

**Community Board 8 Calendar**  **February 2020**

505 Park Avenue, Suite 620, New York, NY 10022-1106

Phone: (212) 758-4340/Fax: (212) 758-4616

Web Site: www.cb8m.com Email: info@cb8m.com

Alida Camp, Chair Will Brightbill, District Manager

Please call Community Board 8 at (212) 758-4340 to confirm meeting dates, times, and locations, as they are subject to change.

**Please notify the board office 24 hours in advance if you require handicap accessibility to any meeting location.**

Monday	Tuesday	Wednesday	Thursday
02/3	02/4 <u>Street Life Committee</u> Ramaz, Lower School 125 East 85 <sup>th</sup> Street (Park – Lexington) 6:30 PM	02/5 <u>Transportation Committee</u> New York Blood Center 310 East 67 <sup>th</sup> Street (First-Second) Auditorium 6:30 PM	02/6
02/10 <u>Landmarks Committee</u> Marymount Manhattan College 221 East 71st Street (Second - Third) Regina Peruggi Room 6:30 PM	02/11 <u>Budget Committee</u> Community Board 8 Office 505 Park Avenue (59 <sup>th</sup> – 60 <sup>th</sup> Street) Board Room 6:30 PM	02/12	02/13 <u>Parks &amp; Waterfront Committee</u> New York Blood Center 310 East 67 <sup>th</sup> Street (First - Second) Auditorium 6:30 PM
02/17  President's Day Board Office Closed	02/18	02/19 <u>Full Board and Land Use Meeting</u> New York Blood Center 310 East 67 <sup>th</sup> Street (First - Second) Auditorium 6:30 PM	02/20
2/24 <u>Youth, Education, &amp; Libraries Committee</u> Stanley Isaacs Neighborhood Center 415 East 93 <sup>rd</sup> Street (First - York) Dining Rooms A and B 6:30 PM	02/25	02/26 <u>Housing Committee</u> Ramaz School 125 East 85 <sup>th</sup> Street Auditorium 6:30 PM	02/27 <u>Zoning &amp; Development Committee</u> New York Blood Center 310 East 67 <sup>th</sup> Street (First - Second) Auditorium 6:30 PM

**The next Land Use Meeting will be on Wednesday, March 18, 2020**

**New York Blood Center 310 East 67th Street, Auditorium**

**The next Full Board Meeting will be on Wednesday, March 18, 2020**

**New York Blood Center 310 East 67th Street, Auditorium**



## The City of New York Community Board 8 Manhattan

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New York, N.Y. 10022-1106  
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Alida Camp, Chair

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Will Brightbill, District Manager

### February 2020 Agenda

**Please Note: Meeting agendas are subject to change without notice. Call the Board office within 48 hours of the scheduled meeting for confirmation. All meeting rooms are accessible to the disabled. Please bring a photo ID to all meetings, as some locations require this to enter the building. Please call the Board office if you need assistance or further information. COMMUNITY BOARD 8 MEETINGS BEGIN AT 6:30PM UNLESS NOTED**

