



The City of New York Manhattan Community Board 8

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Community Bulletin Board – October 2012

PLEASE VISIT COMMUNITY BOARD 8'S WEBSITE AT www.cb8m.com

Street Activity Permit Office (SAPO) - You may now apply online for street fairs, block parties and festivals. Applicants can submit online applications at <https://nyceventpermits.nyc.gov>. SAPO will no longer accept paper applications. All applicants should be aware that the deadlines for applications submission remain unchanged as do the rules and regulations governing the SAPO permitting process. For more information, call 212-788-2403 or visit http://www.nyc.gov/html/cau/html/street_permitting/permit_and_events.shtml.

2012 Multi-Block Street Fairs

PS 183 East 67 th Street Market-East 66 th Street between York Avenue & First Avenue	October 6, October 13, October 20, October 27, November 3, November 10, November 17, November 24, December 1, December 8, December 15, December 22, December 29
82 nd Street Greenmarket-East 82 nd Street between First & York Avenue	October 6, October 13, October 20, October 27, November 3, November 10, November 17, November 24, December 1, December 8, December 15, December 22, December 29
92 nd Street Greenmarket Sunday-1 st Avenue between East 92 nd & East 93 rd Street	October 7, October 14, October 21, October 28, November 11, November 18, November 25, December 2, December 9, December 16, December 23
Annual Park Avenue Tree Lighting-Park Avenue between East 90 th & East 93 rd Street	December 2, 2012
Miracle on Madison Avenue-Madison Avenue between East 57 th Street & East 86 th St	December 2, 2012

The 19th Precinct Community Council Please join us at the Community Council Meeting which will be held on **Monday, October 1, 2012**, at 7:00pm at the 19th Precinct, 153 East 67th Street (between Lexington and Third Avenues), Third Floor. Refreshments provided by Butterfield Market. For more information, contact the 19th Precinct Community Affairs at 212-452-0613 or Helms19ca@aol.com. To be added to our email list please email us at: info_19th_pct@aol.com

Carnegie Hill Neighbors Electronics recycling & paper shredding on **Tuesday, October 2nd**, in front of the Church of the Heavenly Rest, 90th Street & Fifth Avenue. Recycling: 11:00am-7:00pm; Paper Shredding: 2:00pm-7:00pm. Information: Lower East Side Ecology Center, www.lesecologycenter.org 212-477-4022.

Weill Cornell Medical College presents Health Education Seminars. **October 4, 2012**, *Family History As A Risk For Cancer*, Ann Carlson, MS, Certified Genetic Counselor, Genetic Risk Assessment Program; **October 11, 2012**, *Your Digestive Health: How To Keep Things Moving! Fiber 101*, Alissa Ritter, RN, Clinical Dietitian, Center for Advanced Digestive Care; **October 18, 2012**, *Health Information Online: Where Do You Start?*, Rhonda J. Allard, MLIS, Consumer Health Librarian. Time: 6:15pm-7:15pm, Q & A following seminar. Location: Weill Greenberg Center, 1305 York Avenue @ E. 70th St, 2nd Floor. RSVP: 646-962-5721 or mmprc@med.cornell.edu

East 79th Street Neighborhood Association will meet on **Thursday, October 11, 2012**, at 6:00PM, City University of New York (CUNY), 535 East 80th Street, (Corner East End Avenue) First Floor Board Room. AGENDA: 19th Precinct Police Report on Neighborhood Safety, including Bike Stats; What concerns/questions/suggestions do you have for neighborhood/block improvements?: Elected Officials' Reports and Updates. Meetings are free and open to the public.

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NY Presbyterian Hospital/Weill Cornell Medical College presents Health & Wellness Seminars. **October 16th**, *Advancing Men's Health: Lower Your Stress, Improve Sex and Live Healthy*, Steven A. Kaplan, M.D., Bilal Chughtai, M.D., James Stulman, M.D.; **October 23rd**, *Dispelling the Myths about Depression and Anxiety in Older Adults: Treatment is Available*, Dimitris N. Kiosses, Ph.D., Vassilios Latoussakis, M.D.; **October 30th**, *Stroke Awareness: Risk Factors, Warning Signs and Treatment*, Matthew Fink, M.D., Jared Knopman, M.D., Philip E. Stieg, M.D. All seminars begin at 6:30PM and are held at Uris Auditorium, Weill Cornell Medical College, 1300 York Avenue @ 69th St. For more information call: 212-821-0888. All seminars are FREE and open to the public.

