



Dear Friends and Neighbors,

Last evening, the Rent Guidelines Board voted 5-4 to increase rents for rent-stabilized tenants. Despite my strong objection to any increase and call for a rent-freeze, the 9 person board will institute an increase of 2.75% for one-year leases and 5.25% for two-year leases for all leases beginning October 1, 2024.

These increases come at an already difficult time for New Yorkers, many of whom struggle to make ends-meet. While we regret that the Rent Guidelines Board has chosen to ignore the needs of people with disabilities, senior citizens, middle class and low-income New Yorkers, I continue to advocate for affordability.

If you are concerned about how this increase will impact you, here are some steps you may take:

- 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)

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## Primary Early Voting and Election Day

There are no primary election contests in the 76th District on Tuesday, June 25, 2024.

Check that you are registered to vote for the general election day, Tuesday, November 5, 2024: <https://www.nycvotersearch.com/>

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# EXTREME HEAT WARNING



The National Weather Service has warned that New York City and the surrounding areas will experience extreme heat beginning Tuesday, June 18th and continuing through Friday, June 21. Temperatures are expected to reach the upper 90s on Tuesday and Wednesday, and reach as high as 104 degrees on Thursday and Friday.

New York City defines extreme heat events as periods when the heat index is 100 degrees or higher for one or more days, or 95 degrees or higher for two or more days. Extreme heat poses a life-threatening danger to the health and safety of all New Yorkers. Those who are pregnant, newborn babies, children, the elderly, and people with chronic illness should take extreme caution.

## Safety Tips

- Set your air conditioner no higher than 78 degrees
- Drink water even when you don't feel thirsty
- Stay in the shade
- Minimize caffeine and alcohol intake
- Limit strenuous outdoor activity
- Check in on your neighbors and family members, especially those who are elderly and sick
- Wear loose-fitting light-colored clothing
- Identify Cooling Centers near you by visiting [\*this map of NYC Cooling Centers\*](#), or calling 311 (VRS: [212-639-9675](tel:212-639-9675) or TTY: [212-504-4115](tel:212-504-4115)).
- Learn the warning signs of heat illness, including
  - Hot, dry skin
  - Confusion, hallucinations, and disorientation
  - Loss of consciousness or being unresponsive
  - Nausea or vomiting
  - Trouble breathing
  - Fast, strong pulse
  - Weakness
  - Dizziness

For more safety tips, visit [NYC.gov/SevereWeather](http://NYC.gov/SevereWeather) and sign up for Notify NYC, visit [NYC.gov/NotifyNYC](http://NYC.gov/NotifyNYC), call 311, or download the free app for your Android or Apple device. You can also follow @NotifyNYC on Twitter.

Please don't hesitate to reach out if we can be of assistance.

**Phone:** 212.288.4607

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

Sincerely,

A handwritten signature in black ink that reads "Rebecca A. Seawright". The signature is written in a cursive style with a large initial 'R'.

**REBECCA A. SEAWRIGHT**

# Celebrate freedom *Juneteenth*

**Our district community office will be  
closed in observation of  
**JUNETEENTH**  
Wednesday, June 19  
for a legal State Government holiday.**

**We will re-open on  
Thursday, June 20 at 9:30 AM.**

OFFICE OF ASSEMBLY MEMBER  
REBECCA SEAWRIGHT  
212-288-4607  
SEAWRIGHTR@NYASSEMBLY.GOV

[{View as Webpage}](#)



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