

Rebecca Seawright

ASSEMBLYMEMBER



Dear Friends and Neighbors,

Today, February 20, on National Caregivers Day, I joined a Caring for Caregivers virtual forum to highlight the vital work of family caregivers. Nearly 40 million Americans provide unpaid eldercare, and here in New York, we must ensure they have the support they need. I spoke about advancing legislation to expand services, strengthen caregiver protections, and invest in the workforce—because caregiving is a family, economic, and workforce issue that touches us all. In this edition of our Community Update, our Spotlight on Aging features free resources for caregivers offered through the New York State Office for the Aging.

The deadline to apply for pre-K and 3-K seats is February 27. A new site is opening on Manhattan's Upper East Side at 403 East 65th Street, doubling the number of spots for 4-year-olds and quadrupling availability for 3-year-olds in the 10065 ZIP code. Families with children turning 3 or 4 in 2026 who live in Education District 2 have priority for enrollment.

We are now accepting nominations for the annual Women of Distinction Awards, recognizing outstanding women in our community for their leadership, service, and advocacy. If you know someone who deserves this honor, we encourage you to submit a nomination. Ceremony details will be announced soon—join us in celebrating the women who make a difference every day.

Please consider joining our office at our upcoming events:

- Tuesday, February 24 starting at 3:30pm- **No-Cost Housing Legal Clinic** at the Community Office of Assembly Member Rebecca A. Seawright, 1485 York Avenue (78/79 Street). By appointment only. Call 212-288-4607 or email SeawrightR@NYAssembly.gov to make an appointment.
- Wednesday, March 4 from 10:00 am to 12:00 pm- **MTA OMNY Service Bus** stops at the Community Office of Assembly Member Rebecca A. Seawright, 1485 York Avenue (78/79 Street). Ask questions or refill your OMNY account.
- Wednesday, March 18 from 10:00 am to 1:00 pm - **Benefits Screening with LiveOn NY** at the Community Office of Assembly Member Rebecca A. Seawright, 1485 York Avenue (78/79 Street). By appointment only. Call 212-288-4607 or email SeawrightR@NYAssembly.gov to make an appointment.
- Friday, March 27 from 10:00 am to 12:00 pm- **Virtual Rat Academy** Training for building supers and staff, homeowners and tenants, managing companies, and business owners. Attendees may enter a raffle for a chance to win a rodent-resistant trash can. RSVP here: <https://forms.gle/75ioT6BUQegZFdJ39>
- Thursday, April 16 from 9:00 am to 4:30 pm- **No-Cost Screening Mammograms** at the Community Office of Assembly Member Rebecca A. Seawright, 1485 York Avenue (78/79 Street). By appointment only. Call 212-288-4607 or email SeawrightR@NYAssembly.gov to make an appointment.

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 Storm Watch: Feb. 22–23

The National Weather Service has issued a Winter Storm Watch for NYC from 6 AM Sunday (2/22) to 6 PM Monday (2/23).

Forecast: 6–10 inches of snow and wind gusts up to 40 mph. Travel may be dangerous. Use mass transit if possible and allow extra time.

Prepare Now:

- Charge devices, gather supplies, and set refrigerators/freezers colder.
- During outages, avoid downed wires, keep appliance use off, and never use generators indoors.
- If you use Life Sustaining Equipment and need immediate assistance, call 911.

Upper East Side Gains 130+ Free Pre-K and 3-K Seats Apply by February 27!

More than 130 new free pre-K and 3-K seats will open this fall on Manhattan's Upper East Side, at 403 East 65 Street, doubling the number of spots for 4-year-olds and quadrupling availability for 3-year-olds in the 10065 ZIP code. Families with children turning 3 or 4 in 2026 who live in Manhattan's District 2 have priority for enrollment.

The Pre-K application is now open, and families must apply by Friday, February 27, 2026. Applications can be submitted online through [MySchools](#), by phone at 718-935-2009 (with interpretation services in over 200 languages), or in person at a Family Welcome Center, where an Enrollment Counselor can assist.

