

Rebecca Seawright

ASSEMBLYMEMBER



Dear Friends and Neighbors,

Do you know an exceptional woman in our community? 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 [here](#). These special individuals will be celebrated at an awards ceremony (details to be announced).

This week, advocates for students with disabilities filled the halls of Albany to rally for critical higher education funding. As the sponsor of a bill to expand financial aid for students with intellectual and developmental disabilities, I am advocating for the inclusion of at least \$15 million in this year's budget to ensure these students have access to essential services and support.

Our office was honored to present Dr. Temple Grandin, professor of animal science and a leading spokesperson for people with autism, with a proclamation at an event hosted by the Gillen Brewer School. Families and teachers engaged in a thoughtful and inspiring conversation about how best to serve students with different abilities and talents. We celebrated Dr. Grandin's lifelong advocacy and groundbreaking work in transforming how the world understands autism and the unique strengths of individuals with diverse learning styles.

We know that the past few years have been challenging, and many older adults have experienced feelings of stress, low mood, or social isolation. Our spotlight on older adults features Dr. Julia Chafkin and the team at the Weill Cornell Medicine Department of Psychiatry, who are offering free remote therapy programs specifically designed for middle-aged and older adults. Information on this and more resources are included in this community update.

Consider donating books to our annual Project Cicero book drive for under-resourced classrooms in New York City through March 4. We are collecting new and gently used books for pre-school through high school readers.

Please consider joining our office at our upcoming events:

- Tuesday, March 3 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 2 from 10:00 am to 2:00 pm or until the truck fills up! **AARP's Fight Fraud. Shred It!** at Lenox Hill Neighborhood House, 331 East 70 Street (First/Second Avenues).
- 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,

A handwritten signature in black ink that reads "Rebecca A. Seawright". The signature is written in a cursive, flowing style.

REBECCA A. SEAWRIGHT



Rebecca
Seawright
ASSEMBLYMEMBER

AARP[®]
New York

FIGHT FRAUD.
SHRED IT!

No-Cost Shred-a-thon
Thursday, April 2
10:00 am- 2:00 pm (or until the truck fills up!)

Lenox Hill Neighborhood House
331 East 70 Street
(First/Second Avenues)

No Notebooks, Bindings, or X-rays.

*Only bring the materials that need to be shredded to protect
your identity.*



Honoring Dr. Temple Grandin at Gillen Brewer School Reception



At a special event hosted by the Gillen Brewer School, we were proud to present a New York State Assembly proclamation to Temple Grandin on behalf of Assembly Member Rebecca A. Seawright.

Dr. Grandin's life's work has transformed the way we understand both animal welfare and autism. A pioneer in humane livestock design and one of the world's most influential advocates for individuals on the autism spectrum, she has helped make our society more compassionate, thoughtful, and inclusive.

Her message to Gillen Brewer families and educators was powerful and affirming: differences are strengths. For young people, especially those who think differently, that message is truly life-changing. Dr. Grandin has long championed early intervention, hands-on learning, mentorship, and meaningful employment opportunities for people on the autism spectrum. Her philosophy is grounded in the belief that ability must be developed and that practical skills, confidence, and high expectations are essential to helping young people thrive. She reminds us that talent often comes packaged differently, and that society benefits when we create space for all kinds of minds.

Assembly Member Seawright was honored to recognize not only Dr. Grandin's extraordinary achievements, but also the humanity, hope, and possibility she inspires in others every day. We thank Dr. Grandin for her courage, brilliance, and enduring example.

Assembly Member Seawright Sponsors Financial Aid Expansion Bill Supporting Students with Disabilities



Assembly Member Rebecca Seawright is proud to sponsor A05774, a bill that expands New York State financial aid options for college students with intellectual and developmental disabilities, ensuring programs like TAP are accessible to all.

This legislation complements the push for increased funding for enhancing support and Services for Students with Disabilities for Postsecondary Success (SWDPS) program, that currently serves over 108,000 students statewide.

Students and advocates rallied in Albany to call for \$15 million to provide essential supports, from coaching to technology, that will help turn potential into success.

Rebecca
Seawright
ASSEMBLY MEMBER

SPOTLIGHT ON AGING:



Weill Cornell Medicine
Psychiatry

Are you 50 years or older and experiencing...