Street Life Committee  
The Ramaz School



Tuesday, February 4 - 6:30PM  
125 East 85<sup>th</sup> Street, Auditorium

1. **L.L.B., Inc., dba Pascalou, 1308 Madison Avenue (Between 92<sup>nd</sup> and 93<sup>rd</sup> Street)** – Renewal Application for a Sidewalk Café – small unenclosed – 2 Tables and 4 Chairs
2. **Sofia 61st Street Corp., dba Serafina, 33 East 61st Street (Between Madison and Park Avenue)** - Renewal Application for a Sidewalk Cafe – unenclosed – 3 Tables and 8 Chairs
3. **Brasserie Cognac East Corp., dba Brasserie Cognac, 963 Lexington Avenue (Between 70th and 71st Street)** - Renewal Application for a Sidewalk Cafe – unenclosed – 9 Tables and 22 Chairs
4. **Le Bilboquet NY, LLC, dba Le Bilboquet, 20 East 60<sup>th</sup> Street (Between Fifth and Madison Avenue)** - Renewal Application for a Sidewalk Cafe – small unenclosed – 5 Tables and 20 Chairs
5. **Sushi Gama Corp., dba Sushi Gama, 1403 Second Avenue (Between 73<sup>rd</sup> and 74<sup>th</sup> Street)** - Renewal Application for a Sidewalk Cafe – unenclosed – 9 Tables and 18 Chairs
6. **1483 First Avenue Restaurant, dba Maruzzella, 1483 First Avenue (Between 77th and 78th Street)** – Renewal Application for a Sidewalk Café – unenclosed – 8 Tables and 16 Chairs
7. **Le Bon NY Corp, dba Corrado Bakery, 1361 Lexington Avenue (Between 90th and 91st Street)** – Renewal Application for a Sidewalk Café – enclosed – 5 Tables and 10 Chairs
8. **Lagada Restaurant Corp, dba Ritz Diner, 1133 First Avenue (Between 62nd and 63rd Street)** – New Application for a Sidewalk Café – enclosed – 12 Tables and 32 Chairs
9. **Hex East LLC, dba Hex & Co., 1462 First Avenue (Between 76th and 77th Street)** – New Application for a Sidewalk Café – unenclosed – 12 Tables and 32 Chairs
10. **Sweet Green New York LLC, dba Sweet Green, 1321 First Avenue (Between 71st and 72nd Street)** - New Application for a Sidewalk Cafe – unenclosed – 8 Tables and 18 Chairs
11. **New York Sushi I Inc, dba TBD, 1406 Third Avenue (Between 80<sup>th</sup> and 81<sup>st</sup> Street)** - New Application for a Sidewalk Cafe – unenclosed – 18 Tables and 39 Chairs
12. **C&V 77 Enterprises LLC, dba Green Kitchen, 1475 First Avenue (Between 77<sup>th</sup> and 78<sup>th</sup> Street)** - New Application for a Sidewalk Cafe – enclosed – 14 Tables and 47 Chairs
13. **International Wings Factory, LLC, 1762 First Avenue (Between 91st and 92nd Street)** – New Application for a Wine, Beer and Cider License
14. **KX Hunter Deli Inc, dba Hunter Deli, 966 Lexington Avenue (Between 70<sup>th</sup> and 71<sup>st</sup> Street)** – New Application for a Beer, and Cider License
15. **Great Lakes NY NY Inc., dba Ko Sushi, 1329 Second Avenue (Between 70<sup>th</sup> and 71<sup>st</sup> Street)** – New Application for a Wine, Beer and Cider License
16. **International Kitchen LLC, dba Hutch & Waldo, 1563 Second Avenue (Between 81<sup>st</sup> and 82<sup>nd</sup> Street)** – New Application for a Liquor, Wine, Beer and Cider License
17. **Silverstone 88 LLC, dba Selena Rosa, 1708-1710 Second Avenue (Between 88<sup>th</sup> and 89<sup>th</sup> Street)** - New Application for a Liquor, Wine, Beer and Cider License
18. **Blue Hospitality LLC, dba Grey Hawk Grill, 1556 Second Avenue (Between 80<sup>th</sup> and 81<sup>st</sup> Street)** – New Application for a Liquor, Wine, Beer and Cider License
19. **Madison Avenue Pizza Bar LLC, dba TBD, 14 East 60<sup>th</sup> Street (Between Madison and Fifth Avenue)** – New Application for Liquor, Wine, Beer, and Cider

20. **235 East Cafe Inc., dba Brandy's Piano Bar, 235 East 84th Street (Between Second and Third Avenue)** – Class Change
21. **1111 Lexington Taqueria LLC, dba Dos Toros, 1111 Lexington Avenue (Between 77<sup>th</sup> and 78<sup>th</sup> Street)** – Corporate Changes

