

MANHATTAN VALLEY

A COMMUNITY VISION FOR THE FUTURE



Pratt

Pratt Institute City & Regional Planning

Programs in Sustainable Planning & Development
Graduate Department of City & Regional Planning

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MANHATTAN VALLEY

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Pratt Institute School of Architecture
Programs in Sustainable Planning & Development
Graduate Program in City and Regional Planning
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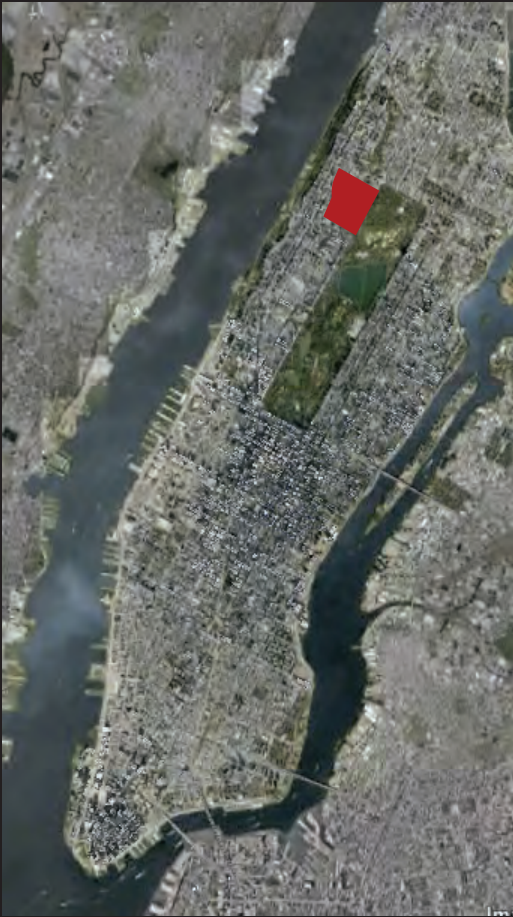
Kathleen Benjamin, Dottie Janotjka, and the rest of the seniors at the Frederick Douglass Senior Center
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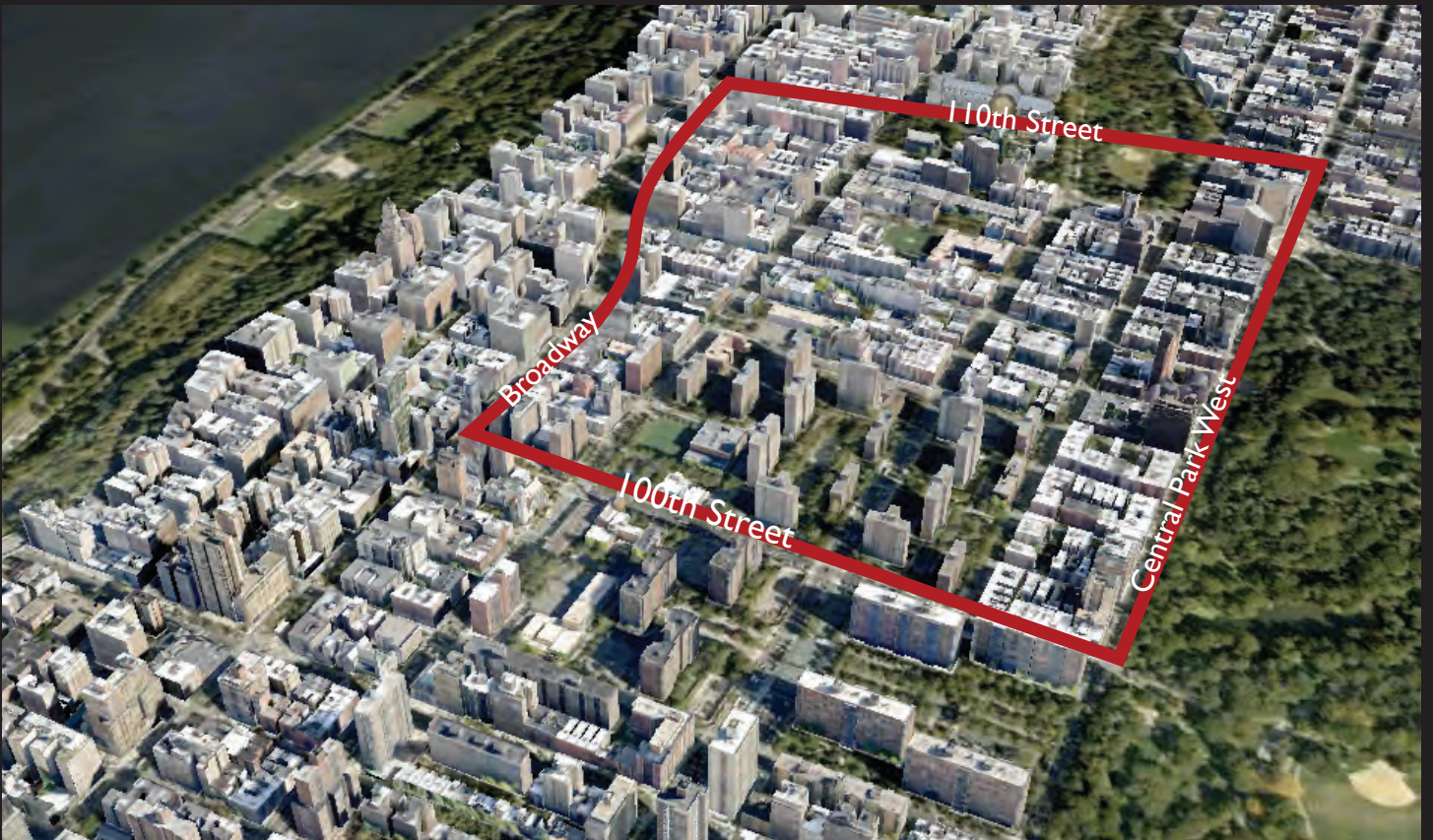
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MANHATTAN VALLEY

THE STUDY



INTRODUCTION



In the summer of 2009, Assemblyman Daniel O'Donnell's office approached the Municipal Art Society (MAS) to propose a study of a unique neighborhood within his district—Manhattan Valley. Pratt City and Regional Planning students became involved in the study during 2009-2010. This report presents recommendations for the community based on the results of our research, including surveys and in-depth interviews, as well as information gathered at the Manhattan Valley visioning workshop on March 6, 2010.

The Study Area

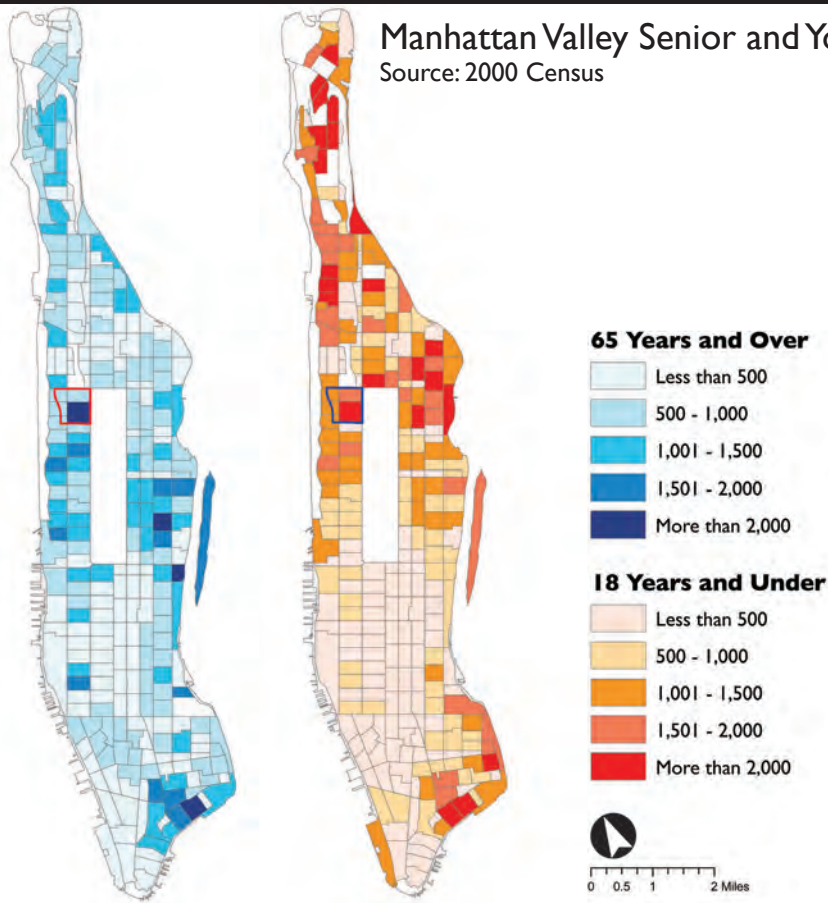
Once known as the Bloomingdale District, Manhattan Valley is a uniquely diverse neighborhood with an architectural and cultural history that makes it a microcosm of New York City's development. Comprising an area bounded roughly by Central Park West and Broadway to the east and west, and by 110th and 100th streets to the north and south, Manhattan Valley stands out on the Upper West Side due to its distinct economic and

ethnic diversity. The importance of maintaining this diversity within the community's historic context was reiterated by community members at every step of the research and visioning process.

There is a concern that gentrification pressures over the past decade have threatened this diversity. Moreover, because of its location on the Upper West Side, where the neighborhood is surrounded by more affluent, less diverse communities, there is a concern that some of the central needs of Manhattan Valley may not be being met in terms of appropriate services, programming and funding. Pinpointing strategies through which this community can build upon its key strengths in order to bridge gaps in these areas was a central focus for the recommendations for Manhattan Valley. Diversity is Manhattan Valley's key strength, and difference, variety, inclusion and cooperation are the powers that should be harnessed in order to increase community interaction and further strengthen the fabric of a community built on diversity.

Manhattan Valley Senior and Youth Populations

Source: 2000 Census



Diversity

Manhattan Valley is diverse in terms of race and ethnicity, age and socioeconomic composition of its residents.

AGE

There are very few areas in Manhattan with as high a population of senior citizens as Manhattan Valley. Most senior citizens live within the two census tracts that are situated entirely within Manhattan Valley. According to the 2000 census, the population of seniors ages 65 and up was 5,540. That number increased during the last decade. Baby boomers nearing retirement will further add to this number nationwide, and Manhattan Valley can expect to add many more seniors to its population.

Similarly, the youth population is also very high relative to other parts of the Borough. In 2000, 27% of the area population was under the age

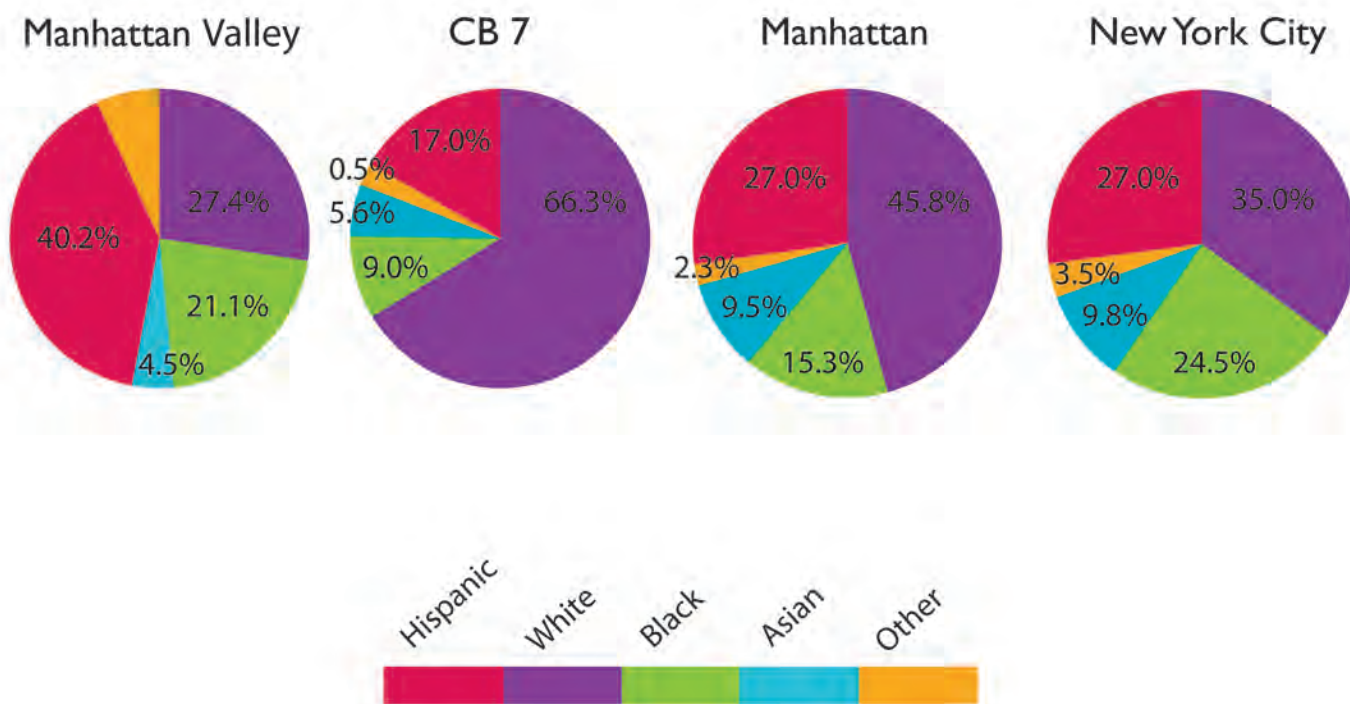
of 24. This number represents 13,125 residents. Again, these high concentrations happen within the same two census tracts that are contained entirely within the neighborhood, meaning that these high concentrations of youth and seniors are living side by side.

HOUSEHOLD INCOME

Another aspect of Manhattan Valley's diversity relates to the socioeconomic makeup of the community. Manhattan Valley residents tend to have lower incomes in relation to the rest of the Upper West Side. When compared to Community Board 7, Manhattan Valley residents' median household income was about \$20,000 less than that of their Upper West Side neighbors in 2000. For additional socioeconomic information relating household income to education attainment throughout Community Board 7, please see the Appendix.

Racial Diversity in Manhattan Valley

Source: 2000 Census



RACE

Manhattan Valley more closely resembles New York City as a whole in terms of racial diversity. This comparison is particularly striking in relation to Community Board 7. It is also significant to note the fact that the area's Hispanic population is, at 40.2%, much higher than it is citywide.

PLACE

Diversity also applies to Manhattan Valley's places, not just its people. Manhattan Valley is home to a wide variety of public open spaces that enrich daily city life. Manhattan Valley has great access to 3 major city parks—Central Park, Morningside Park and Riverside Park—as well as the shared open spaces within the community itself.

MANHATTAN VALLEY HISTORY



The early period of New York's history, and of Manhattan Valley's, was defined by the slow movement of settlers north on the island of Manhattan. New York was first settled in 1625, when the Dutch built Fort Amsterdam at the tip of Manhattan. The British seized the colony in 1665, renaming it New York. Even after New York was declared the first capital of the new United States in 1785, the farms of the Upper West Side were far removed from the city and remained a bucolic landscape.

In the 1800s, the city began to grow rapidly. The period between 1800 and 1900 was marked by explosive growth parallel to major improvements to infrastructure. Central Park was completed in 1859 and displaced residents to the Manhattan Valley neighborhood. With new roads such as Broadway and Manhattan Avenue, Manhattan Valley became easier to reach.

In the 1900s, modern transportation infrastructure, such as the New York City subway and the completion of the George Washington Bridge, connected Manhattan Valley to the rest of New York. The development of housing and jobs brought new residents to the area. By this time, all of Bloomingdale's flowers and farms had disappeared and were replaced by tenements with Irish and German immigrants. By the late 1940s the immigrant population had shifted and many Puerto Ricans, Dominicans and South Americans began settling here, adding a new layer of international and ethnic diversity.

The 1950s marked the period of urban renewal and the Frederick Douglass houses were built. But the new houses did not meet all the needs of the community, so organizations like the Manhattan Valley Development Corporation were formed to improve and develop housing. When the city entered a fiscal crisis in the 1970s, many people

A Brief History...

Manhattan Valley



fled the city, abandoning properties and left institutions vacant.

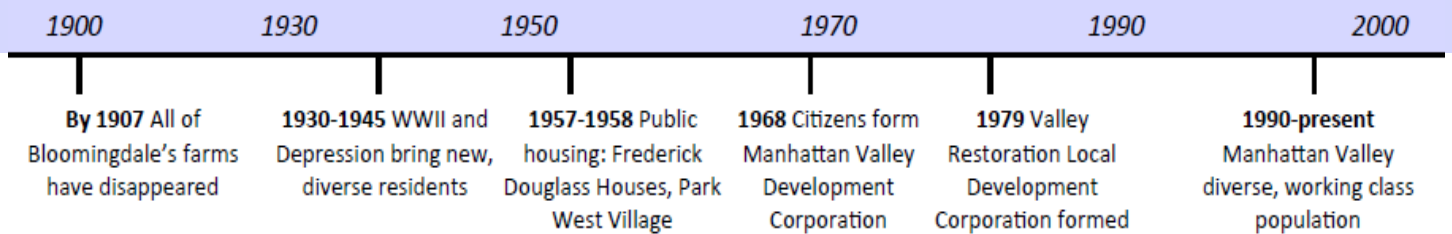
As the community continued to organize around tackling the housing crisis, the Valley Restoration Local Development Corporation was formed. The building boom in the 80s and 90s occurred as neighborhood involvement created positive trends that continued to make Manhattan Valley a nice, affordable place to call home as middle class people “rediscovered” the city. In the last few decades, Manhattan Valley has become what could be called “the best of the West.” Diverse population, diverse income levels and diverse housing options make Manhattan Valley a unique neighborhood compared to the adjacent communities on the Upper West Side.

However, gentrification pressures that continue to challenge the diversity of the area are not unique to Manhattan Valley. All over the city, neighborhoods have been losing affordable housing units. For instance, despite the fact that Mayor Bloomberg has created 94,000 affordable units throughout New York City since 2002, 200,000 units were lost during the same

time period. But even in a difficult housing market, a neighborhood like Manhattan Valley may have an advantage because of the historic investment and the residents’ interest in maintaining diversity and a wide variety of affordable housing options.



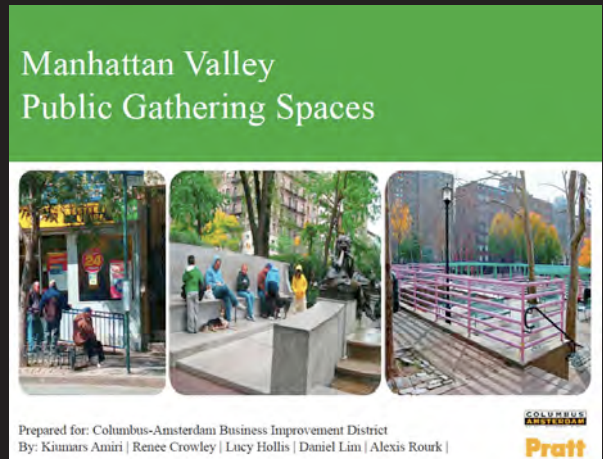
Manhattan Valley



RESEARCH

Pratt students who studied the area during the fall 2009 semester focused on a range of topics from commercial development and housing to demographics and social services. These studies provided both a set of preliminary recommendations for the Columbus/Amsterdam Business Improvement District (BID) and have informed the recommendations made in this report.

These reports can be found at the Bloomingdale branch of the New York Public Library.



COMMUNITY VISIONING

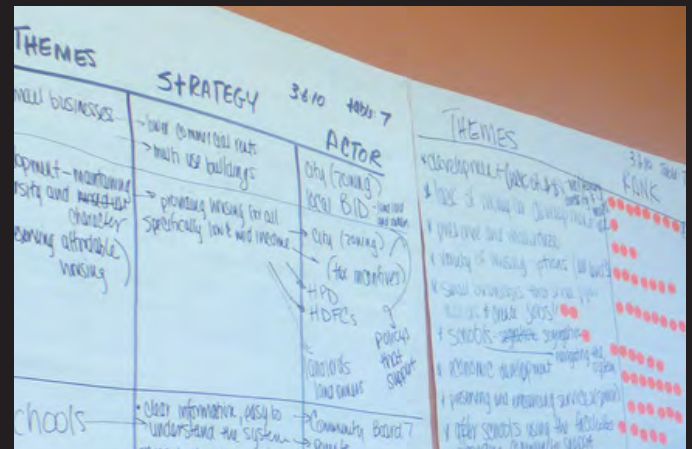


Visioning Workshop

The Manhattan Valley project's focus has always been on the community itself. To this end, Pratt Institute, in cooperation with the Municipal Art Society, held a community visioning workshop in early March of 2010. More than a hundred community members, representing community organizations, tenants' and block associations, the Community Board, local business, or just themselves, participated in the discussion and visioning process, during which we were able to gather and record a wealth of information from the real experts on our topic – Manhattan Valley residents.

A visioning workshop is a forum for discussion and idea generation among community members. The goal of the workshop is to ensure that each participant has the opportunity to share what he or she feels to be the most important issues in their community within a constructive environment. With these issues in mind, participants, divided at random into small groups for the exercise, build

consensus within their groups, focusing on the issues that are most meaningful to all of the group members. Ultimately, the participants produce a series of “visions” for the neighborhood. Visions are positive, proactive statements of future community goals. These could be simple changes, such as “Clean up Manhattan Valley’s streets,” or more long-term goals, such as, “Guarantee affordable housing for elderly residents.” Facilitators at each table faithfully transcribe each step.



