

Standing Strong for Uptown: Resources and Updates

Dear Neighbors,

As gridlock in Washington, D.C. continues and the federal government shutdown drags on, the consequences are being felt right here at home. The dysfunction caused by the House and the ongoing standoff with the current administration are making it harder for working families to access critical services—and many in our uptown community are feeling the strain. While our most vulnerable neighbors face these challenges, our office remains a trusted resource hub. If you or someone you know needs help securing food, please review the list of local food pantries included in this email, and do not hesitate to contact our office for additional support and resources. My dedicated team is here each day to assist with constituent issues and ensure that every member of our community is cared for.

As the month of October has come to an end, I'm proud to reflect on the ways our office continues to show up for our community. From hosting festive Halloween events that brought neighbors together, to connecting older adults with employment opportunities through our successful job fair, to partnering with the American Red Cross to install and replace free smoke alarms in homes across the district—our commitment to service remains as strong as ever.

In addition, I've been taking time in the evenings to personally connect with our neighbors through "Manny at Your Door," an initiative where I go door to door to meet people where they are—listening directly to your concerns, sharing updates on my work as your Assemblymember, and making sure you know how our office can help. These one-on-one conversations remind me every day why this work matters—because real change begins by listening to one another, meeting people where they are, and staying rooted in our community.

During this time, please remember—you are not alone. We are neighbors and friends. We are family. As your Assemblymember, I will continue to stand by you and work alongside my incredible team to uplift and support every member of our community. In this newsletter, you'll find information about upcoming events and valuable resources provided by our office and our community partners. Information is power—and when we share it, we strengthen one another. Together, let's continue to build a more caring, connected, and resilient Uptown.

In Service,
Assemblymember Manny De Los Santos, MSW

KEY HIGHLIGHTS



Before November 1st, speaking out against the looming SNAP benefit stoppage and its devastating impact on families, while working with food pantries to support those most affected.



Hosted Older Adult Job Fair to provide employment opportunities and resources to older adults in our community.



We continue to replace and install smoke alarms in our neighbors' homes with the New York Red Cross.



A wonderful time celebrating Halloween with our older adults across our community.

PLEASE SEE LIST OF LOCAL FOOD PANTRIES:



NEW YORK STATE ASSEMBLYMEMBER
MANNY DE LOS SANTOS
72ND DISTRICT
WASHINGTON HEIGHTS | INWOOD | MARBLE HILL



FOOD

Locations in upper Manhattan

PANTRIES

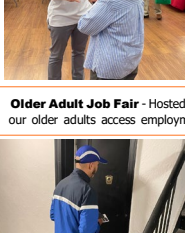


Hope for Humanity Inc. 111-113 VERMILYEA AVE NEW YORK, NY 10034 914-619-8385 THURSDAY EVERY OTHER WEEK 10 AM - 1 PM	Church of Good Shepard 30 ISHAM STREET NEW YORK, NY 10034 212-567-1300 SATURDAY EVERY OTHER WEEK 7 AM - 8:30 AM	C.L.O.T.H. 518 WEST 159TH STREET NEW YORK, NY 10032 212-795-4779 WEDNESDAY / SATURDAY EVERY OTHER WEEK. 10 AM - 1:00 PM
NMIC 45 WADSWORTH AVE NEW YORK, NY 10033 212-822-8300 FRIDAY EVERY OTHER WEEK CALL TO REGISTER	Catholic Charities 515 W. 182ND STREET NEW YORK, NY 10033 212-862-6401 EVERY WEDNESDAY 10 AM - 1 PM EVERY OTHER SATURDAY 10 AM - 12 PM	Worldwide Missionary Movement 148 POST AVENUE NEW YORK, NY 10034 646-545-7696 EVERY SATURDAY 10 AM - 12 PM
JJC of WAHI 121 BENNETT AVE NEW YORK, NY 10033 786-529-5116 WEDNESDAYS 10 AM - 12:45 PM	Nuevo Siglo Cares 213 SHERMAN AVE NEW YORK, NY 10034 347-856-8500 FRIDAY 2 PM - 4 PM	Alliance Casa Washington Heights 2036 AMSTERDAM AVE NEW YORK, NY 10032 212-645-0875 EVERY 3RD WEDNESDAY 10 AM - 3 PM
BCAN W. 202ND ST. & 10TH AVE NEW YORK, NY 10034 929-992-6202 EVERY FRIDAY 2 - 4 PM	Gotham Food Pantry W. 202ND ST. & 10TH AVE NEW YORK, NY 10034 917-929-9202 EVERY WEDNESDAY 2 PM - 4 PM	St. Stephen's Food Pantry 146 W. 228TH STR EET BRONX, NY 10463 718-562-8692 NOVEMBER 14 & 28 3 - 4:30 PM