Abraham Salcedo, Chair

**Transportation Committee**



**Wednesday, February 5 – 6:30PM**  
**310 East 67<sup>th</sup> Street, Auditorium**

**New York Blood Center**

1. NYC TLC Updates on Agency Initiatives and Programs
2. Request for a change of parking regulations on East 92nd Street between First and Second Avenues from No Parking Monday to Thursday 9AM to 10:30AM to No Parking Anytime
3. Request for a change of parking regulation on East 63rd Street between Lexington and Third Avenues from "Commercial Vehicles from 7am to 7pm" to "No Standing"
4. Discussion of parking regulations and street cleanliness along curbsides without any posted street cleaning restrictions (Joint item with Environment and Sanitation Committee)
5. A discussion on proposed changes to New York State laws regarding e-bikes and e-scooters as described in the Governor's Proposed FY 2021 Executive Budget
6. Fairway Market 86th Street - Discussion Concerns regarding Curbside and Sidewalk Loading Activities
7. Updates from the NYC Department of Transportation.
8. New Business
9. Old Business

Charles S. Warren and Craig M. Lader, Co-Chairs

**Parks and Waterfront Committee**



**Thursday, February 6 - 6:30PM**  
**310 East 67<sup>th</sup> Street, Conference Room**

**New York Blood Center**

**1. New Business:**

- A. Please note our permanent meeting date has been changed to the 2<sup>nd</sup> Thursday of the month.
- B. Update on plans for the structural rehabilitation of the East River Esplanade at 62<sup>nd</sup>-63<sup>rd</sup> Streets and 90<sup>th</sup>-94<sup>th</sup> Streets by the NYC Dept. of Parks & Recreation, Eric Linsalata and Gabrielle Czernik presenting.
- C. Presentation for informational purposes of a temporary public art installation for Park Avenue at 70th Street by the NYC Dept. of Parks & Recreation, Elizabeth Masella, Senior Public Art Coordinator presenting.

**2. Old Business**

- A. Update on 72<sup>nd</sup> Street Cul-de-sac
- B. Update on East River Crew Location
- C. Report on Tramway Park construction
- D. Discussion of items to be covered at March committee meeting on Ruppert Park re-design and construction of Facilities

**3. Report on CD 8 Parks by Wesley Hamilton, District Manager**

M. Barry Schneider and Tricia Shimamura, Co-Chairs

**Landmarks Committee**



**Monday, February 10 - 6:30PM**  
**221 East 71st Street, Regina Peruggi Room**

**Marymount Manhattan College**

1. **1083 Fifth Avenue (between Fifth Avenue and Madison Avenue) - Expanded Carnegie Hill Historic District-** *Jeffrey R. Karp, Ogden Codman LLC, Brian J. Connolly, Architect* - Beaux-Arts style townhouse designed by Turner & Kilian and built in 1901-02 with significant alterations by Ogden Codman in 1913-15. Application for restorative work at all façades.
2. **26 East 78<sup>th</sup> Street (between Fifth Avenue and Madison Avenue) - Metropolitan Museum Historic District** *Drew Lang, Architect, Lang Architecture* – Italian Neo-Grec style row house brownstone built by Silas M. Styles in 1871. Application for interior and façade renovation, rear yard and rooftop additions.
3. **1295 Madison Avenue (between Madison Avenue and Park Avenue) - Expanded Carnegie Hill Historic District -** *Julio Magarino, Architect, FORM4 Design Studio* – A Neo-Renaissance style hotel building designed by Louis Korn and constructed in 1899-1900. Application to reconfigure and enlarge existing penthouse; reintroduce decorative cornice on primary facades; relocate and upgrade roof-top mechanicals; remove fire escape stair at 2nd and 3<sup>rd</sup> level; and fill rear exterior court along the east façade.

