Rebecca Seawright

ASSEMBLYMEMBER



Dear Friends and Neighbors,

This week we remember the victims of the October 7 Hamas attacks and stand in solidarity with survivors, grieving families, and our Jewish neighbors. As we honor their memory, we reaffirm our commitment to combating antisemitism and bringing our community together.

It was a privilege to join Governor Kathy Hochul and City Council Speaker Julie Menin at Temple Shaaray Tefila for a celebration of faith, tradition, and community.

I was proud to honor the founders of FRIENDS of the Upper East Side Historic Districts on the organization's 45th anniversary and receive recognition from CUNY's University Student Senate for our work supporting students.

We invite local businesses to participate in our community Halloween trick-or-treating initiative on Saturday, October 31. Read on for registration details, neighborhood events, and opportunities to connect with one another.

In this edition you will find information about upcoming Medicaid changes, breast cancer screening, seasonal illness prevention, and important election deadlines for the November 3 general election.

As a reminder, our office is closed on Monday, October 12, for the observance of the federal holiday Italian Heritage Day and Indigenous Peoples' Day. We will reopen on Tuesday, October 13 at 9:30 am.

I invite you to join us at our upcoming events:

- Wednesday, October 21, from 2:00–6:00 p.m. — **MTA OMNY Sales Bus** in front of the Community Office of Assembly Member Rebecca A. Seawright, 1485 York Avenue (78/79 Streets). Apply for reduced fare or refill your OMNY account.

- Wednesday, October 21, from 2:00–6:00 p.m. — **Community Job Fair at Metropolitan Hospital**, 1901 First Avenue. Assembly Member Rebecca A. Seawright is proud to co-sponsor this event with State Senator José M. Serrano, connecting job seekers with employment opportunities and community resources.

- Friday, October 23, from 9:00 a.m. to 12:00 p.m. — **No-Cost Community Shredding Even**t at Motorgate Turnaround, 688 Main Street, Roosevelt Island, NY 10044.

- Wednesday, November 4 from 10 a.m. to 2:00 p.m. - **Benefits Screening with LiveOn NY** at the Community Office of Assembly Member Rebecca A. Seawright, 1485 York Avenue (78/79 Streets).

Our office is always just a phone call, email, or visit away.

Phone: 212-288-4607
Email: SeawrightR@NYAssembly.gov

REBECCA A. SEAWRIGHT



Assembly Member Seawright Condemns Reckless ICE Actions

Assembly Member Rebecca A. Seawright issued the following statement:

"I condemn reckless ICE actions that endanger New Yorkers and spread fear among children and families. Everyone deserves to walk our streets, attend school, and go about their daily lives safely and with dignity. As the Assembly Member representing the Upper East Side, Yorkville, and Roosevelt Island, I stand with our

immigrant neighbors and will continue fighting to protect our communities and demand accountability."





Remembering the Victims of October 7

"Three years after the October 7 Hamas attacks, we remember the lives stolen and hold survivors and grieving families in our hearts. Standing with Israel and our Jewish neighbors means standing against antisemitism and keeping their memory alive. May their memories be a blessing."

— Assembly Member Rebecca A. Seawright

To mark the anniversary Governor Hochul directed flags on State buildings to fly at half-staff and landmarks across New York—including the Roosevelt Island Lighthouse—to be illuminated in yellow in remembrance of the victims and solidarity with the Israeli people.

Celebrating Faith, Tradition, and Community at Temple Shaaray Tefila



Assembly Member Rebecca A. Seawright joined Governor Kathy Hochul and City Council Speaker Julie Menin at Temple Shaaray Tefila for Friday evening's Shabbat and Simchat Torah celebration. Thank you to the congregation for welcoming them for a beautiful evening of faith, tradition, and community!



Community Office No-Cost Flu Shot Clinic In Partnership With Drug Mart



Pharmacist Ilana Yagudayev and John McClement.



Assembly Member Rebecca A. Seawright received her flu shot of protection!

Seawright Receives Recognition for Supporting CUNY Students and Celebrates the New Jay Hershenson Scholarship



Assembly Member Rebecca Seawright was honored to be recognized by CUNY's University Student Senate alongside Vice Chair Sandra Wilkin and Chairperson Akkeem Polack for our work supporting CUNY students, including free MetroCards.

