



The City of New York Manhattan Community Board 8

505 Park Avenue, Suite 620
New York, N.Y. 10022-1106
www.cb8m.com
Nicholas D. Viest, Chair

Phone: (212) 758-4340
Fax: (212) 758-4616
info@cb8m.com - E-Mail
Latha Thompson, District Manager

Community Bulletin Board – October 2014

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://nyeventpermits.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.

New York-Presbyterian-Weill Cornell Medical Center Falls Prevention activities continue with HealthOutreach's annual *Falls Prevention Health Fair*. Visit numerous booths staffed by NewYork-Presbyterian nurses, audiologists, social workers, nutritionists and pharmacists among others – to see what you can do to prevent yourself from falling. When: **Thursday, October 2, 2014** from 11:30 am to 4:00 pm. Where: 520 East 70th Street, in the Cayuga Room at the rear of the Garden Café. For reservations, please call 212-746-4351. In honor of *National Family Caregiver Month*, the Caregivers Service presents “*Celebrating the Caregiver: A Free Symposium for Family Caregivers of Older Adults.*” Featuring Dr. Ronald Adelman, Co-Chief of Geriatric and Palliative Medicine at NewYork-Presbyterian Hospital. He will be joined by other prominent experts such as Carol Levine, Director of the Families and Health Care Project, United Hospital Fund. When: **Saturday, November 1, 2014** from 12 pm to 4 pm. Where: The Griffis Faculty Club, 521 East 68th Street (private entrance – east of York Avenue). For reservations please call 212-746-4365. These **FREE** programs are presented by the Social Work Department of NewYork-Presbyterian Hospital/Weill Cornell Medical Center.

City & Suburban Homes York Avenue Estate is sponsoring a FREE Historic District Walking Tour which includes the City & Suburban Homes Landmark, Shively Sanitary Tenements, PS 158, Webster Library, John Jay Park, and Former East Side House Settlement on Sunday, **October 5, 2014**, at 1:00PM. Tour meets at the City & Suburban Homes Archive Room, 515 East 78th Street. For more information, contact Marie Beirne at 212-388-0883.

On **Sunday, October 5th**: It's My Park Day-Pt. at East River Esplanade at 96th Street, 10am-3pm, **Esplanade Friends & Upper Green Side** will continue it planting efforts, scraping/painting/railing. Refreshments will be on hand. **Sunday, October 12th: Shred-A-Thon-Columbus Day Edition**, 1st Avenue between 92nd & 93rd Streets, opposite Greenmarket, 11am-3pm. Shredding paper of every kind. NO cardboard, handled shopping bags, paper clips, spiral binders or hardcover books. **Saturday, October 18th**: It's Pelt's My Park Day-Pt.II at East River Esplanade at 96th Street, 10am-3pm. Armed with brooms, dustpans and garbage bags, **Upper Green Side** and the **East River Crew** will be working to leave a squeaky clean Esplanade. Refreshments will be on hand. **Sunday, October 19th**: It's My Park Day-Pt. III, East River Esplanade at 96th Street, 10am-3pm. **Esplanade Friends** and **Upper Green Side** will join neighbors from East Harlem to keep sweeping/scraping/painting/planting their way to the north.

The **19th Precinct Community Council** will hold its monthly meeting on **Monday, October 6th at 7PM**, at the Precinct 153 East 67th Street, 3rd floor. Program: William Kalb, Special Agent in Charge, NY Field Division, Treasury Inspector General for Tax Administration. Refreshments by Butterfield Market. Avoid Identity Theft! **NYPD Shredder Event** will be held at this same date and location from **5PM to 7PM**. A large shredder truck will be shredding any documents you have that contain your personal information. For more information call: Community Affairs Office: 212-452-0613. Email address: info_19th_Pct@aol.com. Facebook: www.facebook.com/19thpctcc

The **Auxiliary of Lenox Hill Hospital** presents: Family Safety: From Cradle to College. Please join Dr. Yves Duroseau, Chairman of the Lenox Hill Hospital Emergency Department, for a **free**, informative evening of presentation, discussion and audience Q & A. Topics include: Common safety issues, tips and techniques; What to do when an emergency occurs. Join us **Wednesday, October 8th**, 6pm-7:30pm at Einhorn Auditorium, 131 East 76th Street. The event is free. No registration required. For more information, please call 212-434-2238.

Memorial Sloan Kettering Cancer Center invites community residents to attend the following free events: Join us for a workshop on *Treating Symptoms and Improving Well-Being* on **October 14** from 10:00 AM – 2:00 PM in the MSK Zuckerman Research Laboratories building, 417 East 68th Street, Auditorium. Experts from the Integrative Medicine Service will provide demonstrations on acupuncture, massage, dietary herbs and supplements, mind-body therapies, and fitness. To register, please call 646-888-4740 or email RLAC@mskcc.org. On **October 18** from 10:00 AM – 4:00 PM, join us for a men's health community event on *Prostate, Penile,*

and Testicular Cancer at MSK's Sidney Kimmel Center for Prostate and Urologic Cancers, 353 East 68th Street. Come learn about treatment options, clinical trials, integrative medicine, fitness and nutrition, support services, and much more. All are welcome to attend. To register, please email menshealthday@mskcc.org. Join Memorial Sloan Kettering and Hospital for Special Surgery for a community lecture on **November 6** from 5:00 – 6:30 PM on *Breast Cancer and Bone Health* at the Hospital for Special Surgery, 535 East 70th Street, Richard L. Menschel Education Center, 2nd floor. Learn about how breast cancer affects bone health and ways to prevent osteoporosis and slow down loss of bone mass. To register, please visit www.hss.edu/pped or call 212-606-1613 for more information.