Please contact each pantry to confirm details, as availability may vary due to high demand at the moment. For additional resources, contact our District Office at 212-544-2278.

SOME OF OUR COMMUNITY HIGHLIGHTS

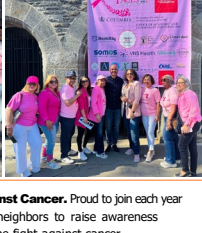
A LOOK BACK AT OCTOBER



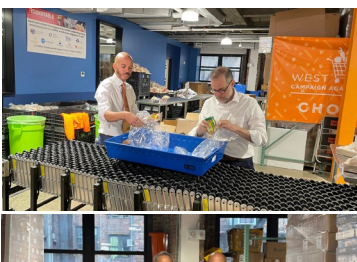
Older Adult Job Fair - Hosted a successful Job Fair event to assist our older adults access employment opportunities and resources.



Manny At Your Door – I look forward to continue connecting with our neighbors going door to door to listen to your concerns and to provide updates about my work in Albany and in our community.



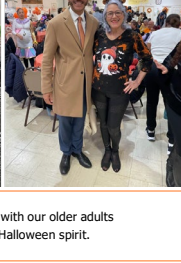
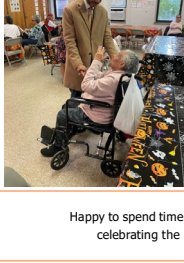
12th Annual FACES Walk Against Cancer. Proud to join each year in marching alongside our neighbors to raise awareness and stand united in the fight against cancer.



Packing food at the West Side Campaign Against Hunger, supporting local pantries, and raising awareness about how the SNAP benefits stoppage affects our neighbors.



Manny On Your Block – If you see me on your block, stop and chat! I believe it's important to meet our neighbors where they are—being on the ground, listening, and engaging directly.



Happy to spend time with our older adults celebrating the Halloween spirit.



Pumpkins In The Heights! Thank you to Literacy Inc and all of our partners for making this day special for our community.



Inwood Monster March! It's always a joy to join our neighbors every year. This year, we made it extra special by bringing together local community organizations to share essential resources and join in the candy exchange. We even added a photo booth for families to capture the fun!



12th Annual FACES Walk Against Cancer. Proud to join each year in marching alongside our neighbors to raise awareness and stand united in the fight against cancer.

COMMUNITY EVENTS, RESOURCES & INFORMATION YOU SHOULD KNOW ABOUT

Smoke Alarms Save Lives!

More lives are lost to home fires every year than to all other major disasters combined.

Our partners and volunteers want to help you, your family and our community stay safe.

For a **FREE** Smoke Alarm Installation appointment, please call 1-877-733-2767 (Option 5) or Scan the QR Code to visit redcross.org/getalarmedNYC

In partnership with

MANNY DE LOS SANTOS
NEW YORK STATE ASSEMBLY MEMBER
100th ASSEMBLY DISTRICT

Smoke alarms save lives by alerting you early in case of fire. **If you need a smoke alarm installed in your home, call our district office at 212-544-2278. Installation is completely free,** and our team can also provide helpful tips and resources on fire safety to keep your family safe.

FREE Adult Education and High School Equivalency Classes

Register now!
Classes start January 5, 2026

In person and remote classes available.

