



Dear Friends and Neighbors,

Thank you to Schneps Media for nominating and honoring me at the 2025 Manhattan Power List event. It was a privilege to return alongside past honorees and celebrate the trailblazing New Yorkers who impact our borough.

We held our first "Freeze Your Rent Enrollment Clinic" with the NYC Department of Finance. This no-cost event informed eligible SCRIE recipients how to apply and save big. For many older New Yorkers, SCRIE is a lifeline. The next clinic will occur on Wednesday, April 23rd. Call or email my office for more information.

I hosted the American-Italian Cancer Foundation's mammogram bus at my district office. Early detection is critical to combatting breast cancer, and our clinic provided no-cost screenings to over forty constituents. This service builds on my legislative work expanding access to 3D mammography and increasing eligibility for insurance-covered screenings.

Don't forget to RSVP for the 11th Annual Women of Distinction Awards Ceremony on Tuesday, April 22nd at 6 PM. I will honor the outstanding women, nominated by you, who strengthen our fabulous community.

- Monday through Friday from 10:00 am to 12:00 pm: **No-Cost Notary Public Service** at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78/79 Streets).
- Wednesday, April 16, from 10:00 am to 12:00 pm: **MetroCard Sales/OMNY Bus** at the 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.
- Wednesday, April 16 from 10:00am to 1:00pm: **The "Big Shred NY!"** no-cost community paper shredding with AARP at Lenox Hill Neighborhood House, 331 East 70 Street.
- Tuesday, April 22 at 1 pm: **19th Precinct Senior Safety Seminar** at the Lenox Hill Neighborhood House, 343 East 70 Street (First/Second Avenues).
- Tuesday, April 22 at 6pm: **Women of Distinction Awards Ceremony** at The Rockefeller Research Laboratories Auditorium MSK Cancer Center, 430 East 67 Street (First/York Avenues).
- Wednesday, April 23, from 10:00 am to 2:00 pm: **Freeze Your Rent Enrollment Clinic** at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78/79 Streets). By appointment only. Please call 212-288-4607 or email SeawrightR@NYAssembly.gov to sign up.
- Thursday, April 24 at 3:30 pm: **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.

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". The signature is fluid and cursive, with the first name and last name clearly legible.

REBECCA A. SEAWRIGHT

Mammogram Bus Provides No-Cost Screenings at Seawright's District Office



Thank you to the American-Italian Cancer Foundation for partnering with me on our no-cost mammogram clinic. I commend your service and applaud everyone who participated. Early detection is key to combatting breast cancer. Thanks to the mammogram bus, forty constituents received vital screenings.

Schneps Media's 2025 Manhattan Power List Honors Seawright



This year marks the 20th anniversary of Schneps Media's Manhattan Power List. I was pleased to connect with my fellow honorees, past and present, and learn about their exciting work to better our city.

Seawright Advocates for Public Education Funding and Growth



I was pleased to discuss public education funding and growth with Shino Tanikawa, Member of the New York State Board of Regents. As a member of the Assembly Committee on Higher Education, I'm advocating for increased support for SUNY and CUNY in the upcoming state budget.

Assembly Member **Rebecca Seawright**
Hosts



the Eleventh Annual Women of Distinction Awards

*Together, let's celebrate Women's History Month
by recognizing the extraordinary women who
are making our communities stronger.*

Women of Distinction Awards Ceremony

Tuesday, April 22 at 6:00pm

The Rockefeller Research Laboratories Auditorium

MSK Cancer Center

430 East 67th Street

Between First and York Avenues

To RSVP or for more information about this free 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.

[RSVP here](#)

Chag Pesach Sameach!



Chag Pesach Sameach to all celebrating Passover! At this challenging time for the Jewish community, may the Exodus story inspire and uplift you and your family.

News You Can Use



Op-Ed | A tale of two families: How the Medicaid funding crisis is impacting older adults, people with disabilities and all New York families

"Medicaid — the joint federal and state program that provides health insurance and access to long-term care for nearly 7 million New Yorkers— is imperiled like no other moment since its birth in 1965.

As Chair of the Aging Committee and former Chair of the People with Disabilities Committee, I am marshaling every resource, alongside advocates like LeadingAge NY, New York Disability Advocates (NYDA), and AHRC-NYC, to stabilize our system of care."

