

Rebecca Seawright
ASSEMBLYMEMBER



Dear Friends and Neighbors,

As temperatures drop and families face rising costs, helping New Yorkers access available assistance remains a priority. Today, I joined Governor Kathy Hochul to announce that Home Energy Assistance Program (HEAP) applications open November 2. As Chair of the Assembly Committee on Aging, I encourage older adults and eligible households to apply for help paying their heating bills. Our community office, Carter Burden Network, and Lenox Hill Neighborhood House are resources for application assistance.

Please join us for an important upcoming Election Protection Town Hall on Tuesday, October 20, to learn about protecting your right to vote and preparing for the November election.

With thunderstorms and strong winds expected this evening, please take precautions and check on neighbors who may need assistance.

In this edition you will find information on opportunities to return to college tuition-free, reapply for SNAP benefits, and access community health programs. You'll find free COVID booster shots, a blood drive, and an upcoming discussion on menopause, along with fall activities across the Upper East Side, Yorkville, and Roosevelt Island.

I invite you to join us at our upcoming events:

- Tuesday, October 20 at 5:00 pm - Election Protection Virtual Town Hall with the Office of New York State Attorney General Letitia James. **Click here to RSVP.**

- Wednesday, October 21, from 10:00 a.m. to 12:00 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 p.m. to 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.

- Friday, October 23 from 10:00 a.m. to 4:00 p.m. by appointment only - **No-Cost Covid booster shot clinic** at the Community Office of Assembly Member Rebecca A. Seawright, 1485 York Avenue (78/79 Streets).

- 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.

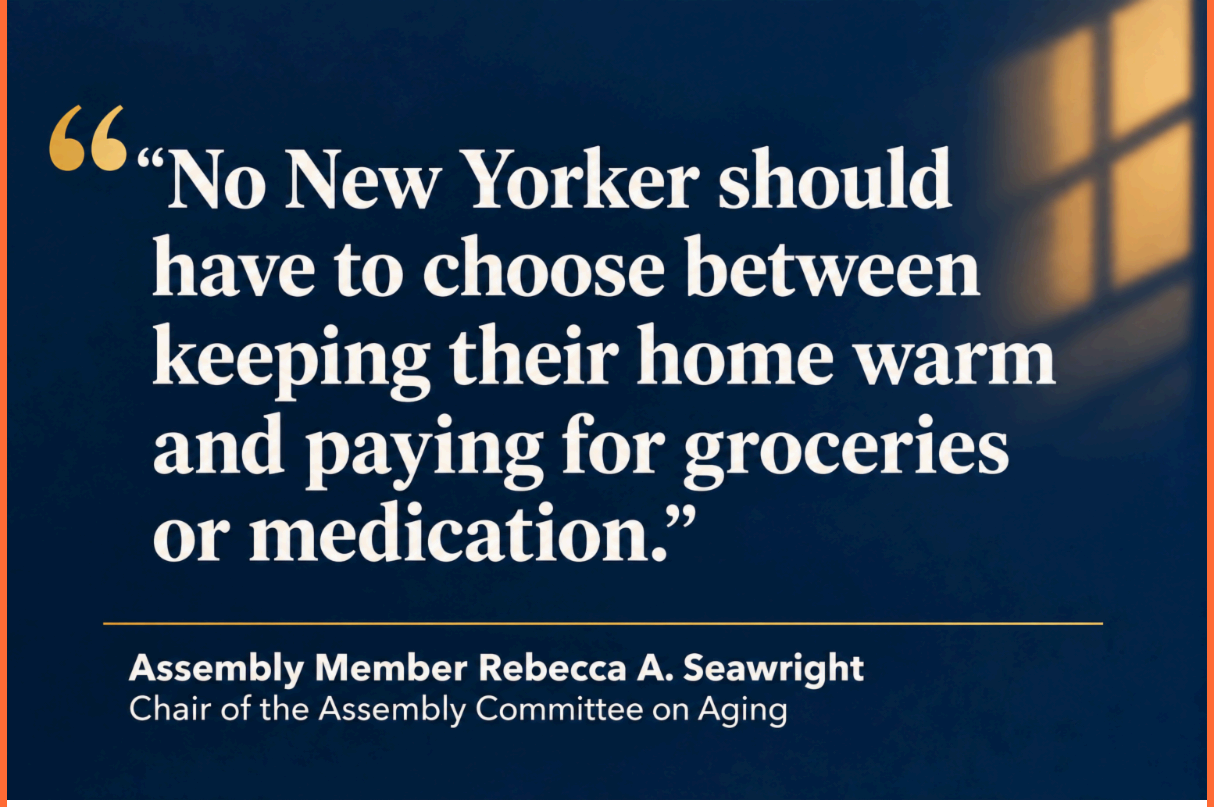
Phone: 212-288-4607
Email: SeawrightR@NYAssembly.gov



