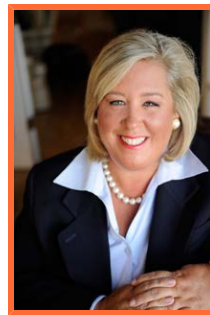


Rebecca Seawright



Dear Friends and Neighbors,

Happy New Year 2019! On New Year's Eve, I was filled with pride and gratitude as I was sworn in to my third term as New York State Assembly Member for the 76th District. We are excited to announce the signing by Governor Cuomo of my legislation to require the Secretary of State to identify and maintain a publicly available website indicating how many policy-making positions are held by women in New York State Government. May your new year be filled with new beginnings, plans for the future, great happiness, health and much prosperity.

As a member of the New York State Assembly and its Education Committee, and former PTA activist, one of the areas of progress I'm most proud to have been a part is the expansion of New York City's Pre-K for all program. Very soon in the new year—between early February and March 15—families with children born in the year 2015 can apply for full-time Pre-K programs provided by the NYC Department of Education.

Now is the time, during the month of January for parents and guardians of soon-to-be four year olds to research the different opportunities for their children. Consider all the options! Visit the schools and early childhood centers for a tour and file an application by March 15th. This year, information materials regarding site locations and the application for Pre-K is available online at MySchools.nyc. You or a family members can also call NYC DOE at 718-935-2009 for an admissions guide or pick one up in person at a NYC DOE Family Welcome Center as well as at my Community Office (1485 York Avenue).

If our office may be of service, remember that we are just a call, email or visit away!

Warmly,

Governor Signs Seawright Bill Requiring Secretary of State to Collect and Make Public Information on Women in Leadership Positions

"IT IS TIME TO IDENTIFY WHERE IN GOVERNMENT GENDER EQUALITY IS LACKING, AND PURSUE THE NECESSARY ADJUSTMENTS TO BETTER REFLECT GENDER REALITIES IN OUR SOCIETY."

*SAID ASSEMBLY MEMBER
REBECCA A. SEAWRIGHT*



On December 21, 2018, Governor Cuomo signed A5487, legislation introduced by Assembly Member Rebecca A. Seawright that would identify how many policy-making positions are held by women in New York State Government. The bill will compel the Secretary of State to compile a list of positions subjected to the Public Officers Law Section 73-a and a representation of policy-making positions held by women compared to policy-making positions held by men. The compilation will track the length of time an individual maintains his or her position and compare the amount of positions held by men and women on the Department of State's website. Making this information publicly available will allow us to continue to effectively push for greater gender equality in

government, highlighting where more work needs to be done to enable women to achieve leadership positions.

“No woman has ever been elected to serve in New York State as governor, or comptroller and less than one-third of the members of the New York State Legislature are women,” Seawright said. “It is time to identify where in government gender equality is lacking, and pursue the necessary adjustments to better reflect gender realities in our society. I am hopeful that, by tracking this information and making it publicly available, our state will clear the path of inequities and enable all women to achieve their fullest potential.”

Assembly Member Seawright expressed her deep appreciation to Governor Cuomo and the New York State Legislature for ensuring enactment of this important initiative.

Assembly Member Rebecca Seawright New Year's Eve Swearing-In Ceremony



Pictured left to right: Seawright's son Bradley, daughter Haley, Rebecca, Judge Clynes, Judge Khan, and Judge Kapnick.

Special thanks to the honorable judges who officiated at the Swearing-In, including the Hon. Judge James Clynes, the Hon. Judge Marcy Khan, and the Hon. Judge Barbara Kapnick.

Nominations for 2019 Women of Distinction Awards Now Open!



Assembly Member Seawright is seeking nominations for the 2019 Women of Distinction Awards, an annual ceremony to honor women in our community who are making a difference everyday. Please email SeawrightR@NYAssembly.gov with your nomination of a woman who lives or works in the 76th District (Upper East Side, Yorkville, and Roosevelt Island).

Please take the time to nominate a woman you know who is deserving of this distinction by January 31, 2019. The awards ceremony and reception will take place on a date to be determined in March.



We Must Combat Opioid Epidemic On All Fronts

New statewide drug takeback program taking effect

Assembly Member Seawright announced that the Drug Take Back Act goes into effect on Jan. 6, creating a statewide drug takeback program – paid for by drug manufacturers, not taxpayers (Ch. 120 of 2018). The program requires participation



by all chain and mail-order pharmacies doing business in the state and is part of the continued efforts to fight the opioid epidemic and save lives. The Assembly previously led the push for “I-STOP,” creating the first real-time prescription-drug database in the country.

“There are families grieving in every corner of this state, trying to make sense of why their loved ones were taken so soon,” said Seawright. “The opioid epidemic has shown us that addiction knows no bounds and will often hold its victims powerless until it’s too late. One of the most important ways we can combat this devastating crisis is to stop addiction before it even starts, and that’s what this drug takeback program will help do.”

