round favorite where the church courtyard and sidewalk bustle with shoppers. Shop fruits, vegetables, baked goods, cheese, fish, chicken, grass-fed beef, goat meat, and more from:

American Pride Seafood, Sicking Flowers, Bread Alone, Tivoli Mushrooms, Hudson Valley Duck, Walnut Ridge, Haywood's Fresh, Samascott & Nine Pin Ciderworks, Gayeski Produce, Valley Shepherd, Hawthorne Valley, and Cherry Lane Farms.

Every Sunday – Ruppert Park Greenmarket
Second Avenue & 91st Street, 9am–3pm

A lively market with neighbors gathering over an abundant array of produce and goods. Vendors include:

American Pride Seafood, Meredith's Country Bakery, Tivoli Mushrooms, Riverine Ranch & Halal Pastures, Norwich Meadows, Grandpa's Farm, and Phillips Farms.

Every Thursday – Lenox Hill Farmstand
NW Corner of First Avenue & 70th Street, 11am–4pm

Stock up on 100% local, mostly organic fruits, veggies, honey, jams, grains, maple syrup, eggs, flour, and salsas. Plus—weekly food demos and a must-read Farmstand newsletter!

[Community Update: September 19, 2025](#)

[Community Update: September 12, 2025](#)

[Community Update: September 5, 2025](#)

[Community Update: August 29, 2025](#)

Did someone forward this email to you?
[Sign up for our e-news here.](#)



Office of Assembly Member Rebecca Seawright | 1485 York Avenue | New York, NY 10075 US

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