

Rebecca Seawright

ASSEMBLYMEMBER



Dear Friends and Neighbors,

March is Developmental Disabilities Awareness Month, a time to recognize the contributions, strengths, and needs of individuals with intellectual and developmental disabilities and their families. Today, I was proud to join the Five Borough Developmental Disabilities Councils Legislative Town Hall, where we discussed critical issues such as strengthening the direct support workforce, expanding housing options, and ensuring that individuals can age with dignity and independence in their communities.

Earlier this week, I spoke at a press conference in support of Tier 6 retirement benefits reform, and leaders of CUNY in support of higher education. Read on for highlights from our latest events, and tips to protect yourself from IRS impersonation scams in our Spotlight on Aging Services feature.

Please consider joining our office at our upcoming events:

- Tuesday, March 10 starting at 3:30 pm- **No-Cost Housing Legal Clinic** at the Community Office of Assembly Member Rebecca A. Seawright, 1485 York Avenue (78/79 Streets). By appointment only. Call 212-288-4607 or email SeawrightR@NYAssembly.gov to make an appointment.
- Wednesday, March 18 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 Streets). 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 Streets). 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.

Sincerely,



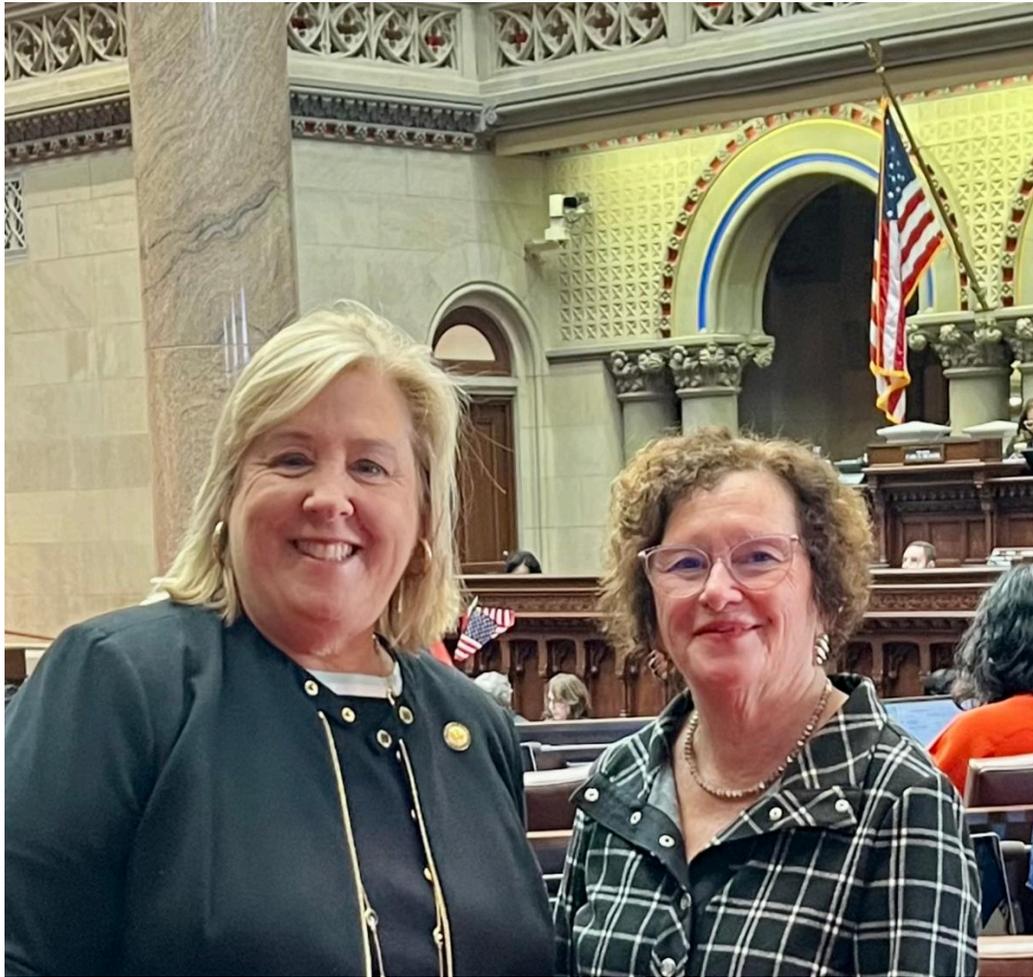
REBECCA A. SEAWRIGHT

Standing with Workers: Fix Tier 6 Now Rally in Albany



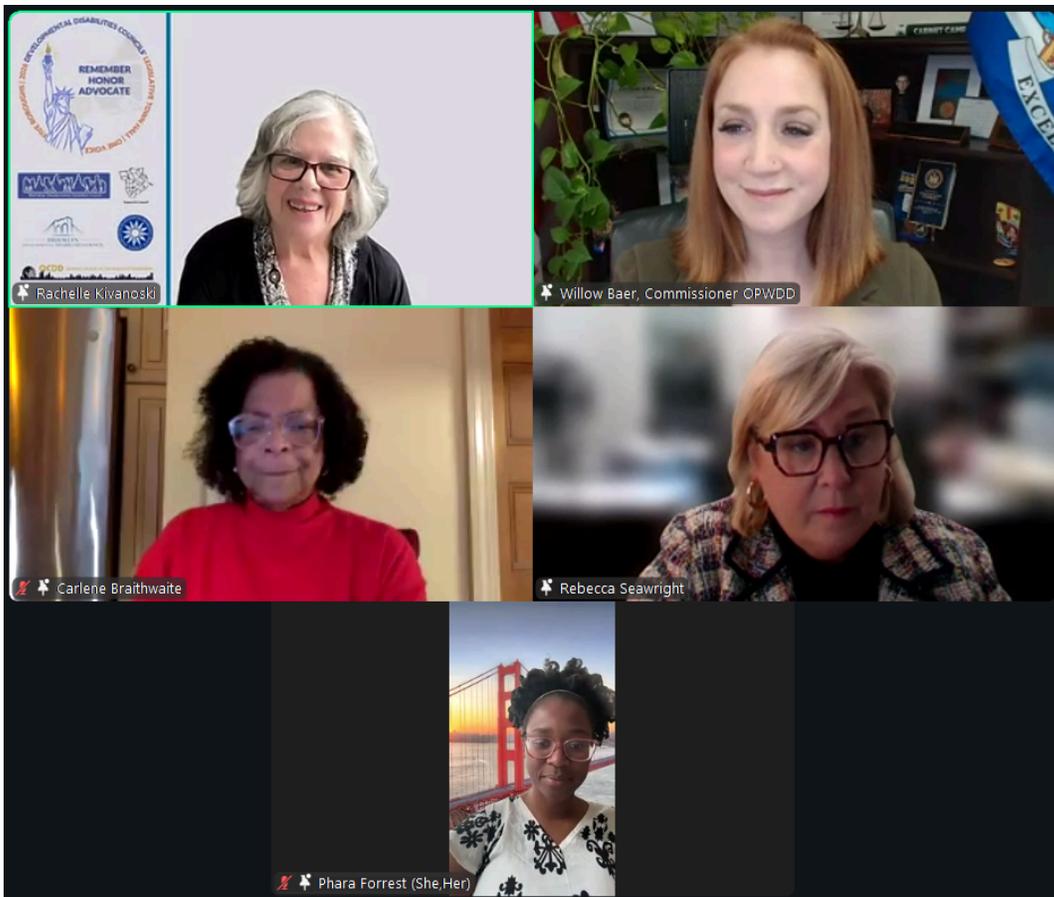
Assembly Member Rebecca A. Seawright spoke at the public workers and labor Fix Tier 6 Now Rally at the New York State Capitol, standing with members of District Council 37 to call for reforms to the Tier 6 pension system. She spoke in support of fair retirement benefits for the essential public employees who keep our communities running.