The Visioning Process

1. Participants introduce themselves and identify community assets and challenges
2. Participants group assets and challenges into themes to focus discussion
3. After agreeing upon themes, participants craft vision statements
4. Visions are then ranked by participants in order to prioritize discussion
5. In order of importance to the group, participants flesh out vision statements, developing strategies to achieve the visions and identifying local actors
6. Participants from each group present their main ideas to the room

The visioning process yielded a wealth of information from community residents, which we will be referencing throughout this report.

In addition to the tangible results of the written visions and strategies, the visioning workshop produced some very important intangible results as well. The value of the community connections made and of the information exchanged during the meeting is an important aspect of this process.



THE VISIONS

Seniors, Youth & Open Space

The visioning workshop yielded a wealth of insightful data and first-hand stories about the Manhattan Valley area. The statements shown below are those visions created by community members during the visioning that relate directly to the topics of seniors, youth and open space.



- Preserve and develop affordable housing options for seniors
- Develop resources for service providers
- Increase communication among residents



- Empower our youth
- Increase integration in schools, reduce difficulties navigating the school system
- The neighborhood schools must match the needs of neighborhood children
- Increase access to jobs and resources to improve the economic disparity among youth



- Improve the environment, including garbage and bike lanes
- Keep low-rise zoning
- Use our streets as public space more effectively
- Maintain the diversity and character of the neighborhood
- Bring the community together

FEEDBACK & ANALYSIS

Following the visioning workshop, the results from each table were tabulated by topic, and the results, listed in full in the Appendix, show the importance of these issues to the Manhattan Valley community. The importance of these topics to the community informed our recommendations for seniors, youth and open space.

Open Space

Streetscape Enhancement
Clean Streets & Public Gathering
Arts Programming

Passive Space
Accessibility
Safety

Arts
Active Space
Jobs

**Increased
Community
Interaction**

Youth

Enhance Services
Aging in Place
Community
Connections

CB 7 Committee
Arts
Volunteering

Jobs & Training
Connect Services
Education

Seniors

KEY RECOMMENDATIONS

Focusing on three main thematic categories—senior citizens, youth, and open space—this report will present a series of actionable recommendations that represent some of the long- and short-term goals of the Manhattan Valley community.



Enhance Services
Aging in Place
Community Connection



Jobs & Training
Connect Services
Education



Streetscape Enhancement
Clean Streets & Public Gathering
Arts Programming

Taken as a whole, our recommendations aim to achieve what we, in reviewing all of the themes, visions, and strategies from the March workshop, saw as the dominant, overarching concept: the need to increase community interaction in order to maximize and connect existing resources within a diverse community.

MANHATTAN VALLEY

RECOMMENDATIONS



Manhattan Valley's Seniors



Manhattan Valley is home to a large number of senior citizens, and the numbers are growing. In this neighborhood—as in the city, and the nation as a whole—the elderly will soon comprise an even larger portion of the population. With record numbers of baby boomers reaching retirement age in the next decade, a focus on supportive senior services, alternative senior housing options and fostering community both among seniors and between seniors and their younger neighbors is going to be even more important in the coming years.

Visioning workshop participants pointed to a need for “more access to services for the elderly population,” and a need for “decent housing for retirees to live and not have to leave the area.” The needs of seniors in this sense echoed the larger needs of the community for appropriate and accessible social services and for affordable housing. A major concern of soon-to-be retired Manhattan Valley residents in particular was that housing costs will continue to rise and force them to leave the community for retirement.

Manhattan Valley Senior Population By Age 60+

Source: 2000 Census

	Age 60-64	Age 65-74	Age 75-84	Age 85+
Census Tract 187	393	543	253	86
Census Tract 189	541	969	518	417
Census Tract 191	395	547	251	97
Census Tract 193	366	568	279	103
Census Tract 195	314	405	222	91

Demographic research shows that poverty is an issue among many area seniors, with up to 50% of seniors living at or below the poverty line in some parts of the community. In interviews with members of the Frederick Douglass Senior Center, we learned that poverty impacts access to food for some seniors. Poverty is linked to health problems and disability, and seniors struggling to make ends meet are also those most likely to bear the extra financial burden of care for grandchildren, and those most likely to be isolated linguistically from the rest of the community as native speakers of languages other than English. For a complete discussion of poverty, language barriers, grandparent caregivers, isolation and disability among Manhattan Valley's seniors, please see the Appendix.

Following the visioning exercise, in order to get a better feel for the issues they face, we surveyed retired seniors who frequent activities at Frederick Douglass Houses and

programming at Red Oak/Golden Age Senior Center as well as seniors who are not quite retired yet. The survey included questions concerning housing affordability, safety, and accessibility of services. However, our interactions with seniors revealed a great deal of information that we did not anticipate.

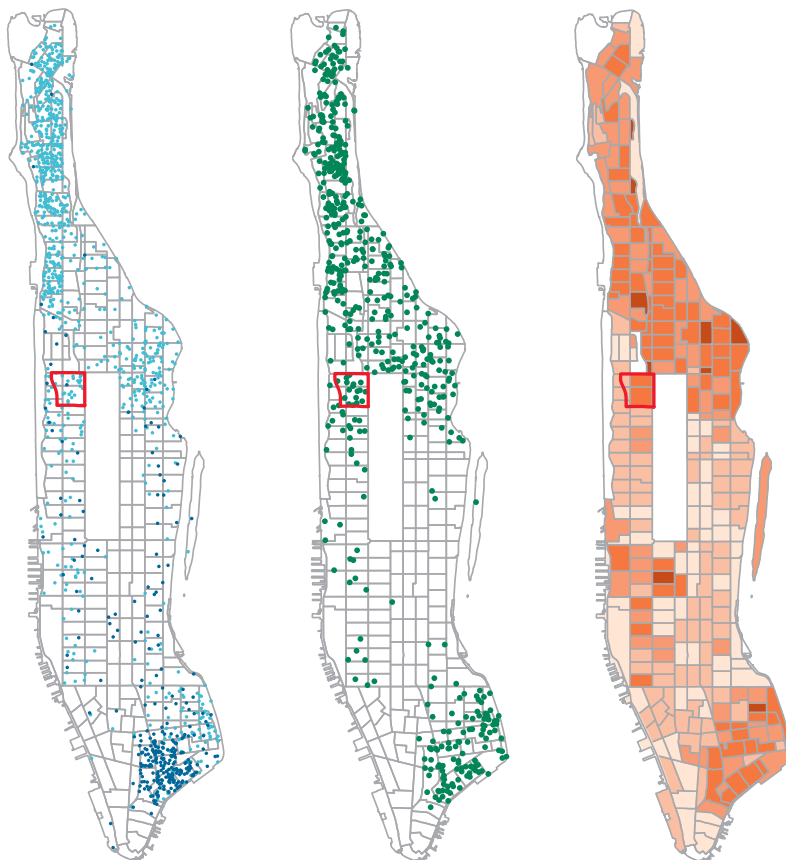
“decent **housing for retirees** to live and not leave the area”

“**more housing** for the elderly”

“we need to **keep senior service programs serving the residents...**keep the high quality”

“guarantee **more access to services** for the elderly”

“provide **real homes** for the elderly that **serve all**”



Senior Challenges: Language, Family & Poverty

Linguistic Isolation

- 1 Dot = 200
- Spanish speakers
- Speakers of Asian and Pacific Island languages

Burden of Care

- 1 Dot = 50
- Grandparents living with own grandchildren under 18 years

Percent 65+ Below Poverty

- Less than 5%
- 5-15%
- 15-30%
- 30-50%
- More than 50%

All of the community's senior citizens, regardless of age, income, race, national origin, or family situation can benefit from the increased exchange and cooperation among community services and increased interaction among community members that form the central focus of the recommendations that follow.

ENHANCE SERVICES

Manhattan Valley is home to a number of social services that either focus on senior citizens or cater to needs relevant to the community's senior population. However, service fragmentation may lead to an inadvertently underserved population.

Residential senior centers such as Red Oak/Golden Age Senior Center, Jewish Home Lifecare, and the Frederick Douglass Senior Center act as hubs of activity, information, and referrals among area seniors. The senior centers offer both a web of care for their residents and a range of programming, such as Red Oak's Friday afternoon Spanish-language Group of Friends, that are a draw for non-residents.

Typical services provided at residential centers such as Jewish Home Lifecare or Red Oak include:

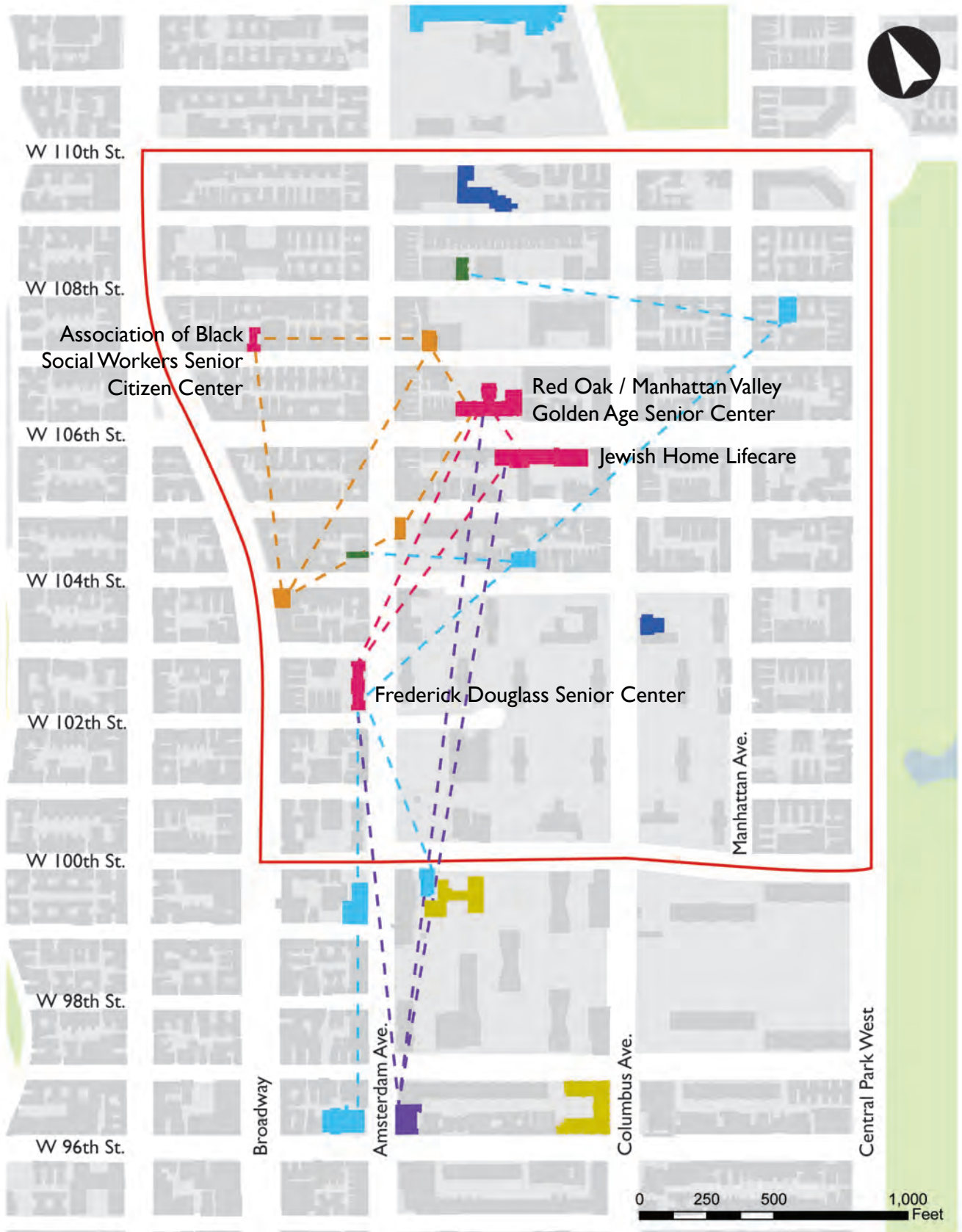
- Nursing
- Home care
- Meal service/dining
- Social and cultural programs for residents
- Medical care and rehabilitation
- Case management
- Adult day programs
- Supplemental services such as beauty, exercise, transportation, or excursions

Residents have access to these essential services 24 hours a day. However, they may not be well-connected to facilities outside the centers, facilities that provide such key services as legal and financial advising, or ESL classes.

Conversely, non-resident seniors who utilize senior centers' day programming need access to basic care or day-to-day assistance in addition to being better connected to supporting services.

The map on the next page shows the range of Manhattan Valley area services that compliment essential, basic care. Based on specific needs identified by community residents or indicated by demographic information, some of the services represented may be of unexpected importance.





Manhattan Valley Senior Services

- | | | |
|--|--|--|
| Senior Center, Day or Residential | Family Services & ESL | General Senior Services |
| Special Needs & Disability | ESL | Proposed Partnerships |
| Food Pantry or Soup Kitchen | Healthcare | |

Recommendations:

Link area senior services through informal and formal networks

Stimulate interconnectivity among neighborhood service providers, with area senior centers at the center of exchange. Organize a meeting for senior center management and staff to discuss aging issues, with the added benefit of getting to know one another as well as the needs of the centers and homes.

Publish a senior service guide for Manhattan Valley

Formalize these links by publishing and publicizing a guide to senior-specific area services. This guide will improve upon the service listings currently offered by the BID by expanding the scope of types of services included.

A printed guide would offer a comprehensive listing of services by type or topic, and could serve as a quick, accessible reference for both individuals and service providers.

The guide should be offered in both English and Spanish to ensure equal access to information. Furthermore, the guide would be easy to maintain as a simple Word document or PDF that would be distributed both in print, at senior-friendly distribution centers throughout the community, and as an email attachment.





Focus on Manhattan Valley Seniors' Needs

Develop new connections and resources with a specific focus on the community's needs.

FOOD AND NUTRITION

Ensure every Manhattan Valley senior citizen has consistent access to healthy food.

GRANDPARENT CAREGIVERS

Increase awareness of citywide and local services for grandfamilies, advocate for accommodation of grandparent caregivers in public senior housing.

ESL AND TRANSLATION

Partner with local ESL schools to offer classes for senior citizens.

Manhattan Valley's unique diversity requires that special attention be paid to underrepresented or underserved community members.

For a list of suggested service providers, please reference the tables in the Appendix.

AGING IN PLACE

Senior citizens in Manhattan Valley need affordable housing options that meet the needs of a diverse and growing aging population.

Recommendations:

Join the aging in place movement by supporting development of alternative senior housing through naturally occurring retirement communities or the village cooperative model.

“Aging in place” refers to seniors creating a plan to grow old while remaining in their own homes. The goal is for aging seniors to be able to stay in their homes confidently and comfortably for as long as possible. Traditionally, “aging in place” has encompassed different levels of in-home care, provided at independent or assisted living campuses or facilities. The current trend, particularly in urban areas, is to focus more on seniors growing old in their own homes, supported by a network of services and care fostered in a variety of ways at

either the building or development level. The most important benefits of “aging in place” are that seniors are able to stay in the homes and communities they know and love. They are able to stay in homes that are more likely to be affordable than purpose-built retirement communities or assisted living homes. Aging in place initiatives provide benefits to individuals across socioeconomic boundaries.

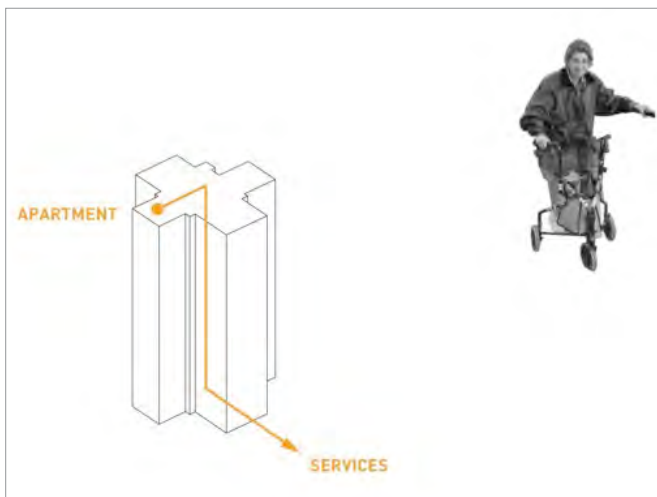
Aging in Place Strategies

Naturally Occurring Retirement Communities (NORCs)

“Naturally occurring retirement community” (NORC) refers to buildings or developments in which a significant portion of the residents are aging adults. Generally, NORCs are not purpose-built senior housing or retirement communities. Most often they are either communities in

27 NORCS in NYC Offer Proximity to Services:

Manhattan Valley
5,540 Seniors



which the senior residents have chosen to age in place and have lived in for a number of years, or communities where there was an influx of retirement-age seniors. This community or building-level clustering of senior citizens is ideal for developing Supportive Service Programs (SSP). The NORC-SSP paradigm is a community-based intervention designed to reduce service fragmentation and create healthy, integrated communities in which seniors are able to age in place with comfort and security.

NORC Characteristics

- Have defined geographic boundaries
- Empower seniors
- Create community
- Provide services such as healthcare, social work and socialization as well as those that meet community-specific needs

In 2002, Congress began supporting the development of the NORC-SSP model as a part of the Title IV, Activities for Health, Independence, and Longevity of the Older Americans Act. This legislation authorizes the awarding of funds for training and projects in the field of aging, with funds being used to either expand knowledge or test ideas about services and programs for aging adults. Since September 1, 2002, more than \$22 million in federal funds and match exceeding \$7 million has been used to establish more than 40 NORC-SSPs for older adults.

There are currently already 27 recognized NORCs within New York City. Many of these communities are “towers in the park,” and 19 of the existing New York City NORCs are limited equity co-op buildings.

The formula for creating a successful NORC includes: favorable financial framework, i.e. affordable housing, community activism and organization, and finally the building or geographic area itself.

NORCs also benefit the community, by fostering

generational diversity by providing seniors with the option to affordably stay in their neighborhoods, by reducing fragmentation of services in the area, and by proactively anticipating the community’s needs by planning ahead for aging.

Strategies

I. NORC RECOGNITION

Bring NORCs to Manhattan Valley by forming a task force, working closely with tenants’ associations and co-op boards to identify locations within Manhattan Valley, and submitting a proposal for NORC designation.

This long-term approach relies on meeting of federal requirements for funding. For further information on the approval process, please see the Appendix.

NORCs can be a building or buildings. The common denominator is that NORCs house large populations of older adults in close proximity to one another. In Manhattan Valley, the best option for approaching NORCs would be at the block or development level, rather than the individual building level. One possible barrier to creating a successful NORC in this community is the housing stock itself; many buildings are low-rise walk-ups, which are not conducive to long-term senior living without retrofitting for accessibility.

To this end, NORC evaluation could target high-rise buildings or complexes in Manhattan Valley such as Park West Village, as one example. This particular location could also present an opportunity to work with Jewish Home Lifecare as a service provider/ coordinating organization for a NORC based in the surrounding community, following Jewish Home’s



relocation to West 100th Street in 2011.

2. DEVELOP A MANHATTAN VALLEY SENIOR VILLAGE

Partner residential groups with area service providers to establish a senior-focused web of services built on NORC principles. The Senior Village model is an aging in place community where neighbors join together to plan and negotiate for services that are shared among community members. Services include such amenities as transportation, home health visits, shopping, home repair, or housekeeping, to name a few. For an affordable annual membership fee, seniors and their families gain access to services that would otherwise be unaffordable or inaccessible.

Senior villages are non-profit organizations, and the creation of a Senior Village program in Manhattan Valley would also present opportunities for business growth in the area, as a senior village group would require administrative staff and could support new area businesses that serve senior needs.

Either model would foster cooperation among existing residential and community groups, such as tenant organizations and co-op boards,

local interest groups, senior centers and healthcare providers to bring Manhattan Valley's network of community resources closer to seniors. The goal in both strategies is to establish a senior-focused web of services that is based in the home, will allow for the incorporation of new members or residents as the population continues to age, and will contribute to maintaining affordable housing for senior citizens.



Beacon Hill Village, Boston, MA

The prototype Senior Village community was founded by Boston residents in 2001, based on the motivation to allow a group of seniors to stay in their neighborhoods by organizing and developing programs and services that would let them do so.

Services: Concierge, health, social programs and activities, volunteer opportunities...even dog walking.

Membership: Guarantees discounted and vetted service providers. Members are 50 and up.

Fees: \$600/year individuals, \$890/year families. The Membership Plus program provides a deeply reduced rate for middle- and low-income members. Individuals with an annual income of \$45,000 and less pay \$100/year, and families with incomes of \$50,000 and less pay \$150/year. Additionally, Membership Plus members receive a credit for services. This program is funded through donations from neighbors and foundations.

Further reading: "Aging at Home: For a Lucky Few, a Wish Come True," Jane Gross, The New York Times, Feb. 9, 2006

Source: www.beaconhillvillage.com

Gramatan Village, Bronxville, NY

Located in Bronxville, NY, Gramatan Village is a more local example of a Senior Village at work.

Services: Discounts and special privileges with local merchants and services. Reduced rate home care. Priority consideration for admission to local assisted living or nursing home facilities. Transportation, errands, home chores, cultural events, organized trips and informational workshops and seminars.

Membership: Members are 65 and up.

Fees: Rates for this program are \$360/year for individuals, \$480/year for couples or families. Funding through a grant from the Community Fund of Bronxville allows special membership rates for middle and lower income families; those with annual incomes of \$50,000 or less pay \$35/year for individual and \$50/year for family memberships.

Source: <http://www.gramatanvillage.org>



COMMUNITY CONNECTIONS

While Manhattan Valley currently boasts a strong sense of community, as the neighborhood continues to evolve, the fabric of the neighborhood may change and this sense of community might deteriorate.

Recommendations:

Increase community connections by celebrating community leaders and fostering new ones, stimulating social activity through community organizations, and linking youth and seniors.

