



## A SPECIAL REPORT FOR SENIOR CITIZENS

Assembly Member

# REBECCA A. SEAWRIGHT

**DISTRICT OFFICE:** 1485 York Avenue (Between 78 & 79 Streets) • New York, NY 10075 • 212-288-4607

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Dear Neighbor,

We are pleased to once again share an update on everything my office is doing to address the needs of seniors in our community. As your State Assembly Member, I'm working hard to pass legislation that addresses our most pressing needs.

Over the last three and a half years, we have secured over 7.5 million dollars in capital funding and support for the district. This includes funding for senior centers and non-profit organizations that are working tirelessly every day on your behalf. I encourage you to explore services provided by organizations that have received funding from our office, including the Burden Center for the Aging, Lenox Hill Neighborhood House, Search and Care, Health Advocates for Older People and more.

We hope you find the information contained in this community bulletin helpful. I am so proud of what we have accomplished together for the betterment of our community and want you to know that we are working hard every day to address your needs and concerns. Please come visit my community office anytime if you need assistance with any governmental matter or would like to voice your support or concern with anything happening in the community or in Albany. We are located at 1485 York Avenue, between 78th and 79th Streets, and our phone number is 212-288-4607. We look forward to seeing you soon!

Best wishes,

Rebecca A. Seawright  
Member of Assembly  
76th District



Assembly Member Rebecca Seawright cosponsors Assembly Bill A01104 to reduce the SCRIE rent increase applicability to one-fourth of rent, from one-third, providing relief to seniors in need.

## Seawright Stands up for Seniors in 2018-2019 Budget

Seniors are the backbone of our city and have given much to the community. Assembly Member Seawright feels that it is only right to give back and ensure that the budget adequately accounts for the needs of seniors. In this year's budget, Seawright fought to increase funding for programs and services that directly affect quality of life in the neighborhood. Assembly Member Seawright successfully:

- Kept SCRIE eligibility limits at their current level.
- Secured \$31.2 million for the Community Services for the Elderly (CSE) program, which supports personal care, home delivered meals, senior centers and transportation for seniors.
- Secured \$100,000 for the Statewide Senior Action Council Patient Rights Hotline, a hotline dedicated to helping thousands of older New Yorkers and their caregivers access services that will improve their ability to age in the community of their choice.

### Budget Bill Creates Secure Choice Savings Program

The FY18-19 budget included the creation of the Secure Choice Savings Program, a self-sufficient retirement savings program intended for employees of small businesses, independent contractors and freelancers. The voluntary program, which private-sector employers can opt into, allows employees to save money through payroll deductions into Roth retirement accounts. The savings plan will be overseen by a new state board and a financial services company will run the plan. This program will help close the gap of people without defined retirement benefits and will help our seniors have peace of mind when they near retirement.

# Special Programs for Senior Citizens

Please call or visit our office to find out more about the following programs!

## Senior Citizen Rent Increase Exemption

SCRIE freezes the rent for head-of-household seniors 62 and older who live in rent-regulated apartments. In order to qualify, the senior's household income must be \$50,000 or less.

## Reduced-Fare and MetroCard Bus/Van

You can apply for a Reduced-Fare MetroCard by mail or in person. Seniors, 65 or older, can bring their application to a MetroCard Bus or Van, or the MetroCard Customer Service Center. Reduced fare in 2018 is \$1.35.

## The MetroCard Bus/Van Locations

### Carnegie Hill at 92nd St. & Lexington Ave. (YM/YWHA)

2nd & 4th Tuesday; 9:00 am – 10:30 am

### Lenox Hill at 68th St. & 1st Ave. (near Memorial Sloan Kettering)

1st Friday; 12:30 pm – 2:00 pm

### Lenox Hill at 68th St. & Lexington Ave.

2nd & 4th Tuesday; 1:30 pm – 2:30 pm

### Lenox Hill at 72nd St. & York Ave.

1st & 3rd Wednesday; 1:30 pm – 2:30 pm

### Roosevelt Island Senior Association (546 Main St.)

2nd Monday; 11:00 am – 12:30 pm

### Upper East Side at 79th St. & 3rd Ave.

1st & 3rd Wednesday; 9:00 am – 10:30 am

### Seawright's District Community Office Upper East Side at 79th St. & York Ave.

1st & 3rd Wednesday; 11:00 am – 1:00 pm

### Yorkville at 86th St. & Lexington Ave.

2nd & 4th Tuesday; 11:00 am – 12:30 pm

### Yorkville at 91st St. & York Ave.

1st Thursday; 7:00 a.m. – 9:00 a.m.

## New York State Adult Protective Services Hotline

The State's Human Services Call Center can answer questions about adult services, provide contact information for local APS units, or take reports on abuse, neglect or exploitation of adults. Their number is 1-844-697-3505.



## What to Do With All That Stuff?

### Clutter Forum a Huge Success!

On Tuesday, July 17th, Assembly Member Rebecca Seawright and Senator Liz Krueger co-hosted a forum designed to give residents advice and resources on what to do with unwanted belongings. Representatives from Seawright's office, FDNY, Educational Alliance Project ORE, and Adult Protective Services all spoke on their experiences advising residents on hoarding and streamlining clutter in the house. Over 150 residents attended to hear the lecture and learn more from organizations that specialize in de-cluttering. You can find a more detailed resource guide on our website or at our office but here is a short list of organizations that can arrange pick-up services under certain conditions:

### Housing Works

(212) 366-0802

Can pick-up furniture and boxes of books. Restrictions do apply. Call to learn more.

### Salvation Army

(800) 728-7825

Will pick up clothing, furniture, and household items.

### City Opera Thrift Shop

(212) 684-5344

Accepts clothing, books, furniture, decorative items. Will pick up any of these items. Call to schedule pick-up.