REBECCA A. SEAWRIGHT

Seawright Announces Home Energy Assistance Program with Governor Kathy Hochul

A Lifeline For Families and Older New Yorkers Opening on November 2





New York’s Home Energy Assistance Program (HEAP) helps eligible households cover winter heating costs.

“No New Yorker should have to choose between keeping their home warm and paying for groceries or medication,” said Assembly Member Rebecca A. Seawright, Chair of the Assembly Committee on Aging. **“Our community office stands ready to help residents navigate the process and connect with available assistance.”**

“As the weather gets colder, my administration is ensuring New Yorkers can utilize the Home Energy Assistance Program to help heat their homes and address rising costs,” said Governor Kathy Hochul.

A family of four earning up to $82,230 annually may qualify. Many households receiving SNAP or Public Assistance will receive HEAP automatically; others must apply. Apply beginning November 2 at ny.gov/HEAP. Apply early—benefits are available on a first-come, first-served basis.

For help with applications, contact Carter Burden Network, Lenox Hill Neighborhood House, or our Community Office at 212-288-4607.



Seawright Calls for Transparency and Public Input on Data Centers

Assembly Member Rebecca A. Seawright signed onto a letter to Governor Hochul and the New York State Public Service Commission urging a 120-day public comment period and at least five public hearings statewide as the Commission reviews how large electricity users, including data centers, connect to the power grid.

