



Dear Friends and Neighbors,

This Independence Day, I join our community in celebrating the 250th anniversary of the signing of the Declaration of Independence. As we mark America's Semiquincentennial, let us honor the generations who have worked to advance our nation's founding ideals of liberty, equality, and representative government, while recommitting ourselves to building a stronger and more inclusive future for all Americans.

New York City will host several major events in celebration of July Fourth. Sail4th 250's International Aerial Review will begin along the Hudson River at approximately 10:00 a.m. The display is expected to be extremely loud, and residents should plan accordingly, particularly those with young children, pets, or sensitivity to loud noises. The Macy's Fourth of July Fireworks Celebration will begin at approximately 9:25 p.m., with displays along the lower East River and lower Hudson River.

As we celebrate, please take precautions during the extreme heat. Stay hydrated, limit strenuous outdoor activity, seek air conditioning or shade, and check in on older family members, friends, and neighbors. Those without access to air conditioning are encouraged to visit a nearby cooling center, library, museum, or other air-conditioned public space. Additional heat-safety guidance and cooling-center information are included below in this Community Update.

I remain deeply disappointed by the Supreme Court's draconian ruling allowing the termination of Temporary Protected Status for Haitian and Syrian immigrants to proceed while legal challenges continue. The ruling could place more than 300,000 people at risk of losing their legal status. Many affected New Yorkers work in healthcare and home care, where they provide essential assistance to older adults, people with disabilities, and families throughout our city. As Chair of the Assembly Aging Committee, I am especially concerned about the impact this decision could have on patients and on a caregiving workforce already facing serious shortages. New York must continue to stand with immigrant families and connect affected residents with reliable legal assistance.

I am equally alarmed that approximately 450,000 New Yorkers have now lost access to low or no-cost health insurance through the Essential Plan following sweeping federal healthcare cuts. At a time when families are already confronting rising costs, taking away affordable coverage will force too many New Yorkers to choose between receiving necessary care and paying for other basic needs. I will continue fighting to protect Medicaid, the Essential Plan, and the healthcare services that New Yorkers depend upon.

I am also pleased to share that an important expansion of New York's Masters-in-Education Teacher Incentive Scholarship Program took effect on July 1. Under the new law, the program will now include students pursuing master's degrees in early childhood education, helping more aspiring educators receive the support they need to enter this essential field. Expanding this scholarship will strengthen the early childhood workforce and help ensure that young children across our state have access to qualified, dedicated teachers.

As always, my team and I remain committed to helping constituents navigate government services, access community resources, and address the issues that matter most.

As a reminder, our district community office will be closed on Friday, July 3, and Monday, July 6, in observance of Independence Day. We will reopen on Tuesday, July 7, at 10:00 a.m.

I invite you to join us at our upcoming events:

- Tuesday, June 14, 3:30 pm – **No-Cost Housing Legal Clinic** at our Community Office, 1485 York Avenue (78th/79th Streets). By appointment only. Call 212-288-4607 or email SeawrightR@NYAssembly.gov to schedule.
- Wednesday, July 15, 10:00 am – 12:00 pm – **MTA OMNY Service Bus** at our Community Office, 1485 York Avenue (78th/79th Streets). Ask questions or refill your OMNY account.
- Wednesday, August 5, 10:00 am – 2:00 pm – **Benefits Screening with LiveOn NY** at our Community Office, 1485 York Avenue (78th/79th Streets). By appointment only. Call 212-288-4607 or email SeawrightR@NYAssembly.gov to schedule.

Our office is always just a phone call, email, or visit away.

Phone: 212-288-4607

Email: SeawrightR@NYAssembly.gov



REBECCA A. SEAWRIGHT

Protect Yourself During Extreme Heat



As temperatures rise across New York City, all residents should take extreme heat seriously and make a plan to stay safe. Heat-related illness can develop quickly, and the greatest danger is often indoors, particularly in homes without air conditioning. Older adults, young children, pregnant people, outdoor workers, people with disabilities or chronic medical conditions, and anyone without reliable access to a cool space face heightened risk.

