



Dear Friends and Neighbors,

I was honored to stand side by side with over 50 of my colleagues in calling for an end to the federal immigration actions in Minnesota. I, like many across this country, was horrified by the murder of Alex Pretti, an ICU Nurse who cared for our nation's veterans. I will continue to stand in solidarity with our immigrant community as we progress through our Legislative Session. We must pass legislation like New York For All Act, the Dignity Not Detention Act, and the MELT Act this session. Additionally, I signed on to a joint letter with over 670 elected officials from across the nation calling for an independent investigation into the murders of Renee Good and Alex Pretti and the end of Trump's occupation of American Cities.

Additionally, the Assembly passed Assembly Bill 9217, of which I am proud to be a Co-Sponsor of. This bill would ensure that New York's health providers are able to continue prescribing and dispensing mifepristone without the fear of criminal or professional consequences. This legislation comes in response to the Trump Administration's review of mifepristone amid threats to criminalize the dispensing, prescribing, and receipt of mifepristone. The Trump Administration is leading an all-out assault on Women's Reproductive Health, and I will continue to fight against it throughout the Legislative Session.

We are anticipating another potential winter weather event. While the forecast calls for light snow, there will be a strong, consistent gust of wind that will likely drop temperatures as low as -10 degrees. These cold wind chills will cause frostbite in as little as 30 minutes on exposed skin. With this in mind, the National Weather Service has issued a Cold Weather Advisory throughout New York City which is in effect until Saturday, the 31st at 10:00 AM. Within this newsletter, you will find updates from NYC Emergency Management on how to stay warm. Please prepare in advance, limit travel when possible, and check on your elderly and vulnerable neighbors.

Stay safe and warm, and remember that our office is always a phone call, email, or visit away.

Phone: 212.288.4607

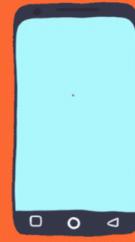
Email: SeawrightR@NYAssembly.gov

Sincerely,

REBECCA A. SEAWRIGHT



WINTER WEATHER ALERT



❄️ Winter Storm Advisory – Please Prepare Now

What: Cold Weather Advisory

Where: NYC

When: Until 10:00 AM on 01/31

Hazards: Very cold wind chills expected, with wind chill temperatures potentially reaching as low as 5 to 10 below. The cold wind chills will cause frostbite in as little as 30 minutes on exposed skin.

Preparedness Actions:

- If you must go outside, dress appropriately, dress in layers, keep exposed skin covered, and wear a hat and gloves.
- Check on neighbors, friends, and relatives, especially older adults, those with disabilities, and individuals with access and functional needs.
- Older adults, infants, people with chronic cardiovascular or lung conditions, people using alcohol or drugs & people with cognitive disabilities (like dementia, serious mental illness or developmental disability) are at increased risk.
- Health problems resulting from prolonged exposure to cold include hypothermia, frostbite, and exacerbation of chronic heart and lung conditions. If you suspect a person is suffering from frostbite or hypothermia, call 9-1-1 to get medical help.
- If you lose power and have a disability or access needs or use Life Sustaining Equipment (LSE) and need immediate assistance, please dial 9-1-1.
- If you do not have heat or hot water, place space heaters at least 3 feet from anything that can catch fire and never use a stove, oven or grill to heat your home.
- Call 311 to request assistance for a homeless person.

From October 1 to May 31, NYC building owners must keep indoor temperatures at least 68°F during the day (6 AM - 10 PM) if it's below 55°F outside, and at least 62°F overnight (10 PM - 6 AM), no matter the outside temperature. Call 311 to report suspected indoor temperature violations, or if you own your home and need help with heating bills.

Our office will continue to share updates as conditions change. Please stay safe.

Assembly Member Seawright Speaks at a Press Conference in Solidarity with Minnesota

Assembly Member Seawright Speaks at a press conference in solidarity with Minnesota and calling on ICE to end their occupation of American cities. Joined by Assembly Members Mary Jane Shimsky, Emily Gallagher, Larinda Hooks, David Weprin, Phara Souffrant Forrest, Noah Burroughs and Senators Toby Ann Stavisky, Michelle Hinchey, Jose Serrano, and Jabari Brisport. The Press Conference was hosted by Assembly Member Gabriella Romero and Senator Patricia Fahy.



Assembly Member Seawright Advocates for Passage of REST Act



Assembly Member Seawright joined fellow elected officials and advocates to rally for passage of the Rent Emergency Stabilization for Tenants Act. Joined by Assembly Members Anna Kelles, Gabriella Romero,

and others. The press conference was hosted by Assembly Member Sarahana Shrestha and Senator Brian Kavanaugh.

Assembly Member Seawright Calls Upon Governor Hochul to Include Master Plan for Aging in the Final State Budget



AgeStrong Coalition Presser: Assembly Member Seawright, along with advocates from the AgeStrong Coalition and Senate Aging Committee Chair Cordell Cleare, rallied in Albany calling upon the Legislature and Governor to include New York State Master Plan for Aging Proposal #50 to be included in the final state budget. Joined by Anne Marie Cook, CEO of Lifespan of Greater Rochester, Kristen McManus, Director of Government Affairs & Advocacy for AARP NY, and AARP NY Members.