4. **405 East 59<sup>th</sup> Street (Queensboro Bridge Bridgemarket Space) - Individual Landmark** - *Michael Leocata, Greenerg Farrow, Architect* – Beaux-Arts Bridge style built by Architect Henry Hornbostel and Engineer Gustav Lindenthal between 1901-1908. Application for significant interior and façade renovation to include sidewalk alteration, freight and ADA elevator installation, HVAC systems, interior lighting, bathrooms, access doors, and signage installations.
5. Old Business
6. New Business

David Helpern and Jane Parshall, Co-Chairs

<b>Budget Committee</b> ♦	<b>Tuesday, February 11 – 6:30PM</b> <b>505 Park Avenue, Board Room</b>
<b>Community Board 8 Office</b>	
1. Review and Public Hearing on Mayor’s Preliminary 2021 Budget 2. Old Business 3. New Business	

Barbara Chocky, Chairs

♦ <b>President’s Day</b> <b>Community Board 8 Office Closed</b>	<b>Monday, February 17</b>
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<b>Full Board and Land Use Meeting</b> ♦ <b>New York Blood Center</b>	<b>Wednesday, February 19 - 6:30PM</b> <b>310 East 67th Street, Auditorium</b>
<ol style="list-style-type: none"> <li>1. <b>Public Hearing</b> – Application for a Zoning Text Amendment (N 200078ZRM) for Mansion Restaurant to operate an unenclosed outdoor cafe at 1634 York Avenue. DUE March 16, 2020</li> <li>2. <b>Public Session</b> – Those who wish to speak during the Public Session must register to do so by 6:45 pm.</li> <li>3. Adoption of the Agenda</li> <li>4. Adoption of the Minutes</li> <li>5. Manhattan Borough President’s Report</li> <li>6. Elected Officials’ Reports</li> <li>7. Chair’s Report – Alida Camp</li> <li>8. District Manager’s Report – Will Brightbill</li> <li>9. Committee Reports and Action Items</li> <li>10. Old Business</li> <li>11. New Business</li> </ol>	

Alida Camp, Chair

<b>Youth, Education, and Libraries Committee</b> ♦ <b>Stanley Isaacs Neighborhood Center</b>	<b>Monday, February 24 - 6:30PM</b> <b>415 East 93<sup>rd</sup> Street, Dining Rooms A and B</b>
<ol style="list-style-type: none"> <li>1. Continued discussion and planning for YEL Committee events and for an educational forum.</li> <li>2. Discussion of support for 3-K (pre-K for three year olds)</li> <li>3. Old Business</li> <li>4. New Business</li> </ol>	

Alexandria Abenshon and Peter Patch, Co-Chairs

<b>Housing Committee</b> ♦ <b>The Ramaz School</b>	<b>Wednesday, February 26 – 6:30PM</b> <b>125 East 85<sup>th</sup> Street, Auditorium</b>
<ol style="list-style-type: none"> <li>1. Discussion of Comptroller’s Housing Plan</li> <li>2. Update on Holmed Tower Infill Project</li> <li>3. Old Business</li> <li>4. New Business</li> </ol>	

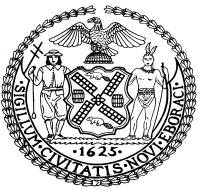
Barbara Chocky and Ed Hartzog, Co-Chair

New York Blood Center

310 East 67th Street, Auditorium

1. Update on the CB8 Application for First Second, Third and York Avenues - for 210' height limit, two Special Districts, and for the preservation of tenements and small businesses
2. Northwell/Lenox Hill Hospital - Update and information on the MBP Gale Brewer and Keith Powers Task Force. Community presentation of their concerns (Reminder: The hospital has a proposal to build a 516-foot tower on Lexington Avenue, where the height limit is 170 feet, and to build a 490-foot tower on Park Avenue, where the height limit is 19 stories or 210 feet, whichever is less. Third Avenue site has no building plans, but will be a cancer center.)
3. George Janes presentation and discussion of the zoning implications for two developments on Madison Avenue: 1045 Madison Ave and 1230 Madison Avenue
4. New Business
  1. Discussion of Target's expansion on the Upper East Side
5. Old Business