You can still apply for this site if you have already submitted your application by changing your preferences within [the online application](#).



SPOTLIGHT ON AGING: CARING FOR CAREGIVERS

Today, February 20, on National Caregivers Day, Assembly Member Rebecca A. Seawright joined Assembly Member Stefani Zinerman's Caring for Caregivers: Working Families, Entrepreneurs and Aging at Home virtual forum, where she spoke about the urgent need to support family caregivers across New York. As Chair of the Assembly Aging Committee, Assembly Member Seawright highlighted that nearly 40 million Americans provide unpaid eldercare, contributing an estimated \$873 billion in labor each year, and emphasized the importance of Governor Hochul's Master Plan for Aging in ensuring older New Yorkers can age with dignity and independence. She outlined her legislative efforts to strengthen caregiver support, combat elder financial exploitation, expand dementia services, and invest in the caregiving workforce, underscoring that caregiving is a workforce, economic, and family issue that demands sustained action.

A Caregivers Guide



Struggling with Caregiver Burnout?



Free Caregiver Program through NYSOFA

Trualta is a personalized, skills-based training platform for family members caring for aging loved ones living at home.

[Read More](#)

Pets and Aging in Place



Wednesday, March 18, 11:00 am – 12:15 pm

Wechsler Center for Modern Aging,
Marlene Meyerson JCC Manhattan (334
Amsterdam Ave)

Learn how pets can enhance aging in place at this in-person and virtual presentation with Dr. Amy Attas (City Pets) and representatives from PAWS NY and Search & Care.

Includes a book signing of *Pets and the City*.

Discover practical tips to support your pet's health and maintain the bond that makes life at home better. This is a no-cost event
[RSVP required via your JCC account.](#)

Community Action: Hands Off NYC Weekend

This Weekend (Feb 20–22): Hands Off NYC Community Weekend

Join citywide events to support mutual aid groups and distribute resources such as whistles and “Know Your Rights” information—helping protect New Yorkers from ICE. Sign up to host or attend at the [Hands Off NYC link](#).

Saturday, Feb 28, 10:00 am – 4:00 pm & Sunday, Mar 1, 10:00 am – 2:00 pm: Train the Trainer Workshop

Two-day, 10-hour program to train participants to lead “Know Your Rights” sessions. Designed for those with some prior teaching or training experience. Registration required. Virtual Bystander Intervention [Trainings by Right To Be](#)

- Feb 26, 3:00–4:00 pm
- These sessions teach strategies to support the immigrant community safely and effectively.

Assembly Member Rebecca Seawright *is seeking nominations for the* **2026** **WOMEN OF DISTINCTION AWARDS**



**TOGETHER, LET'S RECOGNIZE THE
EXTRAORDINARY WOMEN WHO ARE
MAKING OUR COMMUNITIES STRONGER.**

Nominations must be submitted by 03/27/26.
Nominees must live/work in the 76th Assembly District, which includes Upper
East Side, Yorkville, and Roosevelt Island.



Please visit
nyassembly.gov/seawright
or scan the QR code to
nominate a woman you know
who has made a difference in
your life or the lives of others.



ASSEMBLYMEMBER REBECCA A. SEAWRIGHT

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

[Click here to make your nomination](#)

Community Board Applications are Open!



Community Board Application

Brad Hoylman-Sigal
MANHATTAN BOROUGH PRESIDENT

Manhattan's 12 community boards shape local services, land use, and budgets.
Applications are now open! Serve your neighborhood and make a difference. Apply by

February 27 at 5 PM to be considered.