Celebrate and Support Community Leaders

In spending time in the community, we realized that Manhattan Valley is full of “connectors”, or unofficial leaders who serve as the glue of the community. These residents cross generational barriers, look out for their neighbors’ needs, keep their finger on the pulse of what is going on in Manhattan Valley, and work to make improvements in the community.

For instance, at the Frederick Douglass Senior Center, Kathleen Benjamin, who is a long-time resident of Frederick Douglass Houses, was one of the four original founders of the senior center 15 years ago. She collects food for her neighbors when she can and relays information to the residents with limited English-speaking skills on her floor using the small amount of Spanish she knows. She has also served in leadership positions for various organizations within the Frederick Douglass Houses and in the larger community. Kathleen continues to attend local NYPD precinct and NYCHA police meetings and is a well-recognized figure around the Frederick Douglass Houses. In fact, many of the youth around the public housing complex know her, pay her respect, and call her “Mama.”



A not-yet-retired senior named Dottie Janotjka, is the caretaker of another senior in the neighborhood who is no longer able to care for herself. Dottie has lived in Manhattan Valley for most of her life and is one of the many residents who worked hard to take back the community from drug dealers many years ago. She can recall many of the features of the old neighborhood with crystal clarity, and her baseball cap, jeans, and dogs make her easily identifiable to everyone who knows her in the community. In fact, Dottie is very well-known among dog owners in the neighborhood, as she manages all of the beautification efforts for the dog run in Morningside Park.



Kathleen and Dottie are just a couple of examples of seniors who have been and will continue to be leaders and connectors in Manhattan Valley. This type of leadership needs to be preserved to keep the neighborhood moving forward and serving the needs of all without losing its sense of community. More importantly, however, future connectors in Manhattan Valley need to be cultivated from younger generations.

Honoring Community Leadership

Seniors at Frederick Douglass Senior Center are commemorating the center's fifteenth anniversary by sewing this quilt, which is a compilation of photos of the seniors who regularly attend the center's programming, their artwork, and other momentos.

The quilt specifically honors the four founders of the Frederick Douglass Senior Center, including Kathleen and Odessa (pictured on previous page).



Stimulate Social Activity through Community Organizations

Increase inter-institutional programming in Manhattan Valley. Our interviews showed that many of the seniors welcome new experiences and more opportunities to socialize with their peers in Manhattan Valley. They are interested in attending senior-related programming they do not typically frequent and events sponsored by multiple senior-focused organizations.

Inter-institutional programming would compensate for shortcomings in individual programs. For example, seniors at Red Oak/Golden Age Senior Center might benefit from arts-related cross-programming with Frederick Douglass Senior Center, whose arts curriculum is quite extensive. Alternatively, the lack of male dance partners available at Red Oak/Golden Age Senior Center (a concern expressed by a number of the female respondents of the survey) might be remedied if seniors from other centers in the area were made aware of the event.

Moreover, in light of the budget cut-backs that many senior programs are facing at present, increased overlap in programming might help to counterbalance the loss of those programs eliminated due to lack of funding. Following the development of cross-institutional programming, our proposed brochure of senior services would be a good tool to advertise these linkages.

SENIORS HELPING SENIORS

Another key mechanism for stimulating senior social activity through community organizations is volunteerism, specifically among the younger seniors, who might be newly retired, boast more flexible work schedules, and may better relate to the needs of more elderly seniors. Linking more youthful seniors who have a desire to give back to their community with those who might be homebound or in need of occasional assistance would be mutually beneficial to both parties. Support Our Seniors in Morningside Heights matches volunteers with seniors who need very

basic, non-technical care, including assistance running errands and basic companionship. A similar program could be implemented in Manhattan Valley, most likely through tenant associations and co-op boards whose constituencies include a sizeable senior population.

CONNECT YOUTH AND SENIORS

In the spirit of increasing connections between key populations in the neighborhood, there is a lot of wisdom that Manhattan Valley seniors could impart to youth in the community, and that youth could lend assistance to older adults.



LONG-TERM PROGRAMMING

One program that effectively links youth and seniors in a manner in which both groups benefit is Jewish Home Life's Geriatric Training Program. The curriculum trains Bronx high school youth for careers in geriatric care, while elder mentors at the home assist the students with their training. Ideally, this program could be expanded to include Manhattan Valley high school students, and in the future a variation of these geriatric care services could be implemented independently from Jewish Home Life and on a smaller scale at sites that are designated as senior villages in the community.

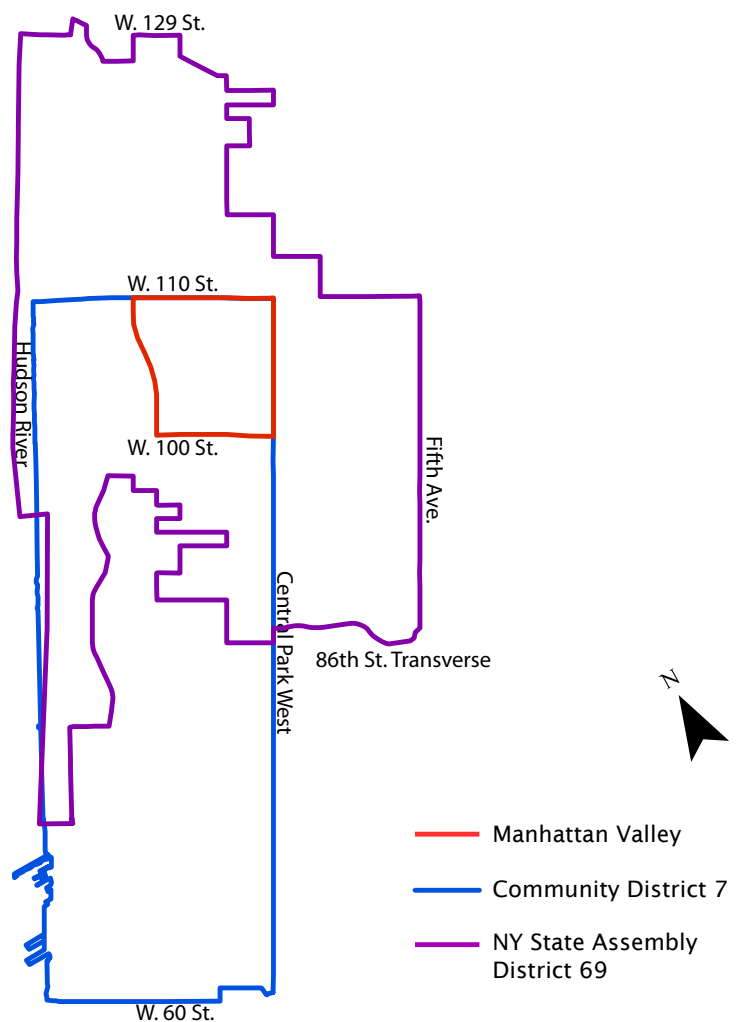
SPECIAL EVENTS

A program that could be executed, relatively low in cost, and accessible to the entire community is a one-day special event celebrating grandchildren

and grandparents in Manhattan Valley – “Grand Day.” This event would recognize the special link between seniors and youth, and those grandparents and grandchildren whose loved ones live outside of Manhattan Valley could connect and enjoy one another’s company as surrogate family for the day. The day could culminate in a community art project, which is discussed in greater detail in the open space section of this report. Such an endeavor would bring different generations together, beautify the neighborhood, and strengthen the fabric of the community.

CB 7: INCREASE FOCUS ON SENIOR ISSUES

Assemblyman Daniel O’Donnell’s and Community Board 7’s commitment to senior issues is commendable. However, to sufficiently address the challenges that seniors face, increased attention from local government officials and organizations is required. One of the goals set by CB 7’s Health and Human Services committee for 2010 is continued focus on the issue of aging in place. CB 7 should take this initiative one step further and create a new committee dedicated solely to concerns surrounding seniors.



Manhattan Valley's Youth

Recommendations:

Create Youth Community Leaders

The Service in Schools initiative from Mayor Bloomberg states that all NYC K-12 public schools will engage in at least one service or service learning project during the 2009-2010 academic year. One proposed theme is senior care and kindness. This could be an opportunity to expand or create ties between the area schools, Manhattan Valley Golden Age Senior Center at Red Oak Apartments and Jewish Home Lifecare. Bringing youth in touch with seniors would give them a chance to find new mentors.

Encourage teens to join Read NYC, an organization that pairs teens with young children to teach them to read. Volunteering or paid tutoring is available under contract with the NYC Department Of Education. This program could be implemented between local schools, such as at Edward A. Reynolds West Side High School to P.S. 145 Bloomingdale School.

Encourage youth leadership positions in Manhattan Valley. The Youth, Education and Libraries Committee of Community Board 7 has agreed to try to implement a few initiatives for youth empowerment. These include a twice-annual public hearing on teen issues and lowering the minimum age requirement for full voting membership of the Community Board, from 18 to 16, thereby creating



Youth is defined as the time of life between childhood and adulthood, roughly the ages of 12 to 24. Manhattan Valley residents in this age range make up about 15% of the area's population. Youth are a particularly vulnerable group due to a wide array of issues.

Based on the results of the visioning process, the recommendations in this section will address some of these issues: youth empowerment, connecting and enhancing services for youth and teens, employment and training and education.

EMPOWERING YOUTH

The teen years are a vulnerable time, and early experiences can shape a teen's path through early adulthood. By focusing on empowerment through leadership and service, Manhattan Valley community members can foster self-confidence and self-reliance among community youth.

"we need **more youth programs** and activities"

"there's a **lack of involvement** of children in the community"

youth leadership positions. As Mark Diller, Chair of the Youth, Education and Libraries Committee, said, Manhattan Borough President Scott Stringer was once a teen member of an NYC Community Board.

CONNECTING & ENHANCING SERVICES

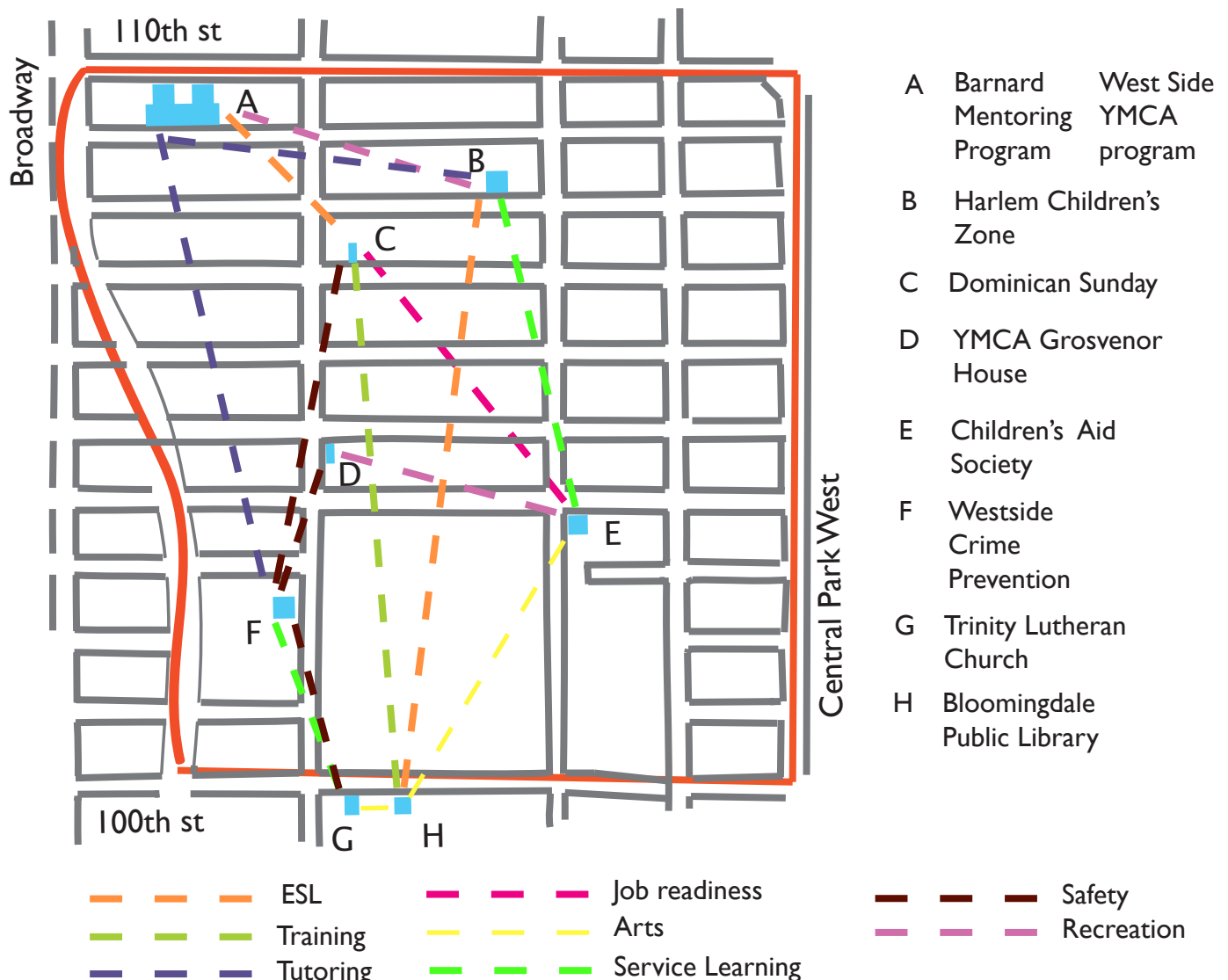
There are a wide range of services for youth currently in place in Manhattan Valley, such as after school and teen action programs at the Children’s Aid Society and etiquette classes at Dominican Sunday. However, the community indicated that these services and programs could be enhanced and better connected.

Recommendations:

Enhance Communication Between Youth Service Providers

There are a wide range of services for youth currently in place in Manhattan Valley, such as after-school and teen-action programs at Children’s Aid Society and etiquette and protocol classes at Dominican Sunday. Youth service providers, including the President of Dominican Sunday and the Coordinator of Teen Programs at the West Side YMCA, expressed an interest in discussing the future of Manhattan Valley youth. These youth service providers need to be provided the space and encouragement to do so. Such a meeting could be a place to coordinate a “youth events and

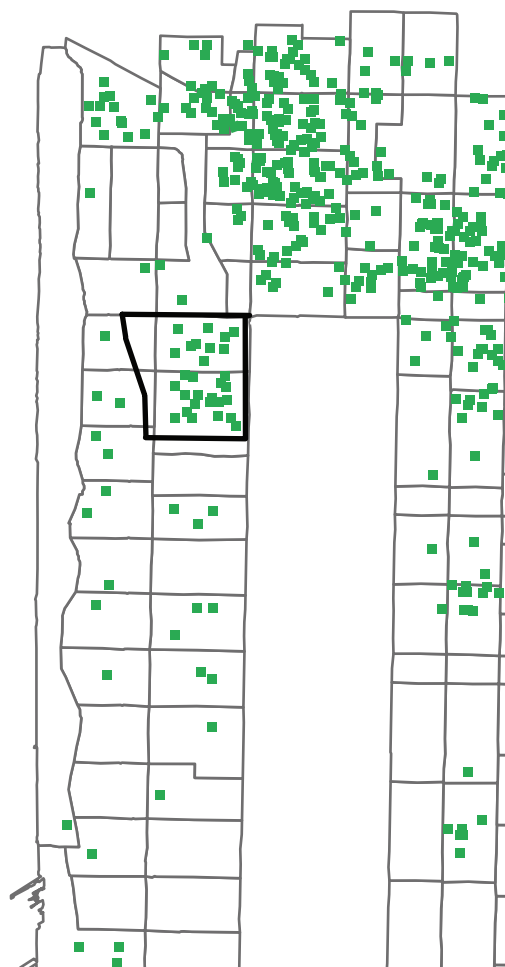
Existing Youth Services in Manhattan Valley



services” newsletter or e-blast, as an immediate effort, and more integrated linkages between services for the long term. Strengthening the connections between youth service providers by giving them the space to meet would allow these helpful linkages between services. An example of one of these linkages between youth services could be: a youth from the Trinity Lutheran Church LGBTQ shelter participating in a conflict resolution class at Westside Crime Prevention and the Wii video game tournament at the Bloomingdale library, as can be seen on the map. Linking Manhattan Valley’s youth service providers can only lead to stronger ties between all types of youth in the community. Dominican Sunday itself is a great example of how youth service providers can work together. The organization currently partners with Columbia University, Booker T. Washington Beacon 54, Harlem Children Zone Inc. , Hiraldo’s Karate School, and PS 145 Bloomingdale School. This is the type of interaction that could be implemented in all of Manhattan Valley’s youth services. (See appendix for service contact info.)

Fight For More City Funding

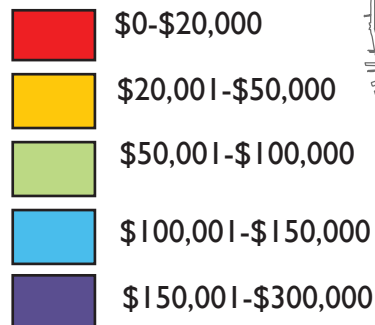
Manhattan Valley falls into the same income bracket as neighborhoods to its north, as opposed to the rest of Community Board 7. The map to the right shows median household income in Manhattan Valley and neighboring areas in 2000. Manhattan Valley’s median household income (\$45,241) falls within the \$20,000-50,000 range, similar to areas to the northeast, like Harlem, and the northwest like Morningside Heights. It is important to recognize and embrace these differences from the rest of CB7. However, these differences make it harder for Manhattan Valley to ensure that the neighborhood’s youth have access to the same, or comparable services, as those that exist in surrounding areas. The map of youth poverty below reinforces this relationship, by showing a higher density of



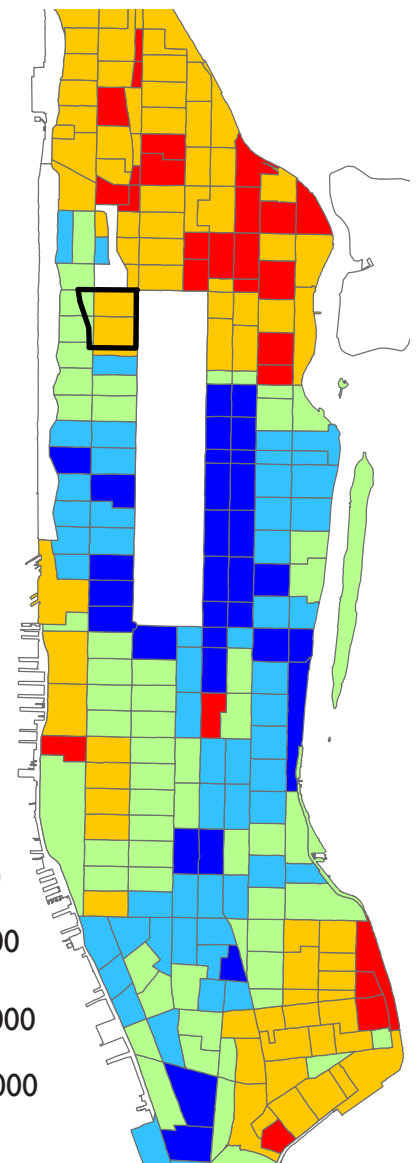
Youths Living Below Poverty

square = 50 youths

Median Family Income



Source: 2000 Census



Columbia University

Columbia University is a great resource in close proximity to Manhattan Valley. It has programs for students ranging from elementary to high school age. Columbia University is already involved in the following Manhattan Valley youth services: English as a Second Language (ESL) program at Dominican Sunday, soccer at P.S. 145, and a Barnard Mentoring Program at Mott Hall II Middle School. However, Columbia University also offers other programs, such as Columbia Kids Care (service-learning) and Columbia Summer Youth Employment Program, aimed at other nearby neighborhoods, such as Inwood and Washington Heights.

To apply for Columbia Kids Care, educators can contact them directly. For the Columbia Summer Youth Employment Program, apply with the City SYEP. See appendix for contact information.

Youth services like Dominican Sunday and the LGBTQ (lesbian, gay, bisexual, transgender or questioning) shelter at Trinity Lutheran Church are not funded by the city, but are grassroots programs coming from a community need. The City regards areas like Harlem and Morningside Heights as areas of need and spends its money accordingly, through the Department of Youth and Community Development, or DYCD. The department was created in 1996 to provide the City with youth and family programming by finding city, state, and federal funding for effective community-based organizations.

The map on the next page shows the DYCD programs in Manhattan Valley versus adjoining neighborhoods to the north. When searching by zip code, Manhattan Valley comes up with 6 programs in 4 locations. However, there are 20 programs in Morningside Heights, which is about the same size (since Columbia takes up a sizeable amount of its space). It is imperative that Manhattan Valley youth have access to the same services as similar neighborhoods by providing the necessary support and funding. Elected officials

and community leaders must reach out to the coordinators of these programs and make the case for the inclusion of Manhattan Valley's youth.