- Feelings of sadness?
- symptoms of depression?
- Lack of interest & motivation to do things?

*You may be eligible for a psychotherapy
study for depression*

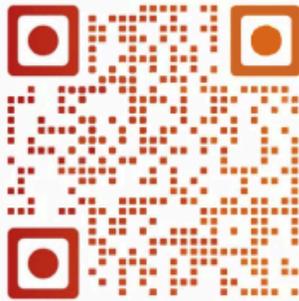
You will be asked to...

- Participate in 9 weeks of psychotherapy (may be paired with a mental health app)
- Answer questions about your thoughts, feelings, progress

You will be compensated up to \$270.

For more information please call
(914) 270-7732

Scan the QR code or visit
bit.ly/WCMTREE



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](#)



ASSEMBLY MEMBER REBECCA SEAWRIGHT

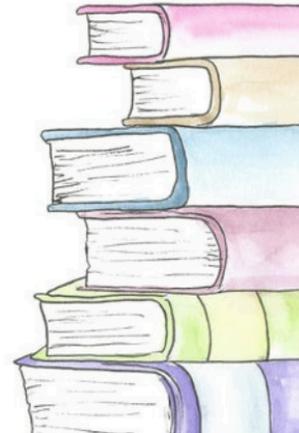
P R O J E C T C I C E R O BOOK DRIVE

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



Run for the Future: Empowering NYC Young Women Through Running

New York Road Runners' Run for the Future is a FREE, six-week summer program that introduces NYC high school young women to running—step by step. Participants train together, complete their first 5K, and gain tools for self-care, confidence, and motivation.

Beyond running, the program offers educational workshops on nutrition, mental well-being, and self-awareness, plus New Balance gear, transportation support, and access to NYRR events and a lifelong alumnae network.

Who Can Join: Rising 10th–12th grade young women of all abilities (no prior running experience needed).

Program Dates & Location:

Orientation: June 13, 2026

Practices: Mondays, Wednesdays, and Thursdays, June 29 – August 8, Central Park

Culminating Event: Percy Sutton Harlem 5K, August 8

Consider Our Office Your Resource

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

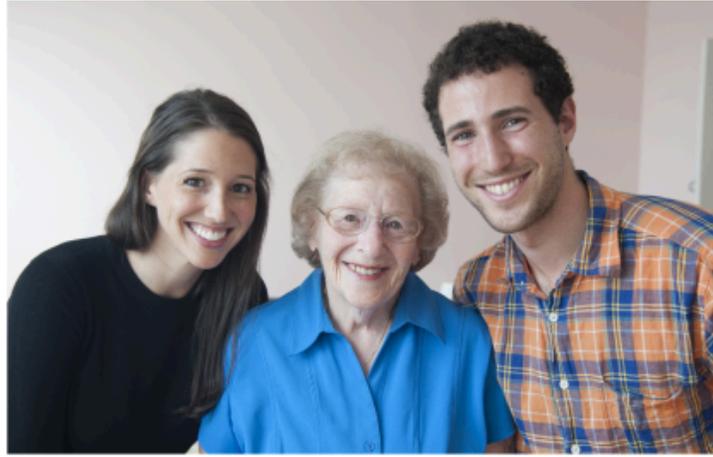
Learn about:

- 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! ***



Give a **little** time.
Make a **BIG** impact.

Deliver Joy to an Older Neighbor!

Volunteer for DOROT's Passover Package Delivery

Sunday, March 22, 2026

When you volunteer to deliver a Passover package and connect with an older neighbor for a visit or call, you can make their day—and yours!

Pre-registration and valid U.S. government-issued photo ID are required.

How it works:

- 1 Register at dorotusa.org/passover
- 2 Pick up a package and get matched with an older adult.
- 3 Deliver the package to the home of an older adult.
- 4 Connect for a visit or friendly call!

Sunday, March 22
10:00 AM - 12:30 PM



171 W 85th Street • New York, NY 10024 • dorotusa.org

DOROT deeply appreciates the generosity of Marilyn and Stanley Katz who help sustain our Passover Package Delivery Program. We are also grateful to the Sunshine Foundation for its generous grant. Thank you to Moise Safra Center for hosting DOROT's East Side Package Delivery.

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_nycschools](https://www.facebook.com/face_nycschools)

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

[Community Update: February 20, 2026](#)

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

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

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

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