[Apply here.](#)



ASSEMBLY MEMBER REBECCA SEAWRIGHT

P R O J E C T C I C E R O

BOOK DRIVE

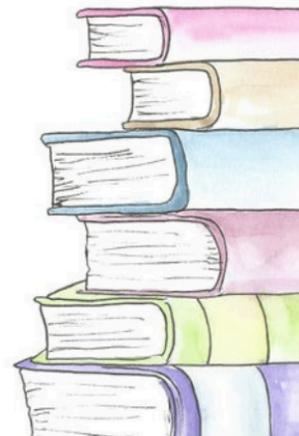
for kids in under-resourced NYC Schools
through March 4, 2026

District Office of Assembly Member
Rebecca Seawright
1485 York Avenue (78/79 Streets)

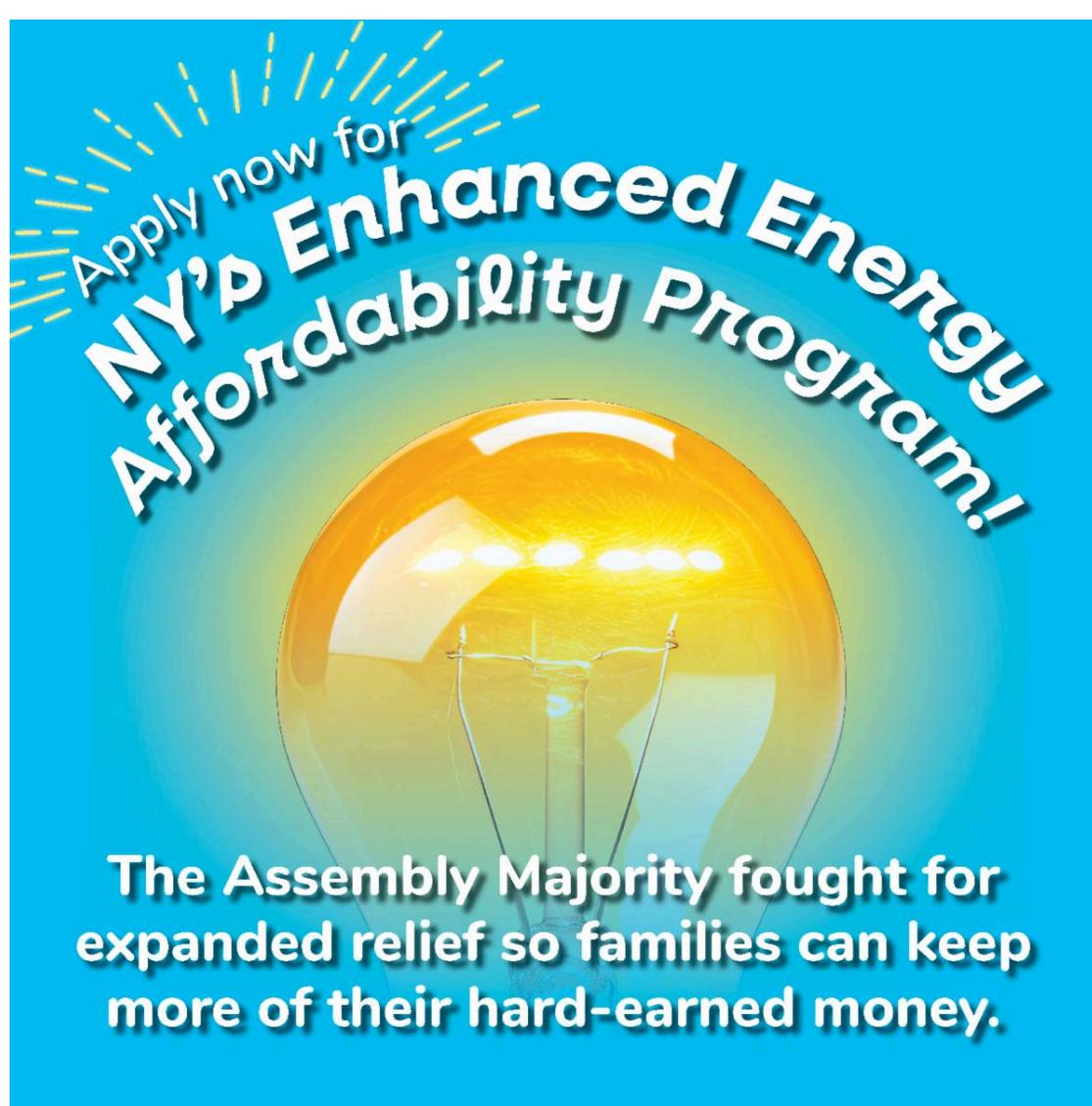
✓ Yes: new and gently used books
for pre-school through high school

