



**February 6, 2026**

**Greetings –**

The weather forecast is for more extremely cold weather this weekend, so I hope everyone stays safe. Below is some guidance on this. In Albany it was a busy week with a host of organizations at the Capitol to advocate for a range of important causes.

**Library Advocacy Day**

On Tuesday, Library staff from around the State came to Albany for Library Advocacy day. It was great to have the chance to meet with New York Library Association leadership and as Chair of the Assembly Committee on Libraries and Education Technology I will be working with my Assembly colleagues to see that libraries have the resources they need and deserve.



## **Safe Streets Advocacy**

Among the many groups that stopped by office was the New York State Safe Streets Coalition. I fully support their legislative agenda including the [Stop Super Speeders Legislation \(A.2299/S.4045\)](#), which would require intelligent speed assistance technology be installed in the cars of the most egregious speeding offenders.



## **Advocating for Healthcare Workers and our Healthcare System**

This Monday, before heading up to Albany, I joined the nurses picket line at Mt. Sinai West in Manhattan. Nurses, like all workers, should be treated with dignity and respect and deserve a fair contract. In Albany, I met with members of SEIU 1199 to hear their case for better working conditions – the group I met with were caregivers for older adults with both physical and cognitive challenges. With federal Medicaid cuts hitting New York, we need to be sure the state budget not only addresses urgent funding gaps, but looks to the future to strengthen our healthcare system.







## America's True Values: The New Colossus

The harm being caused to communities and families and the threat to our democracy posed by ICE's immoral and illegal behavior is not going to be stopped easily. We need to continue to speak out and do what we can at the state level in terms of policy. I was grateful to be invited by the Public Theatre to participate in their "People's Filibuster Protest for Humanity" last Saturday to join with other elected officials and people from the theatre community to speak out on what America's true values are and should be. I was honored to read Emma Lazarus' famous poem "[the New Colossus](#)", which adorns the pedestal of the Statue of Liberty. The words resonant now more than ever.



## **The Winter Olympics Kickoff and A Vision for the Future**

As much as it is difficult to think about the future during these difficult times, I have long been inspired by the Olympic Games and recently have been promoting the idea of a joint New York City – Lake Placid Winter Olympics bid. With the Milan-Cortina Games kicking off today I got a chance to talk about my vision on NY1 with Pat Kiernan this morning. [You can watch it here.](#)

## **Prepare for Extreme Cold This Weekend**

This weekend temperatures at night will be in the single digits, during the day it will remain in the 20s, and wind chills will make it feel much colder. That kind of cold is dangerous for anyone, but especially young children and seniors.

NYC Emergency Management has prepared a [Winter Weather Health and Safety Tips guide with good advice on dealing with the frigid temperatures \(scroll to the bottom of this link\).](#)

Avoid going outside if you can, but if you have to, take special precautions to protect yourself with extra layers, hats, gloves, scarves, warm socks and insulated footwear. Fingertips, toes, and earlobes are especially vulnerable to frostbite. Make sure you have food in your home for the weekend and any necessary medications. Check on your older neighbors to make sure they are well prepared. If your heat goes out, immediately notify your building super, property manager, or landlord. If they fail to fix it promptly, call 311 or file a complaint online to report lack of heat or hot water.

[New York City Health and Hospitals operates warming centers and warming buses](#) in every borough - become familiar with the locations close to you in case of an emergency. And if you see someone on the street who needs assistance, call 311 and ask for the Department of Homeless Services' Mobile Outreach Response Team.

Stay safe and warm.

If you have any concerns about any legislative or community issue, please email me at [carrollr@nyassembly.gov](mailto:carrollr@nyassembly.gov) or call (718) 788-7221.

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