

SEE YOU AT  
ROOSEVELT ISLAND DAY  
THIS SUNDAY, JUNE 8

**Rebecca**  
**Seawright**  
ASSEMBLY MEMBER



Dear Friends and Neighbors,

Happy Pride Month! New York has always been a haven for diversity and the fight for equality. As the lead sponsor of the New York State Equal Rights Amendment ratified by voters last November, we will always fight for the rights, acceptance, and dignity of LGBTQ+ New Yorkers. This Pride Month, we celebrate the LGBTQIA+ community and are more determined than ever to defend their hard-won rights from those who would otherwise turn back the clock.

I was proud to advocate for the HEAT Act with my colleagues in Albany to lower energy bills, implement cleaner heating, and end fracked gas expansion. This bill will deliver on reducing our carbon footprint, lowering household utility bills, and advancing affordability, key issues for older New Yorkers who may be on a fixed income.

At a City Hall press conference this week, we called for the passage of critically needed reforms to the rent freeze and homeowners' exemption programs in New York City. The legislation for which we are advocating will extend eligibility to more tenants and homeowners and make housing more affordable.

The City Primary Election is on Tuesday, June 24, in New York, and in-person Early Voting begins Saturday, June 14. Eligible voters can register to vote until June 14 to be eligible to vote in the Primary Election. You can check your voter registration status [here](#). More information on the deadlines for the Mayoral Primary is enclosed in this report.

Please join us for a community event our office is pleased to sponsor:

**No-Cost Notary Public Service** at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets)

- Mon, Wed, Fri from 10:00 am to 1:00 pm
- Tues, Thurs from 10:00 am to 12:00 pm

Sunday, June 8, from 11:00am-4:00pm is **Roosevelt Island Day** at Firefighters Field. Join me in celebrating the 50th anniversary of residents living on Roosevelt Island with games, inflatables, kids activities, food, music, community booths, giveaways, and more!

Tuesday, June 17, at 3:30 pm: **No-Cost Housing Legal Clinic** at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets). To make a reservation, please call 212-288-4607.

Wednesday, June 18, from 10:00 am to 12:00 pm: **MetroCard Sales/OMNY Bus** at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets). Refill your MetroCard/OMNY card or apply for a reduced fare card.

As always, please consider our office your resource.

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

Sincerely,



REBECCA A. SEAWRIGHT

**OUR TOWN**   
*The local paper for the Upper East Side*

## Seawright Heralds Bills that Streamline Elder Healthcare



**The Upper East Side State Assembly Member, who chairs the body's Aging Committee, spoke to Straus News about new laws that are intended to strengthen aging-in-place services and identify broader healthcare savings.**

*Upper East Side State Assembly Member Rebecca Seawright is touting two freshly passed bills*

that she says will streamline elder care for nearly 5 million older residents, which is only her latest move as the head of the body's Aging Committee in Albany.

[Read More](#)

## Assembly Member Seawright Spoke at a Rally Engaging Supporters of the New York Heat Act



New York State has a worsening energy affordability crisis. Assembly Member Seawright and her colleagues are fighting for the passage of the NY HEAT Act to prioritize energy affordability and get rising energy bills under control, especially for older adults who may be on a fixed income.



---

**Meeting with Upper East Side Business Owner of Matter of Health Grocery Store at 72nd Street and 1st Avenue to Discuss Economic Development, Sustainability, and Job Creation**



---

**Seawright Spoke at City Hall Press Conference Calling for Reforms to the City's Rent Freeze and Homeowners Exemption Programs**



Assembly Member Seawright spoke at a press conference to press for the passage of legislation to expand the eligibility of the city programs that keep housing costs affordable for older New Yorkers. AARP and the Center for an Urban Future studies revealed that more than a quarter million older adults in New York City are living in poverty, a forty percent surge over the last decade. Sixty percent of those over 70 do not have a stable source of retirement income. The current income threshold for the rent freeze is \$50,000. Accounting for inflation, today the threshold should be \$67,000. Programs like the rent freeze and homeowners' exemptions help our older New Yorkers to age in place with dignity and independence and desperately need to be updated to account for today's standards.

## Voter Registration Deadlines and Important Information for the Upcoming Primary

Last Day to Register to Vote	June 14
First Day of Early Voting	June 14
Last Day of Early Voting	June 22
Election Day	June 24 (Polls are open from 6am to 9pm)
Deadline to request an absentee or early mail ballot (online)	June 14
Deadline to request an	June 23

absentee or early mail ballot (in person)	
Deadline to return an absentee or early mail ballot	June 24

[Check your voter registration](#)

[Request a mail-in ballot](#)

[Track your mail-in ballot](#)

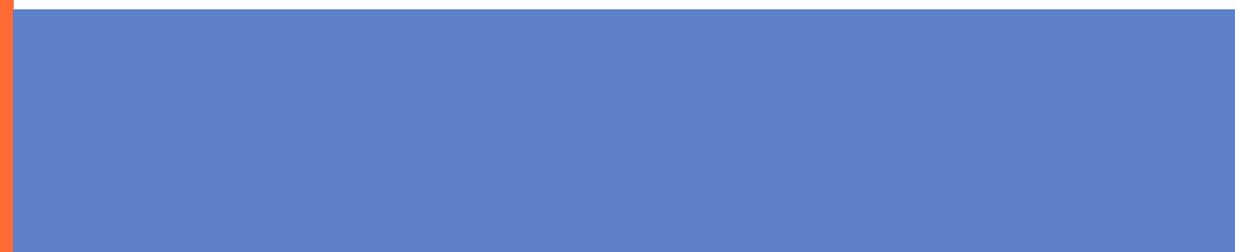
[Find your poll site and see a sample ballot](#)

## Consider Our Office Your Resource

Spotlight on Aging: The Signs of Sepsis



**Spotlight on**  
**Aging:**  
**The Signs**  
**of Sepsis**



# Sepsis: 4 Signs



1

**Temperature:** high or low temperature.

2

**Infection:** sepsis happens because of infection, even from a small cut or scrape.

3

**Mental change:** confusion, mental decline, tiredness, or slurred speech.

4

**Extreme pain or discomfort:** illness, shortness of breath.

Sepsis is a **life-threatening condition**. It can happen to **anyone**.