The same event also celebrated the new Jay Hershenson Scholarship, an investment in CUNY's next generation of leaders!

Honoring FRIENDS of the Upper East Side Historic Districts' Founders



Congratulations to FRIENDS of the Upper East Side Historic Districts on 45 years of preserving our neighborhood's architectural and cultural heritage! I was proud to celebrate this milestone and honor founders David Karabell, Rita C. Chu, and Alice Concagh for their dedication to protecting the character and history of the Upper East Side. Here's to 45 more years!



Carnegie Hill Neighbors President Lo Van der Valk and Assembly Member Rebecca Seawright.



Assembly Member Rebecca Seawright with Sarah Chu and Kimberly Selway, who serve on both the FRIENDS board and Community Board 8.

Calling Local Businesses: Join Our Community Halloween Trick-or-Treating!

Our office is proud to co-sponsor this year's community trick-or-treating initiative on Saturday, October 31, bringing neighbors and local businesses together for Halloween fun!

Participation is free, and merchants can follow their usual Halloween hours and candy-giving traditions. Registered businesses will be listed as participating neighborhood destinations for more than 500 community members.
Local businesses: Sign up here!

Help us celebrate Halloween while building connections and supporting our neighborhood's small businesses!



Helping Older Adults Plan for Their Pets



This week, we joined Search and Care for our Advance Pet Planning workshop, helping older adults prepare for their pets' future care and connect with helpful resources. Thank you to Search and Care and everyone who participated!

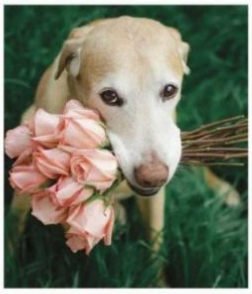
We're sharing the DIY pet grooming flyer below, one of the resources Search and Care provided during the event.

If you missed the workshop, you can watch it **here on youtube**!

Search and Care

DIY Grooming

ASPCA®



Join us at Search and Care on Thursday October 15 from 1-2pm

to learn from an ASPCA pro what YOU can do to make your dog look its best.

If the weather is good, bring your dog!

207 East 94th St., Mezzanine

RSVP 212-289-5300 X203

Medicaid Changes Are Coming: Get Ready and Stay Covered

New federal Medicaid requirements will affect certain adults ages 19–64 beginning January 1, 2027, for new applicants and March 1, 2027, for current enrollees renewing their coverage. Some adults will need to document qualifying work, education, job training, or volunteer activities, and renew their coverage every six months.

Many people may qualify for exemptions, including certain caregivers and people with disabilities or qualifying medical conditions.

Take these steps now to help protect your coverage:

- Keep your mailing address, phone number, and email updated with NY State of Health.
- Read official notices carefully, especially renewal notices.
- Find out whether the requirements apply to you or whether you qualify for an exemption.

Free help is available in multiple languages. Call an NYC Health Department enrollment counselor at 347-665-0214 or visit **nyc.gov/medicaidhelp** for guidance and assistance.

October Is Breast Cancer Awareness Month

Routine breast cancer screenings can detect cancer early when treatment is often more effective. Talk with your health care provider about when to get screened based on your age, family history, and other risk factors.

Most insurance plans cover cancer screenings often without a copay. If you are uninsured explore **low- or no-cost health insurance** and **free enrollment assistance**. If you do not have a provider or cannot access screening through insurance call 311 to find a nearby NYC Health + Hospitals clinic and learn whether you qualify for low- or no-cost care.

Learn more about breast cancer screening.

Protect Yourself from COVID-19, Flu, and RSV

Respiratory illnesses become more common during fall and winter as people spend more time together indoors. These viruses can cause serious illness, especially among older adults, babies, pregnant people, and people with certain health conditions.

Help protect yourself and those around you:

- Get vaccinated. Ask your health care provider which vaccines are recommended for you.
- Stay home when sick to reduce the spread of illness.
- Cover coughs and sneezes with your elbow or a tissue.
- Wear a well-fitting mask around others if you are sick or recently recovered, and consider one in crowded indoor spaces.
- Wash your hands often and improve indoor airflow when possible.