Elizabeth Ashby and Elaine Walsh, Co-Chairs



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## Community Bulletin Board – February 2020

PLEASE VISIT COMMUNITY BOARD 8 MANHATTAN'S WEBSITE AT [WWW.CB8M.COM](http://WWW.CB8M.COM)

**Street Activity Permit Office (SAPO)** - You may must 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](http://www.nyc.gov/html/cau/html/street_permitting/permit_and_events.shtml).

**The 19th Precinct Community Council Meeting** Community Council meetings typically take place on the first Monday of each month at 7:00 PM in the precinct.

**19th Precinct Build the Block Meetings** Neighborhood policing is changing the way the NYPD keeps your neighborhood safe. Neighborhood Coordination Officers (NCOs) are assigned to and remain in a sector, or neighborhood, for the duration of their tour. Additionally, NCOs are given the time and flexibility to make strong bonds with the community they serve. The NYPD wants to hear from you about what it will take to keep your neighborhood safe. Come to a Build the Block meeting to talk about neighborhood safety and to make sure your concerns are heard and your questions are answered. Join us in sharing responsibility for the neighborhood that you live in.

**Senator Krueger's Medicare Access Survey** If you have Medicare health insurance - either original Medicare or a Medicare Advantage plan - I am interested in hearing what your experience has been finding primary care providers and specialists that accept your Medicare plan. Thank you for taking a few minutes to answer the following questions. <https://tinyurl.com/medicare-access-survey>.

**NY Pres Naloxone Training February 11<sup>th</sup>** Learn how to administer naloxone, a life-saving medication that reverses the effects of an opioid overdose and restores breathing. You will become a Certified Opioid Overdose Responder and receive a free Overdose Rescue Kit with naloxone. This training will be taught by Dr. Jonathan Avery, the director of addiction psychiatry at NewYork-Presbyterian/Weill Cornell Medical Center. For more information, please contact Dr. Avery at 212-746-3738 or [joa9070@med.cornell.edu](mailto:joa9070@med.cornell.edu).

**NYC #OpenData 102-103: Essentials of NYC Open Data for community insight** In this intro NYC Open Data training, participants will learn the terms and processes essential to working with NYC Open Data. They will learn how to access and manipulate a variety of NYC open datasets relevant to their local community in a series of "data journey" exercises. Participants will

become familiar with the technologies and tools that were designed with community boards— like BoardStat, an easy-to-use data analytics tool— to harness NYC Open Data to gain valuable insight into their local community. Come ready to learn, share and get right into datasets and graphs! What to bring: A laptop and power supply. We recommend a laptop with Firefox, Internet Explorer, Chrome, or Safari. Feb 12 from 5 PM - 7 PM NYPL - Webster Library 1465 York Avenue, New York, NY RSVP - <https://opendata-12feb.eventbrite.com/>

**Council Member Powers and MAS Livable Neighborhoods Program** Join us for a workshop covering the basics of land use planning in NYC. Participants will learn about the key players, regulations, and processes that influence development, and how the public can engage with them to have a say in their neighborhood. February 26<sup>th</sup> at Wagner Middle School 220 E 76<sup>th</sup> Street. Doors open at 6 pm, event runs from 6:30 pm to 8 pm.

**Disability Rent Increase Exemption – (DRIE) Clinic** – Do you have a disability and need help with rent? Are you 18 years or older? Are you receiving disability-related benefits? Do you pay more than 1/3 of your income towards rent? Is your annual household income \$50,000 or less? Find out if you are eligible for DRIE, get assistance applying or recertifying. Clinics will take place throughout Winter 2020. For an appointment or information, contact [DRIE@lenoxhill.org](mailto:DRIE@lenoxhill.org) or 212-218-0503, option 0. Reasonable accommodations can be made, and necessary transportation will be provided.