JOBS & TRAINING

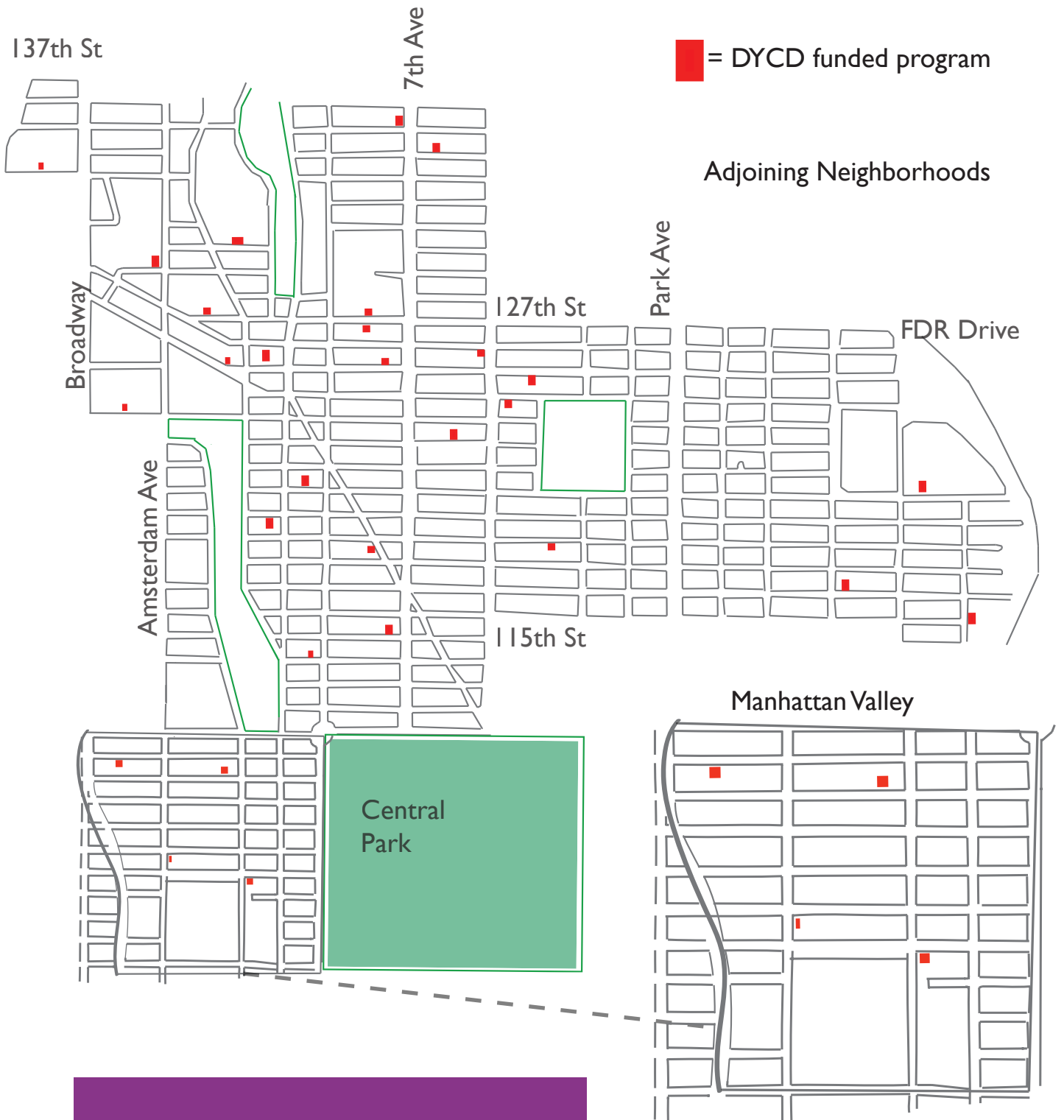
Residents at the visioning expressed the concern about a lack of jobs for youth living in Manhattan Valley. The New York City Summer Youth Employment Program (SYEP) is a DYCD funded program that helps youth, between the ages of 14 and 24, find work for up to 25 hours per week for seven weeks. There are SYEP worksites in Harlem, but none in Manhattan Valley. This does not mean that the Manhattan Valley youth cannot apply to the program, but instead that they may have to travel to their worksite. If businesses in the neighborhood are encouraged to become a work site, this will increase local young adults' chances of finding employment within the community. This initiative should also be heavily promoted in local schools. The more youth that apply from Manhattan Valley, the easier the city will understand their need.

DYCD has a free info service that connects youth to jobs, training programs and afterschool programs.

CALL 1-800-246-4646 OR 212-227-4005

They also have a monthly eblast!
sign up here: http://www.nyc.gov/html/dycd/html/youth_connect/youth_connect.shtml

DYDC Funded Programs in Upper Manhattan vs. Manhattan Valley



You can apply to the SYEP (Summer Youth Employment Program) online!
<https://application.nycsyep.com/>

“need for more
**job readiness
and pathways
to work**”



Recommendations:

Implement a “Hire Local” Sticker Program

Given that funding from the city may take some time, Manhattan Valley residents can implement a more immediate solution to the lack of employment for youth, the first of which is a “Hire Local” Sticker Program. This recommendation comes directly from a community member who participated in the visioning workshop. A “We Hire Local” sticker program is a simple way to help young people find employment in the area and at the same time help local businesses. Businesses that place an emphasis on hiring people from the community can display a decal that alerts shoppers and potential employers that they support local youth. This shows young job seekers where to apply, increases the store’s applicant pool and encourages shoppers to support these businesses. It would cost very little to implement and could be coordinated by the local council members or the Columbus/Amsterdam BID.

Hire a local Student intern

Internship programs are a great way to give students hands-on work experience. The Columbus/Amsterdam BID, the Assemblymember’s office, and any other interested community groups should consider taking on an intern from the neighborhood. Student interns provide organizations with a new perspective on tasks and issues and serve as a link to the local youth community. The internship program might be best for a junior or senior in High School or a local young adult in an Undergraduate program. This can help encourage Manhattan Valley youth to feel empowered through the implementation of their ideas. Interns can coordinate resume-building workshops, youth mentoring programs, volunteers, outreach to local students, and an online archive of services for youth. An online archive would allow students to access the information at any point, thus allowing them more ways to keep up with daily events and opportunities in Manhattan Valley.

The sticker program is a great opportunity to host a community design competition! Ask local community groups to submit their ideas!

“accessing **public schools** is difficult, they’re **stratified** and admissions are **cumbersome**”

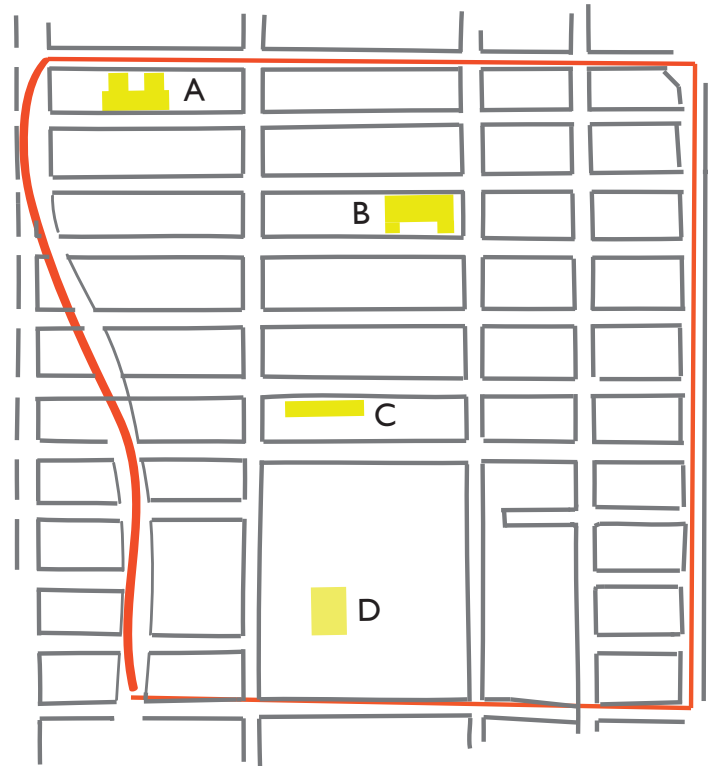
EDUCATION

The schools in Manhattan Valley were a major concern of the participants of the community visioning. The issues raised during the community visioning include: the difficulty of navigating the school system, the need for local schools to match the needs of neighborhood children, graduation rates, the modernization of schools, and funding.

Organize a Meeting on Education

The Assemblymember and City Councilmembers can organize a meeting with representatives of local schools and the Board of Education to discuss to the issues the schools in the community are facing, and to ensure that local schools in Manhattan Valley get the attention and resources they deserve. The local elected officials can facilitate this meeting in a more timely manner than a local citizen can.

Existing Schools in Manhattan Valley



- A M.S. M246 Crossroads School
Mott Hall II M862 Middle School
P.S. 165 Robert E. Simon Elementary/ Middle School
- B J.H.S. 054 Booker T. Washington Junior High School
- C P.S. 145 Bloomingdale Elementary School
- D Edward A Reynolds West Side High School



Manhattan Valley's Open Space



The overarching trends from the visioning concerning open space include: maintaining and increasing passive open space as well as enhancing the diversity of open spaces with improved uses, bicycle lane enhancements, a need for cleaner streets and better street gathering places. Stemming from the focus of residents' visions for the community's open space, the following recommendations aim to address the community's key concerns.

One key concern is that Manhattan Valley residents are underserved in terms of public gathering space. Throughout the neighborhood, people improvise their own public gathering spaces. Many people congregate on their doorsteps, or bring their chairs and tables out on the sidewalk. These informal uses indicate a desire among community members to better utilize the neighborhood's public spaces on the whole. At the community visioning exercise, residents voiced their concern for increasing the quantity and the diversity of open spaces in the neighborhood.

ARTS PROGRAMMING

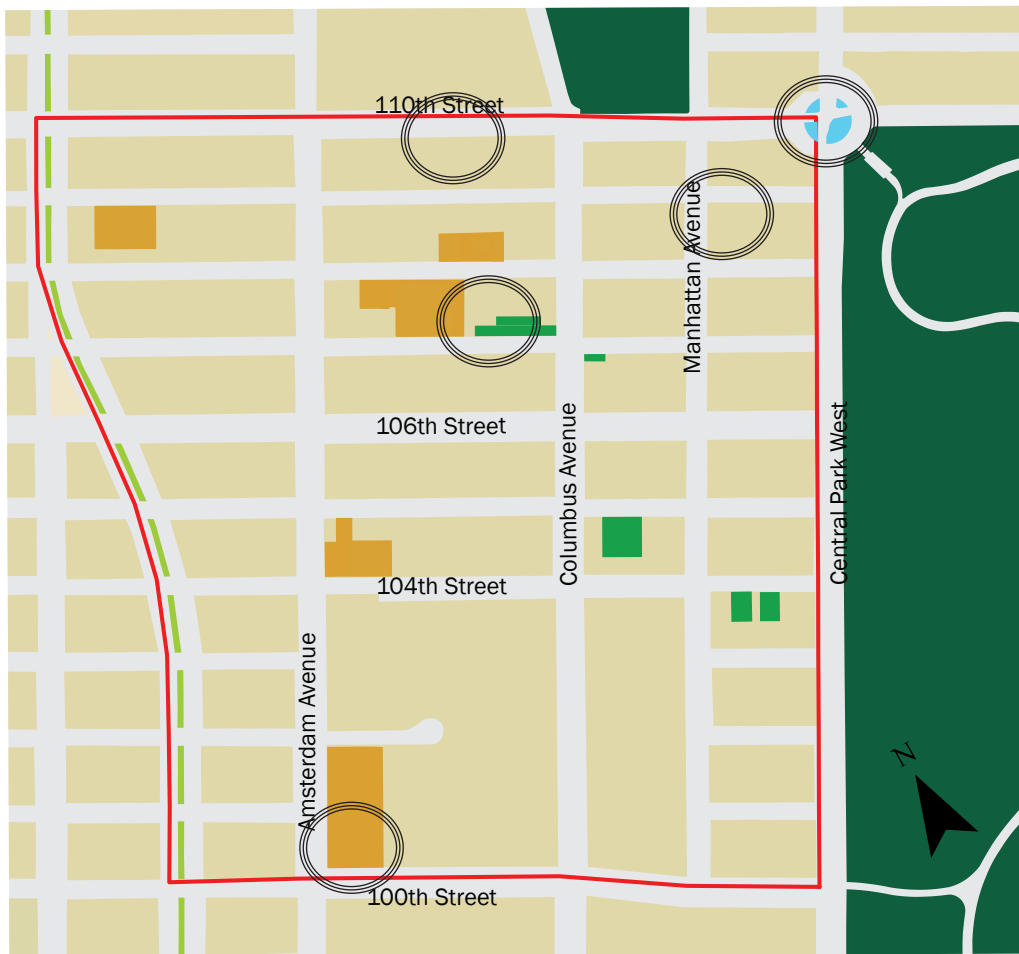
At the visioning residents expressed concern over a lack of public gathering spaces and the vision to maintain and increase their passive open space to enhance the diversity of open spaces in Manhattan Valley. To achieve this vision, Manhattan Valley can partner with a variety of organizations to create Urban Art in an effort to revitalize their streets.

Recommendations:

Participate in the Department of Transportation's Urban Art Program

The Department of Transportation's Urban Art Program is an initiative to revitalize City streets with engaging temporary art installations. The Department of Transportation will partner with community-based organizations or organization-

Department of Transportation Urban Arts Programming Possible Locations :



artist teams to install temporary murals, lighting projects or other art projects.

Organizations in Manhattan Valley such as Dominican Sunday, Block Associations, the Columbus/Amsterdam Business Improvement District (BID), the Manhattan Valley Development Corporation, or other community based organizations can apply for two different urban tracks, both of which offer funding options: pARTners and Site to Site. The pARTners project installs art up to 11 months and not for profit organizations are eligible to receive up to \$5,000 in funding. There are two deadlines and the next one in 2010 is early fall.

The Site to Site program relocates existing artwork to a proposed site. Applications for this track can be sent on a rolling basis and not for profit organizations are eligible to receive \$1,000 towards installation/de-installation fees. (See Appendix for

source for applications and contact information.)

Only Department of Transportation owned and maintained property is eligible for this program but sites outside the priority list may be proposed. Possible sites in Manhattan Valley for this program are shown in the map above: the median at 110th Street and Central Park West; the sidewalk surrounding the Frederick Douglass House fences on 100th Street and Amsterdam Avenue; the sidewalk at Columbus Avenue and 107th Street; the sidewalk at the Manhattan Avenue and 109th Street bus stop; and the temporary lighting on 110th Street between Columbus Avenue and Amsterdam Avenue. The creation of Urban Art in these places will help revitalize the streets of Manhattan Valley, improve the diversity of open spaces and engage residents with their surroundings.

between Columbus and Amsterdam Avenues. The creation of Urban Art in these places will help revitalize the streets of Manhattan Valley, improve the diversity of open spaces and engage residents with their surroundings.

Activate Vacant Storefronts

A pop-up art galley or art in vacant storefronts program would activate underutilized street-level properties, provide a new public outlet for the arts community, improve street life, maximize visibility of properties to potential retail tenants, and offer new opportunities for Manhattan Valley's residents to experience and contribute to the area's incredible energy and diversity.

Examples of this type of program have been carried out within the five boroughs by the following organizations:

- Greater Jamaica Development Corporation
- Downtown Brooklyn Partnership
- Metrotech BID
- No Longer Empty
- Fashion Center Business Improvement District
- Times Square Alliance

This type of program would be best implemented by the Columbus/Amsterdam BID, with support from local arts or community organizations and property owners.

The organization that carries out this type of program should draw up an agreement with property owners to establish terms of the program. It may also be necessary to insure the vacant storefront. This can be done by adding an additional insured to the sponsoring organization's existing insurance policy.



No Longer Empty, Brooklyn, NY 2009



Your Art Here, 395 Flatbush Ave Ext. Brooklyn, NY,

The DUMBO Improvement District partnered with the Department of Transportation to revitalize the Manhattan Bridge underpass along Front Street and Adams Street. They linked with many community partners such as P.S. 307, DUMBO Parents Organization, DUMBO Neighborhood Association, and DUMBO Arts Center, and Staten Island artist Tattfoo Tan, to add bright and colorful squares, patterned symmetrically to a corrugated metal fence alongside a DOT storage yard. The project was to inspire individuals to consume their daily recommended doses of fruit and vegetables.

source: www.nyc.gov/html/dot/html/sidewalks/urbanart_prgm.shtml

DUMBO, Brooklyn pARTners Project

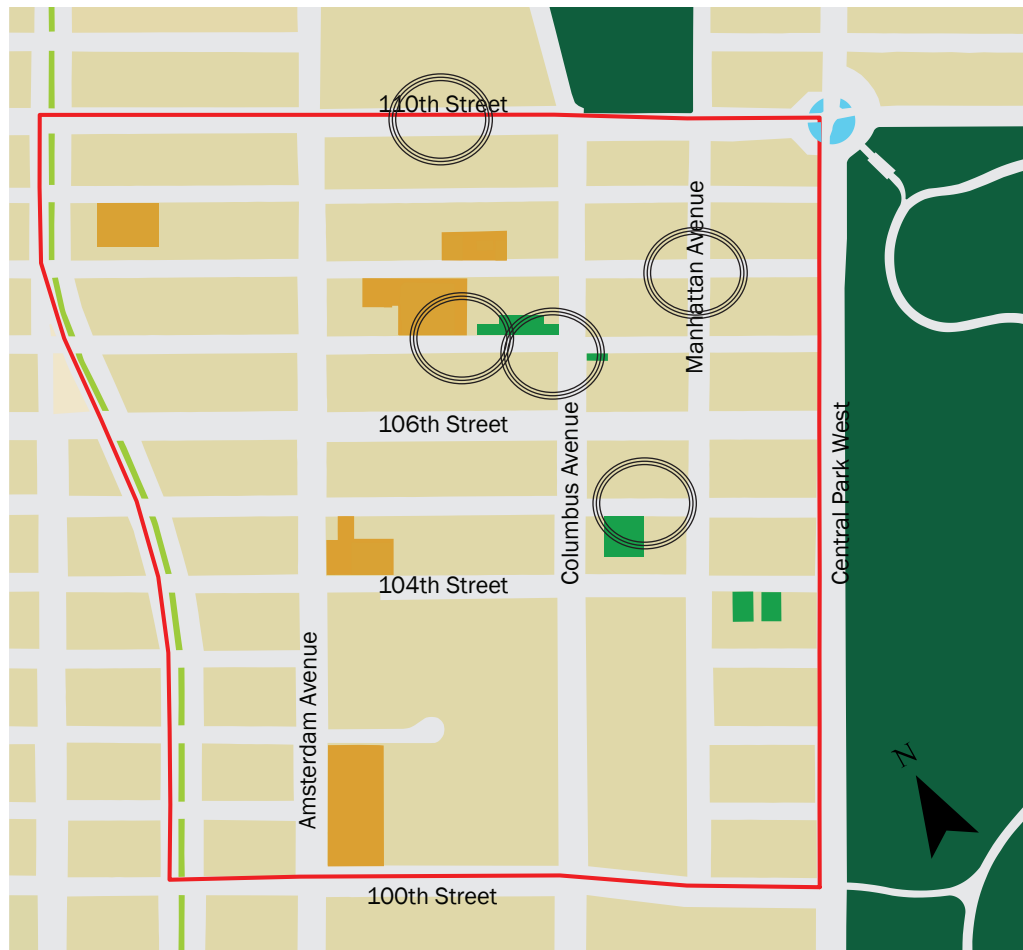


Work with not-for-profit art organizations to create outdoor murals

Groundswell is a not for profit organization that works city-wide bringing together professional artists, grassroots organizations and communities in partnership to create high quality murals in under-represented neighborhoods. Groundswell has a number of programs that Manhattan Valley can take advantage of including the Community Mural Action Program (CMAP), Summer Programs, Afterschool Programs, and Programs for Court-involved Youth. The Community Mural Action Program (CMAP) allows schools and community groups to contract with Groundswell to develop public art projects that reflect their mission.

Sites that have been identified for possible mural locations, which are shown in the map to the right, are: 110th Street between Columbus Avenue and Manhattan Avenue; 107th Street between Amsterdam Avenue and Columbus Avenue; 107th Street and Columbus Avenue; 108th Street and Manhattan Avenue; and inside La Perla Community Garden on 105th Street between Manhattan and Columbus Avenues. Local public schools, block associations and the Columbus/Amsterdam BID can partner up with Groundswell to create a mural on any one of these proposed sites. However, permission of the property owner is needed.

Possible Mural Locations in Manhattan Valley



Work with the Laundromat Project to install art in local laundromats

The Laundromat Project is a community based not for profit organization bringing art programs to where neighbors already are - the local laundromat. They aim to raise the quality of life in New York City for people whose incomes do not guarantee broad access to mainstream arts and cultural facilities.

Artists in Manhattan Valley can apply to the Create Change Public Artist Residency program to create public art projects in/around their local Laundromat. Although the application for this year was due March 1st, artists in the area are urged to apply for next year. (See the Appendix for information and application materials.)

The Laundromat Project and artist work together from the first steps of contacting local laundromat owners for approval, to planning and finalizing the details of the project. That said, Manhattan Valley has numerous potential locations for this project. However, possible Laundromat locations to keep in mind are: Xtrem Kleen Laundromat & Dry on 772 Amsterdam Avenue; C&K Laundromat on 971 Columbus Avenue; Polanco Laundromat on 944 Amsterdam Avenue; Liberty Laundry on 932 Amsterdam Avenue; Suds Laundromat on 1012 Amsterdam Avenue; and Off Broadway Laundry on 224 West 104th Street. Any of these locations could be transformed into places of local art and gathering. These programs can not only bring the community together but can also create a more interesting and engaging environment for residents, bringing art into people's daily lives.

STREETSCAPE

Residents in Manhattan Valley expressed a need to maintain and enhance the neighborhood's open spaces with improved uses.

Recommendations:

Enhance the current banner program in Manhattan Valley

The Columbus/Amsterdam BID already invests in banners for Columbus and Amsterdam Avenues, but can enhance this program with additional signage on the banners. Currently the banners are solid, without graphics or words indicating what the banner represents. With the addition of graphics and writing, Manhattan Valley's Streetscapes can be more welcoming to residents and visitors and strengthen the sense of identity and community in the neighborhood and awareness of the Columbus/Amsterdam BID.