New York-Presbyterian Hospital & Weill Cornell Medical College Health & Wellness Seminar Series. **October 14th** *Understanding Coronary Artery Disease and the Latest Advances in Cardiac Imaging* Erica C. Jones, MD & James K. Min, MD; **October 21st** *Stroke Alert: Risk Factors, Warning Signs and Treatment Options* Matthew E. Fink, MD; **October 28th** *Treating Irritable Bowel Syndrome & Other Common Gastrointestinal Disorders* Christine L. Frissora, MD & Alyssa Rutchik Padial, PT, MS, OCS, PRPC; **November 11th** *Mindful Moments: Self-Care for Family Caregivers* Sarah Waxse, LCSW. All seminars are FREE, begin at 6:30pm and are held at the Uris Auditorium, Weill Cornell Medical College, 1300 York Avenue at 69th Street. For more information call 212-821-0888.

Talent Unlimited High School of the Performing Arts Musical Theater department is doing their production of "Godspell". Location: Julia Richman Education Complex BlackBox Theatre at 317 East 67th Street NYC, NY 10065 (67th & 2nd Avenue) (Lexington #6 at 68th Street). Dates/Times: **Thursday 10/16** 3:30pm; **Friday 10/17** 3:30pm & 7:00pm; **Saturday 10/18** 2:00pm & 7:00pm; **Tuesday 10/21** 3:30pm; **Thursday 10/23** 3:30pm; **Saturday 10/25** 2:00pm. Cost: \$10 presale (tuhsmusicaltheatre@gmail.com) \$12 at the door. Website: www.tuhsnyc.com; Contact info: Stephen Agosto @ tuhsmusicaltheatre@gmail.com Guy Ortmann @ gortmann@earthlink.net (646-522-1097).

NYC Parks From **May through the end of October this year**, Parks has mobile units that are available for events for free. There are three different types of mobile units available, and each come with a variety of activities for children and Parks staff to run these activities. The Fitness Mobile is loaded with 2 flat-screen TV's with Dance-Dance Revolution and Wii Fit! It also offers table games and arts & crafts. The Skate Mobile offers lessons and activities in in-line skating. The program provides helmets and safety equipment as well as basic instruction for all ability levels. The Play Mobile offers craft & nature projects, tabletop and board games, face painting, Balloon art, as well as more traditional activities such as relay races, tug-o-war, and jump roping. To book one of these vans or find out more information, please call our Manhattan Borough Coordinator at (212) 408-0275.

The East 79 Street Neighborhood Association will **not** have a meeting in October due to the holiday. Next meeting is on **Thursday, November 13**. Place and speaker to be announced.

92nd Street Greenmarket located at First Avenue between 92nd and 93rd Streets is open **Sundays through November 23rd, 2014**, 9am to 4pm with Compost and fabric/clothing/hats/shoes/belts collected 9am to 1pm. Freshest locally grown vegetables, fruits and herbs, baked goods, eggs, locally-caught seafood and more! EBT/Food Stamps, Debit/Credit, Health BUcks, WIC & FMNP checks accepted. Also recycling: batteries of all kinds, printer cartridges, corks and eye glasses. For what to compost: <http://www.grownyc.org/compost>. And more market details: <http://thisweekatthemarket.wordpress.com>.

Grace Institute is actively recruiting for their class beginning **January 2015**. The institute has over 117 years of empowering women and **tuition-free** job training. Six-month Business Skills Program – Job Training for Office Support and Customer-Service Positions. Program Schedule – Monday – Friday – 9AM to 4PM. Requirements: HS Diploma or GED; Fluency in English; Eligibility to work in the United States. Book and Registration Fee: \$150.00. Tuition-free!! Job Placement Assistance. On-Site Student Services Dept. Convenient Daytime Classes. Supportive Environment. HRA Approved. Take a tour of the Grace Institute, meet the staff, learn more about our program and apply! 1233 Second Avenue (between 64th and 65th Streets); Tel: 212-832-7605; www.graceinstitute.org; admissions@graceinstitute.org

82nd Street Greenmarket located at 82nd Street between First and York Avenues is open on **Saturdays, year-round**, 9AM to 3PM with Compost and fabric/clothing/hats/shoes/belts collected 9AM-1PM. Premier local produce, baked goods, seafood, free-range poultry and eggs, grass-fed beef, cheese and more. Also bring household batteries, Britta filters, corks, printer cartridges and old eye glasses for recycling. For what to compost and more market details: <http://thisweekatthemarket.wordpress.com>

Gray Matters is an advisory and consulting group whose members have professional experience in finance, real estate, law, marketing, medicine, education, government and architecture. Their advice and skills are offered **free** to community-based not-for-profit organizations in the New York City area. We work with Executive and Board leadership of NY area-based nonprofit organizations of all sizes to help them address their strategic and operational problems and to plan for growth or restructuring. There is no set structure for our services. We work with your organization for as long as we mutually feel we can be of use, and with as many Gray Matters members as are needed to address your issues. We invite you to visit www.graymattersnyc.org to see who we are and learn more about the types of organizations we have helped and the kinds of services we have provided. Write us at info@graymattersnyc.org briefly describing your specific need or needs and indicate how and when we should contact you.

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.

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.