Learn more about preventing respiratory illnesses.

Make Your Plan to Vote: Important Dates and Your Rights

The November 3 general election is approaching! Attorney General Letitia James has released guidance to help New Yorkers understand their voting rights and cast their ballots safely.

Mark your calendar:

· October 24: Deadline to register to vote and request a mail ballot online or by mail.
· October 24–November 1: Early voting.
· November 2: Last day to request a mail ballot in person at your local Board of Elections.
· November 3: Election Day. Polls are open 6 a.m.–9 p.m.

Your early voting location may differ from your Election Day polling place. **Find your assigned polling sites here.**

If voting by mail, return your ballot early. It must be postmarked by November 3 and received by November 10. You may also drop it off at your local Board of Elections or an open voting site in your county by 9 p.m. on Election Day.
You have the right to vote free from intimidation, request language assistance or disability accommodations, and vote if you are in line when polls close. If your name is missing from the voter list and you believe you are eligible, ask for an affidavit ballot.

Need help? The Attorney General's Election Protection Hotline will be available October 24–November 4 at 866-390-2992, or you can **submit a complaint online**.

Rallying for Affordable Solar Energy



On Sunday, my office joined Climate Families NYC at Catbird Playground to rally in support of the SUNNY Act, which I'm proud to co-sponsor. This legislation will expand access to affordable, plug-in solar energy, helping more New Yorkers participate in our clean energy future. The Legislature has acted—now it's time to get the SUNNY Act signed into law!

Modern Fare Gates Coming to 86th Street Subway Station

The 86th Street station serving the 4, 5 and 6 trains is among the next 20 subway stations slated to receive modern fare gates, Governor Kathy Hochul announced.

The new gates are designed to improve accessibility and make entering and exiting stations easier for riders using wheelchairs, pushing strollers or carrying luggage. According to the MTA, its pilot program reduced fare evasion by an average of 35 percent at participating stations.

Station preparation work is expected to begin this month, with installations across the next group of stations starting by the end of 2026. These upgrades are part of a broader plan to modernize fare gates at 150 subway stations.

Columbus Day Parade: Street Closures Monday, October 12

The 82nd annual Columbus Day Parade will take place on Monday, October 12, from 11 a.m. to approximately 3:30 p.m., traveling along Fifth Avenue from East 44th to East 72nd streets.

Residents should plan for street closures along Fifth Avenue between East 42nd and East 79th streets, with additional closures on nearby cross streets for parade formation and dispersal. Upper East Side closures include portions of East 72nd–78th streets and Madison Avenue between East 68th and East 76th streets.

Please allow extra travel time and anticipate traffic delays throughout the area.

Consider Our Office Your Resource





Rebecca Seawright

ASSEMBLYMEMBER

Check your mail!

Energy Rebate Checks Are On The Way!

New York is automatically mailing Protecting Our Wallets Energy Rebate (POWER) checks of up to $200 to 8.2 million eligible households starting September 21, 2026, and continuing through December.

Eligibility Requirements (Tax Year 2024):

- Filed a timely New York State Resident Income Tax Return.
- Maintained full-time residency in New York State.
- Reported income meeting the qualifying thresholds.
- Not claimed as a dependent on another taxpayer's return.

Rebate Amounts:

- $200 to joint filers with incomes under $150,000.
- $150 to joint filers with incomes between $150,000 and $300,000.
- $100 to single filers with incomes under $150,000.

Call, email, or visit our community office

SeawrightR@nyassembly.gov
(212) 288-4607
1485 York Avenue
New York, NY 10075

Sanitation Service Alert: No Collection Monday, October 12

sanitation

The NYC Department of Sanitation will suspend trash, composting, and recycling collection on Monday, October 12, in observance of Italian Heritage Day and Indigenous Peoples' Day.

Residents with regular Monday collection may place their materials at the curb Monday evening for collection beginning Tuesday, October 13.

Collection delays may occur following the holiday as crews work through the backlog. For questions, contact 311 or visit **nyc.gov/sanitation**.

NYC High School Applications Are Now Open!

