#### January, 2017 District Manager's Report

#### **Agency Updates:**

#### FDNY:

On 12/15/2016 @ 9:02 PM, a fire occurred at 474 W 143 St.; a 5 story occupied multiple dwelling building. There was a fire located on the 2<sup>nd</sup> floor. Upon arrival units found a fire in the wall of Apt 2. Fire extended up and entered the cockloft. Engine companies stretched and operated two hand lines. Ladder companies performed vent, entry, search and overhaul. Units were unable to determine the cause of the fire and requested the response of the fire marshal for investigation.

On 1/2/2017 @ 4:50 PM, a fire occurred at 713 St Nicholas Ave a 5 story occupied multiple dwelling building. There was a fire located on the 3<sup>rd</sup> floor. Upon arrival units found a fire in apt. 5. Engine companies stretched and operated two hand lines. Ladder companies performed vent, entry, search and overhaul. Units were unable to determine the cause of the fire and requested the response of the fire marshal for investigation.

#### **District Attorney (DANY)**

DANY seeks proposals to provide skills training to young people ages 11-18 in these three areas: (1) sports or fitness (e.g., basketball, dance, volleyball, etc.), (2) Cognitive Behavioral Therapy (CBT), and (3) wraparound service delivery, specifically relevant social services that address ancillary needs. This RFP will fund programming in the following service areas: Washington Heights/Inwood, West Harlem, Central Harlem, East Harlem, and the Lower East Side. A separate and complete proposal is required for each service area being proposed.

The purpose of this Request for Proposals (RFP) is to grant funding to operate Saturday Night Lights (SNL) in Manhattan. SNL is a youth violence prevention and youth-development program funded by the New York County District Attorney's Office (DANY) that provides young people in underserved neighborhoods in Manhattan a safe, fun, and productive space during traditionally high-crime times. While SNL focuses on sports and fitness activities, programming likewise integrates Cognitive Behavioral Therapy and supplementary social services to more holistically help young people reduce violence and criminal justice involvement and increase engagement in pro-social activities.

For further information, please contact Mallorie Thomas at (212) 335-3150 or email at <a href="mailto:ThomasMa@dany.nyc.gov">ThomasMa@dany.nyc.gov</a>.

### MAYOR DE BLASIO LAUNCHED HIS GETCOVEREDNYC INITIATIVE TO ENROLL MORE NEW YORKERS IN HEALTH INSURANCE PROGRAMS – Mayor

Bill de Blasio launched the GetCoveredNYC campaign focused on enrolling more New Yorkers in health insurance and providing them with access to primary and preventive care at public Health and Hospitals facilities. The campaign's goal is to enroll 50,000 New Yorkers through 2017 who are eligible for health insurance but are not taking advantage of existing enrollment options.

The Mayor's Office has partnered with Health & Hospitals, the Human Resources Administration, the Department of Health and Mental Hygiene and MetroPlus to launch this ambitious campaign. On December 10<sup>th</sup>, the City hosted five enrollment events focused on engaging potential youth applicants and assisting them in applying for coverage.

Throughout the campaign, GetCoveredNYC outreach teams will proactively engage uninsured New Yorkers who have visited Health and Hospitals facilities. In order to reach the maximum number of New Yorkers, the campaign will include at-home outreach as well as office hours at community partner or elected officials' offices, providing direct access to in-person assistance from outreach specialists.

Specialists will schedule individuals for an enrollment appointment and case-manage each applicant through the entire process. The open enrollment period will end on January 31, 2017.

Depending on income and other criteria, applicants may be eligible for Medicaid at no cost. Those whose earnings exceed Medicaid limits may be eligible for the Essential Plan, which also offers a comprehensive coverage package for either \$20 monthly premium or no cost, depending on income. Those earning more – between 200 and 400 percent of the federal poverty level – may be eligible for Qualified Health Plan coverage, offered by MetroPlus and others, with public subsidies on a sliding scale reflecting income. All the plans cover inpatient and outpatient care, physician services, diagnostic services, mental healthcare and prescription drugs.

While NYC Health and Hospitals makes care available to all New Yorkers, regardless of ability to pay, the public health system emphasizes the importance of insurance enrollment as a tool to best engage patients in their healthcare – as opposed to waiting until health issues reach critical levels and require emergency room or inpatient care, the most expensive care for the system. Further, to address its financial challenges, Health and Hospitals needs more of its patient population to gain access to insurance to help close its growing budget gap.