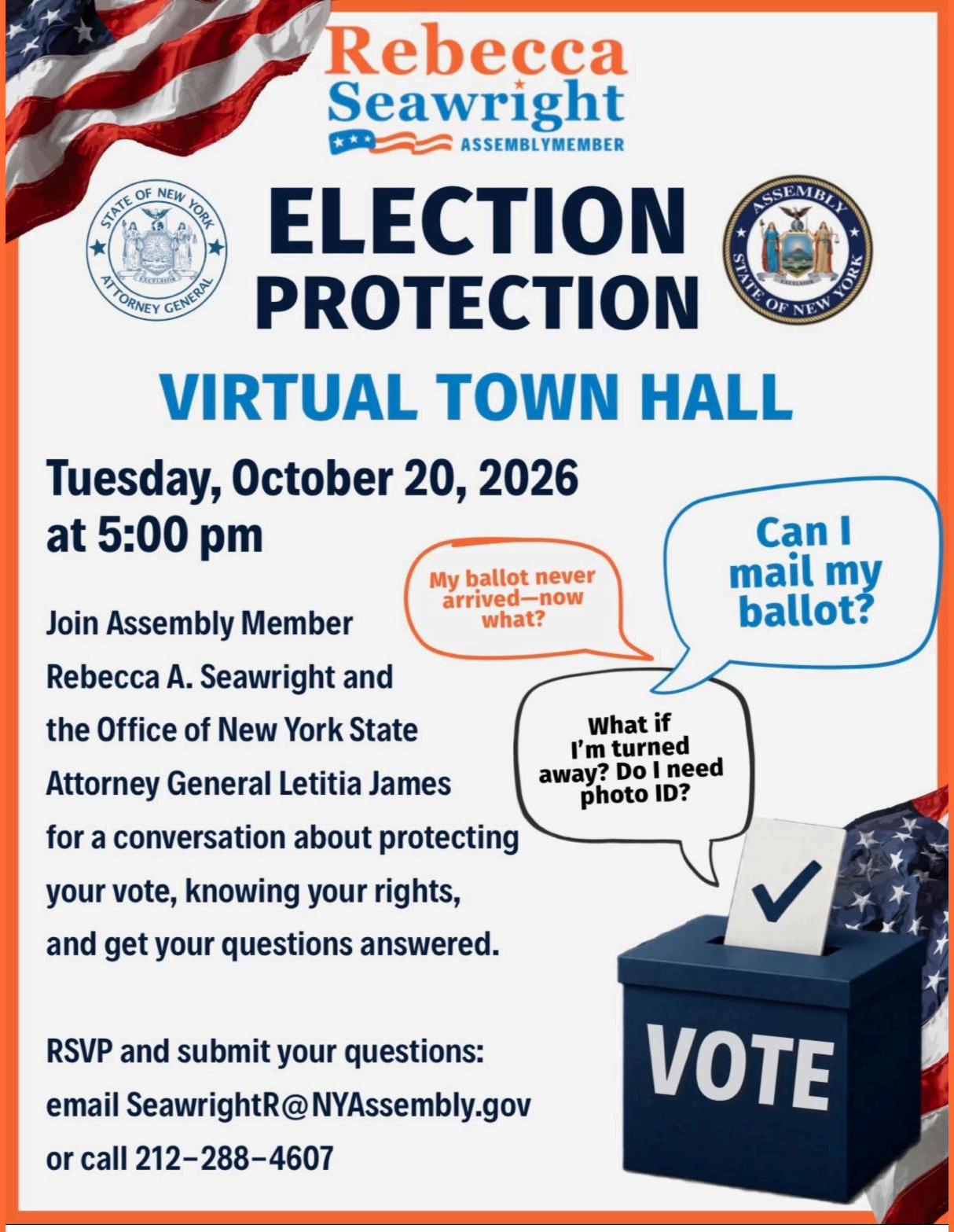
Data centers can affect utility bills, water resources, air quality, and neighborhood noise. Seawright joined colleagues in calling for greater transparency and meaningful public participation to help protect ratepayers and ensure communities have a voice in decisions that affect them.

Seawright Joins Call to Keep Private Parking Facilities from Becoming ICE Staging Areas

Assembly Member Rebecca A. Seawright joined federal, state, and city colleagues in signing a letter urging private parking garage and lot owners not to rent, lend, or otherwise make their properties available as staging areas for ICE enforcement operations.

The October 15 letter follows reports of ICE using private parking facilities to launch operations in New York City neighborhoods. It calls on owners to protect their employees, customers, and immigrant neighbors by making clear that their facilities are not authorized for this use.

Seawright remains committed to standing with immigrant New Yorkers and protecting the safety and dignity of our communities.


Rebecca
Seawright
ASSEMBLYMEMBER
ELECTION
PROTECTION
VIRTUAL TOWN HALL
Tuesday, October 20, 2026
at 5:00 pm
Join Assembly Member
Rebecca A. Seawright and
the Office of New York State
Attorney General Letitia James
for a conversation about protecting
your vote, knowing your rights,
and get your questions answered.
RSVP and submit your questions:
email SeawrightR@NYAssembly.gov
or call 212-288-4607
My ballot never arrived—now what?
Can I mail my ballot?
What if I'm turned away? Do I need photo ID?
VOTE

RSVP here

Rebecca Seawright

ASSEMBLYMEMBER

COVID BOOSTER SHOT CLINIC

Office of Assembly Member
Rebecca A. Seawright
1485 York Ave
(78/79 Streets)



Friday,
October 23, 2026

10:00 AM–4:00 PM
By Appointment Only



In partnership with
Drug Mart,
East 86th Street

Schedule your appointment

Pfizer:https://drugmart.fullslate.com/services/1486?location=1436&start=6860
Moderna:https://drugmart.fullslate.com/services/1187?location=1436&start=6860

Reserve your Pfizer shot

Reserve your Moderna shot



Upper East Side & Rosevelt Island Fall + Halloween Events



Event details provided for October 2026; check with organizers for updates.

