



Dear Friends and Neighbors,

Have a safe and happy Independence Day!

The fireworks show is set to launch from the Brooklyn Bridge and four barges in the East River. This year, the barges will be located off Piers 16 and 17 at the Seaport District in Manhattan.

Macy's says the fireworks will be visible from anywhere with an unobstructed view of the sky over the lower portion of the East River.

If you have a clear view of the skies over the lower East River, you will have an opportunity to see the show.

The best public viewing areas will be along elevated portions of FDR Drive at the following access points:

- Montgomery Street at Madison Street on the Lower East Side of Manhattan
- Robert F. Wagner Sr. Place and Brooklyn Bridge off-/on ramps
- Broad Street at Water Street
- ADA viewing will be available at the Murry Bergtraum Softball Field with access at Pike Slip and Cherry Street

Macy's warns the following locations are not recommended:

- Roosevelt Island
- Areas of the FDR in Midtown
- The Battery
- Battery Park City
- East River Park
- Hunter's Point South Waterfront Park
- Governors Island
- Gantry Plaza State Park

Our office is closed on Friday, July 4, for a legal federal holiday. We will reopen on Monday, July 7, at 10:00am.

As always, please consider our office your resource.

Phone: 212.288.4607  
Email: [SeawrightR@NYAssembly.gov](mailto:SeawrightR@NYAssembly.gov)

Sincerely,



**REBECCA A. SEAWRIGHT**

## **First-Ever New York State Master Plan for Aging, Offering a Roadmap for Aging New Yorkers, Released this Week**



***Assembly Member Rebecca A. Seawright said, “Governor Hochul’s Final Report for the Master Plan for Aging serves as a critical blueprint for advancing affordability,***

***expanding pathways to aging in place, and elevating the system of care and quality of life for older New Yorkers. As Chair of Aging and Assembly Member of the largest cohort of older adults in Manhattan, I'm proud to partner with the Governor, Leader Stewart-Cousins, Speaker Heastie, Senate Aging Chair Cleare, legislative colleagues, advocates, and stakeholders toward ensuring that aging New Yorkers have the equitable and affordable city and state that they deserve, that they have earned."***

Read More

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## What You Need to Know About The NYC Rent Guidelines Board Vote

**What is the NYC Rent Guidelines Board?** The RGB is a city body that establishes rent adjustments for approximately one million rent-stabilized apartment units. NYC's Mayor appoints all nine members: two who represent tenants' interests, two who represent owners' interests, and five who represent the general public, including one chairperson.

**What Did They Decide?** In a 5-4 vote, and despite calls for a rent freeze, the board approved rent increases for over two million rent-stabilized tenants with leases starting on October 1st, 2025.

**How Will This Affect Me?** Rent-stabilized New Yorkers who sign one-year leases beginning on Oct. 1st, 2025, will face a 3% rent hike. Tenants who sign two-year leases will receive a 4.5% increase. These rent increases will persist for their respective lease types through September 30, 2026.

### What Can You Do?

- Find out if you are eligible for the New York City Rent Freeze Program, including SCRIE for seniors or DRIE for individuals with disabilities.
- Go to [access.nyc.gov](https://access.nyc.gov) and [mybenefits.ny.gov](https://mybenefits.ny.gov) to see all the city and state affordability programs you may qualify for.
- Call 212-398-6565 (LiveOn NY) or 212-674-2300 (CIDNY) for a free benefits check.
- Review your rent history for any overcharges by calling the New York State Department of Homes and Community Renewal's Office of Rent Administration at 833-499-0343.
- Ask about our office's free, biweekly housing legal clinic.

If you need help with housing benefits or a rent freeze, call 311 or send a message by visiting [nyc.gov/site/rentfreeze/help/help.page](https://nyc.gov/site/rentfreeze/help/help.page), or contact our office.

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## Fourth of July Pet Safety Tips from the American Humane Society



## Fourth of July Pet Safety Tips - American Humane Society

American Humane Society shares veterinarian approved Fourth of July pet safety tips and answers common questions about fireworks pet safety.

[Read More](#)

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## Resources

At [GoodCauseNYC.org](https://www.GoodCauseNYC.org), a brand-new website, NYC tenants can enter their address and answer a short set of questions to determine if their apartment unit is eligible for protections, and access resources to fight back against an unjust rent hike or lease nonrenewal. The site also includes a rent increase calculator to help renters determine if their rent hike is considered “unreasonable” by the law.

**The Home Energy Assistance Program (HEAP)** can cover the cost of fans and air conditioners for eligible New Yorkers. To find out if you qualify, visit: [otda.ny.gov/programs/heap/#cooling-assistance](https://otda.ny.gov/programs/heap/#cooling-assistance).