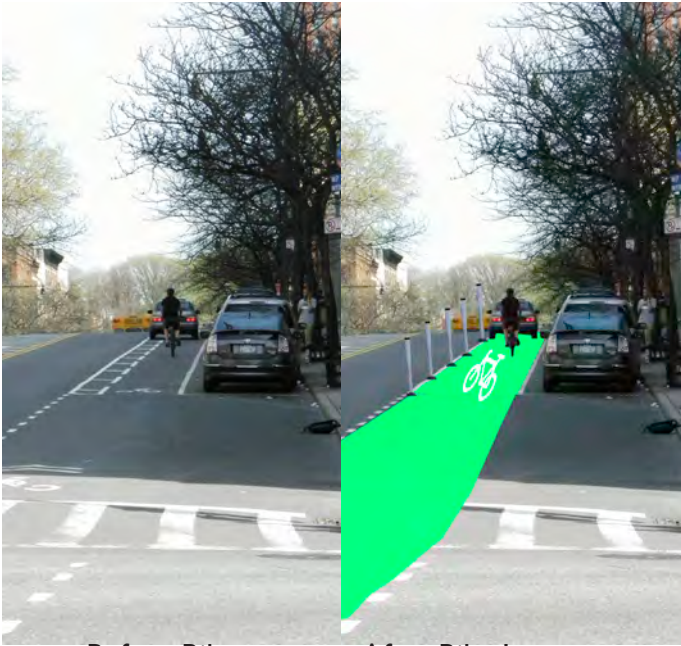
The Flushing BID created a banner program to encourage business activity in the district and the banners include a welcome sign and graphics (as shown above). Three times a year, spring, summer and fall, they put up new banners and welcome residents, visitors and the new season. The Columbus/Amsterdam BID could benefit from this as well and should think about the idea of changing the banners for the changing seasons. This enhancement can also act as a way to engage the community, by the initiation of a design competition for the new banner. They can involve local youth and local businesses, and the community can then vote on the most creative design.



Current Banner Program



Flushing Queens Welcome Banner



Before Bike Improvement 106th After Bike Improvement 106th

Enhance Manhattan Valley’s existing bike lanes

Manhattan Valley can benefit from the enhancement of existing bike lanes. Currently, bike lanes exist on 106th Street and Central Park West but are frequently ignored by double parked cars and fast-moving vehicles. Unprotected and unnoticed bike lanes can be dangerous for riders and dissuade residents of using this alternative transportation mode.

Improved and protected bike lanes are not only a good way to make the streets more user-friendly, but are also an important step towards reducing traffic on the streets and providing a cleaner environment. Traffic congestion was one concern the Manhattan Valley community discussed at the visioning and improved bike lanes could have a positive effect on this issue by fostering a better biking environment. (For more information regarding street safety, see the Manhattan Valley Public Safety and Security Report located in the Bloomingdale Public Library, in the Neighborhood Research Section.)

Community Board 7 already understands the importance of protected bike lanes. In April 2010 they passed a resolution supporting protected bike lanes and are waiting for the Department of Transportation to come and talk to the Community Board (currently scheduled for Tuesday May 11, 2010) about bike lane protection. Residents and community groups are urged to attend this and meeting and contact the Community Board to ensure they follow up with the Department of Transportation.

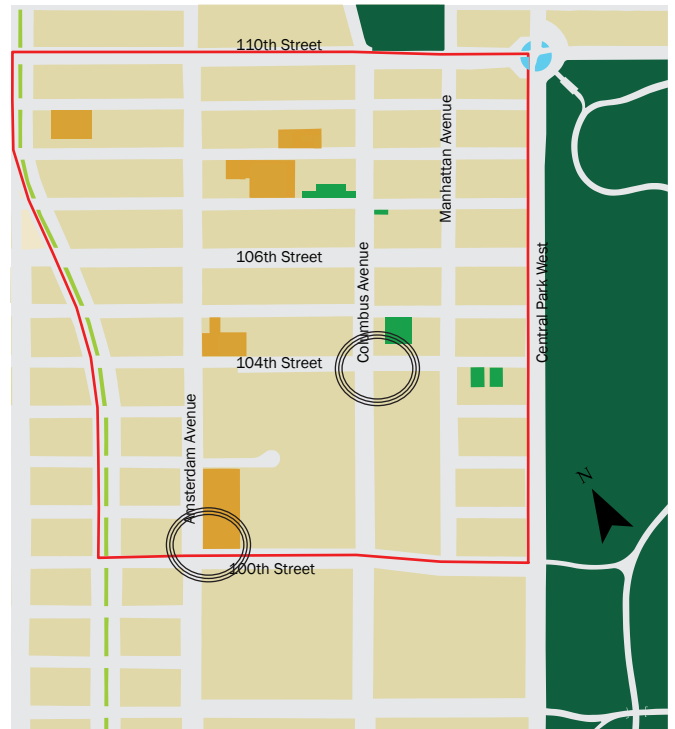
Other Community Boards throughout Manhattan have been very active and have accomplished a lot due to their persistence and activism. Manhattan Community Board 4 in Chelsea stepped up to work with the Department of Transportation regarding the 9th Avenue bike lanes and even worked in collaboration to create a taxi stand area near a frequently visited local deli so taxi drivers could easily stop for food.

The Department of Transportation will work with Community Boards to improve transportation in neighborhoods and there is no reason why Manhattan Valley cannot benefit from this service as well. (See Appendix for contact information.)

It is also important to educate the community about biking in the city, as it is a good way to promote biking in urban areas. Bike New York, best known for producing America’s largest cycling event, is located in Manhattan Valley. They will collaborate with community organizations to help promote and encourage biking. Local schools, block and tenant associations, and the Columbus/Amsterdam BID can organize Bike programs where Bike New York can come and educate Manhattan Valley residents about biking.



Possible Sites for Big Belly Trash Compactors



CLEAN STREETS

At the visioning residents expressed a need for cleaner streets and a desire to use street space as public space.

Recommendations:

Introduce Big Belly Trash Compactors

Introduce compactors to a few major corners along Columbus or Amsterdam Avenues in order to improve their appearance, reduce overspill typically seen with the conventional can, make these corners an overall better place for people to informally gather and finally, show the community that Manhattan Valley is environmentally focused.

A Bronx based company, Direct Environmental Corporation (DEC, see inset) is the manufacturer of the Big Belly, a trash compactor. This product is a trash compactor which holds 5 times more trash than the conventional can, is rodent proof and features a wireless design which allows for flexibility of placement so the location of the compactor can be moved to suit changing garbage needs. Another important attribute of the Big Belly is that because it holds 5 times more trash than regular cans it needs to be emptied far less frequently than the cans now located on the avenues.

This feature is an asset to Manhattan Valley because in addition to residents desiring cleaner streets, they also voiced the need for quieter streets or a reduction in bus and truck traffic. With the introduction of Big Bellies, sanitation truck traffic can be reduced since the compactors need to be emptied less frequently than a regular can.

The Direct Environmental Corporation (DEC Green) is a socially and environmentally responsible local company, located on Tiffany Street in the Bronx. The business is certified minority-owned and strives to employ people that other businesses would not consider. By partnering with The Osborne Association DEC employs those who've been in prison, and through their work with The New York State Industries for the Disabled DEC gives people with disabilities an opportunity for employment.

In Philadelphia 700 trash cans were replaced with 500 Big Bellies and instead of 17 weekly trips by sanitation trucks to empty trash only 5 trips were made. As a result, fuel use and greenhouse gas emissions were cut by 80%.

Two corners that would benefit most from the installation of Big Bellies are the intersection of 104th Street and Columbus Avenue and the intersection of 100th Street and Amsterdam Avenue. At any given moment 104th Street and Columbus The first corner, often busy with pedestrians, is located in close proximity to the Frederick Douglass Houses. In addition to the clean streets benefits, placing a solar compactor on this corner might also make the residents of the Frederick Douglass Houses feel they are included in the improvements in the community.

The second location is also a popular pedestrian and gathering place in the neighborhood, just outside the Frederick Douglass Playground. The playground is set back from the street and the sidewalk here is very wide, and cleaning up this area would create a better gathering space. The compactors would be useful here because the playground generates a lot of trash from the abundance of visitors. In addition to placing Big Bellies at this corner, a bench would be appropriate as well since there is a bus shelter a little further down the block, which currently has no seating area.

How can Manhattan Valley acquire Big Bellies? The Southern Boulevard BID, and 5 other BIDs in the Bronx, now have these solar powered compactors at some of their busiest commercial intersections. The manufacturer, DEC, partnered with the Bronx Overall Economic Development Corporation (BOEDC) to provide these products for the Southern Boulevard BID last December. The high price tag of the Big Belly (\$4,500) makes it unlikely that the Columbus/Amsterdam BID would be able to purchase the compactors. If unable to acquire these cans within budget the BID is to consult New York City Economic Development Corporation (NYCEDC) and seek funding through this organization.

For funding for this project, it is also possible to pursue bonds or grants through the New York City Industrial Agency (NYCIDA). NYCIDA offers expertise for a variety of bond programs and incentives and also provides triple tax exempt bonds to commercial or retail facilities that are looking to make improvements. These triple tax exempt bonds are only available to neighborhoods that are located within the Upper Manhattan Empowerment Zone (UMEZ). Manhattan Valley is not technically located within this zone but UMEZ states that neighborhoods can still be considered for this specific type of funding if they are in adjacent neighborhoods to the zone (see Appendix). Another option for funding is the New York City Capital Resource Corporation, also under NYCEDC, which also provides lower cost financing programs to not-for-profits organizations.

To begin the process of applying for funding through NYCIDA and CRC, the BID must first request a public hearing, through the online request forms. Special attention should be paid to the timing and schedules (see Appendix).

Popularize the service NYC Community Cleanup

NYC Community Cleanup is a new citywide initiative designed to address neighborhood eyesores and hot spots for trash and litter. The organization works with low-level offenders in the court system to provide free clean-up of graffiti, leaves, trash, clearing of snow from bus shelters, etc. Residents can simply contact an NYC Community Cleanup representative by phone or submit pictures online. (see appendix for contact information). Manhattan Valley residents and business owners should be made aware of this service. The BID or the Assemblyman's Office can create flyers and disperse these at favorite neighborhood gathering places and coffee shops.

Additionally, landlords, storeowners, block associations and tenant associations need to alert residents of this free service and post the contact information so that it is readily available. NYC Community Cleanup also partners with community groups, government agencies and schools to identify appropriate cleanup projects, such as removing trash from an empty lot or cleaning a local park. Local schools like Booker T. Washington or PS 165 should partner with NYC Community Cleanup to carryout larger-scale cleanup projects in Manhattan Valley, as a way for students to satisfy their service learning requirement. By having the students cleanup areas they have direct, frequent contact with, they will be able to see the immediate result of their volunteering.



Before NYC Community Cleanup



After NYC Community Cleanup

Mobilize and organize the community to practice better garbage disposal

Results of the visioning revealed that Manhattan Valley residents were upset about how garbage was being disposed of, when it was being set outside for pickup and the presence of pests and rodents that are associated with poor trash disposal. Tenant associations and block associations should appoint a garbage patrol person to look out for “red flag” buildings, those that continuously put their trash out too early, or place bulk items where they should not be. The patrol person will speak with the building owner to address the problem. Resident’s uncertainty of rules and regulations for proper garbage disposal is often the culprit behind garbage on the streets. Property owners and storeowners should be better informed of special disposal practices and collection schedules so they can pass this information along to tenants.

The BID should organize a workshop where a representative from NYC Department of Sanitation could spend time educating building owners. The BID should encourage businesses to attend this meeting by offering an incentive for those who attend. Once educated, these owners can share what they have learned with their tenants by posting flyers in their lobbies or in trash areas. During the

workshops the DSNY representative should hand out the DSNY Rules and Regulation handbook (see Appendix) and go over basic rules and regulations. This will be effective at reaching owners, as the handbook outlines the fines given if rules and regulations are not followed. In connection with this initiative school age students should also receive an education workshop in the classroom to teach them about waste collection and recycling. This workshop can be less detail oriented than the workshop for property and store-owners in order to keep the interest of the students. At the workshop, the DSNY representative should introduce children to the Garbage Game (see Appendix) and encourage the teachers to have each student play online after the workshop concludes. The game teaches kids, and even adults, about what to recycle and where to place those items that do not get recycled. By teaching students and property and storeowners, the whole community can work together to address this problem.



PUBLIC GATHERING SPACES

Recommendations:

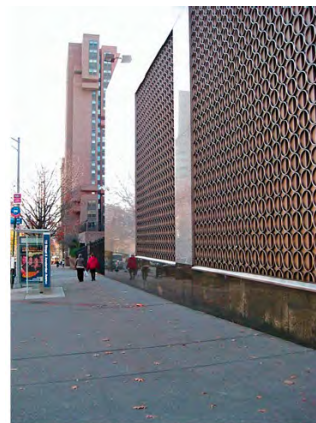
Invest in a Green Wall as a Symbol of Sustainability

As Manhattan Valley’s “Green Icon”, Manhattan Valley can build a green wall or vegetated wall, which can inspire energy conservation efforts. A green wall is an existing wall with added vegetation or an additional wall layer attached to the side of the building. A local business or corporation can invest in a green or vegetated wall to advocate for better air quality and energy conservation. Possible locations for a green wall are the ConEdison wall on Amsterdam Avenue and 109th Street, the side of the Manhattan Valley YMCA on 105th Street, or the stone wall on 110th Street between Amsterdam and Columbus Avenues. These sites are great areas for the placement of a green wall because they are all visible, wide areas with a good amount of foot and car traffic. As a result, the Green Wall can also act as a gathering space with an added seating area for residents and visitors, which can be added with the assistance of the Department of Transportation. However, it is important to note that all potential sites need to be approved by property owners.

The benefits of a green wall are many, as it not only offers an aesthetic benefit, but can provide building protection, energy savings, health and wellness, dampen noise pollution, and increase air quality. There are many successful examples located in New York City, such as the green wall at Oulu Bar and EcoLounge in Williamsburg, which is Brooklyn’s first green wall, the green wall at Lincoln Center, and the green wall at The Center for Architecture on La Guardia Place. An example of what one could look like in Manhattan Valley is illustrated above. The idea is that the Columbus/Amsterdam BID can partner up with ConEdison, the YMCA or other amenable businesses that might be interested in building a green wall. They can then collaborate with local community organizations to build and maintain the green wall.



Center For Architecture Green Wall
La Guardia Place, New York, NY



Exterior Wall of
ConEdison Building
Currently



Potential for Green Wall
with Seating Area

Local schools and the Community Board can be involved for educational purposes or fundraising if needed. This green wall and seating area can be a meeting place for residents and help attract visitors to the neighborhood, while enhancing the communities public open spaces, which was one concern voiced at the community visioning. Various New York City organizations that might be able to assist Manhattan Valley organizations with this process are: the Upper Green Side, which is an organization concerned with sustainability projects in the Upper West Side; the Gaia Institute, a not-for-profit that integrates communities with their natural environment; and Alive Structures, a business certified in installing green roofs, walls, and gardens. (See appendix for contact information).

Create Pedestrian Plazas

Across New York City, there have been dozens of improvements in terms of creating public gathering spaces due to efforts from the NYC Plaza program (run by the Department of Transportation's Pedestrian Project Group). Under this program, eligible not-for-profit organizations can propose new plaza sites for their neighborhoods through a competitive application process (see appendix for more information). The City will prioritize sites in neighborhoods that lack open space (such as Manhattan Valley), and will look to partner with community groups (such as the BID) that commit to operate, maintain, and manage these spaces. If the proposed site is selected to be transformed into a pedestrian plaza, the Department of Transportation will fund the design and construction of the plaza. Possible amenities may include tables and seating, trees and plants, lighting, public art, and drinking fountains. One potential location for this pedestrian plaza is 100th Street just off of Amsterdam Avenue. This is a wide street that is currently under-used parking space. Instead of parking spaces, it could be used to extend the pedestrian path leading southwards, out of Frederick Douglass Houses.

Community organizations must reach out to the public prior to the site's transformation and the community has to be called upon to provide relevant data and participate in workshops in the period leading up to the realization of a pedestrian plaza. Once the pedestrian plaza has been constructed, the community organization must bear the responsibility for its maintenance, as well as its insurance.

Other outreach options include surveying or having a community visioning exercise specifically tailored towards the transformation of a street to a pedestrian plaza. The mandatory outreach process is a unique opportunity to involve residents of the Frederick Douglass Houses in a participatory process that leads to positive change in the community.

A second possible location to implement a pedestrian plaza would be on Amsterdam Avenue



Proposed Site for Pedestrian Plaza: 100th Street at Amsterdam



between 110th street and 108th street. There currently are four lanes of traffic on this section of Amsterdam Avenue, all in the same direction. In recent years, a portion of the westernmost traffic lane between 109th and 110th street has been successfully reclaimed from the traffic. The section has been converted into a "Green Street," and is filled with vegetation. Even though this adds to the lushness of the street and increases comfort and attractiveness for the pedestrian, there currently are not many seating facilities. Even though this is a noticeable accomplishment, much remains to be done to truly create an environment that caters towards the pedestrian.

With the help of the DOT Pedestrian Projects Group, it is possible to reclaim the street from the motorists and extend the sidewalk by almost ten feet, while providing street furniture such as tables, benches, chairs, and planters. The new pedestrian plaza would build on the investments already made to provide the "Green Streets" vegetation just off of 110th street, and further enhance the streetscape.

In April and May of 2009 and 2010, Streets Education worked with students at the Mott Hall II High School to envision more livable streets

in the area. Students drew up plans of enhanced streetscapes in the immediate surroundings of their school, i.e. the area bounded by 108th Street to the South, 110th Street to the North, Broadway to the West and Amsterdam Avenue to the East. A wealth of ideas on how to re-design the streets within this zone have been produced by the students, with the support of Streets Education. It is up to a local community organization, such as the BID, to build on the conceptual designs of the students and apply with the DOT Pedestrian Projects Group to transform the area into a safer, more sociable space for pedestrians and students alike.

Plant Trees in the Neighborhood

One viable strategy to enhance Manhattan Valley's open spaces, is to plant more trees. The non-for-profit organization Million Trees NYC has many initiatives to help local organizations increase the number of trees in their neighborhood. One of their initiatives is the Tree Giveaways program. This entails hosting a Tree Giveaway event in a neighborhood where Million Trees NYC comes into the neighborhood to provide the trees, free of charge. Million Trees NYC coordinates the delivery of trees to the organization and covers all purchase and delivery expenses. Participation requires a local organization, such as the BID, to apply for one. (See appendix for application information).

Since the BID is already working on bringing trees to the sidewalks in Manhattan Valley, tree planting could be directed to the community's backyards. These are also open spaces and are often overlooked as social gathering spaces. Landmark West, a non-for-profit organization active in the Upper West Side, is already active in backyard greening. They have a Save Our Backyards program, where they aim to turn backyards into more attractive, greener gathering spaces. Along with the BID, Landmark West would be an ideal partner to bring a Tree Giveaway event to Manhattan Valley. Landmark West has recently expressed an interest in working with Million Trees NYC to green the backyards in Manhattan Valley. Other potential partners include Dominican Sunday and the West 104th Street Block Association. Since the trees have



Proposed Site for Pedestrian Plaza: Amsterdam between 108th and 110th



to be planted in the Spring, local organizations can apply next year, with applications due March 15, 2011.

Involve local youth in Community Garden Programs

The Community Gardens in Manhattan Valley are one of the neighborhood's most cherished assets. As a consequence, there is currently a waiting list for those who are interested in gardening there and opportunities to implement new programs and initiatives are limited. However, the vast amount of open space in the Frederick Douglass Houses offer opportunities for community gardening.

An initiative that has proven to work in neighborhoods similar to Manhattan Valley is to involve the local youth in community gardens. Practicing urban agriculture offers the local youth a possibility to learn new skills and to serve the

community by bringing it fresh produce through a Community-Supported Agriculture(CSA) program. A CSA is a way for a community of individuals to work together to support a farm, allowing residents direct access to fresh produce grown locally. CSA members purchase a “share” of the farm and in turn receive a share of the produce grown.

The Tenant Leader of the Frederick Douglass Houses has responded positively to the idea of reviving the community gardens in the housing project with the aid of the youth, thereby creating a more attractive environment for both Frederick Douglass Housing’s older residents (who will see a better maintained community garden) and its youth (who will have the opportunity to pick up new skills).An urban agriculture program to look to for inspiration is the Added Value project in Red Hook, Brooklyn. The people who work at this farm gain technical skills in fields ranging from crop rotations to Web publishing, while learning to connect with the wider world as urban farming entrepreneurs. Along with earning an income for themselves employees also gain a new-found sense of empowerment from producing “an end product that nourishes our body and helps generate a local economy,” said an Added Value teen coordinator. Bringing internships in urban agriculture to Manhattan Valley would help to connect local youth, seniors and the Manhattan Valley population.



CONCLUSION

The recommendations contained in this report address the issues surrounding seniors, youth and open space that were discussed at the community visioning exercise that transpired in Manhattan Valley on March 6th, 2010. While we grouped these recommendations by the category to which they most directly relate, a great deal of overlap exists among some of the solutions to these issues. For example, the community cannot address concerns surrounding the protection and enhancement of open spaces without factoring in the needs of two important groups in the community – youth and seniors. The best solutions are those that touch and include many different populations on different levels.