[Read More](#)

Consider Our Office Your Resource!

A Message from Assembly Aging Committee Chair Rebecca A. Seawright



Identity theft is a serious issue, and thieves often target discarded documents containing personal information like bank statements, credit card offers, and medical records.

Shred documents containing your name, address, Social Security number, account numbers, and other personal details.

Join us for this special no-cost shredding event.

Register with our office to receive future shredding event dates!

Email
SeawrightR@NYAssembly.gov
or call
212.288.4607



The Big Shred NY!

Help protect yourself against identity theft with AARP Fraud Watch Network™ and AARP New York.

Join us for a free community document-shredding event in Manhattan.

Your personal and confidential documents will be shredded on-site, **free of charge.**

Register now to receive event reminders!

For more information or to register, visit events.aarp.org/BigShredLenoxHillCtr

Each person can bring up to three small bags or three boxes of paper documents. No newspapers, magazines, binder clips, cardboard, books, or binders. The event may end early if the truck fills up.

FREE SHRED EVENT

Wed, April 16, 2025

10:00 a.m. – 1:00 p.m.

**The Center @ Lenox Hill
Neighborhood House**

343 E 70th Street
New York, NY 10021

CONNECT WITH US
[@AARPNY](https://www.instagram.com/AARPNY)

Hosted by



Each person can bring up to three small bags or boxes of paper documents. No newspapers, magazines, binder clips, cardboard, books, or binders. The event may end early if the truck is full.



COMMUNITY AFFAIRS BUREAU



NYPD

19th Precinct

SAFETY SEMINAR

For Older Adults



Tuesday April 22nd | 1:00 pm

Lenox Hill Neighborhood House
343 East 70th Street

Join **19th Precinct** Crime Prevention Officer,
Detective Anthony Nuccio, for a discussion on
Personal Safety, **Scams**, Mail & Check Fraud, & **ID Theft Prevention**

In Partnership with

**Rebecca
Seawright**
ASSEMBLY MEMBER



LENOX HILL NEIGHBORHOOD HOUSE
SINCE 1894



CRIME PREVENTION DIVISION



For accommodations regarding any disability, please contact Detective Anthony Nuccio
(212) 452-0630 or Anthony.Nuccio@nypd.org at least 72 hours prior to the event.

[Register here](#)

**FREEZE YOUR RENT
ENROLLMENT CLINIC
WED. APRIL 23**

10:00 AM TO 2:00 PM

**1485 YORK AVENUE
(78/79 ST.)
TO RSVP**

**CALL 212-288-4607
OR EMAIL**

SEAWRIGHT@NYASSEMBLY.GOV



Who is eligible:

- Are 62 years old +
- Live in a rent regulated apartment
- Have a household income of \$50,000 or less
- Spend more than 1/3 of your income on rent

Document checklist:

- Government issued ID
- Federal or state income tax returns with all schedules and 1099s.
- Current and prior leases, signed by you and your landlord.

[Sign up here](#)



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.**

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

EMAIL: SEAWRIGHTR@NYASSEMBLY.GOV



**SCAN ME TO
RSVP!**

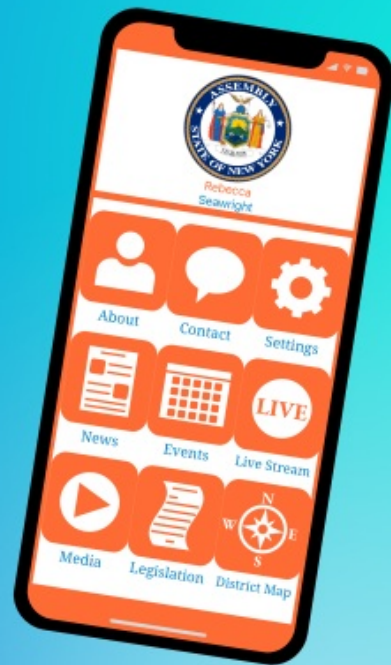
*The legal clinic is solely to provide guidance and advice from attorney's experienced in landlord- tenant law.
The clinic does not guarantee a desired outcome and does not establish an attorney- client relationship.
Assembly Member Rebecca Seawright does not represent or advise
constituents in any legal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



Resources

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>

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 recertify their benefits for 36 months instead of 24 months, and eliminating the interview requirement for recertification. 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 need 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.