The most important precaution is to spend time in air conditioning. Keep your home as cool as possible by closing curtains or blinds during the hottest parts of the day, limiting the use of ovens and other heat-producing appliances, and setting air conditioners to a comfortable temperature. Those without air conditioning should visit a cooling center, library, older adult center, museum, shopping center, or another air-conditioned public place. Even a few hours in a cool environment can help lower the body's temperature and reduce risk.

Drink water regularly, even before you feel thirsty. Avoid excessive alcohol and limit beverages with large amounts of caffeine, which may contribute to dehydration. Wear lightweight, loose-fitting, light-colored clothing, take cool showers or baths, and rest whenever needed. Whenever possible, schedule errands, exercise, and outdoor work for the early morning or evening, and avoid strenuous activity during the hottest hours of the afternoon.

Know the warning signs of heat illness. Heat exhaustion may cause heavy sweating, weakness, dizziness, headache, nausea, muscle cramps, or fainting. Move the person to a cool place, loosen clothing, apply cool wet cloths, and provide water if they are alert and able to drink. Heat stroke is a life-threatening emergency. Warning signs may include confusion, loss of consciousness, seizures, very hot skin, or a body temperature of 103 degrees or higher. Call 911 immediately and begin cooling the person while help is on the way. Do not give fluids to someone who is unconscious or confused.

Finally, please check on relatives, friends, and neighbors, especially older New Yorkers and those who live alone. A phone call or brief visit can save a life. Continue monitoring official weather and air-quality alerts, and use the cooling-center information included below to find a safe place nearby. Bring medications, a charged phone, and water when leaving home, and tell someone where you are going during periods of dangerous heat.

Assembly Member Seawright's Statement on Antisemitic Act

The swastika carved into a vehicle on the Upper East Side is a vile act of antisemitic hate that has no place in our community or our city. We must remain united in condemning antisemitism in all its vile forms.

I thank the NYPD Hate Crime Task Force for investigating this disturbing incident and urge anyone with information to come forward.



Catch Next Week's Episode of Rise Up with Rebecca Seawright!

RISE UP

WITH REBECCA SEAWRIGHT

FEATURING DR PETER MICHALOS



TUESDAY JULY 7th @ 8PM EST
FiOS channel 34, RCN channel 83, and
Spectrum channels 56 and 1996

Tune in at 8pm Tuesday night for Rise Up with Rebecca Seawright! Assembly Member Seawright and Dr. Peter Michalos will be discussing his upcoming book, *The Death of Aging*.



**Our district community office will be
closed in observance of
Independence Day
Friday, July 3rd and Monday, July 6th
for a legal federal holiday.
We will reopen on
Tuesday, July 7th at 10:00 am.**



212-288-4607

SeawrightReNYAssembly.gov

Consider Our Office Your Resource

Free Meals for Children

School may be out for the summer, but no child should go hungry. Free, nutritious meals are available all summer long for kids and teens at locations across New York. To find a site near you, visit hungersolutionsny.org/find-food-help/summer-meals/ or call 211 or 1-866-3-HUNGRY



Making sure
no child
goes hungry
this summer.

Free, nutritious meals are
available all summer long.



Assembly Member Rebecca A. Seawright

Water Safety Tips

Water safety isn't optional, it's essential. Whether you're at the beach, pool, lake or ocean, taking a few simple precautions can help ensure we all have the tools to stay safe this summer. For more water safety tips, visit <http://www.health.ny.gov/environmental/outdoors/swimming/>

As summer heats up, remember these water safety tips



Never swim alone



Be aware of river currents, ocean rip currents and approaching storms



Always wear a life jacket while boating



Wear sunscreen and reapply regularly to protect against harmful UV rays



Swim and operate a boat sober



Keep a close eye on kids in the water

*Assembly Member
Rebecca A. Seawright*



Protect Your Summer EBT Benefits

Families receiving Summer EBT benefits are encouraged to reset their EBT card PIN immediately to help protect against benefit theft.

Summer EBT provides eligible low-income families with school-aged children a \$120 grocery benefit during the summer months when school meals may not be available. This year, New York State is preparing to distribute approximately \$75 million in Summer EBT benefits to more than 600,000 New York City families.