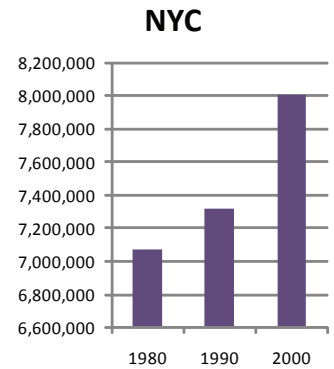
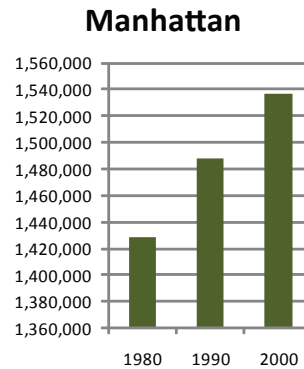
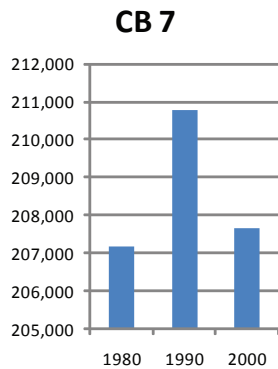
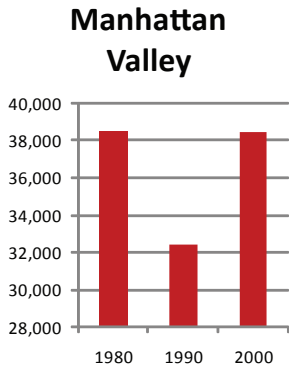
While the focus of the report is limited to the issues relating to seniors, youth, and open space, there are a number of other issues that were raised in the visioning process: community and diversity, real estate and commercial development, public safety, social services, and housing. This process started with the community and its feedback but should not end with this report. Community members and leaders are strongly encouraged to keep the dialog on Manhattan Valley going with one another, with area elected officials and with community organizations. By continuing this conversation, Manhattan Valley residents will be well on the way to achieving the central vision to have stemmed from the visioning workshop: increased community interaction.

Diversity
Real Estate Development
Public Safety
Social Services
Youth **Housing** **Seniors**
Community **Open Space**
Commercial Development

APPENDIX A

Community Character

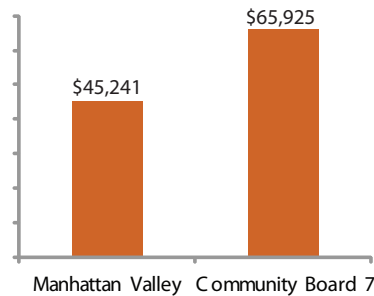
Population Change 1980-2000
Source: US Census 2000



POPULATION

Population of Manhattan Valley was roughly 38,500 in 2000. The number of residents in this neighborhood has rebounded following a decline in the 1990s. More recent surveys indicate that the population of the Upper West Side has further increased since 2000; the most recent American Community Survey showed that the population of Community Board 7 has increased from 208,000 in 2000 to 214,000 in 2008.

Average median household income

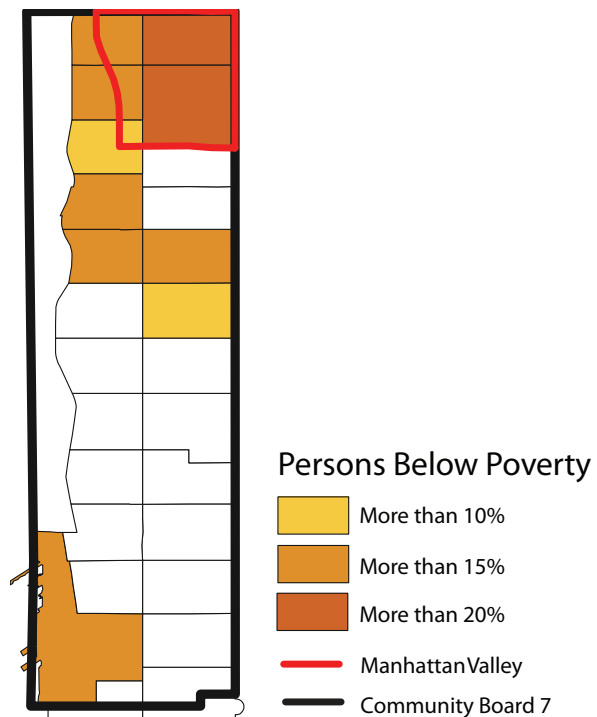


ETHNIC DIVERSITY AND FOREIGN-BORN RESIDENTS

A high concentration of foreign born residents, including Dominicans and South Americans, underlies Manhattan Valley's diversity. Over 20% of residents are foreign born.

INCOME

Median income in Manhattan Valley trails that of the larger Upper West Side according to the 2000 U.S. Census, and 10-30% of the population of Manhattan Valley is living below the poverty line, depending on location. See median income graph and Community Board 7 poverty distribution map.



Income and Education by Census Tract Manhattan Community District 7

Census Tract	Median Household Income	% Persons Below Poverty	% Families Below Poverty	Population 25+	% High School Graduates or Higher	% College Graduates or Higher
145*	102,582.00	7.2	4.6	3,716	98.2	82.6
147*	68,750.00	3.7	1.8	1,219	97.6	85.8
149	96,588.00	5.5	3.3	4,947	97.2	78.5
151	39,983.00	18.5	17.3	5,045	81.5	52.2
153	94,583.00	5.4	1.9	7,840	97.5	79.8
155	71,283.00	3.6	2.1	5,608	97.4	73.6
157	71,839.00	7.8	2.9	9,430	95.3	71
159	75,327.00	6.7	3.4	7,910	97	76.9
161	69,262.00	4.2	1.6	5,834	97.1	78.4
163	78,719.00	5.4	1.7	5,797	95.7	76.9
165	89,811.00	5	3.5	5,556	96.7	80.1
167	93,335.00	5.3	3.9	5,601	96.5	81
169	75,000.00	8.2	7.7	7,119	92.4	71.8
171	72,229.00	7.9	2.2	7,718	94.9	76.9
173	71,969.00	10.3	5.6	7,343	89	70.1
175	87,026.00	6.1	1	8,771	91.3	72.2
177	46,154.00	16.5	15.3	7,301	82.5	56
179	59,837.00	10.5	7.7	7,539	89.3	67.6
181	53,222.00	7.2	5.8	7,292	91.6	62.6
183	53,229.00	13.5	8.4	7,396	88.1	65.7
185	56,810.00	5.5	2.1	3,317	96.9	72.8
187	54,977.00	12.1	8.4	7,325	88	65.3
189	23,836.00	29.5	30.4	8,185	59.7	23.6
191	56,836.00	13.6	7.5	7,057	87.4	65.5
193	34,360.00	26.8	24.3	6,597	69.6	35.8
195	56,196.00	13.5	7	5,960	82	64.5
315*	56,250.00	25	29.4	36	100	86.1

More than 10% Persons below poverty

More than 15% Persons below poverty

More than 20% Persons below poverty

Manhattan Valley Study Area

(Census Tracts: 187, 189, 191, 193, 195)

*Census tract within more than 1 community district

Source: US Census Bureau SF3 / NYC DCP 2003

EDUCATIONAL ATTAINMENT

Based on 2000 U.S. Census data, 55-88% of Manhattan Valley residents graduated from high school, while 13-72% obtained a 4-year college degree.

HOUSING

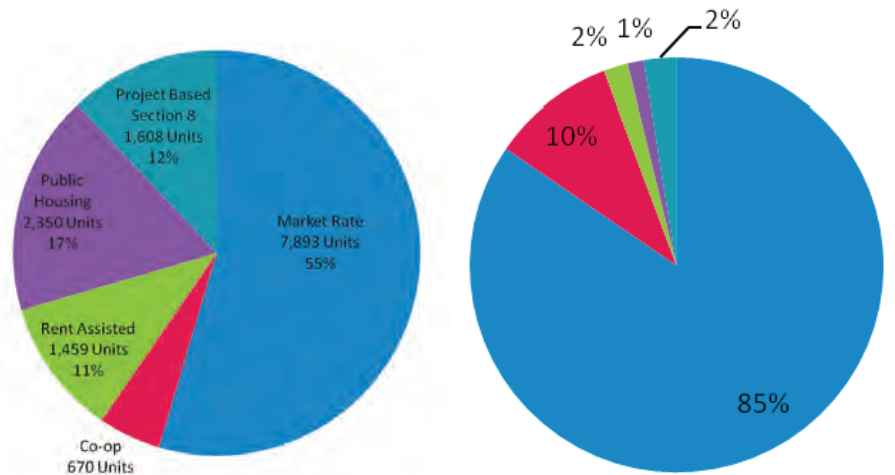
Manhattan Valley's housing options are very diverse, including multi-family, single-family, mixed use, public housing and institutions. The majority of the building stock in Manhattan Valley was built before 1930; these well-constructed and beautiful Pre-War buildings add character to the neighborhood. Most of the residents in Manhattan Valley currently rent, and a large portion of these units (55%) are rent-stabilized.

COMMERCIAL ACTIVITY

During the last decade many new merchants have made Manhattan Valley their home. These merchants have benefited from low rental rates and the close proximity to the Broadway retail corridor. In addition to Broadway, Columbus and Amsterdam Avenues are the main commercial strips. These avenues are home to diverse ethnic restaurants, personal grooming businesses, delis and other small businesses and mom and pops.

COMMERCIAL VACANCY

Community District 7, where Manhattan Valley is located, has a commercial vacancy rate of 5.8%, which is on par with the citywide average. The majority of these vacancies are located on Columbus Avenue between 104th Street and 109th Street and a few on Amsterdam Avenue. The commercial vacancy rate is actually improving. With help from the Columbus and Amsterdam BID in 2009, five vacancies were filled on Columbus Avenue and one on Amsterdam Avenue.



Dwelling Units 2009

Housing Stock by Age

Source: NYC Department of City Planning

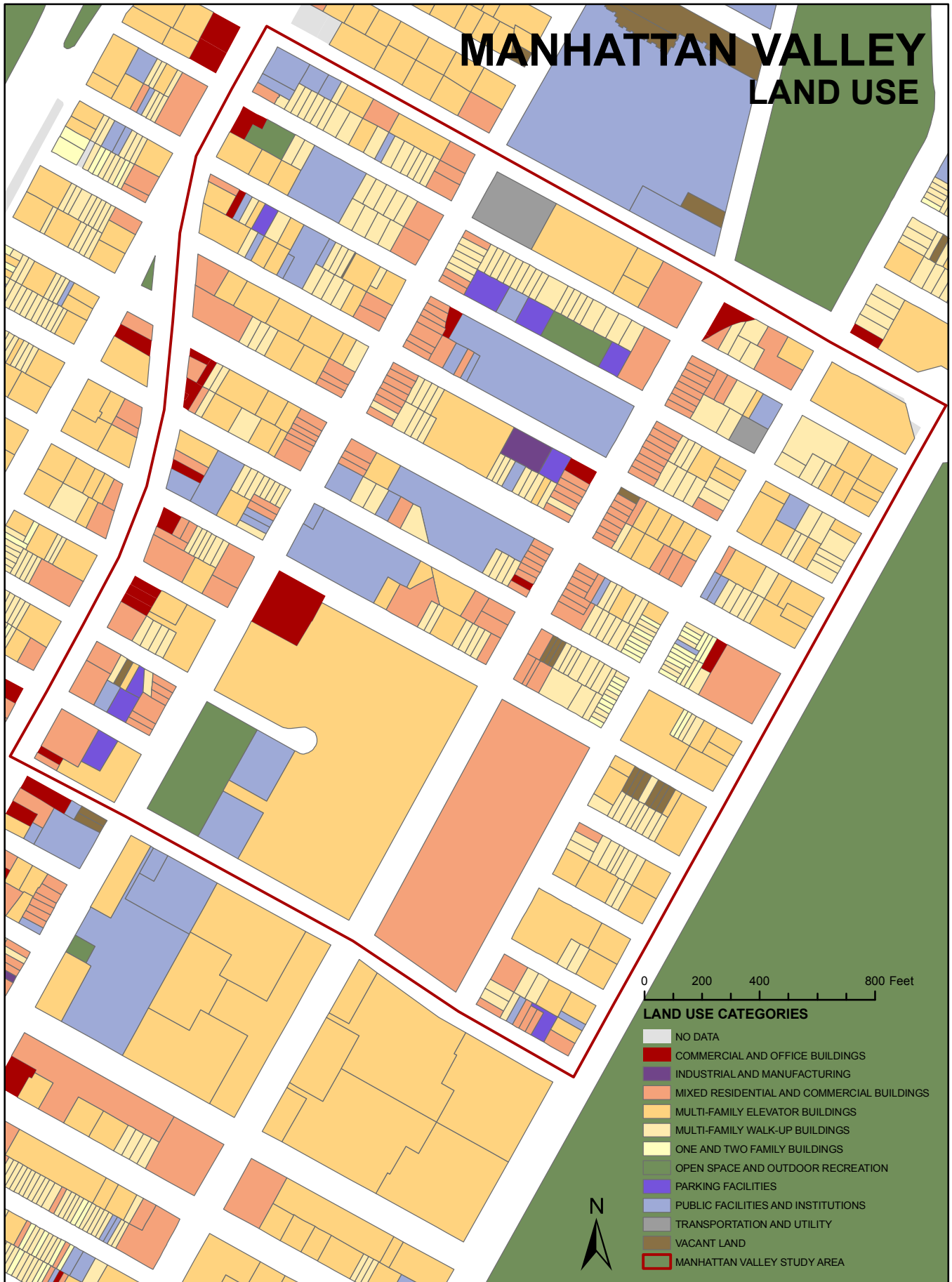
- Before 1930
- 1930-1949
- 1950-1969
- 1970-1989
- 1990-Present

Commercial Vacancies on Columbus and Amsterdam Avenues 2009



Source: Columbus / Amsterdam BID 2009 Vacancy Report

MANHATTAN VALLEY LAND USE



APPENDIX B

Visioning Workshop Data: Assets/Challenges by Category

Asset/Challenge	+/-	Category 1	Category 2
Rezoning of properties	-	City-wide Policy	
Needs to be rezoning for "neighborhoods of distinction" - losing the beautiful character of this unique neighborhood	-	City-wide Policy	Community
High rises creating difficult situations	-	City-wide Policy	Housing
BID--community org foundation we can build upon	+	Commercial Development	Community
Business that serve low and mid income folks have moved out (lack of commercial involvement in process)	-	Commercial Development	Community
Miss business (small community)	-	Commercial Development	Community
Slums Columbs/Amsterdam need fresh produce, banks, drug stores	-	Commercial Development	Community
Slums Columbs/Amsterdam need fresh produce, banks, drug stores	-	Commercial Development	Community
Harder for middle class -- rising prices.	-	Commercial Development	Diversity
Don't have to go far for food	+	Commercial Development	
Good supermarket 108 & manhattan very cheap.	+	Commercial Development	
No big supermarkets	-	Commercial Development	
Need Supermarket btwn. 100th - 110th street. (Especially difficult to get to in the winter).	-	Commercial Development	
Lack of commercial diversity	-	Commercial Development	
There are more and more chain stores	-	Commercial Development	
We need help from officials, lack of commercial Diversity in terms of types of stores on Col and Amst	-	Commercial Development	
How can we maintain diversity of commerical options with so much of the population below the poverty line?	-	Commercial Development	
Too many chain retail	-	Commercial Development	
Too many of the same types of business	-	Commercial Development	
Lack of entrepreneurial spaces for home based businesses	-	Commercial Development	
Destruction of small businesses (mom&pop)	-	Commercial Development	
Chain stores/loss of character	-	Commercial Development	
Loss of small business space	-	Commercial Development	
Needs to be more of what BID is doing	-	Commercial Development	
Affordable restaurants	+	Commercial Development	
Supermarket above 100th and amsterdam	-	Commercial Development	
Rezoning - scarcity - restricts other development and doesn't include public facilities	-	Community	Commercial Development
Hardworking community	+	Community	Diversity
Literacy	-	Community	Diversity
Adult night activities	-	Community	Seniors
Preservation of character/slower pace of development thanks to isolation	+	Community	Real Estate Development
Integration	-	Community	Real Estate Development
Not enough free Community centers	-	Community	Social Services
Communication, people living in harmony and communication with each other--do people know each other's views?	-	Community	Social Services
Lack of info on resources	-	Community	Social Services

Visioning Workshop Data: Assets/Challenges by Category

Asset/Challenge	+/-	Category 1	Category 2
Dominican Sunday	+	Community	Social Services
More programs to involve parents	-	Community	Social Services
Level of activism, an organized and active community	+	Community	Youth and Seniors
Feels like a small village, don't want to lose that	+	Community	
People nicer	+	Community	
Create a Community building	-	Community	
Keep integrity of neighborhood	-	Community	
Sense of Community	+	Community	
Communications/lack of open meetings	-	Community	
Threat to sense of Community	-	Community	
Lack of support for the community	-	Community	
Good stories	+	Community	
Manhattan Valley isolation	-	Community	
School - modernize but keep affordable	-	Community	
Maintain voice/interest in process (remain an involved and active voice)	-	Community	
Columbia University students moving into affordable housing (rents have increased)	-	Community	
Strong sense of community	+	Community	
Lively	+	Community	
Changed for the better since 1992	+	Community	
The People/ diversity	+	Diversity	Community
Racial and economic Diversity, which is a challenge to maintain with new construction	+	Diversity	Housing
Diversity (enough density of people/income)	+	Diversity	Housing
Affordable and diverse	+	Diversity	Housing
Diversity and affordability related	-	Diversity	Housing
english as a second language	-	Diversity	Social Services
Different ethnic groups	+	Diversity	
Diversity	+	Diversity	
Diversity of race, culture, economics, background	+	Diversity	
Diversity, integration	+	Diversity	
Diversity of buildings, open spaces, incomes, backgrounds	+	Diversity	
Need for English language instruction	-	Diversity	
Need for Spanish language instruction	-	Diversity	
Diverse	+	Diversity	
Gentrification	-	Diversity	Housing
Rich/poor gap	-	Diversity	

Visioning Workshop Data: Assets/Challenges by Category

Asset/Challenge	+/-	Category 1	Category 2
People moved into public Housing without necessary programs that are needed	-	Housing	City-wide Policy
tenants in Section 8 Housing can never get ahead, "always running in place"	-	Housing	City-wide Policy
High Prices--rent and food!	-	Housing	Commercial Development
Rent-build buildings with oppourtunity for low-income. People are getting pushed out by landlords. Can't pay rent.	-	Housing	Diversity
High rents - onaccessible to low income people	-	Housing	Diversity
No more section 8 Housing--landlords don't want it.	-	Housing	Diversity
Columbus Square, huge buildings on both side of street, rents are not affordable	-	Housing	Diversity
Enforcing section 8 participation	-	Housing	Diversity
Threatened affordable Housing	-	Housing	Diversity
Gentrification	-	Housing	Diversity
Inclusionary housing	-	Housing	Diversity
WAS affordable, now challenge	-	Housing	Diversity
Diverse and affordable	+	Housing	Diversity
Affordability	-	Housing	Diversity
107th between Broadway and amsterdam, the scale of streets, buildings, blocks, its too large, and Open Space is not within easy distance	-	Housing	Open Space
Elevators in NYCHA	+	Housing	Public Safety
Cleanliness and maintenance in NYCHA	-	Housing	Public Safety
Landlord doesn't provide what residents need--doesn't listen. Too much vandalism	-	Housing	Public Safety
Public Housing is working well (safe at night)	+	Housing	Public Saftey
Landlords pay people to leave so they can raise rent.	-	Housing	Real Estate Development
Ugly high rise buildings, the old buildings have character	-	Housing	Real Estate Development
Archicecture of buildings	+	Housing	Real Estate Development
Need to maintain affordable Housing	-	Housing	Real Estate Development
Increase affordable Housing	-	Housing	Real Estate Development
Affordable now, tenants will get together and buy 1st building	+	Housing	Real Estate Development
Housing Young People	-	Housing	Real Estate Development
Low income/ affordable Housing	-	Housing	Real Estate Development
Got help at Assemblyman's office w/ Housing issues.	+	Housing	Social Services
High population of homeless	-	Housing	Social Services
Good Heating	+	Housing	
Rent	-	Housing	
Rent-lots of rich people. Poor people cant afford to pay rent.	-	Housing	
Prices of rents going up	-	Housing	
Housing -- is an emergency that has been going on for 25 years	-	Housing	
Low density still present in MV	+	Housing	

Visioning Workshop Data: Assets/Challenges by Category

Asset/Challenge	+/-	Category 1	Category 2
Not enough limited equity co-ops	-	Housing	
Too much luxury Housing	-	Housing	
More affordable Housing	-	Housing	
Rent stabilized apts -- time constraint, may have to leave when retire	-	Housing	
Arrogant landlords, punishment to encourage obeying	-	Housing	
Low-rises	+	Housing	
Affordable Housing	+	Housing	
Transparency of waitinglists	-	Housing	
Lack of residential rent regulation	-	Housing	
Lack of affordable Housing	-	Housing	
Transient renters	-	Housing	
Need more low/mid income Housing	-	Housing	
History of housing	+	Housing	
Since 1957 FDHS Tenants' Association	+	Housing	
Douglass Housing forgotten, we end to be non-entities (unfairness of it)	-	Housing	
Affordable Housing	-	Housing	
Very little NYCHA maintenance	-	Housing	
High landlord expenses	-	Housing	
Old and beautiful buildings	+	Housing	
Garbage is now put out in the afternoons and we have a lot of rats	-	Open Space	Community
107th street is clean and quiet	+	Open Space	Community
Riverside park, architecture, restaurants	+	Open Space	Community
Block parties during summer	-	Open Space	Community
Garbage-systems need to be changed		Open Space	Housing
Trash (vol.?) Cleanliness (residential and commercial)	-	Open Space	Public Safety
Parks/Schools	+	Open Space	Youth
Riverside and Central Park	+	Open Space	
Good transportation	+	Open Space	
Train is nearby	+	Open Space	
Parking meters on 110th	-	Open Space	
Summer seating-Benches, sidewalks. Need benches, need buildings where people can live.	+	Open Space	
Transportation	+	Open Space	
Location, parks	+	Open Space	
Litter- it should be easy to keep the neighborhood clean	-	Open Space	
Poor use of Open Space in Frederick Douglass Housing	-	Open Space	