The new law requires all drug manufacturers to implement a takeback program in which both chain and mail-order pharmacies offer on-site collection or prepaid envelopes for New Yorkers to dispose of unused medication. Assemblymember noted that opioid addiction often begins with the use of prescription painkillers, whether obtained legitimately through a doctor or illegally from someone else’s medicine cabinet, and that the program will help cut off supply. The program will also help ensure that these drugs are not improperly disposed of by flushing down the toilet or throwing them in the trash, which can cause them to seep into the water supply.

“With a new legislative session underway, we must continue to do everything we can to prevent addiction, increase access to treatment and ensure those suffering are not forgotten or ignored,” said Seawright.

NYC Foam Ban in Effect



sanitation

As of January 1, 2019, New York City stores, food service establishments, and mobile food commissaries may no longer offer, sell or possess single-use foam food containers such as foam takeout clamshells, cups, plates, bowls and trays. Additionally, manufacturers and stores may no longer sell or offer for sale loose fill foam packaging (“packing peanuts”) in the city.

For more information, visit: nyc.gov/foamban.

Minimum Wage Increase



Assembly Member Rebecca Seawright believes that every hardworking New Yorker deserves the opportunity to climb the economic ladder. We know that putting families first means putting them on a path towards financial independence. No one working a full-time job should live in poverty.

That is why we fought tirelessly to establish a meaningful plan for sustainable wage growth in New York.

In 2016, we successfully enacted legislation that scheduled annual wage increases for workers all across the state.

With the new year, wages will rise to: \$15 an hour for workers employed by large businesses in New York City; \$13.50 an hour for workers employed by small businesses in New York City; \$12 an hour for workers in Nassau, Suffolk and Westchester Counties; and \$11.10 for workers across the rest of the state.

Christmas “Tree-cycling” in NYC

Need Curbside Collection? – Please, “Naked” Trees Only!



The New York City Department of Sanitation will begin its annual curbside collection of Christmas trees on Wednesday, January 2, 2019. Collection runs through Saturday, January 12, weather permitting.

Residents should remove all stands, tinsel, lights and ornaments before putting trees out for collection. Clean, non-bagged Christmas trees left on the curb between Wednesday, January 2 and Saturday, January 12, will be chipped, mixed with leaves, and recycled into compost for the city's parks, institutions and community gardens.

Those needing to get rid of mostly plastic and metal fake Christmas trees should consider selling or donating them. Donation opportunities may be found at nyc.gov/donate. If donation or resale is not an option, remove all ornaments and lights, and put them out next to your recycling on regular recycling days.

NYC Parks provides additional options for bidding "fir-well" to your tree at Mulchfest. With 68 total drop-off sites, including parks and Greenthumb gardens, New Yorkers can drop off their trees between January 4 and 13, 2019. Dates have been extended this year for those who celebrate Three Kings Day. On the final weekend of Mulchfest, January 12 and 13, at 31 chipping sites across the city, visitors can pick up mulch to take home. Please remember to remove all lights, ornaments, decorations and netting from trees.

For more information on Christmas tree collection and recycling or MulchFest, visit www.nyc.gov/dsny, www.nyc.gov/parks or call 311.

New Laws Taking Effect—January 2019

Effective Date	Chapter Number	Bill Number	Summary
1/1/2019	Ch. 334 of 2017	A.711-B S.1411-B	Creates the New York State Volunteer Firefighter Gap Coverage Cancer Disability Benefits Act to provide volunteer firefighters who contract certain forms of cancer with enhanced disability benefits.
1/1/2019	Ch. 47 of 2018	A.2131 S.7431	Seawright Cosponsored: Requires each state agency website to provide for the online submission of Freedom of Information Law (FOIL) requests.
1/1/2019	Ch. 58 of 2018, Part LL	A.9508-C S.7508-C	Requires public places and stores to ensure diaper-changing areas are accessible to men and women.
1/1/2019	Ch. 215 of 2018	A.5159-B S.1033-A	Provides a tax check-off box on personal income tax return forms for gifts for the Life Pass It On trust fund for organ and tissue donation outreach and research.
1/1/2019	Ch. 248 of 2018	A.10327-A S.8019-A	Authorizes fire districts to include in their budgets the cost of insurance to provide firefighters with an enhanced cancer disability benefit.
1/1/2019	Ch. 387 of 2018	A.10424 S.8251	Seawright Cosponsored: Establishes an emergency vehicles lemon law for fire trucks and ambulances.
1/6/2019	Ch. 120 of 2018	A.9576-B S.9100	Seawright Cosponsored: Establishes a statewide drug take-back program for the safe disposal of unused medications.
			Provides for the creation of Down's syndrome awareness

1/27/2019	Ch. 125 of 2018	A.5305-B S.4013-B	license plates, as well as the Down's syndrome research fund.
1/29/2019	Ch. 283 of 2018	A.8819-B S.7765-B	Requires hospitals to distribute information on lymphedema to patients at high risk of developing the condition.
1/30/2019	Ch. 313 of 2018	A.6838 S.5337	Provides for body imaging scanning of inmates in local correctional facilities.