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

Upcoming Events



EMPOWERING YOUNG WOMEN THROUGH RUNNING

NYRR Run for the Future is a free program that introduces young women* in high school to running. The program starts in the summer when participants train to run their first 5K together, creating connections that last beyond the program. They can also be part of a strong alumnae network while they continue their year-round running journeys.

Eligibility and Requirements:

- For rising 10th through 12th grade NYC high school young women
- Applicants do not have to self-identify as runners or have experience in running or sports

Practice Location and Schedule:

Practices are held in Central Park. Participants and coaches meet at the NYRR RUNCENTER featuring the New Balance Run Hub, located at 320 West 57th Street in Manhattan on Mondays, Wednesdays, and Thursdays from June 30 through August 7.

Two morning sessions are available:

Session #1: 8:00 to 10:00 a.m.

Session #2: 9:00 to 11:00 a.m.

Applicants may apply for both sessions, but if accepted, will be assigned to one session. All accepted participants are required to attend orientation on June 14, 2025.

*Please note that we use the word women to include all those who identify as women.

PLEASE CONTACT
RUNFORTHEFUTURE@NYRR.ORG
WITH ANY QUESTIONS.

PARTICIPANTS RECEIVE:

- MetroCard
- Post-practice refreshments
- Running apparel and footwear
- Support from NYRR's expert coaches
- Wellness kit
- Year-round events & access to alumnae network

HOW TO APPLY:

- Complete the online application at nyrr.org/rftf
- Ask an adult, such as a teacher, counselor, or employer, to upload a signed letter of recommendation



APPLICATION DEADLINE: APRIL 18, 2025



"IT DOESN'T MATTER HOW FAST A RUNNER YOU ARE, AS LONG AS YOU'RE SHOWING UP AND TRYING, EVERYBODY IS THERE TO SUPPORT YOU."—2024 participant

NYRR strives to host inclusive, sustainable, and accessible events that enable all individuals to engage. Accepted participants will have the opportunity to request reasonable accessibility accommodations to attend this program/event.



AS A NEW YORK CITY-BASED NONPROFIT, WE'RE DEDICATED TO TRANSFORMING THE HEALTH AND WELL-BEING OF OUR COMMUNITIES THROUGH INCLUSIVE AND ACCESSIBLE RUNNING EXPERIENCES, EMPOWERING ALL TO ACHIEVE THEIR POTENTIAL.

EVERY DAY Carl Schurz PARK Conservancy IS EARTH DAY

SATURDAY, APRIL 26TH

**CARL SCHURZ PARK
FREE FAMILY FUN!**

1:00pm to 3:00pm

Meet the Experts

86th Street

- and -

Children's Crafts

87th Street

1:30pm and 2:30pm

Puppet Show

84th Street Playground

www.carlschurzparksnyc.org/earthday



COMMUNITY BOARD 8 MANHATTAN presents



Open Call for Spring Art Show on the Upper East Side



Show Date:

May 31, 2025

Rain date: June 1, 2025

Location:

James Cagney Place

E. 91st Street

between 2nd and 3rd. Ave

Submit a photo sample of your paintings, sculpture, photography, or crafts by **April 21st** to **info@cb8m.com** using “Art Show Submission”

FREE to apply and participate
No drop-ins at the show!



www.cb8m.com



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



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

Construction Advisory

Reconstruction of York Ave. Combined Sewer and Water Main Project

The NYC Department of Design and Construction (NYC DDC) manages the Reconstruction of York Avenue, Combined Sewer and Water Main Project ID# SEN002169, upgrading existing infrastructure facilities along York Avenue, between East 61st Street and East 63rd Street, and on E. 62nd Street between York Avenue and 1st Avenue in the Upper East Side of Manhattan.

The city's scope includes replacing combined sewers, water mains, catch basins, fire hydrants, new street lighting, traffic signal upgrades, and full road restoration. Several of these operations have been delayed due to Con Edison's underground utility work, which requires extreme caution and hand-digging excavations. The anticipated completion date for this project is the summer of 2025.

Please find the latest report [here](#).

[Community Update: April 4, 2025](#)

[Community Update: March 28, 2025](#)

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

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

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



Share This Email



Share This Email



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!