The NYPD has launched a wide-ranging recruitment campaign to reach the most qualified, best-suited candidates to join "New York's Finest" in protecting and serving our wonderfully-diverse city. While the present force is currently diverse, they still can do more to ensure all communities are reflected in ranks, therefore the NYPD is launching its upcoming Police Officer

exam. This will be the first exam administered since the NYPD reengineered their recruitment processes for maximum efficiency, and it is their goal to make sure all interested have the opportunity to apply. All the information needed regarding the application process and the exam can be accessed through their user-friendly website at: <a href="https://www.nypdr.nypdecruit.com">www.nypdecruit.com</a>.

For your information listed below are a few facts:

- Registration began December 27<sup>th</sup>, 2016, and runs through January 31<sup>st</sup>, 2017. Candidates are required to pre-register at <a href="https://www.nyc.gov/dcas">www.nyc.gov/dcas</a>. The exam will be administered at DCAS testing centers in Manhattan, at 2 Lafayette Street, and in Brooklyn at 210 Joralemon Street;
- Exams will be administered throughout January 2017. Candidates must be at least 17-1/2, but not more than 35 years old by the exam filing date; possess a valid photo identification card; and pay a filing fee of \$40. Fee waivers are available if candidates are receiving certain forms of public assistance;
- Exam preparation instructions are available via our website or through one of our fraternal groups. Please feel free to reach out to Captain Rosalind Knox-Ritter at <u>Rosalind.knowRitter@nypd.org</u> or call at (718) 312-5038 for contact information if needed.

The Health Department announced that its ongoing investigation of an outbreak of low pathogenic avian influenza H7N2, a strain of influenza A virus, among cats housed at Animal Care Centers of NYC's (ACC) shelters confirms that the risk to humans is low. One person has been found with a presumptive diagnosis of this virus, which was identified by Health Department lab testing and preliminarily confirmed by Centers for Disease Control and Prevention (CDC) lab testing yesterday. Further testing will be forthcoming in coming days.

It has been reported the infected person was a veterinarian who was involved in obtaining respiratory specimens from sick cats at the Manhattan shelter. The illness was mild, short-lived, and has been resolved. More than 160 ACC employees and volunteers, including several people who had similar exposure to sick cats, were screened by the Health Department and not found to have infection with the H7N2 virus. Additionally, the Health Department contacted more than 80% of the people who adopted cats from the Manhattan shelter and none were suspected of having H7N2.

There have been two previous documented human cases of H7N2 infection in the United States – one being a person managing an outbreak of the virus in turkeys and chickens in 2002 and the other with an unknown source in 2003. Both of these patients also had mild illnesses and recovered.

This is the first reported case due to exposure to an infected cat. There has been no documented human-to-human transmission.

#### DID YOU KNOW?

#### Landlords & Tenants:

**HEAT** – Heat must be supplied from October 1<sup>st</sup> through May 31<sup>st</sup> to tenants of multiple dwellings. If the outdoor temperature falls below 55-degrees between the hours of 6a.m. and 10p.m., each apartment must e heated to a temperature of at least 68-degrees. If the outdoor temperature falls below 40-degrees between the hour of 10p.m. and 6a.m. each apartment must be heated to a temperature of at least 55-degrees.

Hot Water – Landlords must provide all tenants of multiple dwellings with both hot and cold water [YEAR ROUND]. Hot water must register at or above a constant temperature of 120F at the tap. If a tap or shower is equipped with an anti-scald valve that prevents the hot water temperature from exceeding 120F, the minimum hot water temperature for that tub or shower is 110F.

**NYC Department of Education (DOE)** – The kindergarten application process is officially open. All students born in 2012 who currently live in NYC are eligible to attend kindergarten in September 2017. All families, including those of students with disabilities and current pre-k students, must submit an application in order to receive a kindergarten placement. **Admission is not first-come, first served.** All applications received by the January 13<sup>th</sup> deadline are treated the same, according to schools' admissions priorities.