Celebrate the season with neighborhood festivals, Halloween festivities, live music, and activities for the whole family!

FDNY Open Houses

Saturday, October 17 & Sunday, October 18 | 11 a.m.–1 p.m. or 1–3 p.m., depending on location
Participating FDNY firehouses and EMS stations citywide
Meet your local firefighters, EMTs, and paramedics! Tour a firehouse or EMS station, watch live demonstrations, learn fire and life safety tips, and explore FDNY careers.
FDNY Foundation
Find your local firehouse or EMS station and confirm its Open House schedule here.

Bird Walk with NYC Bird Alliance

Saturday, October 17 | 10–11:30 a.m.
Start at 96th Street for a neighborhood bird walk.

Lexington Avenue Fair

Sunday, October 18 | 10 a.m.–6 p.m.
Lexington Avenue, between East 79th and East 96th Streets

Carl Schurz Park Harvest Festival

Sunday, October 18 | 1–3 p.m.
Gracie Oval, East End Avenue and East 88th Street
Pick and decorate a pumpkin, and enjoy a family concert in the playground with Patrick and the Rock a Silly Band.

Halloween Howl: Dog Costume Contest at Carl Schurz Park

Get your pup's costume ready! Join the Carl Schurz Park Conservancy on Sunday, October 18, for its annual Halloween Howl Dog Costume Contest.

- Registration: Begins at 11 a.m., in person only
- Contest: Begins at 1 p.m. in the park's Sports Courts
- Healthy Hound Vendor Fair: 11 a.m.–3 p.m.

Prizes will be awarded in Small Dog, Large Dog, Kids and Dogs, and Group categories. A suggested donation of $10 per dog supports the maintenance and upkeep of the park's dog runs.

Learn more.

Blessing of the Animals on Roosevelt Island

Bring your pets to the Church of the Good Shepherd for a Blessing of the Animals on Sunday, October 18, at 9:30 a.m. Join neighbors and their animal companions for this special gathering at 543 Main Street, Roosevelt Island.

Halloween Spooktacular on the Esplanade

Saturday, October 24 | 1–4 PM
Andrew Haswell Green Park, East 60th Street and the East River
Dress up and join EsplanadeFriends for a free, family-friendly afternoon of live music, face painting, pumpkin painting, crocheting, and children's activities. Enjoy free ice cream from a la mode while supplies last. Subject to weather cancellation.
Learn more and check for updates

Roosevelt Island Halloween Extravaganza & Parade

Sunday, October 25 | 10:45 AM–3 PM
Southpoint Park, Roosevelt Island
Put on your favorite costume and join the Roosevelt Island Operating Corporation for a Halloween celebration featuring a costume parade, marching band, food, carnival games, rides, and giveaways!
Joining the parade? Gather inside Capobianco Field beginning at 10:15 AM. The parade steps off at 10:45 AM.

YCS Fall Festival

Sunday, October 25 | 11 a.m.–3 p.m.
East 88th Street, between York and First Avenues
Enjoy bounce houses, face painting, crafts, games, food, and community partners.

Lexington Academy's Halloween Bash

Thursday, October 29 | 4 p.m. onward
P.S. 72, The Lexington Academy, 131 East 104th Street
Featuring a live DJ, dancing, crafts, yard games, costume showcases, hot food, and sweet treats. Free for children; $7 for adults ages 16 and older. Proceeds benefit the PTA enrichment fund.

The Allen-Stevenson School's Treats on the Street

Friday, October 30 | 1–8 p.m.
Enjoy the school's annual Halloween celebration. Contact the organizer for location details.

Asphalt Screams 2026

Friday, October 30 | Time to be confirmed
Litwin Field at Asphalt Green's Upper East Side campus

UES Community Unity's Third Annual Halloween Community Trick-or-Treat

Saturday, October 31 | 3–5 p.m.
East 86th Street Plaza, next to Shake Shack
Grab a bag, then trick-or-treat at participating local merchants.

Carnegie Hill Neighbors' Annual Spooktacular

Saturday, October 31 | 4–5:30 p.m.
East 92nd Street, between Fifth and Park Avenues
A free, family-friendly Halloween block party featuring costumes, music, dancing, and trick-or-treating.