### Vietnam Veterans of America

(800) 755-8387

Accepts donations of clothing, toys, shoes, books, electronics, small furniture, and small household items.

## Local Senior Citizen Centers

### Carter Burden Case Management Unit

445 East 8th Street (between 1st & York Aves.)  
New York, NY 10028; 646-504-4999

### Carter Burden Luncheon Club & Senior Program

351 East 74th Street (between 1st and 2nd Aves.)  
New York, NY 10021; 212-535-5235

### Roosevelt Island Senior Center

546 Main Street, Roosevelt Island  
New York, NY 10044; 212-980-1888

### Lenox Hill Neighborhood House

343 East 70th Street (between 1st and 2nd Aves.)  
New York, NY 10021

# Seawright Hosts Series of Events Focused on Senior Health and Wellness

May is Older Americans Month and Assembly Member Rebecca Seawright hosted a series of events at her district office offering seniors resources and tips towards leading a healthy lifestyle.

On Friday, May 11th, the Alzheimer's Foundation of America partnered with our office and led a discussion on Brain Health and Wellness. At the event, staff from the AFA gave insight into the differences between normal age related changes in the brain and signs of dementia related illness. They stressed that attendees should look out for common warning signs such as memory loss, ability to complete familiar tasks, trouble finding appropriate words, and changes in mood and personality, among other signs. At the end of the discussion, staff from the AFA provided all attendees with a free memory screening.

On Wednesday, May 16th, Seawright invited James Shields, Co-Founder of Score Rehabilitation, to lead a discussion on fall prevention strategies for older adults. Shields is a physical therapist who specializes in treating the geriatric community, particularly those who have various cognitive, neurological, and orthopedic conditions. He started Score because he believed in improving the quality of care for his patients. Shields covered basic strategies to avoid falling in your home including a) developing regular communication with your primary care provider; b) maintaining mobility in your everyday life; c) wearing the right kind of footwear; d) removing home hazards; e) brightening up your living space; and f) using assistive devices when and where appropriate.



Staff from the Alzheimer's Foundation of America discuss warning signs of Alzheimer's Disease and other dementia-related illnesses at Assembly Member Rebecca Seawright's District Office.



James Shields of Score Rehabilitation discusses fall prevention strategies with seniors at Seawright's district office.

*Our office is meant to be a resource to the community and we hope to see you at some of our upcoming events in the future:*

## **Fraud Prevention Seminar in association with AARP New York**

Wednesday, August 8th from 10:00 am – 11:00 am  
1485 York Ave. (between 78th and 79th Sts.)  
RSVP at 212-288-4607 OR  
seawright@nyassembly.gov

## **Roosevelt Island Office Hours**

Every Other Wednesday from 10:00 am – 1:00 pm  
August 8th and 22nd, September 5th and 19th,  
October 3rd, 17th, and 31st  
Roosevelt Island Seniors Association  
546 Main Street #1  
For more information please call 212-288-4607

## **What services do our local senior centers offer?**

In our district and throughout the city, there are seven core services that are offered by almost all senior centers. These include health management services, including classes for people with chronic diseases; referral services to health care clinics; educational classes; group recreational trips; exercise classes; art and music classes; as well as lunch service. In addition, most senior centers offer technology classes, acquainting you with the latest technology you may need to stay in touch with loved ones. Finally, most senior centers have caseworkers on staff who can direct you to the right resources in times of need.



Assembly Member Rebecca Seawright at the Roosevelt Island Senior Center with (from left to right) Adib Mansoor, Nancy Brown, Mary Coleman, Wendy Hersh, Jeffrey Escobar, Congresswoman Carolyn Maloney, RIOCE CEO Susan Roosevelt, Lynn Strong-Shinozaki, and Senior Center Director Lisa Fernandez.

# Seawright Honors York Avenue's Roots with WWI Commemoration

In April, Assembly Member Rebecca Seawright joined members of the East Side Manhattan WWI Centennial Commemoration Committee to honor the renaming of "Avenue A" to "York Avenue" 90 years ago. The name change occurred on April 11th, 1928, to honor Sergeant Alvin York, leader in the Meuse-Argonne Offensive and Medal of Honor awardee.

On **August 18th**, from **12:00 to 3:00 pm**, celebrate the **Centennial of the Governors Island Railroad**, otherwise known as the "world's shortest railway," where the U.S. Army Quartermaster Corps operated 8 miles of track and moved over \$1 million worth of supplies daily. There will be a talk on the history of the railroad, tours of Castle Williams and a retracing of the route of the former Governors Island Railroad track. For more information, please call 202-380-0725.

*Assembly Member Rebecca Seawright presents a proclamation honoring Sergeant Alvin York and the renaming of "Avenue A" to "York Avenue" in 1928. Standing beside her is Senator Liz Krueger (28th SD) and behind her, Howard Teich, co-chair of the Manhattan East Side WWI Commemoration Committee.*



New York State Assembly, Albany, New York 12248

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from Assembly Member  
**REBECCA A. SEAWRIGHT**

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### Access-A-Ride (AAR)

Provides transportation for people with disabilities whose disability prevents their use of accessible mass transit, public bus, or subway service for some or all of their trips. The service is shared-ride, door-to-door or feeder service. Customers with conditional eligibility who are able to walk or wheel short distances (1-5 blocks) begin feeder service on AAR and then transfer to fixed route buses.

**Eligibility:** Disabled riders. Eligibility is determined on a periodic basis, after review by independent medical professionals in consultation with disabled riders' medical provider.

### Senior Citizen Homeowners Exemption (SCHE)

SCHE is a property tax break for seniors who own one-, two-, or three-family homes, condominiums, or cooperative apartments. Tax breaks are available to homeowners with a combined annual income of \$58,399 or less.