NYC Public Schools' high school application process opened on October 6. Families can now apply through **MySchools**, including for LaGuardia High School, and register for the Specialized High Schools Admissions Test (SHSAT).
Key dates to remember:

- October 30, 2026: SHSAT registration deadline.
- December 4, 2026: High school and LaGuardia High School application deadline.
- March 3, 2027: High school offers released.

Families who need assistance can work with their school counselor or visit a Family Welcome Center.
Visit MySchools to explore programs and apply.



Spotlight on Older Adults: October Programs at Health Advocates for Older People

Stay active, connect with neighbors, and explore something new! Health Advocates for Older People's October calendar includes exercise classes, chair yoga, tai chi, walking, games, creative activities, and technology assistance.
This month's highlights:

- Beginner-Friendly Line Dancing: Saturdays, October 10, 24, and 31, from 10–10:45 a.m. at St. Joseph's Church, 404 East 87th Street.

- Mindfulness and Stress Reduction Workshop: Thursday, October 15, from 3–4 p.m., on Zoom. Join Paula Saddler for an introduction to the Coherence Advantage Journey and practical tools for managing stress. **Register here**. The workshop will also be streamed at the Church of the Holy Trinity, 341 East 87th Street; call 212-980-1700, ext. 206, to reserve an in-person seat.

See the October calendar and workshop flyer below for details. For more information, contact 212-980-1700, email **info@hafop.org**, or visit **hafop.org**.

Spotlight on Older Adults: Social Security Online Resources

Are you applying for Social Security disability benefits or appealing a decision? Social Security's newsletter highlights expanded tools available through a personal my Social Security account, including options to submit certain forms, track disability

claims and appeals, and view hearing-related notices online. Paper notices will continue to be mailed.

An account also provides access to retirement benefit estimates, benefit verification letters, and Social Security tax forms.

Visit **ssa.gov/myaccount** to learn more or create an account.

Medicare Open Enrollment Begins October 15

Medicare's annual open enrollment period runs October 15 through December 7, giving beneficiaries an opportunity to review and change their Medicare health and prescription drug coverage for 2027. Review your plan's costs, covered medications, and participating providers, and compare options at **Medicare.gov**.

Need help understanding your options? NYC Aging's Health Insurance Information, Counseling and Assistance Program (HIICAP) offers free, confidential counseling. Call Aging Connect at 212-244-6469 and ask for Medicare counseling.

One-Time $90 Medicare Rebate

Eligible Medicare beneficiaries will receive a one-time $90 rebate in October to help offset their Part B premium. Payments will arrive by direct deposit or paper check. Eligibility restrictions apply; this payment is not available to everyone enrolled in Medicare.

Read the **official Medicare rebate FAQ** or call 1-800-MEDICARE (1-800-633-4227) for information.

Help Repairing or Replacing Home Heating Equipment

New York's HEAP Heating Equipment Repair and Replacement benefit opened October 1. Eligible homeowners may receive assistance to repair or replace essential heating equipment, including furnaces and boilers. Benefits cover eligible costs up to $4,000 for repairs or $8,000 for replacement.

Visit the **New York State HEAP website** for eligibility requirements and application information.

Rebecca Seawright
ASSEMBLYMEMBER

NO-COST NOTARY PUBLIC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM-1PM	10AM-12PM	10AM-1PM	10AM-12PM	10AM-1PM

PLEASE REMEMBER TO BRING PHOTO ID AND YOUR WITNESSES IF YOUR DOCUMENT REQUIRES THEM

Learn How to Prevent Rats: Virtual Rat Academy Trainings



The NYC Department of Health and Mental Hygiene is offering virtual Rat Academy trainings to help New Yorkers address rats in their buildings, neighborhoods, and community gardens.

Virtual Rat Academy
- **Friday, October 30, noon–2 p.m.**
- **Monday, December 14, 5–7 p.m.**

Virtual Rat Academy for Community Gardeners
- **Thursday, October 29, 5–7 p.m.**
- **Wednesday, December 9, 5:30–7:30 p.m.**

Click a date above to register. For additional resources, visit **nyc.gov/rats**.



Paid Internship Opportunity: Environmental Advocates NY

Are you a college or graduate student in the Albany area interested in environmental advocacy and state government? Environmental Advocates NY is accepting applications for its Spring 2027 Helen Chapman Internship.

