



**VISIT OUR TABLE AT
THE HALLOWEEN HOWL**

**THIS SUNDAY,
OCTOBER 19**

11:00 AM-3:00 PM

**CARL SCHURZ PARK
SPORTS COURTS**



**HALLOWEEN
HOWL DOG COSTUME
CONTEST**

Sunday, October 19th
 Registration starts at 11am (in-person only)
 Event starts at 1pm in the Sports Courts
 Healthy Hound Vendor Fair: 11 AM - 3PM
 Suggested donation of \$10.00 per dog

All proceeds support the maintenance and upkeep of Carl Schurz Park's Dog Runs
 Categories: Small Dog, Large Dog, Kids & Dogs, and Group





**Carl Schurz
PARK
Conservancy**

www.carlschurzparknyc.org



**Rebecca
Seawright**

 **ASSEMBLY MEMBER**



Dear Friends and Neighbors,

Warm greetings to all celebrating Diwali, the Festival of Lights. This special time reminds us of the power of light to overcome darkness and the importance of hope, kindness, and renewal in our communities.

This week, our office continued to connect with residents across the district, sharing information about vital programs and upcoming opportunities to stay engaged and informed.

This National School Lunch Week, I am proud to celebrate a major step forward for New York families — the launch of universal free school meals statewide. Beginning this fall, 2.7 million

students will receive free breakfast and lunch every school day. This historic investment ensures that every child has access to the nutrition needed to learn and thrive, while supporting families and local communities.

As we approach Election Day on Tuesday, November 4, 2025, I encourage everyone to make a plan to vote. Polls will be open from 6:00 a.m. to 9:00 p.m. You can find your polling site and view a sample ballot at findmypollsite.vote.nyc. For assistance at the polls, call (866) 868-3692. Voters may also request an early mail ballot online or in person at their local Board of Elections office by November 3, and remember, the last day to register to vote for the general election is October 25.

With the arrival of cooler weather, please remember that New York City law requires building owners to provide adequate heat and hot water throughout the fall and winter. If your building does not meet these requirements, contact 311 or visit nyc.gov/311 to file a report.

Our Spotlight on Aging highlights resources for older adults and caregivers navigating health coverage. The Medicare Rights Center, Community Health Advocates, and HIICAP provide free, expert counseling to help with Medicare, insurance, and access to care. These trusted organizations stand ready to assist anyone in need.

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
- Sunday, October 19, from 1:00 pm-3:00 pm at Carl Schurz Park: **Halloween Howl and Healthy Hound Fair.**
- Tuesday, October 28 at 3:30pm at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets): **No-Cost Housing Legal Clinic**
- Wednesday, October 29 from 10 am-4 pm at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets): **No-Cost Prostate Screening with The Robert F. Smith/Mount Sinai Mobile Prostate Cancer Screening Unit for men ages 40 – 75.** [Click here to RSVP.](#)
- 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.** Merchants can register [here](#).
- Wednesday, November 5, from 10:00 am to 12:00 pm: **OMNY Bus** (York Ave/79th Street). Refill your OMNY card or apply for a reduced fare

As always, please consider our office your resource.

Phone: 212.288.4607
Email: SeawrightR@NYAssembly.gov

Sincerely,



REBECCA A. SEAWRIGHT

Halloween Open House

Trick-or-treat for all ages (*pets are welcome!*)

Come in your spookiest or cutest costumes.

Friday, October 31

4:00 pm - 5:00 pm



Community Office of
Assembly Member Rebecca Seawright

1485 York Avenue (78/79 Streets)

New York, NY 10075

For more information on this free event or any community or legislative issue,
please contact the **Office of Assembly Member Rebecca A. Seawright**
at SeawrightR@NYAssembly.gov or by phone at **212-288-4607**.

PS 183 Fall Block Party



Kevin Wu, Community Liaison for Assembly Member Rebecca A. Seawright, attended the PS 183 Fall Fair to share information about state services and upcoming community events.

