

Dear Friend,



When I visit senior centers in our community, I'm heartened by what I see. These centers are well-utilized and alive with conversation, laughter, and a range of stimulating activities. People well into their 80s and 90s are eager to ask me questions about

legislation and government and to remain fully engaged in the world around them.

To me this is a sign not only that our senior centers are doing a good job, but that our seniors are fully engaged in our community. The more active voices we have in our community, the greater the opportunity for public dialogue. That is how a healthy democracy works.

Please take a few minutes to read this special newsletter, which contains news and information specifically of interest to people over 65. Let me know what you think. Your ideas are important to me, and I want to hear what you have to say.

Feel free to call my district office at (718) 743-4078 or stop in at 1800 Sheepshead Bay Road. My office is open 9:30 a.m. to 5:30 p.m. Monday through Thursday and until 5:00 p.m. on Fridays. You can also email me anytime at cymbros@assembly.state.ny.us.

All the best –

A handwritten signature in dark ink that reads "Steven Cymbrowitz".
Steven Cymbrowitz

SAVE THE DATE!

Assemblyman Cymbrowitz'
Annual Health Fair

Sunday, June 8
11:30 a.m. to 2:30 p.m.

Emmons Avenue in
Sheepshead Bay

ASSEMBLYMAN STEVEN CYMBROWITZ

IS FIGHTING TO PROTECT



YOUR QUALITY OF LIFE

1800 Sheepshead Bay Road
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cymbros@assembly.state.ny.us

HERE'S TO YOUR HEALTH

Assemblyman Cymbrowitz is concerned about your health and well-being. His district office is a go-to resource for FREE screenings and events that are designed to keep seniors active and vital. Please take note of the following screenings that are coming up in the next few months. Many of them fill up very quickly, so an RSVP is required. Call my district office at (718) 743-4078 to reserve your spot.

- ▶ Colon Cancer, Wednesday, March 12, 2014, 10 a.m. to 1 p.m.
- ▶ TBD, Tuesday, April 8, 2014, 10 a.m. to 1 p.m.
- ▶ Diabetes, Thursday, June 12, 2014, 10 a.m. to 1 p.m.
- ▶ Mammography, Wednesday, July 9, 2014, 9 a.m. to 4 p.m.
- ▶ Balance (Light Exercise), Tuesday, July 15, 2014, three sessions: 10 a.m. to 11 a.m., 11 a.m. to 12 p.m., 12 p.m. to 1 p.m.
- ▶ Mammography, Tuesday, August 26, 2014, 8 a.m. to 12 p.m.

NEED HELP? COME TO ASSEMBLYMAN CYMBROWITZ' OFFICE

There are a number of money-saving programs offered by the city, state and federal government that help ensure that seniors don't have to make the difficult decision between buying food and lifesaving medications. Assemblyman Cymbrowitz' staff can provide valuable assistance with applications and advise you on the documentation you'll need to get processed for each program. Please note that the office has Russian-speaking staff available full time to meet your needs.



For those who need help with prescription coverage, the Elderly Pharmaceutical Insurance Coverage program (EPIC) makes it easier for the seniors in our district to be able to pay for their medication. EPIC is a New York State program for seniors administered by the Department of Health. It helps more than 270,000 income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. Seniors can apply for EPIC at any time of the year and must be enrolled or eligible to be enrolled in a Medicare Part D drug plan to receive EPIC benefits and maintain coverage.

The Senior Citizen Rent Increase Exemption program (SCRIE) ensures that tenants with limited means who are 62 and older receive an exemption from rent increases and are able to remain in affordable housing. The program is designed to protect eligible seniors from most increases who live in rent-controlled or rent-stabilized apartments. There's a benefit for landlords, too: landlords are credited for the difference between the actual rent and what SCRIE tenants are responsible for paying.

Assemblyman Cymbrowitz' office can also provide forms to sign up for Access-A-Ride or senior-discounted MTA cards, which are very important to maintain an independent lifestyle. His staff can also assist you in applying for food stamps to aid those



eligible in easing the burden of paying for groceries. "For many constituents, especially seniors, navigating through the maze of government services can be a confusing experience," said Assemblyman Cymbrowitz.

"Some may be in dire financial straits and not know that there are programs available to help them. Some may be aware that there are services available to them, but need help applying. Others may need translation assistance, or help righting the wrongs of bureaucratic oversights or blatant errors. Whatever kind of help you need, my office is happy to provide it," he said.

THERE OUGHT TO BE A LAW...

Have you ever thought to yourself, "There ought to be a law"? Maybe you have an idea to improve our environment, schools or health care system. Or a way to enhance our quality of life or public safety. Or a bill to help seniors or youth.

Whatever the issue, here's your chance to take an active role and change things. Assemblyman Cymbrowitz wants to know your idea for a bill, or a practical suggestion to help improve life in our state. Drop him a note at cymbros@assembly.state.ny.us or write to us at **1800 Sheepshead Bay Road, Brooklyn, NY 11235**. Make sure to include your contact information (name, address, telephone number and email).

Government is a partnership. Thanks for adding your voice to the legislative process.