Visioning Workshop Data: Assets/Challenges by Category

Asset/Challenge	+/-	Category 1	Category 2
A lot of parks in the area	+	Open Space	
Central Park	+	Open Space	
Beautiful neighborhood surrounded by parks	+	Open Space	
Street as public space, park areas, bike lanes, need extra time for street crossing	-	Open Space	
Cigarette butts and dirty streets	-	Open Space	
Open Space/ (prox. to) parks	+	Open Space	
Oncreasing loss of Open Spaces/ comm garden	-	Open Space	
Passive Open Space	-	Open Space	
Community gardens	+	Open Space	
Maintain/protect/increase green spaces	-	Open Space	
proximity of parks	+	Open Space	
parks and green space	+	Open Space	
Maintaining Open Space	-	Open Space	
Parks/Open Space	+	Open Space	
Environment (bicycle lane)	+	Open Space	
Parks	+	Open Space	
Environmental issues	-	Open Space	
Ease of ability to park a car	+	Open Space	
Difficulty in parking a car	-	Open Space	
Mass transit very accessible	+	Open Space	
Accessibility due to location	+	Open Space	
103rd st. train station renovation	-	Open Space	
Lack of Sanitation	-	Open Space	
Clean streets	+	Open Space	
Not being able to ride a bike from east to west	-	Public Safety	City-wide Policy
endangered bus lines	-	Public Safety	City-wide Policy
Not afraid of the neighborhood	+	Public Safety	Community
There has been a tremendous change, I feel more secure	+	Public Safety	Community
Disrespectful youth	-	Public Safety	Diversity
Too much noise	-	Public Safety	Housing
Traffic - corners are not safe because cars are too aggressive	-	Public Safety	Open Space
Right of way for pedestrians not respected. 104th-110th and Amsterdam and Bdwy.	-	Public Safety	Open Space
109-108-107 & Amsterdam have potholes.	-	Public Safety	Open Space
Lingering drug problem	-	Public Safety	Open Space
Potholes	-	Public Safety	Public Space

Visioning Workshop Data: Assets/Challenges by Category

Asset/Challenge	+/-	Category 1	Category 2
Police need to be more active about drug traffic	-	Public Safety	Youth
Security	+	Public Safety	
Safer for people who live alone, even at night	+	Public Safety	
Police pressure under Guiliani was helpful w/ crime and drugs.	+	Public Safety	
More Police presence	-	Public Safety	
Don't have adequate response from 911 and 311 - police are not working with community	-	Public Safety	
Broadway or West End the lights are too fast.	-	Public Safety	
We need better lighting	-	Public Safety	
Transportation	+	Public Safety	
Transportation in area runs slow	-	Public Safety	
South bound bike lane	-	Public Safety	
Lack of bus shelter seating	-	Public Safety	
Fear	-	Public Safety	
Drug Activities	-	Public Safety	
Rats	-	Public Safety	
Safety	+	Public Safety	
Need more police	-	Public Safety	
Massive drug use	-	Public Safety	
Alcohol abuse	-	Public Safety	
No presence of NYPD	-	Public Safety	
Amsterdam and 109th street. There needs to be better wheel chair accesibility.	-	Public Safety	Open Space
Overdevelopment	-	Real Estate Development	City-wide Policy
Biggest Problem: The area is getting richer, but it means everything is more expensive.	-	Real Estate Development	Commercial Development
Make it an appealing place for all	-	Real Estate Development	Community
Incoming high-rise buildings, need to preserve neighborhood character and human Community	-	Real Estate Development	Community
Balance between exploitive development and development that helps the neighborhood	-	Real Estate Development	Housing
Development pressure	-	Real Estate Development	
Jewish Home/Hospital zoning	-	Real Estate Development	
Restriction height	-	Real Estate Development	
Condominiums surrounding us FDH	-	Real Estate Development	
Decent housing for retirees to live and not leave area	-	Seniors	Housing
Providing real homes for the Seniors that serve all	-	Seniors	Housing
More access for services for the elder population - \$\$\$ - difficult	-	Seniors	Social Services
Social services for senior citizens, need to keep them serving the residents, not more of them, keep high quality	+	Seniors	Social Services
Variety of senior services	+	Seniors	Social Services

Visioning Workshop Data: Assets/Challenges by Category

Asset/Challenge	+/-	Category 1	Category 2
More housing for seniors on 107th street	-	Seniors	
Does the neighborhood get more than their fair share of homeless people? NIMBY movement	-	Social Services	City-wide Policy
Shops and churches in the area	+	Social Services	Commercial Development
Community organizations	+	Social Services	Community
More services for mothers	-	Social Services	Community
No jobs	-	Social Services	Community
Churches, organizations, businesses	+	Social Services	Diversity
Services for seniors are good. Recreation areas--very good services	+	Social Services	Open Space
Subways/Busses are good	+	Social Services	Open Space
Youth services to break prison cycle	-	Social Services	Public Safety
Churches help people	+	Social Services	
English classes, Dominican Sunday Programs	+	Social Services	
Transportation/food/services	+	Social Services	
Unlimited metrocards--family transit cards.	+	Social Services	
We don't have too many homeless shelters	+	Social Services	
More programs are needed here for poverty	-	Social Services	
Not enough free recreation, ie tennis courts, parks, especially compared with SOHO	-	Social Services	
Not enough adult indoor pools and gyms	-	Social Services	
Shelter for transitional homeless women, more permanent way	-	Social Services	
Oversaturated with social services	-	Social Services	
Homogenizing services	-	Social Services	
Churches and homeless services	+	Social Services	
Churches	+	Social Services	
Services and programming not visible	-	Social Services	
Lack of resources for low income	-	Social Services	
Lack of legal offices	-	Social Services	
No life insurance/healthcare	-	Social Services	
library, public facilities	+	Social Services	Community
No local job training	-	Youth	
School budget cuts	-	Youth	
Not enough funding to support public schools- need better allocation/distribution of state \$	-	Youth	City-wide Policy
Youth hostels	+	Youth	Commercial Development
Lack of involvement of children in community stuff	-	Youth	Community
Accessing public schools (school stratification and cumbersome admissions)	-	Youth	Community
Children in streets	-	Youth	Public Safety

Visioning Workshop Data: Assets/Challenges by Category

Asset/Challenge	+/-	Category 1	Category 2
More public recreational facilities indoor for kids	-	Youth	Social Services
Job readiness-pathways to work-need for more	-	Youth	Social Services
Early childhood programs	+	Youth	Social Services
Young people services/after school services	-	Youth	Social Services
More programs for youth	-	Youth	Social Services
More Youth programs and activities	-	Youth	Social Services
Booker T. Washington --lots of kids from outside the neighborhood coming in	-	Youth	
Lack of jobs for young people in the neighborhood	-	Youth	
Need for communication with youth--outreach	-	Youth	
Support high school graduation	-	Youth	
Better schooling, new businesses	+	Youth	Commercial Development

VISIONING RESULTS Categories by Frequency



Visioning Workshop Data: Strategies and Actors by Category

Category	Strategy	Actors
Commercial Development		
Commercial Development Community	Policies that support lower commercial rents; multi-use buildings	City (zoning); local BID; landlords and landowners
Community	Central resource for groups and orgs about access to spaces and awareness of community resources (directory)	CB, F.Douglass Community Center, Hostel
Community	Make sure everyone has access to computers/same information; Need to know what resources are already there to organize the community; 311 system for this neighborhood; Flyers/more communication material; Campaigns to bring people together; Block by block point person to go to for information need system; Free WiFi to everyone in MV and NYC; Advocacy groups/stewardship; Resource center; Expose people to activities (sports events, etc.) to keep people together); Access for kids and people who are impaired to computers; Community services; Street fair; Arts projects for kids--after school programs; Creative learning center; Expose people to activities; Get a liaison to parks; Greening; Bilingual classes; Need to meet again in 6 months	BID; Tenants association; Young people work with the elderly; Block associations; After school programs (BID + directors from schools); Some of the churches; Parks Dept. of the city; Community garden activists get together; High schools and Universities--college has list for people to sign up; Library
Community	Making it an affordable place to live. Places for workshops and artists. Increase percentage of low income individuals in housing development. Provide incentives for developers and landlords to rent/sell to low income residents. Programs to teach trades to community residents to help small landlords. Lawyers who can come help tenants. Resources for groups that help tenants.	Business Improvement District, Community Board 7, Elected Officials.
Diversity	Preserving housing and balance of commercial establishments, commercial rent control, strengthen communication and community ties and access to info	neighborhood org
Diversity	Providing housing for all, specifically low and middle-income	City (zoning and tax incentives); HPD, Housing Development Finance Corporation (HDFC); landlord and landowners
Diversity	No profiling; Increase municipal communication to residents; zoning; make sure everyone votes and hold representatives accountable; people should voice concerns at CB meetings - greater implementation needed; tall building problems can be solved - there are programs to maintain affordability	Combination of government and activists - HUD, HPD, local groups block by block and tenants' associations
Housing	Rent control laws, state laws in Albany; people must be vigilant with their state reps; political advocacy on tenant issues; pending bill in legislature now; latino community; encourage participation in census; education of tenants rights; reach out to other communities	State representatives, community members, local politicians, landlords, developers
Housing	Increasing fines for violations, better enforcement, cooperation, pooled resources, mandatory housing requirements for developers (seniors and housing), long term homeless and womens shelter	state, city government, CB, non profits, manhattan valley development corp

Visioning Workshop Data: Strategies and Actors by Category

Category	Strategy	Actors
Housing	Strengthen rent stabilization and congrol for renters; Raise the rent stabiliazation ceiling; No displacement, as the development increases, preserve housing stock for community; Expanding affordable housing--80/20 section 8 inclusionary zoning; HPD parking lots, potential site for housing?; City control/pro-tenant rent stabilization management--home rule!; No annual rent stabilization increases; Continued public resources devoted to maintenance of affordable housing; Encourage training for tenants to maintain own apartments; Simplify rent control laws; Partnering among existing MV tenant organizations; Elevate issue through getting support from neighborhood and political groups outside MV	Elected officials; tenant organizations; HPD; neighborhood political groups in and outside of MV
Open Space	Street fairs, increased bike and pedestrain infrastructure, improve safety, enforcement, traffic calming, better truck routes	BID, DEBNA and 24th precinct, state regulations
Open Space	Reinvision how garbage is handled in MV; eco-friendly alternative transport; all areas have better garbage disposal systems - not all have it; ensure that all landlords agree not to keep metal recepticles in front; more bike lanes	Landlord; sanitation department; community board; Department of Parks and Recreation; Department of Transportaion; bicycle activist groups citywide
Social Services	Exchange more information between groups, cannot just be available on the internet, refferals and share resources. More resources for youth programs, not just by word of mouth. Training for fathers. Daycare for mothers. Projects for the youth, keep people working and building skills. Get mothers involved and provide translation.	CB 7 can create a community council.
Youth	Kids in the nieghborhood should be able to go to schools in the neighborhood--middle school spots are taken up by G&T program; children should have after school programs; more programs for kids coming from non-english speaking households; we should identify what programs are available -- publicity and job training	Mayor, parent association, Columbia University, grants from pro sports teams, committee formed for fundraising, BID
Youth	Clear information; easy to understand the system; better district-wide communication; more communiity participation	Community Board 7; parents; Department of Education

APPENDIX C

Manhattan Valley Seniors

SENIOR DEMOGRAPHICS

POVERTY

In all of Manhattan Valley’s census tracts, at least 15% of senior citizens live at or below the poverty line. In a significant part of the neighborhood—specifically the two census tracts contained entirely within the Manhattan Valley study area—that number exceeds 50%.

To put these percentages in perspective, for individuals age 65 and up, the poverty line was an annual income of just \$7,990 in the year 2000, the year in which the census data used for this report was collected. By comparison, for households of two where the householders were 65 years old or older, the poverty threshold increased to \$11,214. In addition, for those households with one related grandchild living in the household, the number was barely higher, at \$11,483.

While many retired senior citizens live off of smaller annual incomes than those that supported them prior to retirement, the difficulty of making ends meet in New York City on \$7,990 per year does not require explanation. Because poverty is linked to other issues that impact seniors, such as health and disability,

Grandparents Responsible for Own Grandchildren <18 Years

Location:	Total:	Responsible for own grandchildren under 18 years:	Living with own grandchildren under 18 years:
Census Tract 187	6,152	114	160
Census Tract 189	6,774	281	463
Census Tract 191	5,752	12	60
Census Tract 193	5,401	91	299
Census Tract 195	4,970	22	100

Source: U.S. Census Bureau, 2000 Census

it is significant to note that a large number of Manhattan Valley’s seniors may be struggling financially.

LANGUAGE BARRIERS

Among those 65 years of age and older, linguistic isolation is an issue. Linguistically isolated individuals are those who report speaking English “not very well” or “not at all.” 27.2% of Manhattan Valley’s residents are foreign born, particularly those in the older generations in the community. Inability to communicate well in English diminishes a household’s earning potential and is linked to lower levels of education attainment.

There is a concern that language barriers may contribute to further isolation of older people in particular. In Manhattan Valley, 5% of all households are home to linguistically isolated seniors (65+) who speak Spanish as their primary language. The correlation between linguistic

isolation and poverty in Manhattan Valley is an obvious one as well; those with English language issues are more likely to live within the census tracts with the highest number of seniors living below the poverty level.

GRANDPARENT CAREGIVERS

Throughout New York City, there is an increasing trend in grandparent caregivers—that is, grandparents who are directly responsible for the care of one or more of their grandchildren aged 18 and under. Grandparents in about 1,620 Manhattan Valley households are primary or secondary caregivers for their own grandchildren.

In many ways, this is a factor that represents the generational diversity that is one of the community’s key strengths. However, the strong correlation between the location and number of grandparent caregivers and poverty in the neighborhood implies that those caring for grandchildren are among the seniors in Manhattan Valley least able to afford the additional cost burden. Manhattan Valley “grandfamilies” are more often located in census tracts 189 and 191, where the neighborhood’s public housing is located.

Age Composition New York City Senior Population, 2000

Age	Total	White	Total Minority
Total 60+	1,252,206	668,387	583,828
60-74	64.6	57.6	72.6
75+	35.4	42.4	27.4
85+	9.7	12.6	6.4

Source: NYC Department for the Aging

SENIORS LIVING ALONE

Senior citizens who live alone may be isolated, even within a densely populated community. They may also experience added difficulty with self care or performing daily activities such as grocery shopping and preparing meals, or getting to and from doctor visits or other appointments requiring assisted transportation as they age. Significantly, studies have shown that mental and physical health problems are much higher among seniors who live alone. In Manhattan Valley, the area with the largest percentage of independent seniors falls within census tract 195, where nearly 68% of seniors live alone.

DISABILITY

Disability rates among seniors are high in Manhattan Valley, particularly in the poorest parts of the neighborhood. Overall, 2,290 seniors, more than half of the senior population of the entire community, live with one or more type of disability. In the less affluent census tracts, it is more common for seniors to have more than one kind of disability, and seniors who have multiple disabilities outnumber those without this type of hardship by about 2 to 1.

Location of Independent Seniors in Manhattan Valley

	Households with one or more people aged 60 years and over	One-person household	Percent independent seniors
Census Tract 187	995	453	45.53
Census Tract 189	1707	438	25.66
Census Tract 191	1036	419	40.44
Census Tract 193	1144	418	36.54
Census Tract 195	718	486	67.69

Source: U.S. Census Bureau, 2000 Census

Location of Independent Seniors in Manhattan Valley

	Households with one or more people aged 60 years and over	One-person household	Percent independent seniors
Census Tract 187	995	453	45.53
Census Tract 189	1707	438	25.66
Census Tract 191	1036	419	40.44
Census Tract 193	1144	418	36.54
Census Tract 195	718	486	67.69

Source: U.S. Census Bureau, 2000 Census

ADDITIONAL RESEARCH
Senior Survey distributed at Red
Oak/ Manhattan Valley Golden
Age Senior Center and Frederick
Douglass Senior Center

Manhattan Valley Community Survey Spring 2010



Hello! This year, students in the graduate program in City Planning at the Pratt Institute in Brooklyn have been studying Manhattan Valley at the request of the local New York State Assemblyman, Daniel J. O'Donnell. Our goal is to make planning recommendations that will help his office better serve your community.

As a senior citizen, you have a unique view of your community, and we look forward to your thoughts on the topics below. We will be using your answers to help us make suggestions to Assemblyman O'Donnell on topics such as senior services, housing, and community involvement. For the purposes of this survey, seniors are 65 and up, no matter how young at heart.

Thank you SO much for spending a few minutes to complete the short survey. Please feel free to skip any questions you are not comfortable answering.

Personal Information

1. Gender: Male Female

2. Age: _____

3. How long have you lived in Manhattan Valley? _____

4. Where do you live? _____
(i.e. Street or intersection, building name, name of retirement community, etc.)

5. Are you retired? Yes No

6. Did you move to Manhattan Valley specifically for retirement?
Yes No

Senior Services

MANHATTAN VALLEY SENIOR SERVICE CONTACT LIST

Type of Service	Name	Address	Phone	Website	Description
Assistance to the Disabled	NYC Department for the Aging - Volunteer Support Program	2 Lafayette St. New York, NY 10007	311	www.nyc.gov/html/dfra/html/home/home.shtml	In-home assistance to visually impaired of all levels
Basic Assistance	NYC Adult Protective Services	330 W. 34th St., 2nd Fl., New York, NY 10001	311 or (212) 630-1853	http://www.nyc.gov/html/hra/html/directory/adult.shtml	Assessment and intervention for seniors who may no longer be able to adequately take care of themselves and safety is a concern
Community Programs and Organization	Columbus/Amsterdam BID	991 Amsterdam Ave. New York, NY 10025	(212) 666-9774	www.columbus-amsterdam-bid.org	Not-for-profit organization that works to improve conditions in the neighborhood of Columbus and Amsterdam from 96th to 110th St.
ESL	Dominican Sunday	175 W. 107th St. New York, NY 10025	(212) 749-0781	http://www.facebook.com/pages/Dominican-Sunday-Inc-Community-Services/107193069406	Services for Latin American immigrants, including citizenship, economic empowerment, ESL and cultural development
ESL	El Taller Latino Americano	2710 Broadway New York, NY 10025	(212) 665-9460	www.tallerlatino.org	Arts and education organization, Spanish and ESL classes, cultural programming
ESL	Grosvenor Neighborhood House YMCA	176 W. 105th St. New York, NY 10025	(212) 749-8500	www.ymcanyc.org/	ESL and family services for grandparents
Family / ESL	Bloomingdale Family Program	125 W. 109th St. New York, NY 10025	(212) 663-4067	www.bloomingdalefamilyprogram.org	Family support services; ESL friendly
Family / ESL	Children's Aid Society	885 Columbus Ave. New York, NY 10025	(212) 865-6337	http://www.childrensaidsociety.org/freddoug	ESL and Family services for grandparents
Food Pantry	Faces Inc.	317 Lenox Ave., 10th Fl. New York, NY 10027	(212) 283-9180	www.facesinc.org	Support and services for people with AIDS
Food Pantry	Food Bank for NYC	252 W. 116th St. New York, NY, 10026	(212) 566-7855	www.foodbanknyc.org	Food bank; meals-on-wheels service
Food Pantry	Franciscan Community Center/Holy Name Food Pantry	207 W. 96th Street New York, NY 10025	(212) 749-0276	http://www.holynamenyc.org/index.php/franciscan_community_center/	Food pantry, ESL classes, and various social programs
Food Pantry	Grace Hispanic United Methodist Church	125 W. 104th St. New York, NY 10025	(212) 663-3182		
Food Pantry	Project Create	60 St. Nicholas Ave. New York, NY 10026	(212) 663-1975		
Food Pantry	Project Reach Out	589 Amsterdam Ave. New York, NY 10024	(212) 595-3067		
Food Pantry	Trinity Lutheran Church	164 W. 100th St. New York, NY	(212) 222-7045	www.trinitylutherannyc.org	
Food Pantry; Soup Kitchen	Broadway Community Inc	601 W. 114th St. New York, NY 10025	(212) 864-6100	www.broadwaycommunity.org	Emergency food, clothing, and shelter to those in need

Senior Services

MANHATTAN VALLEY SENIOR SERVICE CONTACT LIST

Type of Service	Name	Address	Phone	Website	Description
Healthcare	Riverside Health Center	160 W. 100th St. New York, NY 10025			
Healthcare	William F. Ryan Community Health Center	110 W. 97th St. New York, NY 10025	(212) 316-7945	www.ryancenter.org	Affordable and comprehensive healthcare for all ages.
Legal and Basic Assistance	One Stop Senior Services	747 Amsterdam Ave. New York, NY 10025	(212) 864-7900	www.onestopseniorservices.org	Entitlement, housing, legal, financial & consumer issues, applications, emergencies, counseling
Residential Care	Jewish Home Lifecare	120 W. 106th St. New York, NY 10025	(212) 870-4618	www.jewishhome.org	Multilevel care for seniors in residence
Residential Care	Red Oak / West Side Federation for Senior Housing	135 W. 106th St. New York, NY 10025	(212) 749-5849	www.wsfssh.org	Geriatric residential care and support services
Senior Center	Association of Black Social Workers Senior Citizen Center	221 W. 107th St. New York, NY 10025	(212) 749-8400	www.Find-us.net/absw	Multipurpose and multiethnic program, services include meals, physical fitness, arts & crafts, music & dance, computer classes, etc. Services also include counseling and referrals.
Senior Center	Frederick Douglass Senior Center	868 Amsterdam Ave. New York, NY 10025	(212) 666-4019		Arts & crafts, music, games, trips, social time
Senior Center	Goddard Riverside Community Center	593 Columbus Ave. New York, NY 10024		www.goddard.org	Senior Center Branch of Goddard organization
Senior Center	Manhattan Valley Golden Age Senior Center, Inc.	135 W. 106th St. New York, NY 10025	(212) 749-7015		Lunch, workshops, exercise & recreation, cultural & social activities
Soup Kitchen	Citymeals-on-Wheels	136 W. 91st St. New York, NY 10024	(212) 687-1234	http://www.citymeals.org/	Meal delivery service for seniors who qualify
Soup Kitchen	Southern Baptist Church	12-16 W. 108th St. New York, NY 10025	(212) 865-1190		
Soup Kitchen	St. Gregory's Food Program	144 W. 90th St. New York NY 10024	(212) 724-9766		
Soup Kitchen; Healthcare	Cathedral Community Cares	The Cathedral Church of St. John the Divine 1047 Amsterdam Ave. New York, New York 10025	(212) 316-7581	www.stjohndivine.org/social_ccc.html	Preventative poverty services targeting homelessness and hunger
Soup Kitchen; Healthcare	St. Michael's Episcopal Church/Pilgrim Resource Center	225 W. 99th St. New York, NY 10025	(212) 222-2700	www.saintmichaelschurch.org	Soup kitchen every Saturday, "MetroCard Ministry," Pilgrim Resource Center provides referrals, mobile medical center ever two weeks
Special Needs	Sinergia	902 Amsterdam Ave. New York, NY 10025	(212) 678-4700	www.sinergiany.org	Programming and care for people with disabilities and their families
Special Needs	Support Our Seniors	P.O. Box 250402 New York, NY 10025	(917) 775-1199	http://www.supportseniors.org/	One-on-one support/companionship services for seniors
Special Needs	Valley Lodge / West Side Federation for Senior and Supportive Housing	149 W. 108th St. New York, NY 10025	(212) 678-0570		Transitional housing, meals, activities, medical and mental health care, case management for homeless older people
Support for Grandparents Raising Grandchildren	NYC Department for the Aging - Grandparent Resource Center	2 Lafayette St. New York, NY 10007	311	www.nyc.gov/html/dfta/html/home/home.shtml	Resources of all types for grandparents raising their own grandchildren
Volunteer Opportunity	NYC Department for the Aging - Foster Grandparent Program	2 Lafayette St. New York, NY 10007	311	www.nyc.gov/html/dfta/html/home/home.shtml	Volunteer program for seniors interested in working with youth

Additional Services

IN-HOME ASSISTANCE FOR DISABLED OR HOMEBOUND SENIORS

Citymeals-on-Wheels delivers nutritious meals to homebound seniors who meet eligibility requirements. Closest case management center to Manhattan Valley: Selfhelp Care Management - Project Pilot, 136 West 91st Street.