Interns will help research legislation, draft policy memos, meet with lawmakers and support advocacy efforts to protect clean air, clean water and our climate. No prior environmental policy expertise is required—just curiosity, motivation and a willingness to learn!

- Pay: $20 per hour, 20 hours per week
- Dates: January–May 2027, with a possible extension through mid-June
- Location: Hybrid, with in-person work in Albany Monday–Wednesday
- Application deadline: Monday, October 19, at 9:00 a.m.

Visit **Environmental Advocates NY** for application information, and share this opportunity with a student who may be interested!

Upcoming Events



Rebecca Seawright
ASSEMBLYMEMBER

NEW YORK CITY DEPARTMENT OF SANITATION



Liz Krueger
STATE SENATOR | 28TH DISTRICT

NO-COST COMMUNITY SHREDDING 2026

FRIDAY, OCTOBER 23RD
9 AM - 12 PM

MOTORGATE TURNAROUND
688 MAIN ST, ROOSEVELT ISLAND, NY 10044

NO NOTEBOOKS, BINDINGS, OR X-RAYS

OFFICE OF NYS ASSEMBLY MEMBER REBECCA A. SEAWRIGHT
1485 YORK AVENUE
212-288-4607
SEAWRIGHTR@NYASSEMBLY.GOV

NYC Aging Town Hall

Wednesday, October 21, 10:00 a.m.–12:00 p.m.
Lenox Hill Neighborhood House, 331 East 70th Street
Join NYC Aging, community leaders, older adults, and advocates for a presentation on the agency's Annual Plan Summary. Attendees will have an opportunity to share feedback about meals, services, and programs and offer ideas for improving services for older New Yorkers.



Visit NYC Aging for more information

Community Board 8 Parks and Waterfront Meeting

Thursday, October 8, 6:30 p.m.
Online via Zoom

Hear updates from NYC Parks representatives and participate in Community Board 8's discussion of neighborhood parks and waterfront issues. Additional agenda details will be announced.

Register for the Parks and Waterfront Committee meeting

St. Francis Sunday & the Blessing of the Animals

Sunday, October 11, 12:30 p.m. and 5 p.m.
Church of the Holy Trinity, front patio, 316 East 88th Street
Bring your pets for an outdoor Blessing of the Animals in celebration of St. Francis Sunday. Each blessing lasts approximately 15 minutes and honors St. Francis's love for all of creation.
Learn more about the Blessing of the Animals

FDNY Open House

Saturday, October 17, and Sunday, October 18; hours vary by location
Participating firehouses and EMS stations citywide
Meet firefighters, EMTs, and paramedics, tour participating locations, and learn fire and life safety tips. Check the participating location's schedule before visiting.

First-Time Homebuyer Webinar Series

Thursday, October 22–Sunday, October 25; two hours each day
Online
Join Asian Americans for Equality for a free webinar series for first-time homebuyers. Contact the organizer for session times and registration.
Register by emailing vienna@aafecdf.org or call 646-760-2811.

Local to Global: The Right to Food in Practice

Thursday, October 22, 5:30–7 p.m.
Roosevelt House, Hunter College, 47–49 East 65th Street
Hear experts from academia, government, and civil society discuss efforts to address food insecurity in New York City and beyond. Doors open at 5 p.m.

Lincoln Center Open House

Sunday, October 25, 11 a.m.–6 p.m.
Lincoln Center campus
Enjoy a free day of performances and activities, including Broadway storytime, children's dance workshops, music, and costume and puppet making. No registration is required.

The Met's Fall Neighbors and Community Conversation

Thursday, October 29, 6–8 p.m.
Art Study Room, Uris Center for Education, The Metropolitan Museum of Art, 1000 Fifth Avenue
Learn about the latest developments and upcoming activities at The Met during a conversation with neighbors and community members. RSVP is required.

In Case You Missed It: Past Editions of the Community Report

Community Update: October 2, 2026

Community Update: September 25, 2026

Community Update: September 18, 2026

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Office of Assembly Member Rebecca A. Seawright | 1485 York Avenue | New York, NY 10075 US

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