Celebrating National School Lunch Week Universal Free School Meals Now Available for All New York Students



**Take lunch
off your list.**

- Laundry
- Take out trash
- Grocery shop
- ~~-Pack kids lunches~~

**School meals are
free for all!**

This National School Lunch Week, Assembly Member Rebecca A. Seawright joined families, educators, and advocates in celebrating a major milestone for New York's students — the launch of universal free school meals statewide.

Beginning this fall, 2.7 million students will have access to free breakfast and lunch every school day, thanks to funding included in the state budget earlier this year.

"Ensuring that every child has the nutrition they need to succeed is one of the most important things we can do," said Assembly Member Seawright. "This policy eases the burden on families, improves student health, and supports learning in every classroom."

Universal school meals not only reduce hunger and stigma — they also strengthen local economies, support cafeteria staff, and make school meal programs more efficient. Families are still encouraged to submit household income forms, which help

schools receive additional funding and benefits.

For more information about New York's universal school meals program, visit:

□ <https://www.nysed.gov/child-nutrition>

Heat and Hot Water Season in NYC

Building owners in New York City are legally required to provide both heat and hot water to their tenants.

Hot Water:

- Must be provided year-round (365 days per year).
- The water temperature must be maintained at a minimum of 120°F at all times.

Heat Season:

- Runs from October 1 through May 31 each year.

During Heat Season, the following rules apply:

- Daytime (6:00 a.m.–10:00 p.m.): If the outdoor temperature falls below 55°F, the indoor temperature must be at least 68°F.
- Nighttime (10:00 p.m.–6:00 a.m.): The indoor temperature must be at least 62°F, regardless of the outdoor temperature.

If your building does not meet these requirements, you can report a lack of heat or hot water by calling 311 or visiting nyc.gov/311 and follow up with our office with your complaint number.

MetroCard Phaseout and Transition to OMNY



The MTA will end MetroCard sales on December 31, 2025, as part of the transition to the OMNY tap-and-go fare payment system.

If you use a Reduced-Fare MetroCard, now is the time to apply for a Reduced-Fare OMNY Card to ensure uninterrupted service.

Key information:

- You can continue to use your MetroCard until the expiration date printed on the back, but you will not be able to reload it after December 31.
- You may transfer any remaining balance from your MetroCard to a Reduced-Fare OMNY Card at an MTA Customer Service Center or Mobile Sales Vehicle.

Ways to add value to your Reduced-Fare OMNY Card:

- Use cash, credit, or debit at OMNY vending machines in subway stations.
- Visit a retail location that reloads OMNY Cards.
- Add value or set up automatic refills with a free OMNY account online.
- Call the OMNY Call Center at 877-789-6669 for assistance.

For more details on the Reduced-Fare program and instructions on how to apply for a Reduced-Fare OMNY Card, visit:

□ omny.info/reducedfare



Election Day Is Tuesday, November 3
Make Your Plan To Vote!

OCT./NOV. 2025

SAT

25

9a – 5p

SUN

26

9a – 5p

MON

27

9a – 5p

TUES

28

10a – 8p

WED

29

10a – 8p

THURS

30

9a – 5p

FRI

31

8a – 4p

SAT

1

9a – 5p

SUN

2

9a – 5p

MON



TUES



**Election
Day
6a-9p**

FOR MORE INFORMATION CONTACT:

**OFFICE OF ASSEMBLY MEMBER
REBECCA SEAWRIGHT
1485 YORK AVENUE (78/79 STREETS)
212.288.4607
SEAWRIGHTR@NYASSEMBLY.GOV**

Election Day: Tuesday, November 4, 2025

Polls Open: 6:00 AM – 9:00 PM

Find Your Polling Site & Sample Ballot:

Visit findmypollsite.vote.nyc

Problem at the Polls?

Call: (866) 868-3692

Vote by Early Mail Ballot:

- Apply online: requestballot.vote.nyc
- Apply in person: Your local county Board of Elections
- Address: 200 Varick Street, 10th Floor, New York, NY 10014

Important Deadlines:

- October 25, 2025: Last day to register to vote for the general election
- November 3, 2025 (in-person): Last day to request an early mail or absentee ballot
- November 4, 2025 by 9:00 PM: Deadline to return an early mail or absentee ballot

Consider Our Office Your Resource

Spotlight on Aging: Healthcare Coverage

Navigating health coverage can be challenging, but these local organizations are here to help:

Medicare Rights Center- Provides free, expert counseling on Medicare benefits, billing issues, and appeals.