Classes meet Monday through Thursday in the morning or evening.

Scan to start your registration:

Or register in-person during our walk-in hours:
Tuesdays: 10:00 AM – 1:00 PM
Wednesdays: 10:00 AM – 1:00 PM
Thursdays: 10:00 AM – 1:00 PM

✓ **Where:** NMIC, 45 Wadsworth Avenue, New York, NY 10033
 ✓ **What to Expect:** The intake process takes 30 minutes to 1 hour. You will be scheduled to take the TABE 13/14 intake assessment.
 ☐ **What to Bring:** A photo ID, proof of address (dated June 2025 or later) and knowledge of your combined household income

NMIC
45 Wadsworth Avenue
New York, NY 10033
212-822-8334
Tuition: A to 175th St. or 1 to 181st St.
 Bus: M46M, M104L, M3, Bx36, Bx39, Bx43, Bx44, Bx45

Email ecs@nmic.org with questions. No phone calls.

DYCD NYC
The Department of Youth & Community Development



ASTHMA WORKSHOP FOR ADULTS

Come learn about asthma and we'll answer your questions! This in-person workshop will be held in Spanish and English.

Wednesday, November 12, 3:00-4:30 p.m.
Northern Manhattan Improvement Corporation (NMIC) 45 Wadsworth Ave, New York, NY 10033
Classroom 301

Limited seating. **Sign up now!**

Use the link to register: <http://bit.ly/3L1W9CN>

For more information, please call **NMIC Health Advocate Lairyn Ramos** | 929-657-8403



Family Legal Care
Justicia para Todos. Una Familia a la vez.

Family Legal Care is proud to increase access to justice by providing bilingual legal resources for our incredible community of parents and caregivers.

Language barriers can create significant obstacles when navigating Family Court without legal representation. Our solution is to offer the tools and support litigants need to advocate for their families, in the languages spoken by their families.



Our **Helpline** is available by phone, email, and chat in both Spanish and English.



Our one-hour **virtual consultations** with bilingual staff attorneys are available during crucial phases of a family's court case.



Our **29 Spanish Legal Resource Guides** provide step-by-step information on New York State family law and Family Court procedures.



Our **Legal Information and Tech Hubs** offer bilingual legal information and resources for litigants at the New York City Family Courts, as well as support in attending virtual hearings and navigating online court systems by providing access to technology such as computers, internet and printers.



Our video library includes **family law webinars** in English and Spanish, as well as our bilingual **Family Law Explained** digital shorts, which explain complicated family law topics with easy-to-understand language and fun, approachable animation.

Family Legal Care is here to help. For more information about our programs and services, call our Helpline at **212-343-1122** or visit familylegalcare.org.

To the mothers and fathers, grandparents, aunts and uncles, brothers, sisters and guardians we serve in the Hispanic community: we celebrate you.

MONTHLY RESOURCES AVAILABLE TO YOU AT MY DISTRICT OFFICE



MANNY DE LOS SANTOS
NEW YORK STATE ASSEMBLY
72ND ASSEMBLY DISTRICT

TENANT SUPPORT

UNIT

Meet with a specialist from the NYC Tenant Support Unit

DISTRICT OFFICE
210 SHERMAN AVENUE
NEW YORK, NY 10034

UPCOMING DATES:

NOVEMBER 18

DECEMBER 2

DECEMBER 16



DO YOU HAVE QUESTIONS ABOUT RENT CONTROL OR RENTAL INCREASES?

EVICITION CONCERNS?

LANDLORD HARRASSMENT?

OTHER CONCERNS?

CALL TO MAKE AN APPOINTMENT:

212-544-2278

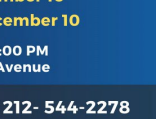


NEW YORK STATE ASSEMBLY MEMBER
MANNY DE LOS SANTOS

72ND DISTRICT
WASHINGTON HEIGHTS | INWOOD | MARBLE HILL



FREE LEGAL SERVICES



The office of Assemblymember Manny De Los Santos and the New York Legal Assistance Group (NYLAG) are hosting a **Mobile Legal Help Center**.