#### Families are able to apply in one of three ways:

- ➤ Online at <u>www.schools.nyc.gov/applyonline</u>. The online application is available in ten languages;
- > Over the phone, by calling (718) 935-2400. Families can access translation services over the phone in over 200 languages;
- > In person at one of the DOE's Manhattan Family Welcome Centers
  - 333 Seventh Avenue, 12th Floor, Room 1211 New York, NY 10001 CSD – 1,2,4;
  - 388 West 125th Street, 7th Floor, Room 713 New York, NY 10027 CSD – 3,5,6

#### **DSC Highlights Agency Reports:**

26<sup>th</sup> Pct.: (See Stats)

30<sup>th</sup> Pct.: (See Stats)

PSA-6: (See Stats)

Transit District – 3: Grand Larceny is on the rise at the 125<sup>th</sup> and 145<sup>th</sup> (St. Nicholas Ave.) subway lines, and to combat this recent rise in crime Transit District – 3 in partnership with WHEC Empowerment are hosting a Special WINTER Fair on Friday, February 17<sup>th</sup> at the W. 145<sup>th</sup> St. Subway Station @ St. Nicholas Ave. (See Flyer attached).

George Bruce Library Reported: Adult Literacy Classes are being offered to improve reading and writing at the George Bruce Library;

Movement Speaks at the George Bruce Library, older adults of all ages and abilities are welcome. (See Flyer);

AARP Foundation Tax-Aide at the George Bruce Library: Free Tax Help for taxpayers with low and moderate income provided on Friday(s) starting February 3<sup>rd</sup> thru April 14<sup>th</sup> (See Flyer);

BIG Talk: Diversity -Tara Abrol: Workshop provided to break down discussions of race, gender, sexuality and more. Opportunities will be give to explore your identity in relation to others and engage in dialogue about similarities and differences. (See Flyer)

WHDC is offering tickets to see Hidden Figures for  $7^{th} - 9^{th}$  graders contact George Bruce at (212) 662-9727 or further information.

**Hamilton Grange Branch Reported:** AARP Foundation Tax-Aide provided at the branch on Tues and Thursdays starting February 2, 2017, 10:30a.m. – 1:30p.m.

AARP Tax-Aide services provided on Tuesdays and Thursdays, starting February 2<sup>nd</sup>, 2017, 10:30a.m. – 1:30p.m.;

Aces – Senior' Entitlement Program offers Seniors help with applications for Health Insurance, Housing, and other vital services;

Toddler Story time – Offers sessions to toddlers to bounce, sing, listen to stories, as well as share books, songs, and creative movement to engage little learners and build a foundation of literacy. This program is recommended for children ages 12 months to 4 years. Program is offered Tuesdays and Thursdays, 10:30 am and 11:15 am.

Baby Tummy time - Nurture your baby's development with gentle music, movement, and sensory play at the library. For pre-walkers ages 0-18 months with their caregivers.

\*Please bring a small blanket or towel for your baby's comfort. Program space is limited-attendance is granted on a first-come, first-served basis. Program is offered Wednesdays at 10:30a.m.

**Please note:** These are popular programs and **space is limited**. Attendance is granted on a first come, first-served basis.

**Con Edison Reported:** On Gas Safety Tips and encouraged everyone to report gas leaks immediately.

**DOT Reported:** Alternate side of the street parking rules (index cards) will be distributed shortly or can be viewed on line at www.nyc.gov/dot.

**DFTA Reported:** All grandparents or older adult kinship caregivers raising a child 18 years old or younger can seek the following services at DFTA:

- ➤ Support Groups/Training Financial and Health Benefits for kinship caregivers;
- > Navigate the city's aging and child welfare systems;
- ➤ Access to other NYC Department for the Aging Services

For further information contact Antoinette M. Emers, Community Advocate, Grandparent Resource Center at (212) 602-4305, or via email: <u>AEmers@aging.nyc.gov</u>.

**Department of Health & Mental Hygiene (DOHMH) Reported:** Naloxone is a medication that reverses overdoses from opioids such as heroin and prescription painkillers. New Yorkers can get this life-saving medication at certain community-based organizations and participating pharmacies (no prescription is needed)

As of December 2015, New Yorkers are able to naloxone at participating pharmacies without a prescription. Find a participating pharmacy near you through our <u>NYC Health Site Locator</u> or download a list of <u>participating NYC pharmacies</u> (PDF). You can also access naloxone, free of charge, through one of these <u>community based programs</u>.

#### **Naloxone Quick Facts:**

- Safe medication that reverses opioid overdose
- Has no effects on alcohol or other drugs
- Takes 2-5 minutes to start working
- May require more than one dose
- Stays in the system for 30-90 minutes
- May cause withdrawal (e.g., chills, nausea, vomiting, agitation, muscle aches) until the naloxone wears off.