Municipal Art Society of New York on **October 18 and 19** at Jazz at Lincoln Center's Frederick P. Rose Hall, innovative city shapers and thought leaders will gather as the Municipal Art Society presents the **third annual MAS Summit for New York City**. This forum of ideas surrounding planning, design and infrastructure; preservation and sustainability; arts and cultural development, and community engagement will feature more than 75 speakers over the two days and highlight trailblazing initiatives in New York and other cities across the globe. For more information of this event, please go to www.mas.org/summitnyc2012/

Memorial Sloan-Kettering Cancer Center invites community residents to attend the following free events: Memorial Sloan-Kettering's 65+ Program and Integrative Medicine Service are hosting a free seminar on *The Mind-Body Connection: Complementary Strategies for Health and Healing* on **Tuesday, October 23 from 10:00 AM – 1:30 PM** at the Rockefeller Research Laboratories, 430 East 67th Street, Auditorium, between First and York Avenues. Topics presented by Integrative Medicine Service faculty include yoga, mind-body therapy, massage, acupuncture, nutrition, and Tai Chi/Qi Gong. This event is open to all cancer patients, family, and community members. No registration is required. For more information, please call 646-888-4741.

The Evelyn H. Lauder Breast Center and Memorial Sloan-Kettering Imaging Center are hosting *Knowledge Is Power: Breast Cancer Awareness Fair* on **Wednesday, October 24 and Thursday, October 25 from 10:00 AM – 3:00 PM** at 300 East 66th Street, between First and Second Avenues. Learn about Memorial Sloan-Kettering's breast cancer screening program, fitness and nutrition, psychosocial and support services, managing treatment side effects, products at Memorial Sloan-Kettering's boutique for breast cancer patients, and much more. Mini educational seminars will also be provided. For more information, go to www.mskcc.org/breastcancerfair.

Join us for a community CancerSmart talk on *Regain and Retain Independence: Rehabilitation During and After Cancer* on **Tuesday, October 30 from 6:00 – 7:30 PM** at the Rockefeller Research Laboratories, 430 East 67th Street, Auditorium, between First and York Avenues. Please call the CancerSmart Infoline at 212-639-3074 or visit us on the Internet at www.cancersmart.org to register for our programs. To view previous CancerSmart programs, please visit www.cancersmart.org/webcasts.

CIVITAS is pleased to announce that submissions from *Reimagining the Waterfront*, design-ideas competition for the East River Esplanade 60th-125th streets, will be exhibited at the Museum of the City of New York (1220 Fifth Avenue) **through October 28, 2012**. For more information, visit www.reimaginethewaterfront-civitas.com.

Lenox Neighborhood House is offering a Community Supported Agricultural (CSA) program this season in partnership with Paisley Farm, (<http://upstatefarmsny.com/home.html>) a 25-acre farm in Tivoli, NY owned and operated by Michael Kokas and Jan Greer.

Our goals are to serve our clients and the Upper East Side community and to support local sustainable agriculture in New York. Our relationship with Paisley Farm allows us to provide our very low-income clients with affordable high quality fresh fruits and vegetables at a very discounted price. Our CSA Season this year will run **through November**. Full Vegetable Shares will be \$580 for the season. Vegetable Shares will include 7-10 vegetable items (in varying sizes/amounts) each week. The cost of the full Vegetable Shares includes \$30 that has been allocated to help subsidize very low-cost shares for our low-income clients, specifically the parents of our ECC children and the Seniors we serve at both Senior Centers (these shares will be payable through food stamps and over an extended payment plan option). Also available from Paisley Farm through the Lenox Hill Neighborhood House CSA this year will be Fruit Shares \$290 for 17 weeks, Egg Shares \$105 for 22 weeks, Cheese Shares \$290 for 19 weeks, and even Pork Shares from local pasture raised pork ranging from \$275 to \$325 (Note- you must purchase a Vegetable Share or be splitting a vegetable share in order to access these other share options). Distributions will take place outside of our Center @ Lenox Hill Neighborhood House at 70th Street and 1st Avenue, Thursdays from 4-6:30pm. Each member will be asked to sign up for 1-2 volunteer times to assist with distribution which will take place in 1 1/2 hour sessions between 3:30-6:30 on Mondays. To sign up for a share, go to Paisley Farm's CSA page on their website at <http://upstatefarmsny.com/paisleyfarm.html>. There you can fill in your information and choose the shares you want from the list above. The sign up page requires a check number to process the payment. Paisley Farm does not accept credit card payments directly since they do not have the capacity to do so at this point, but they can accept payment through Chase via Chase QuickPay if that is a better option for you. **Please feel free to reach out to Miles Crettien (mcrettien@lenoxhill.org) if you have any questions.** You have the option of splitting a share, but this for the most part has to be organized by you (you can't purchase half shares directly from the farm). If you would like to split a share but don't have a partner let Miles know and he can potentially connect you to another member. **More information about workshop topics, volunteer sign-ups will be available on our Lenox Hill website (www.lenoxhill.org).**

92nd Street Greenmarket is open on **Sundays, through December 23, 2012, 9AM-5PM** and will be collecting compost at 1st Avenue between East 92nd & 93rd Street. For a list of what is compostable and not compostable, folks should go to the Upper Green Side weekly newsletter: <http://thisweekatthemarket.wordpress.com/>.