State officials have received reports of benefit theft in other states and are urging recipients to take preventive action by calling the number on the back of their EBT card and selecting a new PIN. Households may also receive a text message reminder from the New York State Office of Temporary and Disability Assistance.

For assistance with Summer EBT benefits or other food assistance programs, please contact our office.

Cool tips for hot days

-  Stay hydrated and avoid strenuous outdoor activity
-  Keep kids and pets out of hot cars
-  Know the symptoms of heat-related illness

Extreme heat can be dangerous and even deadly. Protect yourself by staying hydrated, avoiding strenuous outdoor activity, and spending time in air-conditioned spaces. Don't forget to check on family, friends and neighbors. For more tips on dealing with extreme heat, visit: www.health.ny.gov/environmental/emergency/weather/hot/

I use my **Protected Time Off** to *get a checkup*

Take your time.



If you work in New York City, your employer must give you a [Notice of Employee Rights](#) explaining your right to protected time off and paid prenatal leave.

NYC Department of Consumer and Worker Protection enforces the [Protected Time Off Law](#) where covered employees have the right to use leave to care for themselves or anyone they consider family. Use leave for:

- health, including illness or preventive medical care;
- safety because of domestic violence, unwanted sexual contact, stalking, human trafficking, or workplace violence;
- child care;
- public benefits or housing appointments or hearings;
- extreme weather events or public emergencies when directed to stay home.

It is illegal to punish or fire employees for requesting or using leave or reporting violations. You have the right to leave regardless of your immigration status.

To learn more or to file a complaint, visit nyc.gov/workers.



IT'S HOT OUTSIDE!

OPEN COOLING CENTERS

Petco
1280 Lexington Ave (86th st.)
9:00am-9:00pm
(212) 369-7903

Robert F. Wagner Houses
435 East 120 st.
10:00am-4:00PM
(212) 996-1451

**East Harlem Neighborhood Health
Action Center**
158 East 115th st. and Lexington Ave.
10:00am-6:00PM
(855) 789-8760

Museum of the City of NY
1220 Fifth Ave (104th st.)
10:00am-6:00PM
(917) 492-3333

NYC Health + Hospitals
1901 First Ave (97th and 99th st.)
9:00am-9:00PM
(212) 423-6262

COME COOL DOWN, HYDRATE, AND STAY SAFE!