### 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 [nyc.gov/site/hra/help/benefitreplacement.page](https://nyc.gov/site/hra/help/benefitreplacement.page)

### 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](https://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/](https://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](https://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: [aging.ny.gov/health-insurance-information-counseling-and-assistance-program-hiicap](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 [homeownerhelpny.org/handbook](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](https://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's license, learner's 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://nycdot.info/>

### **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](http://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: [osc.ny.gov/unclaimed-funds?fbclid=IwAR2JRsjGd4zt7CdT5aw5NQibqIoud2O141dOUbqPWOjooIlaO8Qi7xxTFw](https://osc.ny.gov/unclaimed-funds?fbclid=IwAR2JRsjGd4zt7CdT5aw5NQibqIoud2O141dOUbqPWOjooIlaO8Qi7xxTFw)

### **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](http://mta.info/discounts). Update your E-ZPass account to ensure accurate toll rates and credits. For details, visit [congestionreliefzone.mta.info](http://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](http://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](http://www.nyc.gov/site/dsny/collection/residents/curbside-composting.page)

## **Upcoming Events**



## CB8 ZOOMS

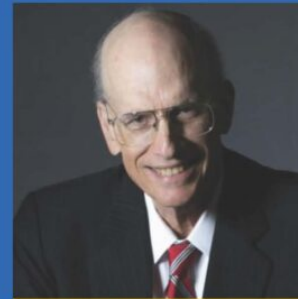


# RETROSPECTIVE WITH RITA POPPER

## AN INTERVIEW REFLECTING ON HER 16 YEARS OF EXPERIENCES AND SUCCESSES AS A CB8 MEMBER



**RITA POPPER**  
FORMER CB8 MEMBER



**CHUCK WARREN**  
CB8 MEMBER

JOIN CB8 ZOOMS, WITH **RITA POPPER**, FORMER CB8 MEMBER, AND HOST, CB8 MEMBER **CHUCK WARREN**, FOR A RETROSPECTIVE ON RITA'S 16 YEAR TENURE AT CB8.



DATE  
JULY 18, 2025



TIME  
3:00 PM

REGISTER NOW AT [BIT.LY/CB8ZOOMSRITA](https://bit.ly/cb8zoomsrita)

FOR MORE INFORMATION, VISIT [CB8M.COM](https://cb8m.com) OR SCAN THE QR CODE



**HEALTH ADVOCATES**  
FOR OLDER PEOPLE

## JULY 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 HA office closed and no programs 7/4	Saturday
12:00pm Exercise with Stephanie on Zoom	10:30am <b>*NEW*</b> Central Park Walk with Deborah 5 <sup>th</sup> and 81 <sup>st</sup> , MET	10:00am Alexander Technique with Kim 316 E. 88 <sup>th</sup> St., CHT <b>*Summer location*</b> and on Zoom	9:00am Chair Yoga with Stephanie on Zoom	10:15-11:00am Strength & Tone with Reggie 921 Madison Ave., MAPC	10:00am Chair Yoga with Stephanie 341 E. 87 <sup>th</sup> St., CHT and on Zoom	11:00am -1:00pm Tech Help 404 E. 87 <sup>th</sup> St., SJC By appointment No tech help 7/26
	12:00 pm Bone Health: Exercises and Information for Healthy Aging with Lynn on Zoom	1:30pm Chair Yoga with Eve Zoom	11:00am Chair Yoga for Strength & Balance with Jana 7 West 55 <sup>th</sup> St., FAPC	11:00am Tai Chi with Luc 316 East 88 <sup>th</sup> St., CHT	12:00-4:00pm Scrabble and Rummikub 316 E. 88 <sup>th</sup> St., CHT <b>*Summer location*</b>	11:00am Chair Yoga with Carol 404 E. 87 <sup>th</sup> St., SJC No class 7/26
	2:00pm Reiki Self-Healing with Wendy Zoom	3:00pm Tai-Chi with Thuha Zoom	1:00pm Writing Workshop with Kathleen 341 E. 87 <sup>th</sup> St., CHT	12:00pm Essential Movement for Healthy Aging with Lynn on Zoom	2:00-4:00pm Open Knitting with Big Apple Knitters Guild 316 E. 88 <sup>th</sup> St., CHT	11:00am Chair Yoga with Stephanie Zoom
	4:30pm Dance with Alex 316 E. 88 <sup>th</sup> St., CHT		2:00pm Tai Chi with Luc 316 East 88 <sup>th</sup> St., CHT	12:30pm Strength & Tone with Reggie 50 West 131 <sup>st</sup> , AT	3:00-3:50pm Tai Chi with Thuha 109 E. 50th, SB Gym	1:00pm Movie (see pg. 2) 404 E. 87 <sup>th</sup> St., SJC No movie 7/26
			2:30 – 4:30pm Poker 341 E. 87 <sup>th</sup> St., CHT	2:00-4:30 pm Open Studios	3:00pm Advanced Harmonica 4:00pm Beginner Harmonica with Jiayi on Zoom	