Volunteer Support Project from NYC Department for the Aging provides in-home assistance to seniors with visual impairments of all levels.

SENIORS WITH EXCESSIVE APARTMENT CLUTTER

NYC Adult Protective Services evaluates the living conditions of seniors who may be hoarding belongings to a degree that jeopardizes their safety.

Some private NYC-based waste removal services also have experience working with seniors on behalf of protective services and other case-management and home healthcare-based services. Remove My Junk (www.removemyjunk.us), based in Chelsea, offers 10% off all services for seniors, the disabled, and the handicapped.

GRANDPARENT CAREGIVERS

The Grandparent Resource Center (GRC) at the NYC Department for the Aging offers information, referral, recreational activities, educational workshops, advocacy, and case assistance for grandparents who have taken on the role of parent. GRC collaborates with Beth Israel Medical Center to provide on-site comprehensive medical care to both grandparents and their grandchildren. GRC also partners with Brookdale Center on Aging (BCOA) of Hunter College's Grandparent Caregiver Law

Center to provide assistance on legal and financial matters.

Senior Safety

The Pratt Institute students who researched public safety issues in Manhattan Valley in Fall 2009 made the following recommendations in the hope of increasing the safety of the neighborhood. The community is encouraged to keep these suggestions in mind as it works to address issues surrounding seniors, youth, and open space.

CONTROL TRAFFIC

- Create loading areas for commercial vehicles
- Extend crossing times at intersections
- Create mid-block crossings on busy streets

IMPROVE STREET LIGHTING

- Request new DOT lighting
- Repair broken lights
- Request lighting in public housing areas
- Expand BID lighting program

FOCUS ON POLICE ENGAGEMENT

- Encourage transparent crime data
- Create volunteer opportunities
- Publicize community meetings

Naturally Occurring Retirement Communities: Resources and Information

Defining elements of the NORC-SSP model include:

Organizing and locating a range of coordinated health care and social services and group activities on site (core service components are case management and social work services; health care management, assistance, and promotion; education, socialization, and recreation; and volunteerism)

- Creating partnerships that unite housing entities and their residents, service providers, government agencies, and philanthropic organizations (coordination of key stakeholders).
- Promoting healthy, independent aging by responding to changing needs over time.
- Providing seniors with vital roles in the development and operation of the program.
- Filling the gaps where Medicare, Medicaid, or Older Americans Act services are insufficient or inadequately coordinated, but not duplicating them.

NORCS provide the opportunity to:

- Deliver health and supportive services cost-efficiently.
- Increase service availability.
- Organize cooperative health promotion, crisis prevention and community improvement initiatives.
- Develop new human, financial and neighborhood resources for the benefit of older residents.

RESOURCES AND IMPLEMENTATION

NORCs fall under the jurisdiction of the US Department of Aging (DoA). Since September 1, 2002, more than \$22 million in federal funds and match exceeding \$7 million have been used to establish more than 40 supportive service programs for older adults.

Authorizing Legislation: Consolidated Appropriations Act of 2008, PL 110-161

The Jewish Federation has taken a lead in organizing funding for NORCs through the development of its national NORC “Aging in Place Initiative,” which assists Jewish social service agencies to secure federal grants to fund NORC projects.

Contact:

United Jewish Federation of New York

Telephone: (212) 273-5272

Website: <http://www.ujafedny.org>

<http://www.jewishfederations.org>

FURTHER RESOURCES AND INFORMATION

NORC Blueprint provides tools and guidelines for building a NORC:
<http://www.norcblueprint.org/toolbox>

“NORCs in NYC,” by Interboro Partners, Urban Omnibus, March 17, 2009.
<http://urbanomnibus.net/2010/03/norcs-in-nyc/>

NORC Public Policy and aging in place initiative history and information:
<http://www.norcs.com/page.aspx?ID=160634>

Department of Health and Human Services Administration on Aging:
http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/NORC/index.aspx

CASE STUDIES

Additional information:

AARP Video profile of Beacon Hill Village:
http://assets.aarp.org/external_sites/caregiving/multimedia/CG_BeaconHill.html

“Aging at Home: For a Lucky Few, a Wish Come True,” by Jane Gross, New York Times Feb. 9, 2006
<http://www.nytimes.com/2006/02/09/garden/09care.html>

APPENDIX D

Open Space

STOREFRONT ART: SAMPLE USE AGREEMENT

USE ACKNOWLEDGMENT **Manhattan Valley Gallery Project**

_____ STREET
NEW YORK, NEW YORK

This memo serves to confirm that **PROPERTY OWNER** is donating its empty retail space at **STREET ADDRESS** (New York, NY) to the Columbus-Amsterdam BID (CABID) for use by **ARTIST** (Artist) for a temporary installation entitled **NAME OF EXHIBIT**.

CABID shall have exclusive use (with the exception of **PROPERTY OWNER**'s leasing team) and Artist shall have the only other key to the space (beyond the leasing team's key) from **INSTALL DATE** through de-installation on **DE-INSTALL DATE**. c is responsible for securing the space.

CABID is responsible for monitoring any and all public access.

PROPERTY OWNER reserves the right to access the space (with its own key while CABID is using the space) in the case of an emergency or a site visit required by **PROPERTY OWNER**.

CABID has properly insured the space, meeting **PROPERTY OWNER**'s approval.

PROPERTY OWNER will effectively be a sponsor of this art installation and must be credited as such in all promotional materials. Collateral material shall state: 'Sponsored by Columbus-Amsterdam BID, & **PROPERTY OWNER**'s name as specified.'

Opening Reception will take place on **DATE**.

PROPERTY OWNER is not responsible for the event's planning, catering, guest list, attendance nor the installation.

PROPERTY OWNER is donation is limited to the space and electricity costs.

Installation will be on view from **DATES OF EXHIBITION**.

Brief Description of project and how/when it will be viewed.

PROPERTY OWNER's contact: NAME, EMAIL and PHONE

Columbus Amsterdam BID's contact: Peter

All questions and/or concerns about this memo, the project and/or the property should be referred to the above contacts.

Open Space

STOREFRONT ART: INSURANCE
INFORMATION FOR CERTIFICATE

Manhattan Valley Gallery Project
Project Information for Insurance Certificate

PROJECT NAME:

Location Name + Address:

Name + Address of Property Owner to be insured and any Additionally Insureds:

Square Footage of Location:

Square footage of building if exhibit is on multiple floors, # of floors, etc.

Description of Project:

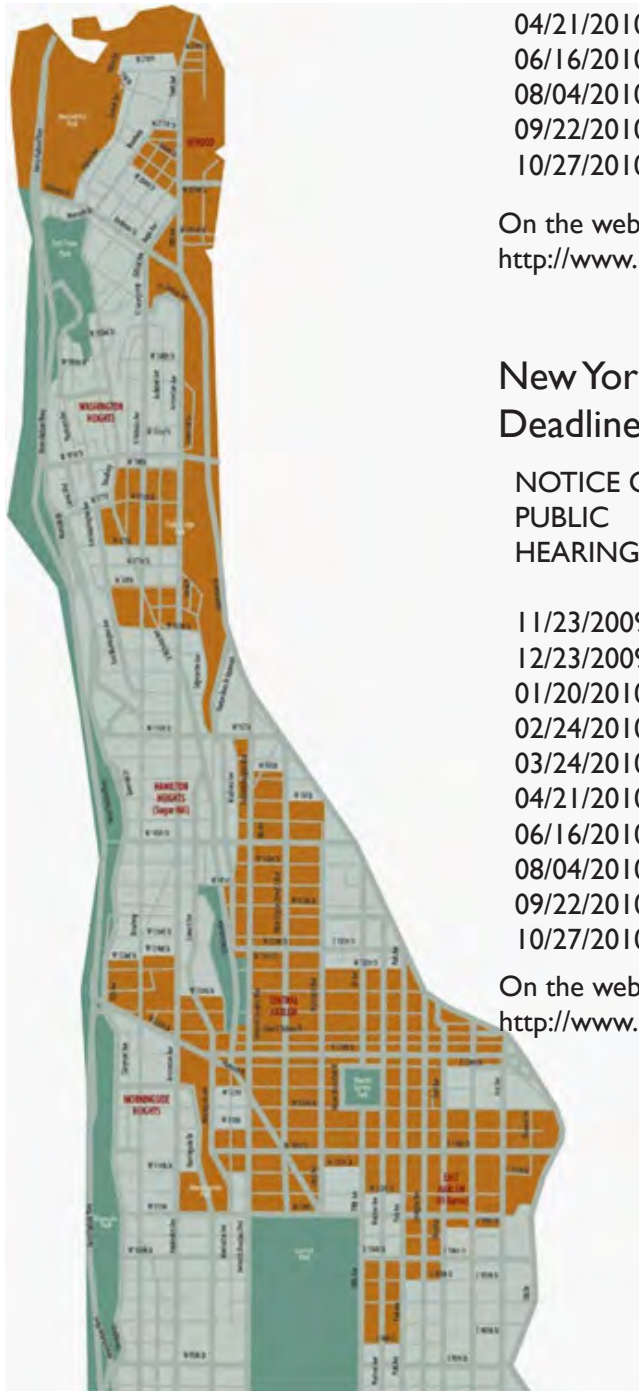
Insurers are looking for potential dangers such as ladders, lights that can cause fires, etc. Will people be in the location or view from window? Chance of theft?

Duration of Project / Insurance Term:

Streetscape enhancement: Funding

UPPER MANHATTAN EMPOWERMENT ZONE

Empowerment zone displayed in orange. Triple tax-exempt bonds are available for neighborhoods located within the empowerment zone, but may be available to areas outside the zones as well.



New York City Industrial Development Agency (NYCIDA) Deadlines 2009-2010

NOTICE OF PUBLIC HEARING	APPLICATIONS	PUBLIC HEARINGS	BOARD OF DIRECTORS MEETINGS
11/23/2009	12/04/2009	01/07/2010	01/12/2010
12/23/2009	01/04/2010	02/04/2010	02/09/2010
01/20/2010	02/05/2010	03/04/2010	03/09/2010
02/24/2010	03/05/2010	04/08/2010	04/13/2010
03/24/2010	04/02/2010	05/06/2010	05/11/2010
04/21/2010	05/07/2010	06/03/2010	06/08/2010
06/16/2010	06/25/2010	07/29/2010	08/03/2010
08/04/2010	08/06/2010	09/16/2010	09/21/2010
09/22/2010	10/04/2010	11/04/2010	11/09/2010
10/27/2010	11/05/2010	12/09/2010	12/14/2010

On the web:

<http://www.nycedc.com/FinancingIncentives/NYCIDA/Pages/IDA.aspx>

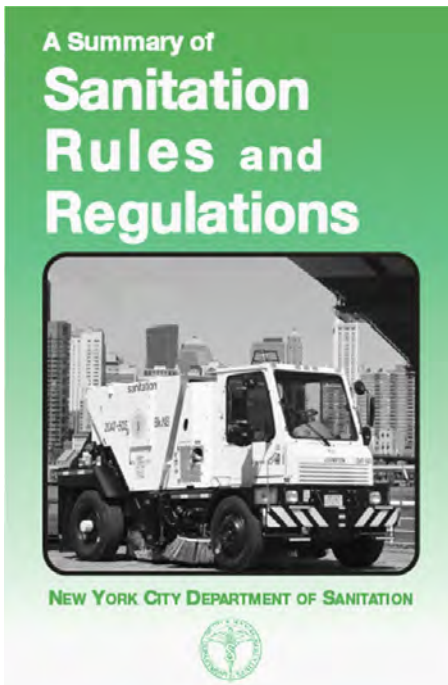
New York City Capital Resources Corporation (CRC) Deadlines 2009-2010

NOTICE OF PUBLIC HEARING	APPLICATIONS	PUBLIC HEARINGS	BOARD OF DIRECTORS MEETINGS
11/23/2009	12/04/2009	01/07/2010	01/12/2010
12/23/2009	01/04/2010	02/04/2010	02/09/2010
01/20/2010	02/05/2010	03/04/2010	03/09/2010
02/24/2010	03/05/2010	04/08/2010	04/13/2010
03/24/2010	04/02/2010	05/06/2010	05/11/2010
04/21/2010	05/07/2010	06/03/2010	06/08/2010
06/16/2010	06/25/2010	07/29/2010	08/03/2010
08/04/2010	08/06/2010	09/16/2010	09/21/2010
09/22/2010	10/04/2010	11/04/2010	11/09/2010
10/27/2010	11/05/2010	12/09/2010	12/14/2010

On the web:

<http://www.nycedc.com/FinancingIncentives/CRC/Pages/CRC.aspx>

Open Space:
More Online Resources



http://www.nyc.gov/html/dsny/downloads/pdf/rules/digest/DSNY_Rules_Reg.pdf



<http://www.gothamgazette.com/games/garbage.php>

APPENDIX E

Contact Information

KEY COMMUNITY CONTACTS

Assembly Member Daniel O'Donnell
Office Address: 245 West 104th
Street NY, NY 10025
Phone: 212-866-3970
Email: OdonnellD@assembly.state.
ny.us

Columbus Amsterdam BID
Peter Arndtsen, District Manager
991 Amsterdam Avenue
New York, NY 10025
Phone: 212-666-9774
Email: Peter@columbus-amsterdam-
bid.org

Councilmember
Melissa Mark-Viverito
District Office Address: 105 East
116th Street NY, NY 10029
Phone: 212-828-9800
Email: mviverito@council.nyc.gov

Community Board 7
250 West 87th Street NY, NY 10024
Phone: 212-362-4008
Email: office@cb7.org
Chair: Mel Whymore
District Manager: Ms. Penny Ryan
Board Meeting: First Tuesday, 6:30pm
Cabinet Meeting: Fourth Wednesday,
9:30am

OPEN SPACE CONTACTS

NYC Community Cleanup
Anthony Vargas
Phone: 347-327-0728
Email: avargas@cleanupnyc.org

Bike New York
891 Amsterdam Avenue
New York, NY 10025
Phone: 212-932-2453
<http://www.bikenewyork.org/>
Programs: Bike lane advocacy and

cycling education programs

Upper West Side Streets Renaissance
<http://www.uwssr.org/>
Programs: Advocacy group for open
spaces and safe streets

MillionTreesNYC Tree Giveaways
Phone: 212-353-2552
E-mail: pevanson@nyrp.org

Department of Transportation Plaza
Program
Email: plazas@dot.nyc.gov
[http://www.nyc.gov/html/dot/html/
sidewalks/publicplaza.shtml](http://www.nyc.gov/html/dot/html/sidewalks/publicplaza.shtml)

Department of Transportation Urban
Art Program
NYC Department of Transportation
Division of Planning and Sustainability
55 Water Street, 9th Floor
New York, NY 10004
Email: arts@dot.nyc.gov
[http://www.nyc.gov/html/dot/html/
sidewalks/urbanart_prm.shtml](http://www.nyc.gov/html/dot/html/sidewalks/urbanart_prm.shtml)

Groundswell
Phone: 718-254-9782
Email: director@groundswellmural.
org
[http://www.groundswellmural.org/
get_CommunityPartner_](http://www.groundswellmural.org/get_CommunityPartner_Questionnaire.html)
Questionnaire.html

The Laundromat Project
<http://www.laundromatproject.org>
Application: [http://li22134.members.
linode.com/ltp/LP_Create_Change_](http://li22134.members.linode.com/ltp/LP_Create_Change_App.pdf)
App.pdf

GREEN WALL CONTACTS

Upper Green Side
Michael Auerbach
Mike@uppergreenside.org
Programs: Leads sustainability
initiatives on the Upper West Side

The Gaia Institute
Email: info@GaiaInstituteNY.org
<http://www.gaiainstituteny.org>

Alive Structures
<http://www.alivestructures.com>
Phone: 718-488-5927
Email: info@alivestructures.com

YOUTH CONTACTS

Municipal Art Society (MAS)
Sideya Sherman
Senior Planner, The Planning Center
111 West 57th Street
New York, NY 10025
Phone: 212-935-3960
Email: ssherman@mas.org

Dominican Sunday
175 West 107th Street
New York, NY 10025
Phone: 212-749-0781
Email: dominicansunday@hotmail.com
<http://www.dominicansunday.org>
Programs: English as a Second
Language (ESL), Citizenship
Preparation Classes, GED, Computer
Classes, Academic Advisement, Youth
Development, Etiquette & Protocol,
Arts & Craft, Employment Training,
Monthly Legal Clinic, Housing
Advocacy Program

Westside Crime Prevention Program
893 Amsterdam Avenue
New York, NY 10025
Phone: 212-866-8603
Email: mcohenwcpp@nyc.rr.com
<http://www.wcppny.org>
Programs: The Tamar Lynn Safe Haven
Project, Creative Learning Tutoring,
Resolution is the solution – conflict
resolution & anti-violence techniques,
ACT – organize against drug dealing

Harlem Children's Zone @ Booker T.
Washington
MS 54 West 107th Street
Phone: 212-866-5579
Email: info@hcz.org
Program: Beacon program for
elementary and middle school
students

The Children's Aid Society
885 Columbus Avenue
New York, NY 10025
Phone: 212.865.6337
<http://www.childrensaidsociety.org>
Programs: Teen Action Program (13-21 years of age) and
Out of School Time (elementary-aged students)

YMCA of Greater New York/West Side YMCA
234 WEST 109 Street
New York, NY 10025
Phone: 212-875-4138
Program: Out of School Time

YMCA of Greater New York - Grosvenor House
176 West 105th St.
New York, NY 10025
Contact: Martin Forth
Phone: 212-749-8500
<http://www.ymcanyc.org/westside>
Programs: Childcare, after-school programs, summer camp, English as a Second Language

Trinity Place Shelter at Trinity Lutheran Church
164 West 100th Street
New York, NY 10025
Phone: 212-222-7045
Email: info@trinityplaceshelter.org
<http://www.trinityplaceshelter.org/>
Program: Trinity Place is a non-sectarian, 10-bed, transitional shelter for homeless LGBTQ youth (ages 17-24)

Bloomingdale Public Library
150 West 100th Street
New York, NY 10025
Phone: 212-222-8030
<http://www.nypl.org/locations/bloomingdale>
Programs: Wii game night, youth education programs

Barnard/Columbia Mentor Program
Phone: 212-854-1492
www.columbia.edu/cu/ci
Programs: Matches bilingual middle-

school students with individual mentors who incorporate tutoring and creative activities.

Columbia Kids Care (CKC)
Phone: 212-854-2993
Email: bk213@columbia.edu
Programs: An extracurricular service-learning program for middle school students. Students participate in teamwork activities and learn problem solving using the scientific method and how to plan, then develop and complete a project.

Columbia Summer Youth Employment Program
Phone: 212-305-8060
Email: cumcgca@columbia.edu
Programs: This eight-week program places one hundred high school students from the Washington Heights/Inwood community in various departments throughout the University for structured, well-supervised work activities. Interested students must register with the City of New York, Department of Youth.

READ NYC
Phone: 646-867-6102
Email: LMancuso@readnyc.org
Programs: Pairs teens with young children to teach them to read. Volunteering or paid tutoring is available, under contract with the NYCDOE. Educators contact Lavinia Mansuco.