Met Council is providing a free Home Health Aide (HHA) training and certification program. This 85 hour, New York State Department of Health approved course will take approximately one (1) month to complete. At the conclusion of the course, graduates will receive job placement assistance. Training courses will be ongoing through **December 2012**. Requirements for participation: Must be authorized to work in the United States of America. Must be able to read, write and speak English. Please be aware that this is a competitive training course and the seats are limited. For more information or to register for an information session please call (212) 453-9679.

82nd Street Greenmarket located at 82nd Street between 1st and York Avenues is open on **Saturdays, year- round, 9AM to 3PM** and - in addition to household batteries, #5 plastic, Britta filters, wine bottle corks, printer cartridges and old eye glasses - now collects fabric/clothing/hats/shoes/belts and compost from 9AM to 1PM. For a list of what's compostable, go to the Upper Green Side newsletter: <http://thisweekatthemarket.wordpress.com>.

LawHelp/NY (www.LawHelp.org/NY) is an online tool for helping low-income New Yorkers solve their legal problems. The site provides free, user-friendly resources that supply critical legal information in fifteen areas of law (such as family, housing and immigration), and referral information to free legal aid programs. With a Spanish mirror site (www.ayudalegalny.org), LiveHelp (an online chat service in English and Spanish that helps visitors find legal information), and resources in 35 languages – LawHelp.org/NY is the first line of defense for vulnerable New Yorkers, especially immigrants, Hispanics and limited English proficient residents facing legal problems. LawHelp/NY has seen a dramatic upsurge in usage during the recession. In 2011, the site was visited 451,025 times. LawHelp/NY runs the Training and Information Statewide! (TIPS) program which conducts community outreach throughout the state.

Age-friendly NYC College Link is a new database connecting older adults with opportunities at New York City colleges and universities. Want to learn something new? Prepare for a second or third career? Enjoy free art exhibits and lecture series? Be among the first to try out **Age-friendly NYC College Link** (www.agefriendlycollege.org), a new and free online searchable database that provides 'one-stop' shopping for educational and cultural opportunities at more than forty NYC-area colleges and universities. Now for the first time, older adults can easily find and connect to offerings from many different schools, including discounted and free non-credit courses, programs developed specifically for older adults, campus performances and lecture series, and job training and certificate programs. **Age-friendly NYC College Link** is being developed through *Age-friendly NYC*, a joint venture of the Office of the Mayor, the City Council and the New York Academy of Medicine that is dedicated to making New York City the place for healthy aging. For more information, click www.agefriendlycollege.org.

Legal Information for Families Today (LIFT) Family Legal Center offers free workshops, legal information and social work services to parents and grandparents involved in child support, custody, and visitation cases. All services are offered in English and Spanish at 350 Broadway, Room 400. For more information, please call (646) 613-9633 or visit www.LIFTonline.org.

Need a babysitter? A tutor for your child? Someone to walk your dog during the day? If so, consider hiring a Hunter student. **Hunter Helpers** is a service that matches up Hunter College students with residents in the neighborhood who need a helping hand. For more information, visit their website - www.hunter.cuny.edu/babysitting

The Day Care Council of New York, Inc. is a not-for-profit organization that provides families with child care information in all five boroughs of New York City, particularly infant and young toddler care. They offer **free** information and guidance in choosing day care, family care, Head Start, after-school programs, nanny services, summer camps group family care and other child care concerns. For more information, please call Jon Pinkos at 212-206-7818 x114 or via email jpinkos@dccnyinc.org.

Crime Victim Services is a non-profit program, designed to aid and compensate innocent victims of crime who meet certain criteria. The program is free of charge. For more information, please call Teresa Navarro at 212-585-6142 or 6281.

Manhattan Community Board 8 strongly encourages you to contact us with your concerns or questions about issues affecting you and your neighbors. If you know of anyone who would like to receive our monthly mailing via standard mail or electronically, please encourage him or her to contact the board office at 212-758-4340 or info@cb8m.com.