**LOCATION GUIDE:** AT: Abyssinian Towers, 50 West 131<sup>st</sup> Street; CHT: Church of the Holy Trinity, 341 East 87<sup>th</sup> Street; or 316 East 88<sup>th</sup> Street; CHR: Church of the Heavenly Rest, 2 East 90<sup>th</sup> Street. FAPC: Fifth Avenue Presbyterian Church, 7 West 55<sup>th</sup> Street; MAPC: Madison Ave Presbyterian Church, 921 Madison Ave. (73rd Street); MET: Met accessible entrance, 5<sup>th</sup> Ave. and 81<sup>st</sup> Street; SJC: St. Joseph's Church, 404 East 87<sup>th</sup> Street; SB: St. Bartholomew's Church Gym, 109 East 50th Street





# ***EsplanadeFriends 2025 Summer Events***

## **Walking Tour with EsplanadeFriends X Sutton Place**

### **Social**

Wednesday, July 16<sup>th</sup> from 6PM-7PM  
Clara Coffey Park Entrance 54<sup>th</sup> St. & Sutton Pl.  
email [emenoutis@bestversionmedia.com](mailto:emenoutis@bestversionmedia.com) to RSVP  
Ticket Price \$35

## **EsplanadeFriends X CPFPuppetMobile**

#FREE production of *Pippi Longstocking* by City Parks Foundation  
Puppet Mobile

at Andrew Haswell Green Park (60<sup>th</sup> St. and the East River  
Waterfront) on Sunday, July 27<sup>th</sup>, 2025 at 11 am.  
FREE Activities and FREE Treats!



## **EsplanadeFriends x NYCBirdAlliance Bird Walk**

SUNDAY, JULY 20TH: 10:00 AM - 11:00 AM \*\*KIDS BIRDING EVENT\*\*

ANDREW HASWELL GREEN PARK/EAST MIDTOWN GREENWAY

\*\*FREE ICE CREAM PROVIDED\*\*

Sunday, September 21st: 11:00 AM - 12:30 PM at Andrew Haswell  
Green Park/East Midtown Greenway

\*RSVP REQUIRED\* Email [ExecutiveDirector@EsplanadeFriends.org](mailto:ExecutiveDirector@EsplanadeFriends.org)

## **Yoga at Aycock**

Wednesday, July 9th and Wednesday, July 30<sup>th</sup>, 2025 from 6 PM-7PM

An IronStrength x EsplanadeFriends collaboration.

Raindate: September 10<sup>th</sup>

\*RSVP REQUIRED\* Email [ExecutiveDirector@EsplanadeFriends.org](mailto:ExecutiveDirector@EsplanadeFriends.org)



## **EsplanadeFriends X Billion Oyster Project**

September 13<sup>th</sup>, 10 AM- 12 PM 90<sup>th</sup> and the East River Esplanade

Next to the Ferry

Rain Date: October 18<sup>th</sup>, 10 AM- 12 PM

\*RSVP REQUIRED\*

**FRIENDS  
OF THE  
EAST  
RIVER  
ESPLANADE**



**GROWN**<sup>NYC</sup>  
**GREENMARKET**

# RUPPERT PARK GREENMARKET

(FORMERLY 92ND STREET GREENMARKET)

**JUNE 22 - NOVEMBER 23**

Buy fresh, locally-grown  
vegetables, fruits, and more  
at this farmers market.



Visit our website  
for daily producer  
attendance

**SUNDAYS**  
**9AM – 3PM**

**E 90TH STREET  
& 2ND AVENUE**  
**MANHATTAN**



**EBT OTC**



Cash, SNAP/EBT, Debit/Credit, Healthfirst OTC Plus (select plans),  
WIC & Senior FMNP coupons, and Greenmarket Bucks accepted.

Spend \$2 in SNAP/EBT/P-EBT, get bonus \$2 Health Buck, up to \$10 per day.



[grownyc.org/follow](https://grownyc.org/follow)

[grownyc.org](https://grownyc.org)

[Community Update: June 27, 2025](#)

[Community Update: June 20, 2025](#)

[Community Update: June 13, 2025](#)

[Community Update: June 6, 2025](#)

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