✗ NO: Adult books, textbooks, library
discards, or out-of-date non-
fiction/reference books

Want to order books from the Project Cicero wishlist?
Visit projectcicero.org/wish-list



Consider Our Office Your Resource



Apply now for
**NY's Enhanced Energy
Affordability Program!**

**The Assembly Majority fought for
expanded relief so families can keep
more of their hard-earned money.**

Families are feeling the pressure of rising utility costs, and Assembly Member Seawright is working to ease the burden. Applications are now open for the New York Enhanced Energy Affordability Program (EEAP), which provides monthly assistance to help low- and moderate-income households manage their energy bills.

Learn more and apply today: nyeeap.com

BENEFITS SCREENING & APPLICATION ASSISTANCE

LiveOn NY

Making New York a better place to age

**Rebecca
Seawright**

 ASSEMBLYMEMBER

Wednesday, March 18

10:00am-1:00pm

at

**The Office of AM Rebecca Seawright
1485 York Avenue (78/79 Streets)**

By appointment only!

**Please call 212-288-4607 or
seawright@nyassembly.gov to register**

GET SCREENED TO SEE IF YOU ARE ELIGIBLE

FOR:

**SNAP, SCRIE/DRIE,
SCHE, STAR, HEAP,
Lifeline, Medicaid,
Medicare Savings
Program (MSP), Low
Income Subsidy**

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)

Thursday, April 16, 2026

9:00am to 4:30pm

The Office of Assembly Member

Rebecca Seawright

1485 York Avenue

New York, NY 10075



Call to schedule a no-cost mammogram!

212-288-4607

ELIGIBILITY:

Women ages 40- 75

Currently living in NYC

- No mammogram in the past 12 months



Our services are at no-cost

- No co-pays or deductibles required. Uninsured patients are welcome
- Please bring a photo ID and insurance card (if insured)
- Medical services provided by Multi-Diagnostic Services

Funded by a grant from New York State Department of Health **Cancer Services Program** Your partner for cancer screening, support and information Additional funding provided by the generous support of the JALBCA, NBCF, NYC Council, NYC DOHMH, NYS Senate, RAR Foundation, and individual patrons.

TAX PREPARATION RESOURCES 2026

**SINGLE STOP OF FEDCAP GROUP @ ROOSEVELT
ISLAND OLDER ADULT CENTER
546 MAIN STREET, NEW YORK, NY 10044
TUESDAYS FROM FEBRUARY 4TH UNTIL APRIL 14TH**

PLEASE MAKE AN
APPOINTMENT ONLINE



**NYC FREE TAX PREP @ AARP AT
THE 58TH STREET BRANCH LIBRARY
127 EAST 58TH STREET, NEW YORK, NY 10022
FEB 05, 2026 TO APR 09, 2026; THURSDAY: 10:15AM TO 2:30PM
MAKE AN APPOINTMENT AT 914-363-8510**

**NYC FREE TAX PREP @ UNION SETTLEMENT
237 EAST 104TH STREET, NEW YORK, NY 10029
FEDCAP/SINGLE STOP AT UNION SETTLEMENT (237
EAST 104 STREET)
WEEKDAYS, 9AM - 5PM
MAKE AN APPOINTMENT AT (800) 290-7189 OR ONLINE**

PLEASE MAKE AN
APPOINTMENT ONLINE



**Rebecca
Seawright**
ASSEMBLYMEMBER



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.



**OMNY BUS
STOPS HERE
(79/YORK):**

WED. 3/4, 3/18

10:00 AM - 12:00 PM

**REFILL YOUR
OMNY CARD**

**APPLY FOR
REDUCED FARE**



Virtual Rat Academy

Sponsored by

**NYS Assembly Member
Rebecca Seawright**

Friday, March 27th, 2026

10:00 AM - 12:00 PM.