- National Helpline: 800-333-4114
- Email: info@medicarerights.org
- Address: 266 West 37th Street, 3rd Floor, New York, NY 10018
- Website: medicarerights.org

Community Health Advocates (CHA)- Offers assistance with health insurance, resolving coverage problems, and accessing care.

- Helpline: 888-614-5400 (Monday–Friday, 9 AM–4 PM)
- Email: cha@cssny.org
- Address: 633 Third Avenue, 10th Floor, New York, NY 10017
- Website: communityhealthadvocates.org

HIICAP (Health Insurance Information, Counseling & Assistance Program)- Provides free, unbiased counseling on Medicare, Medigap, and other health insurance options.

- Helpline: 800-701-0501
- Address: New York State Office for the Aging, Two Empire State Plaza, Agency Building #2, Albany, NY 12223-1251
- Website: aging.ny.gov/hiicap

These organizations are excellent points of contact for seniors and caregivers seeking help with health coverage and related issues.

**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!

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



**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.



NO-COST NOTARY PUBLIC SCHEDULE

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

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: grownyc.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

HALLOWEEN HOWL DOG COSTUME CONTEST

Sunday, October 19th

Registration starts at 11am (in-person only)

Event starts at 1pm in the Sports Courts

Healthy Hound Vendor Fair: 11 AM - 3PM

Suggested donation of \$10.00 per dog.

All proceeds support the maintenance and upkeep of Carl Schurz Park's Dog Runs

Categories: Small Dog, Large Dog, Kids & Dogs, and Group



Carl Schurz
PARK
Conservancy

www.carlschurzparknyc.org



Assembly Member Rebecca Seawright

and Mount Sinai Robert F. Smith

Mobile Prostate Cancer Screening Unit

Present No-Cost Prostate Cancer Screenings



Wednesday, October 29
10 am – 4 pm
1485 York Avenue (78/79 Streets)



No Health Insurance Needed



Walk-Ins Are Welcome



Age 40 and Above

Prostate Cancer Facts

2nd

most common form of cancer in American men, right behind skin cancer.

About

1 in 40

American men will die of prostate cancer.

About

1 in 8

American men will develop prostate cancer at some point in their lives

In Black men, there is a

70%

higher rate of developing high-risk prostate cancer, and they are also more than twice as likely to die of it.

This is a simple blood test.
Appointments take 5-6 minutes.

Free/no insurance required.

Results may be available within 2-3 days.

All men 40 and older should be screened every year. Walk-ins are welcome.

For more information about this event or any other community or legislative issue, please contact Assembly Member **Rebecca A. Seawright** by calling **212-288-4607** or emailing **SeawrightR@NYAssembly.gov**.

Interest form

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**

ROOSEVELT ISLAND

HALLOWEEN

Extravaganza and Parade

Rain date: 10/26

OCTOBER
25
11am-3pm



Costume Parade | Marching Band | Food
Carnival Games | Rides | Giveaways

To participate in the parade, please wait
inside Capobianco Field at 10:15AM. The
parade will begin at 10:45AM.



SOUTHPOINT PARK



Roosevelt Island
Operating Corporation

Search and Care

FALL Forum

You're invited! Join us to celebrate the season
and the Search and Care Community!



Wednesday, November 19th

2pm-3:30pm

Available on zoom too!

Click [here](#) to register for zoom

**RAFFLE, SPECIAL GUESTS,
LIGHT SNACKS, MUSIC, GAMES,
MEANINGFUL CONVERSATION**

Knickerbocker Plaza, 1751 2nd Ave, New
York, NY 10128

RSVP to Jordyn Erenfryd at
212-289-5300 ext. 237
jerenfryd@searchandcare.org

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, Sikking 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: October 10, 2025](#)

[Community Update: October 3, 2025](#)

[Community Update: September 26, 2025](#)

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

Did someone forward this email to you?

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

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