If you have any combination of these symptoms, get medical help and ask: "**Could it be sepsis?**"

[www.agingandsepsis.org](http://www.agingandsepsis.org)

Sepsis is the body's overwhelming and life-threatening response to infection, which can lead to tissue damage, organ failure, and death.

It takes a life every 90 seconds (350,000 adults each year in the U.S.), and over 80% of these deaths may be preventable.

It is crucial you get medical care right away if you have an infection that is not getting better or is getting worse.

According to Sepsis Alliance, a person with sepsis might have one or more signs or symptoms:

- Temperature: higher or lower than normal
- Infection: may have signs and symptoms of infection
- Mental decline: confused, sleepy, difficult to rouse
- Extremely ill: severe pain, discomfort, shortness of breath

Sepsis is a medical emergency that requires rapid diagnosis and treatment.

Older adults are among the groups most at risk, which is why we are joining forces with other national organizations as a member of TPSA to share resources, tips, and tools that can save lives. Want to join us? Find more information and enroll as a TPSA member at: [agingandsepsis.org](http://agingandsepsis.org)

# Help shape the future of the urban forest in New York City! Take our community questionnaire:

[inform.urbanforestplan.nyc](https://inform.urbanforestplan.nyc)

**NYC  
Urban  
Forest  
Plan  
2025**



Learn more at  
[urbanforestplan.nyc](https://urbanforestplan.nyc)



**NYC | UFP**

**Rebecca  
Seawright**  
ASSEMBLY MEMBER

**NO-COST  
NOTARY PUBLIC  
SCHEDULE**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10AM-1PM

10AM-12PM

10AM-1PM

10AM-12PM

10AM-1PM

**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**

Get help navigating the housing court process, responding to notices, dealing with threat of eviction, getting repairs from negligent landlords, and advocating for your rights as a tenant in New York City!



**SCAN ME TO  
RSVP!**

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

**EMAIL: SEAWRIGHTR@NYASSEMBLY.GOV**

**A VOLUNTEER ATTORNEY WILL  
HOST A ONE -ON-ONE SESSION  
WITH ATTENDEES.**

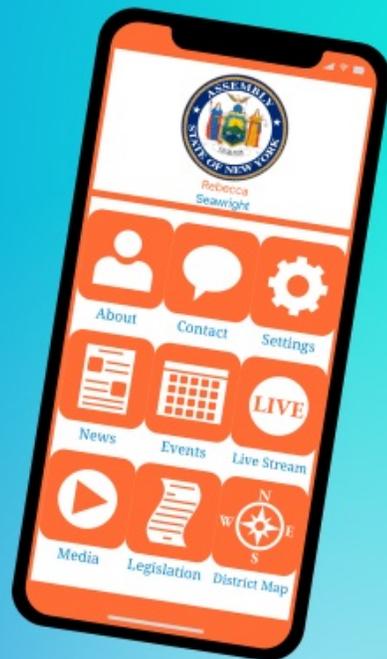
*The legal clinic is solely to provide guidance and advice from attorney's experienced in landlord- tenant law.  
The clinic does not guarantee a desired outcome and does not establish an attorney- client relationship.  
Assembly Member Rebecca Seawright does not represent or advise constituents in any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

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

## **Upcoming Events**



NEW YORK STATE SENATOR

**Liz Krueger**

Presents

# E-WASTE DROP-OFF & DISPOSAL COLLECTION

Saturday, June 7, 2025  
10AM-2PM | Rain or Shine

**Drop Off:** Roosevelt Island Older Adult Center  
(Enter Thru 540/546 Main St. Breezeway)

**Drop Off:** Working & Non Working Electronics  
(computers, monitors, keyboards, mice, TVs, cables, phones, printers/scanners, cell phones, etc.)

*DSNY holds recycling events in every community board district in New York City. These free events provide New Yorkers a convenient opportunity to recycle items that are not collected curbside.*



**Portable Electronics**



**Recycling Services**



**Home Electronics**

This electronic waste collection program is made possible by:



**sanitation**

**cbn** carter  
burden  
network  
leading the way in aging services

*Join us for a special public forum*

**Tuesday, June 10 @ 6:30 pm**

**on Zoom**

# **Social Security**

**And other retirement funding options:**

**What You Need to Know Now**

**Expert Speakers:**



**Dr. Eric Kingson**, Professor Emeritus, Syracuse University, and Co-Founder and Board Chair, Social Security Works.

**Beth Finkel**, New York State Director, AARP.

**William Bader**, Attorney, CPA, and author of *Optimize Your 401(k)*.

**Jeffrey Levy**, Founder and President, Harland Financial Services Corporation.



Please visit [www.cb8m.com](http://www.cb8m.com), or scan the QR code on the left.

Sponsored by Community Board 8 Manhattan, this virtual event is free and open to the public.

[Community Update: May 30, 2025](#)

[Community Update: May 23, 2025](#)

[Community Update: May 16, 2025](#)

[Community Update: May 9, 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!