Free training for:

- Building supers and staff
- Homeowners and tenants
- Managing companies
- Business owners

Learn about:

- Rat prevention methods

To sign up
Scan QR code below



*** ATTENDEES WILL BE
ENTERED INTO A RAFFLE TO
WIN A RODENT-RESISTANT
NYC GARBAGE BIN! ***



**Weill Cornell
Medicine**



Learn how to recognize and reverse an opioid overdose.

When: Monday February 23rd, 2026

Time: 4:00PM - 6:00PM

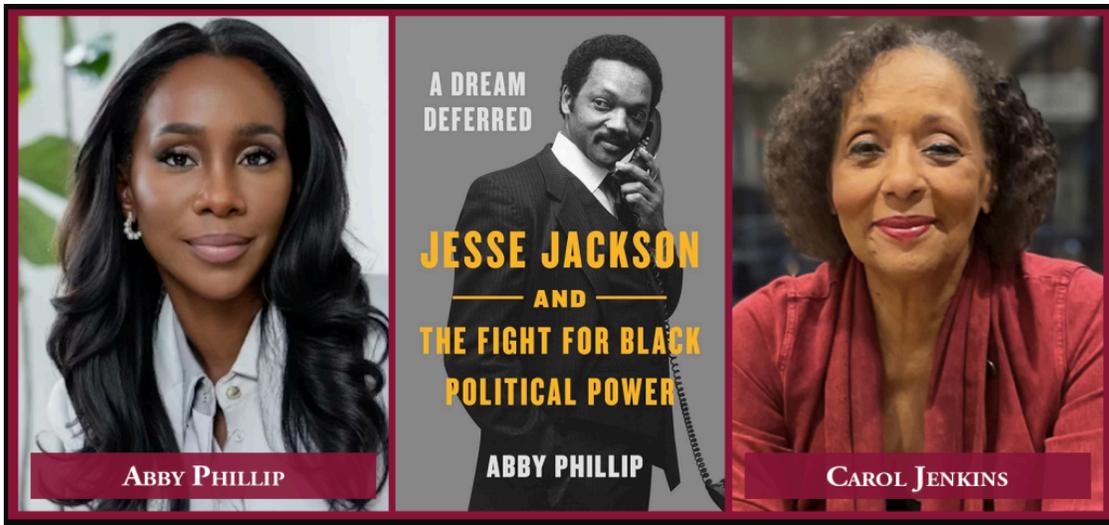
Where: Good Shepherd Community Center
543 Main Street, Roosevelt Island, NY 10044

Get a **FREE** Narcan kit to save lives!



For more information call 646.962.8153 or email ctsc-community@med.cornell.edu

Abby Phillip — A Dream Deferred: Jesse Jackson and the Fight for Black Political Power



Thursday February 26 2026 at 6:00 PM
Roosevelt House, 46-49 65th Street
RSVP [here](#).

Community

The Community Education Council for District 2 presents

A Town Hall Event

with Chancellor
Kamar H. Samuels



Thursday, March 5th
6:30 p.m. – 7:30 p.m.



M.S. 131
100 Hester Street, New York, NY 10002

Town Hall will also be live-streamed. Please register for this event at the following link: learndoe.org/cec

Don't miss this excellent opportunity. Issues and concerns will be addressed.

English Conference Line:

Dial 646 828 7666 (Local NYC) and enter Webinar ID: 160 090 5783

Spanish Conference Line:

Dial 646 964 1167 (Local NYC) and enter Meeting ID: 160 759 8991

Mandarin Conference Line:

Dial 646 828 7666 (Local NYC) and enter Meeting ID: 160 007 2661

Cantonese Conference Line:

Dial 646 828 7666 and (Local NYC) enter Meeting ID: 160 062 1338

Register for ASL Service at learndoe.org/cec

Office of Family and
Community Empowerment

FACE

NYC Public
Schools

schools.nyc.gov/FACE | [/face_nychools](https://www.instagram.com/face_nychools)

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

[Community Update: February 13, 2026](#)

[Community Update: February 6, 2026](#)

[Community Update: January 30, 2026](#)

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

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