Assembly Member Seawright Stands with Nurses Calling for a Fair Contract



Assembly Member Rebecca A. Seawright joined nurses on the picket line to demand safe staffing, strong benefits, and a fair contract for frontline healthcare workers.

As Chair of the Assembly Aging Committee, Seawright emphasized that nurses are essential to patient care and public health—standing at the bedside every day and on the frontlines during the COVID-19 pandemic. She rejected claims by hospital executives that conditions are adequate, affirming that nurses have a right to safe staffing levels and fair treatment.

Seawright pledged to continue standing with nurses and organized labor until a fair agreement is reached.





UPCOMING EVENTS

RAISING HEART HEALTH FOR ALL WITH FREE SCREENINGS

Celebrate American Heart Month with Lenox Hill Hospital. Join us for a day of free health education and consultations with some of New York's top health care specialists.

Free screenings:

- Cholesterol/HDL
- Glucose
- Blood pressure
- Lung function

Free health education:

- Cardiovascular health
- Stroke risks, symptoms and treatment
- Diabetes
- Using a defibrillator (AED)
- Hands-only CPR
- Medications (bring yours to discuss with a pharmacist)
- Physical therapy
- Stress management
- Nutrition and heart-healthy snacks
- Sleep health
- Mental health

**Go Red
Heart Health Fair**
Thursday, February 5
11am - 2pm
**Einhorn Auditorium at
Lenox Hill Hospital**

131 East 76th Street
(between Lexington and Park
Avenues)





Health Advocates for Older People

Free Equipment Fair

Mobility, Home Safety and Personal Items

Monday, February 9, 2026

10:30 a.m. - 12:30 p.m.

Church of the Holy Trinity

316 East 88 St.

(between 1st & 2nd Ave.)

Lower Level

Increase your mobility and comfort with free equipment to support safe, healthy aging.

Mobility Aids

Canes
Crutches
Rollators
Walkers
Wheelchairs

Bathroom Safety

Shower Chairs
Raised Toilet Seats
Commodes

Personal Items

Disposable Briefs
Disposable bed covers
and more ...

Items are subject to availability and provided in as-is condition

For more information, contact:

Patricia Baker, Equipment Program Coordinator

✉ info@hafop.org

☎ **212-980-1700 ext. 201 or 212-831-1700**

Health Advocates for Older People promotes safe and healthy aging for New Yorkers.
Services are free of charge thanks to generous donations from government agencies, foundations and individuals.
420 Lexington Ave., Suite 1402 | New York, NY 10170. www.hafop.org

BENEFITS SCREENING & APPLICATION ASSISTANCE

LiveOn NY

Making New York a better place to age

**Rebecca
Seawright**

 ASSEMBLYMEMBER

Wednesday, February 11th, 2026

10:00am-1:00pm

at

**The Office of AM Rebecca Seawright
1485 York Avenue**

By appointment only!

Please call 212-288-4607 or

seawright@nyassembly.gov to register

**In order to be screened for benefits,
please bring the following
documents, if possible:**

- ID, Social Security card & Medicare card
- Proof of current monthly income (2026 Social Security award letter, pension statement, paystubs)
- Rent/maintenance/mortgage statement
- Current and previous leases (for SCRIE/DRIE)
- Utility bills
- Medical bills within the last 3 months (if applicable)



Celebrate our 40th!

Health Advocates invites you to join us in celebrating 40 years of serving the community!



Saturday,

March 14, 2026, 3-5 PM

Brick Church, Watson Hall, 62 East 92 ST



Reception with light refreshments
and a special performance
and sing-along from



Sing For Your
Seniors

This event is free of charge. RSVP required by March 4, 2026

info@hafop.org or 212-980-1700, ext. 206



Health Advocates for Older People promotes safe and healthy aging for New Yorkers. Our programs are supported by generous donations from individuals, foundations, and government agencies.

Health Advocates for Older People

420 Lexington Ave., suite 1402 | New York, NY 10170 | 212-980-1700 | www.hafop.org

**Do you have
money owed
to you?**

Check today!



Don't leave your money behind! Each day, the New York State Comptroller's Office returns more than \$2 million in lost funds to New Yorkers. To check whether any of it is yours or to file a claim, visit: <https://ouf.osc.ny.gov/app/claim-search>

ASSEMBLY MEMBER
REBECCA A. SEAWRIGHT



HOUSING LEGAL CLINIC

EVERY OTHER TUESDAY

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!

**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**

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



**SCAN ME TO
RSVP!**

**RSVP REQUIRED:
CALL: 212-288-4607
EMAIL: SEAWRIGHTR@NYASSEMBLY.GOV**

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.

Upcoming Events

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

[Community Update: January 23, 2026](#)

[Community Update: January 16, 2026](#)

[Community Update: January 9, 2026](#)

[Community Update: A year in Review](#)

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