Monday, November 10

Wednesday, December 10

10:00 AM to 3:00 PM

210 Sherman Avenue

CALL TO MAKE AN APPOINTMENT



212- 544-2278

Get free civil (non-criminal) legal services on:

HOUSING (Tenants Only) | HOMEOWNER RIGHTS | PUBLIC BENEFITS

DISABILITY BENEFITS | HEALTHCARE BENEFITS | IDENTITY THEFT

DEBT MANAGEMENT | IMMIGRATION | DIVORCE

CUSTODY | INTIMATE PARTNER VIOLENCE | WORKER RIGHTS

NYLAG

New York Legal Assistance Group



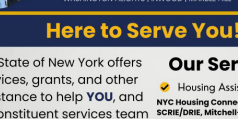
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ACCESS TO GROCERIES & TRANSPORTATION

Assemblymember Manny De Los Santos & West Side Campaign Against Hunger will provide appointments to help families recertify and apply to the Supplemental Nutrition Assistance Program New York (SNAP) & MTA Fair Fares.



WHEN | **NOVEMBER 18, DECEMBER 2 & 16**

FROM 9:00 AM - 4:00 PM

WHERE | **ASSEMBLY MEMBER'S DISTRICT OFFICE**

210 SHERMAN AVENUE

MAKE YOUR APPOINTMENT TODAY

CALL MONDAY THROUGH FRIDAY:

212-544-2278

IN PARTNERSHIP WITH:



WE'RE HERE TO HELP VISIT OUR DISTRICT OFFICE



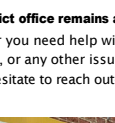
NEW YORK STATE ASSEMBLY MEMBER
MANNY DE LOS SANTOS

72ND DISTRICT
WASHINGTON HEIGHTS | INWOOD | MARBLE HILL



Here to Serve You!

The State of New York offers services, grants, and other assistance to help **YOU**, and our constituent services team is here to help!



For more services and resources provided by the State of New York, please visit ny.gov/services or contact our office!

(212) 544-2278
delossm@nyassembly.gov

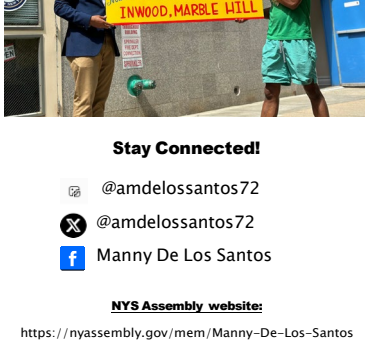
Our Services:

- ✓ Housing Assistance:
NYC Housing Connect, Section 8, NYCHA, SCRIE/DRIE, Mitchell-Lama, tenant support
- ✓ Medicaid & NY Marketplace Plans
- ✓ Human Resources Administration
SNAP, TANF, EBT, HEAP, One-Shot Deal, Fair Fares
- ✓ Business and Professional Licenses
- ✓ Legal Assistance
- ✓ Department of Labor / Unemployment
- ✓ Immigration Assistance / Referrals
- ✓ Voter Registration
- ✓ AND MORE!

210 Sherman Ave, Ste A&C,
New York, NY 10034

My district office remains a hub for resources and assistance.

Whether you need help with government services, tenant support, or any other issue, my team and I are here for you. Don't hesitate to reach out—we are ready to assist!



Stay Connected!

@amdelossantos72

@amdelossantos72

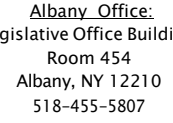
Manny De Los Santos

NYS Assembly website:

<https://nyassembly.gov/mem/Manny-De-Los-Santos>

Watch NYS Assembly Proceedings and Hearings

<https://nyassembly.gov/av/>



District Office:

210 Sherman Avenue Suite A&C

New York, NY 10034

212-544-2278

Albany Office:

Legislative Office Building

Room 454

Albany, NY 12210

518-455-5807