Hunter College President Nancy Cantor Joined Assembly Member Seawright for Higher Education Advocacy



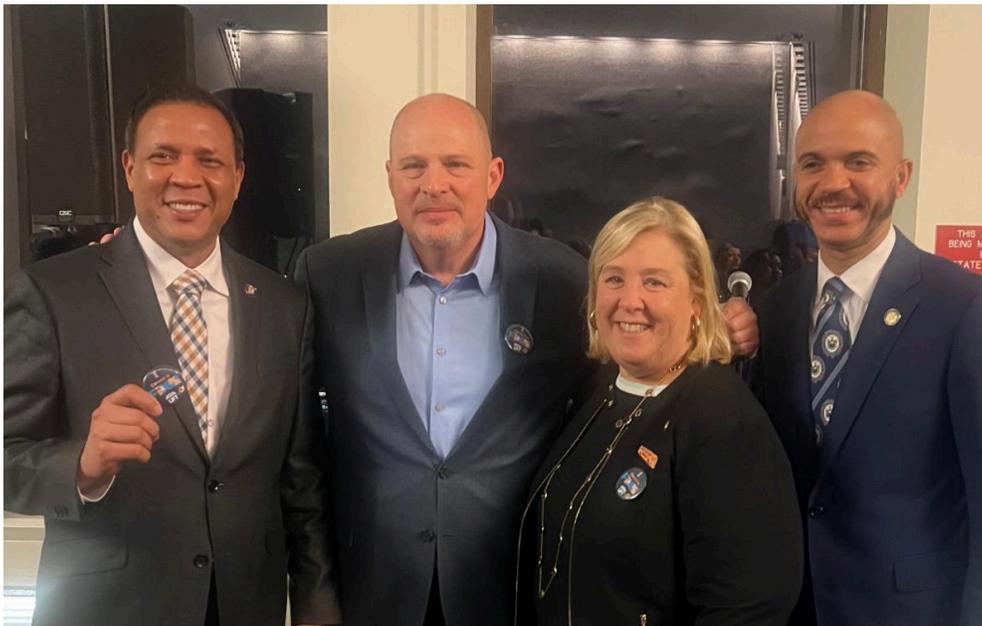
Assembly Member Rebecca Seawright met with Hunter College President Nancy Cantor and senior leadership in Albany to discuss the CUNY state budget request and key priorities for Hunter College. The conversation focused on strengthening support for public higher education and ensuring students and faculty have the resources they need to succeed.

Supporting Individuals with Developmental Disabilities and Their Families



Assembly Member Rebecca Seawright spoke at the Five Borough Developmental Disabilities Councils Legislative Town Hall to discuss key challenges facing individuals with intellectual and developmental disabilities and their families. As part of the Residential and Aging panel, she joined Willow Baer, Commissioner of the New York State Office for People With Developmental Disabilities, Assemblymember Phara Souffrant Forrest, and parent advocate Carlene Braithwaite in a conversation moderated by Rachelle Kivanoski of the Brooklyn DD Council.

Standing with Educators: Fixing Tier 6 in 2026



Assembly Member George Alvarez, UFT President Michael Mulgrew, Assembly Members

Assembly Member Rebecca Seawright is advocating alongside the United Federation of Teachers to fix Tier 6, the New York State pension system that currently provides reduced retirement benefits for over 50,000 UFT members. She supports efforts to lower the retirement age, improve pension calculations, and ensure fair and secure retirements for educators, helping to retain experienced teachers and attract new talent to New York classrooms. Members and allies were invited to participate in the March 8 rally in Albany and monthly “6 Days” actions to build momentum for reform.



Assembly Member Rebecca Seawright and Melinda Person, President of New York State United Teachers (NYSUT).

Celebrating Labor and Advocacy in Albany

Mike Neidl, Legislative Director of the New York State AFL-CIO and Assembly Member Rebecca Seawright.



Assembly Member Rebecca Seawright joined AFSCME New York and fellow labor leaders at the Annual Legislative event in Albany on March 4. The event brought together the Governor and elected officials, union representatives, and community partners to honor New York’s working families and highlight ongoing efforts to protect workers’ rights, strengthen public services, and support fair wages and benefits across the state.



Mario Cilento, President of the New York State AFL-CIO and Assembly Member Rebecca A. Seawright.



Henry Garrido, Executive Director of DC 37, addressed attendees at the Albany event, highlighting the importance of strong labor protections, fair pensions, and advocacy for public employees. His remarks underscored the critical role unions play in supporting New York's workforce and advancing policies that strengthen workers' rights and benefits.