Please confirm event details with organizers before attending.

Celebrating Disability Pride and Employment Opportunity



October is National Disability Employment Awareness Month, recognizing workers with disabilities and promoting accessible, inclusive workplaces.

We were pleased to welcome Jeff from the Center for Family Support (CFS) to our district office who invited us to the NYC Disability Pride Parade! CFS supports individuals with intellectual and developmental disabilities and their families, helping people thrive in their communities.

Join the celebration on Sunday, October 18, 2026!

- 10:30 AM: Gather at Madison Square Park in Manhattan.
- 11:00 AM: March, ride, roll, scoot, or walk down Broadway to Union Square Park.
- Celebrate: Enjoy a Disability Justice and Rights Block Party! The event runs until 3:00 PM.

We thank Jeff for his advocacy and encourage our neighbors to celebrate disability pride and support accessibility, equal opportunity, and inclusion.
For accommodation requests or additional information, email **InnovativeTeam@cfsny.org**.

Consider Our Office Your Resource

Weather Alert: Thunderstorms and Strong Winds Friday Evening

NYC Emergency Management advises New Yorkers to prepare for heavy showers and scattered thunderstorms Friday, October 16, between 6 and 9 PM, with possible wind gusts of 40–60 mph that could bring down tree branches. Fallen leaves may clog catch basins and cause localized street flooding.
Before heading out this evening:

- Secure loose outdoor furniture, umbrellas, and plant pots.
- Charge phones and other essential devices.
- Head indoors when you hear thunder, and stay away from windows.
- Allow extra travel time and never drive through standing water.
- Check on older adults, people with disabilities, and neighbors who may need assistance.
-

Report fallen trees and dangerous hanging branches to 311. Call 911 for immediate danger, including downed power lines threatening anyone's safety.
Gusty winds will continue into Saturday, with cooler temperatures expected throughout the weekend.

Sign up for Notify NYC or text NOTIFYNYC to 692-692 for emergency alerts. Find additional preparedness tips at **NYC.gov/BeReady**.

Funding Opportunity for Manhattan Schools and Nonprofits

Apply by October 27 at 5 PM
Applications are open for the Manhattan Borough President's Community Award Program, offering reimbursement grants to eligible Manhattan nonprofits and public

schools for projects in education and criminal justice.
Learn more and apply

Questions About Public Benefits and Immigration? Get Trusted Legal Help

If you are concerned about how using public benefits could affect your immigration case, speak with a trusted legal provider before stopping benefits or City services you need.
Call the City's free Immigration Legal Support Hotline at 800-354-0365, or call 311 and say "Immigration Legal."
Find information about public charge

Lost SNAP Benefits Due to Work Requirements? You Can Reapply

If you lost your SNAP food assistance because you did not meet ABAWD work requirements, you can now reapply following the October 1 reset of the compliance calendar.
Once approved, you can receive benefits again and have another three months to find qualifying work, education, or other approved activities. Work requirements still apply.
Learn more and find out how to reapply or call 718-SNAP-NOW (718-762-7669) with questions.
For assistance navigating the process, contact Assembly Member Seawright's community office at 212-288-4607.

Free Community College: More New Yorkers Eligible Starting January

Thinking about returning to school or changing careers? Beginning January 2027, New Yorkers ages 25–55 can enroll tuition-free in eligible SUNY or CUNY associate degree programs in high-demand fields—including health care, cybersecurity, and advanced manufacturing—even if they already hold a college degree in another field.
More than 15,000 adult learners have already benefited from SUNY and CUNY Reconnect since 2025.
Learn more about the expanded opportunity

Help Paying for Child Care

New York's Child Care Assistance Program helps eligible families cover child care costs, with potential savings of up to $20,000 a year. Statewide enrollment has grown to approximately 183,000 children, and enrollment has reopened in 43 counties.
Learn more about child care assistance

Help Improve Your Commute: Take the MTA Customers Count Survey

Open through November 1
Share your experience riding the MTA! The Fall 2026 Customers Count Survey gives riders an opportunity to identify where service improvements are needed. Respondents can provide feedback on up to two MTA services, such as the subway and bus.
Take the survey by November 1

Help Our Community Prepare for Emergencies

NYC Emergency Management is accepting applications for its Strengthening Communities program! Community and faith-based networks can help develop neighborhood emergency plans, promote preparedness, and connect residents with city government before and during emergencies.
Apply to join Strengthening Communities today!