**The American-Italian Cancer Foundation’s (AICF) Mobile, No-Cost Breast Cancer Screening Program** Providing mammograms and clinical breast exams to uninsured and medically underserved New York City women is scheduled to conduct screenings in your neighborhood. Saturday, February 8<sup>th</sup>, 2020, Stanley Isaacs Senior Center, 415 East 93<sup>rd</sup> Street, and Good Shepherd Plaza, 543 Main St. New York, NY (Roosevelt Island). To schedule an appointment please call 1-877-628-9090

**Go Red Heart Health Fair** Free heart health screenings and opportunities to speak with health care professionals. The event will take place Friday, 2/7 – 11am-2pm, at 131 E 76<sup>th</sup> Street – Lenox Hill Hospital Einhorn Auditorium.

**NYCHA Rent Calculation Clinic** Lenox Hill Neighborhood House in partnership with Little Sisters of the Assumption will be hosting a NYCHA rent calculation clinic on February 11, 2020 from 10am-12pm. This FREE legal clinic provides interested NYCHA residents with the opportunity to meet with a pro bono attorney and have their rent calculated to determine if they are being overcharged and assist with next steps in getting the rent adjusted. The event will be held at Little Sisters of the Assumption, 333 East 115<sup>th</sup> Street. First come, first served. Tell the receptionist you are here for the clinic. If you have any questions, please call (212) 218-0402.

**New York-Presbyterian, in partnership with the Bronx Health and Housing Consortium**, is launching its first comprehensive housing training series. The webinar series will cover the spectrum of housing programs and will be facilitated by experts in the housing field. For more information, please contact (212) 746-5454.

**Kravis Center for Cardiovascular Health at Mount Sinai Heart** offers classes and educational presentations open to the public. These classes are ongoing and are scheduled **every Thursday** evening from 6pm -7pm. Educational topics include information on Nutrition, Diabetes, Exercise and other Life Style Modifications to promote and maintain a healthier life for people of all backgrounds. Classes are offered in Yoga, Mindfulness (for Stress Reduction), Tai Chi and Tango. **Space is limited. Call for class schedule and reservations: 212-731-3420.** Location: 234 East 85<sup>th</sup>, Lower level.

**82nd Street Greenmarket, Year Round Green Market** on 82nd Street between First and York, 9am-2pm; Compost and Clothes Collection – 9am-1pm. Our city’s most successful small market with its all-star line-up of Bread Alone, Valley Shepherd Creamery (yogurt and cheese), American Pride Seafood, Ballard Honey, Samascott, Gajeski,, Rising Sun (grass-fed beef), Alewife (specialty produce), Cherry Lane, Old Mother Hubbard (dairy, milk and eggs), Green Meadows (mushrooms), Hudson Valley Duck and Sikking Farms (gorgeous cut flowers). Plus, most warm-weather Saturdays, there’s live acoustical music and Master Knife Sharpener Barbara Hess tabling to tend to your cutlery. Drop off those dead batteries, cords, corks, phones, cartridges and old eye glasses at the Compost Table, as well!

**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](http://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](mailto: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](http://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](http://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](http://www.LIFTonline.org).

**Hunter Helpers** - 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 - <http://www.hunter.cuny.edu/hunterhelpers>

**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](mailto: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.

**Weight Management Group Nutrition Group Session** Janna Guberman, MS, RD, CDN provides medical nutrition therapy and nutrition education for weight management, cardiovascular disease, and diabetes at the Kravis Center. In this small-group session you will learn evidence-based strategies for healthy weight loss including how to increase the quality of your diet, stay active, and overcome challenges. Limit 6 participants (plus family members) per session. \$30 Fee (Free for Cardiac Rehab patients).

***Community Board 8 Manhattan 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](mailto:info@cb8m.com).***