Governor Kathy Hochul spoke about her budget priorities, highlighting investments in workers, fair wages, and strong labor protections for New Yorkers.

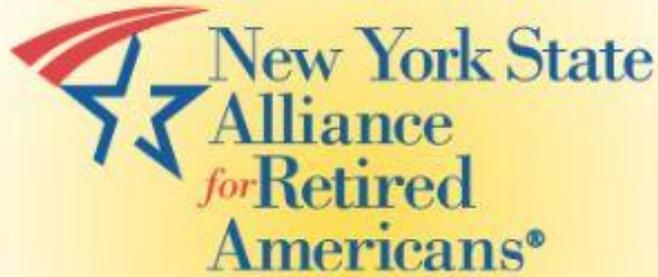
Manhattan CUNY Colleges Meet with Delegation Members



Assembly Member Rebecca Seawright attended the Manhattan Delegation State Legislative Meeting with CUNY leadership to discuss the university's FY 2027 budget priorities. Key focuses included funding faculty collective bargaining (\$36.5M), expanding student support services such as mental health (\$8.5M), disability services (\$5.2M), and seamless transfer programs (\$3.9M), scaling CUNY CARES to meet essential student needs (\$4.6M), advancing AI and technology initiatives (\$26.6M), and strengthening health and nursing programs (\$9.2M). Seawright emphasized the importance of sustained investment to keep CUNY affordable, equitable, and a powerful engine of opportunity for all New Yorkers.



SPOTLIGHT ON AGING:



New York State Alliance for Retired Americans Coordinating a Focused Campaign to Help Seniors, Stop the Scam, Involving Online Fraud

[Read More](#)

Slam the Scam: Protect Yourself from IRS Impersonators

Tax scams are on the rise, and fraudsters are increasingly impersonating the Internal Revenue Service (IRS) through alarming phone calls and text messages demanding immediate payment of supposed tax debts. Don't fall for it—these scams are designed to pressure you into sending money quickly.

Here's how to protect yourself:

- The IRS usually contacts taxpayers first by mail through the U.S. Postal Service—not by text, email, or social media.
- The IRS will never demand payment using gift cards or prepaid debit cards, and they will not threaten to call law enforcement or immigration authorities.
- The IRS only sends texts or emails if you've given permission in advance.

If you receive a suspicious message, do not pay or respond. Instead, you can log in to your secure IRS online account to check whether you actually owe taxes and review official notices.

Staying informed is the best way to outsmart scammers. Learn more about how to recognize legitimate IRS communications and report fraud through the Internal Revenue Service.



**HELPING PEOPLE
GET THE CARE
THEY NEED**

When people can get timely, affordable care, crises are prevented, recovery is supported, and lives are changed for the better. That's why New York strengthened protections to expand access to mental health and substance use disorder care for those who need it. To learn more, visit: www.ny.gov/realcare

**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](#)

BENEFITS SCREENING & APPLICATION ASSISTANCE



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 education Additional funding provided by the generous support of the JALBCA, NBCF, NYC Council, NYC DOHMH, NYS Senate, RAR Foundation, and individual patrons.

**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.



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! *



Department of State
Office for New Americans

KNOW YOUR RESOURCES

KNOW YOUR RIGHTS



Resources are available to everyone,
including immigrants:

dos.ny.gov/know-your-rights



New Americans Hotline:



1-800-566-7636

MULTI-LINGUAL AND ANONYMOUS

NEW EXTENDED HOURS

Monday – Friday, 8 AM – 8 PM EST

Saturday – Sunday, 9 AM – 5 PM EST



To share information regarding
federal government action
in New York State:

ag.ny.gov/federal-actions-form





Department of State
Office for New Americans



CONOZCA SUS **RECURSOS**

**CONOZCA SUS
DERECHOS**

Hay recursos disponibles para todos,
incluidos los inmigrantes:

es.dos.ny.gov/know-your-rights



Línea directa nuevos americanos:



1-800-566-7636

MULTILINGÜE Y ANÓNIMO

NUEVO HORARIO AMPLIADO

De lunes a viernes, 8 AM – 8 PM Tiempo del Este
De sábado a domingo, 9 AM – 5 PM Tiempo del Este



Para compartir información
sobre acciones del gobierno federal
en el estado de Nueva York:

es.ag.ny.gov/federal-actions-form



Upcoming Events

Lecture on Autism, Free and Open to the Public



*Dr. Stephen Shore
Professor of Special Education
at Adelphi University*

**Sense & Sensibilities:
An Inside View on Recognizing and Supporting
Individuals with Sensory Challenges**

March 10th, 2026 at 6:00 PM
at Dalton Commons (1535 3rd Ave, New York, NY 10028)

Dr. Shore's research focuses on matching best practice to the needs of people with autism. He has authored four books: *College for Students with Disabilities*, *Understanding Autism for Dummies*, *Ask and Tell*, and *Beyond the Wall*. He also serves on the board of Autism Speaks, the Asperger Syndrome and High Functioning Autism Association, The US Autism and Asperger Association, the Scientific Counsel of OAR, and other autism related organizations.

**Scan the QR Code
to Register!**

[Click Here to
Register](#)

or



US 250: Revolutionary Women



Saturday, March 7 | 11:00 AM - 12:00 PM

Most histories of the American Revolution miss a key element: the women. Join renowned historian and author Carol Berkin for a journey through the 1760s and 70s to discover the crucial roles women played as spies, saboteurs, and soldiers. Discover how Independence sparked a radical shift in gender roles and expectations.



New York
Public
Library

Roosevelt Island
504 Main street
New York, NY 10044
212-308-6243

Learn about everything happening at
your branch:
nypl.org/locations/roosevelt-island



HSS

Register today!
Program is free of charge.

Greenberg Academy for
Successful Aging

The Power of Music

Wednesday
March 10, 2026
10:30–11:30 am



Join Online or In-person

Register online at: communityed.hss.edu

For more information: call 212.774.7622 or email us at communityed@hss.edu

Studies show that music can help with pain, improve memory, and cognitive skills, and decrease stress. In this workshop you will:

- Learn about the benefits of using music in your life
- Engage in therapeutic music activities
- Tap along to the beat!

No previous experience with music is necessary!

INSTRUCTOR
Michael Kammers, MA, MT-BC
Music Therapist & Director

[HSS Education Institute](#)

Join our monthly email list to be notified of future programming

To sign up:

https://bit.ly/learn_with_us

or call: 212.774.7622.

This program is designed to give general information and does not provide individual medical advice.

The 29th Annual Douglas West Endowed Memorial Lecture

Viva Verdi! How Art and Vocation Shape Healthy Aging

Film Screening and Panel Discussion
presented by the Brookdale Department
of Geriatrics and Palliative Medicine



Thursday, March 26, 2026
5:30–8 pm

Hatch Auditorium
The Mount Sinai Hospital
1468 Madison Avenue, NYC

Join us for a special screening of *Viva Verdi!*, an acclaimed documentary celebrating the lives of aging artists who find meaning through creativity and vocation.

A panel discussion with the film's creators and experts from the Brookdale Department will follow, exploring how artistic engagement and purposeful work support health and enrich the aging experience.

All are welcome to this conversation at the intersection of the arts, wellness, and healthy aging.



To RSVP, please visit:
<https://dwl2026.eventbrite.com>
For more information, contact:
katherine.brown@mssm.edu



Panelists



Audrey K. Chun, MD
Vice Chair, Ambulatory
Care, Brookdale
Department of Geriatrics
and Palliative Medicine



Christine La Monte
Producer and Writer
of *Viva Verdi!*



**John Mondanaro,
PhD, LCAT, MTBC, CCLS**
Director, Expressive Arts
Therapies, Brookdale
Department of Geriatrics
and Palliative Medicine



Yvonne Russo
Director, Producer,
and Writer of *Viva Verdi!*



Moderated by

Meryl Rosofsky, MD
Co-Chair, Lilian and
Benjamin Hertzberg
Palliative Care Institute
Advisory Board



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.

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

[Community Update: February 27, 2026](#)

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

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

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

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