NO-COST NOTARY PUBLIC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM-1PM	10AM-12PM	10AM-1PM	10AM-12PM	10AM-1PM

PLEASE REMEMBER TO BRING PHOTO ID
AND YOUR WITNESSES IF YOUR
DOCUMENT REQUIRES THEM



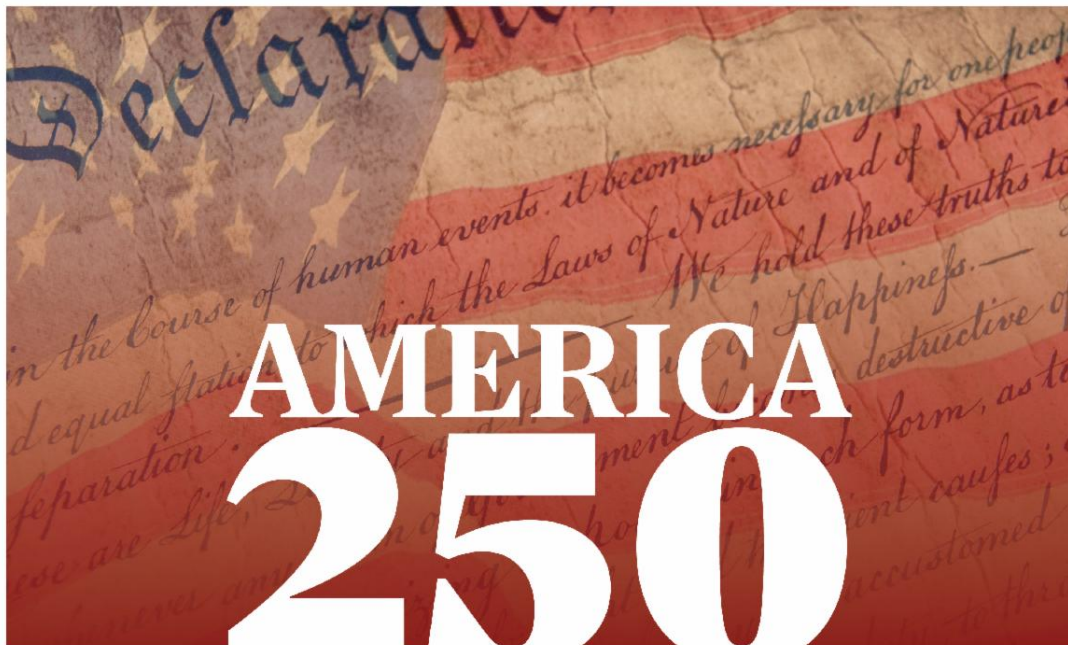
**OMNY BUS
STOPS HERE
(79/YORK):**

WED. 7/15, 8/5

10:00 AM - 12:00 PM

**REFILL YOUR
OMNY CARD**

**APPLY FOR
REDUCED FARE**



Assembly Member Seawright

is sponsoring a 250th Anniversary of America
essay contest, with awards going to the
top entries from schools in Upper East Side, Yorkville,
and Roosevelt Island.

ESSAY CONTEST

Write about an American person or organization that left a lasting positive
impact on our country or write about a significant moment or event that
shaped America for the better.



**Send your essay
by 09/26/2026 to:**

**Assembly Member
Rebecca A. Seawright**

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



New York State Assembly's 2026

Summer Reading Challenge!

In cooperation with the 2026 Summer Reading
at New York Libraries program

UNEARTH A STORY™



Participate in the New York State Assembly's 2026 Summer Reading Challenge and receive a **New York State Assembly Excellence in Reading certificate**! Simply read 15 minutes a day for 40 or more days during July and August, then send a completed form to my office.

Contact my office or see your teacher or librarian for more details!

Assembly Member Rebecca A. Seawright

3485 York Avenue, New York, NY 10075
212-286-4607 • seawright@nyassembly.gov

**ASSEMBLY MEMBER
REBECCA A. SEAWRIGHT**



HOUSING LEGAL CLINIC

EVERY OTHER TUESDAY

**EVERY OTHER TUESDAY
AT 3:30 PM ATTORNEYS FROM
THE LAW OFFICES OF GRIMBLE
& LOGUIDICE, LLC WILL
PROVIDE ADVICE ON HOUSING-
RELATED MATTERS AT NO-COST
FOR CONSTITUENTS OF THE
76TH ASSEMBLY DISTRICT**

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!

**A VOLUNTEER ATTORNEY WILL
HOST A ONE -ON-ONE SESSION
WITH ATTENDEES.**



**SCAN ME TO
RSVP!**

**RSVP REQUIRED:
CALL: 212-288-4607
EMAIL: SEAWRIGHTR@NYASSEMBLY.GOV**

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

Upcoming Events

ALL EVENTS@:
Andrew Haswell Green Park
at 60th St. & the Esplanade



Sponsored By:

**FRIENDS
OF THE
EAST
RIVER
ESPLANADE**



Events
and sign-up

 EsplanadeFriends.org

 [EsplanadeFriend](https://www.instagram.com/EsplanadeFriend)

**Rebecca
Seawright**
ASSEMBLY MEMBER



June FREE FUN on the Esplanade!

SUNDAY, June 14th 1-4PM

LATIN DANCE!

Talia Castro-Pozo

FREE ice cream* FREE Kids

Activities! & More

Subject to weather cancellation.

*While supplies last

MONDAY, JUNE 8 - 6-7:30PM

Yoga with IronStrength NYC

Registration Required

Bring Your Own Mat!

SATURDAY, JUNE 27 - 10-11:30AM

Bird Walk with NYC Bird Alliance

Registration Required

MONDAY, June 29th - 11AM

PuppetMobile! - Pinocchio

Free ice cream and FUN



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

[Community Update: June 26, 2026](#)

[Community Update: June 18, 2026](#)

[Community Update: June 12, 2026](#)

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