Upcoming Events

ASSEMBLY MEMBER
REBECCA A. SEAWRIGHT




HOUSING LEGAL CLINIC

TUES. JANUARY 22

EVERY OTHER TUESDAY
AT 4:00 PM
ATTORNEYS FROM THE LAW
OFFICES OF GRIMBLE &
LOGUIDICE, LLC WILL PROVIDE
ADVICE ON HOUSING-RELATED
MATTERS FOR CONSTITUENTS OF
THE 76TH ASSEMBLY DISTRICT

DISTRICT COMMUNITY OFFICE OF
ASSEMBLY MEMBER
REBECCA A. SEAWRIGHT
1485 YORK AVENUE
(78/79 STREETS)

BY APPOINTMENT ONLY
CALL: 212-288-4607
EMAIL:
SEAWRIGHTR@NYASSEMBLY.GOV

The legal clinic is solely to provide guidance and advice from attorney's experienced in landlord-tenant law. The clinic does not guarantee a desired outcome and does not establish an attorney-client relationship. Assembly Member Rebecca Seawright does not represent or advise constituents in any legal matters.

Get help navigating the housing court process, responding to notices, dealing with threat of eviction, getting repairs from negligent landlords, and advocating for your rights as a tenant in New York City!

The Metro Card Sales Bus Stops at the District Community Office!

1485 York Avenue (78/79 Streets)



**METROCARD BUS
STOPS HERE:
WED. 1/16, 2/6
11:00AM- 1:00PM**

REFILL YOUR
METROCARD
APPLY FOR
REDUCED FARE
CASH ONLY



This free monthly educational series will address key area of heart health that are needed to assure a long, healthy, happy life. Speakers from various disciplines will provide monthly lectures to guide the community toward better cardiovascular health.

Guest Speaker
Dr. Julie Kolzet, Ph.D.
Licensed Psychologist

Did you know that insomnia can lead to a higher risk of cardiovascular disease?

Please join us for a lecture by **Dr. Julie Kolzet, Licensed Psychologist**, as she gives an overview of the connections between sleep and cardiovascular health and introduces the number one, evidence based treatment for insomnia: Cognitive Behavioral Therapy for Insomnia (CBT-1). Dr. Kolzet will highlight various issues on this topic, such as the connection between sleep issues and inflammation, heart disease, and stroke. To top it off, she will provide her top ten tips to help with sleep.

To register for this event or view other Northwell Health events please visit our Eventbrite page at lhhearthealthseries.eventbrite.com

Location: Lenox Hill Hospital
Einhorn Auditorium
131 East 76th Street
Date: January 15, 2019
Time: 6:30pm - 8pm

For more information about our upcoming lectures please call 212-434-2170 or e-mail aozcelik@northwell.edu



Lenox Hill Hospital Blood Drive

Donate blood. Save lives.

Lenox Hill Hospital
Einhorn Auditorium, 131 E. 76th St.
7am - 7pm

Thursday, January 31
Thursday, April 18
Tuesday, July 23
Thursday, October 31

For medical eligibility,
please call 1800-688-0900.

To qualify to donate you must

- Be in good health
- Be between the ages of 16 and 75 (16 year olds require a completed NYBC consent form)
- Weigh at least 110 lbs
- Bring a form of ID

On the day of the drive

- Please allow one hour (10 minutes will be donating blood)
- Eat a nutritious meal before you donate
- Drink plenty of fluids before and after



NYU Skirball Center for the Performing Arts

566 LaGuardia Place

New York, NY 10012

Doors open at 12:30 pm and program begins at 1:00 pm. Reception to follow.



If you'd like to serve as a member of your Community Board, [apply online here!](#) You can also [print the application](#) and drop it off by mail or in-person at the Office of the Manhattan Borough President. The deadline is February 8, 2019.



NEW YORK CITY COUNCIL MEMBER

BEN KALLOS

CORDIALLY INVITES YOU TO ATTEND
AN ADDRESS ON THE

State of the District

**SUNDAY, JANUARY 13, 2019
1:00 P.M.**

**MEMORIAL SLOAN KETTERING AUDITORIUM
430 EAST 67TH STREET, NEW YORK, NY 10065**

**RESERVE A FREE REUSABLE BAG WITH YOUR RSVP
AT BENKALLOS.COM/EVENTS OR (212) 860-1950**

CHILD CARE AVAILABLE UPON REQUEST

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