Share Your Space

Have a property that could help support emergency preparedness and response? NYC Emergency Management's Share Your Space program invites property owners to voluntarily offer space for activities such as emergency service centers, volunteer training, and distribution of essential supplies.
To learn more, email **nycshareyourspace@oem.nyc.gov**.



Rebecca Seawright
ASSEMBLYMEMBER

SPOTLIGHT ON AGING:

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.

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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

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

People's Poetry Gathering
October 18–November 1 | Various times and locations
Lower Manhattan, with POEMobile events across all five boroughs
Admission: Free–$25, depending on the event
The People's Poetry Gathering returns to Lower Manhattan for the first time in 20 years! Enjoy poetry readings, musical performances, and free writing workshops featuring Indigenous, folk, youth, and literary artists. The POEMobile will also bring live readings, music, and poetry projections to neighborhoods across all five boroughs.
View the full schedule and event details

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

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.

Free Webinar: Government Grants 101

Thursday, October 22 | 1–2 PM | Online
Join NewYork-Presbyterian for a free webinar for community organizations on finding federal, state, and local grant opportunities and preparing competitive funding applications.
View webinar details

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 Flight Nurses' War: Book Talk at Roosevelt House

Wednesday, October 28 | 6 PM
Roosevelt House, 47–49 East 65th Street
Join author and Hunter College professor Leah Garrett and retired Major General Mari Eder for a discussion of The Flight Nurses' War, which tells the story of American women who saved thousands of lives during World War II. Admission is free; advance registration is required.
View event details and registration information

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.

E-Bike Safety Virtual Information Session

Join Council Member Virginia Maloney for a virtual information session on e-bike safety proposals and the City Council's legislative package to make our streets safer for pedestrians, cyclists, and all New Yorkers.
Friday, October 30, Noon–1:00 PM
Virtual — RSVP to receive the webinar link
Register here
For questions, contact **District4@council.nyc.gov** or 212-818-0580.

Halloween Teen Takeover at the Library

Saturday, October 31 | 6:30–9 PM
Stavros Niarchos Foundation Library, 455 Fifth Avenue at 40th Street
Teens ages 13–19 are invited to a Halloween Spooktacular featuring a costume contest, face painting, a haunted hall, games, crafts, DJs, dancing, a clothing swap, and book giveaways.
Reserve your spot

Lenox Hill Hospital Events

Free Community Flu Shots at Lenox Hill Hospital

Monday, October 19 | 3–6 PM
Einhorn Auditorium, 131 East 76th Street
Lenox Hill Hospital is offering free flu shots to community members ages 18 and older. No appointment is needed. A high-dose vaccine will be available for adults 65 and older.
For more information, contact Katie Greer at 212-434-2751 or **cgreer1@northwell.edu**.

Donate Blood at Lenox Hill Hospital

Tuesday, October 20 | 11 AM–5 PM
Einhorn Auditorium, Lenox Hill Hospital, 131 East 76th Street
Help save lives by donating blood at Lenox Hill Hospital's upcoming blood drive. Walk-ins are welcome, or schedule an appointment below. For more information, call the New York Blood Center at 800-933-2566.
Schedule your blood donation

Free Virtual Health Talk: Understanding the "Pause" in Menopause

Wednesday, November 4 | 6 PM | Zoom
Join Lenox Hill Hospital for a free Community Health Series discussion about perimenopause and menopause. Experts Dr. Stephanie McNally and Dr. Rutenberg will cover symptoms, treatment options, hormone therapy, and the role of bone and gut health. An audience Q&A will follow.
Scan the QR code on the accompanying flyer to register.

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

Community Update: October 9, 2026

Community Update: October 2, 2026

Community Update: September 25, 2026

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