#### How to use Naloxone:

Naloxone can be given as a nasal spray or as an intramuscular injection. There are currently two products available for each method:

For further info. contact 311 (See Flyer)

#### Manhattan District Attorney's Office

**Reported:** The New York County District Attorney's 2017 High School Internship Program has begun; this program provides students with an insider's view of the criminal justice system. Each intern is assigned to a unit within the Office and helps Assistant District Attorney's and other staff members with their work. Interns also attend presentations and trips and participate in mock trail competitions.

Nearly 30 years the program's interns have represented a variety of public, independent and parochial schools from diverse communities of Manhattan. DANY will accept applications in February from bright and promising students who are interested serving their communities. Interns receive a \$150 weekly stipend.

#### Eligibility Requirement:

- ✓ Applicants must reside in Manhattan 0r attend a school in Manhattan;
- ✓ Applicants must be sophomores, juniors or seniors in high school at the time they apply;
- ✓ Applicants must commit to attend the entire program from July August 2017; Monday thru Friday; 9a.m. 4:30p.m.

#### **Applications Requirements:**

- ✓ Applications will be accepted on-line only starting February 15<sup>th</sup>, 2017 thru March 15<sup>th</sup>, 2017 and can be found at: <a href="http://manhattanda.org/high-school-internship">http://manhattanda.org/high-school-internship</a>;
- ✓ Include a one-page resume;
- ✓ 500 word Essay discussing why you want to intern at the Manhattan District Attorney's Office or describing your interest in criminal justice;
- ✓ Letter of Recommendation

For further information send email to: <u>HighSchoolInternship@dany.nyc.gov</u>.

**HRA Reported:** On Guide to Health Insurance and Health Care Services for Immigrants in New York City. The Guide offers immigrants in New York City help in finding health insurance, and other health care services. It was reported that ALL New Yorkers are eligible for and entitled to health care services regardless of their immigration status.

#### By Law ALL New York City residents have the right to:

- 1. Equal treatment in health care services no matter where they are from or what language they speak;
- 2. Hospital treatment if they have a medical emergency, regardless of ability to pay;
- 3. Free language assistance, if needed. All health and social service providers must arrange for interpretation in preferred language.

City Council Member Mark Levine's Office Reported: All District 7 nonprofits interested in securing funding are encouraged to attend a free workshop to learn how to apply for the City Council's Fiscal Year 2018 Discretionary Funding. Workshop will be held on Wednesday, January 18<sup>th</sup>, at 6:30p.m., at the George Bruce Library, 518 W. 125<sup>th</sup> St... To RSVP – please call (212) 928-6814 or register on-line at www.marklevine.nyc/Health Insurance. (See Flyer);

New York State of Health Insurance sign-up Event will be held on Thursday, January 19<sup>th</sup>, 1p.m. – 5p.m., at the Children's Aid Society, at 885 Columbus Ave. (bet. 103<sup>rd</sup> & 104<sup>th</sup> Sts.). This Event will allow residents the opportunity to sign up for low and no-cost insurance plans that would ensure individuals, and families access to affordable healthcare. To RSVP – please call (212) 928-6814 or register on-line at www.marklevine.nvc/Health Insurance. (See Flyer);

Immigration Rights Seminar will be held on Thursday, January 26<sup>th</sup>, at the Community Health Academy of the Heights, 504 W. 158<sup>th</sup> St. (See Flyer)

#### News Updates around the City:

New York City residents 60 years or older may attend college FREE of charge at LaGuardia Community College.

#### The LaGuardia Veterans Upward Bound Program can help you with:

- ✓ Assessment of academic skills;
- ✓ Refresher courses and tutoring in math, reading and writing;
- ✓ Basic computer skills;
- ✓ College admissions and application forms;
- ✓ Peer mentoring:
- ✓ Information on services and events

All services are FREE for qualifying Veterans, and the class dates are as follows: November 1<sup>st</sup> – December 15<sup>th</sup> and January 2<sup>nd</sup> – February 9<sup>th</sup>. Monday's through Thursdays from 5:30p.m. to 9p.m., for further information contact vets@lagcc.cuny.edu or call (718) 482-5386.

Senior Citizen Homeowner's Exemption (SCHE) and Disabled Homeowner's Exemption (DHE) Renewal Letters:

The NYC Department of Finance mailed out the SCHE and DHE renewal letter to homeowners who currently receive property tax exemptions. By law, recipients of the SCHE are required to renew every two years and DHI recipients are required to renew every year.

The deadline to renew to continue receiving these exemptions will be on Wednesday, March 15, 2017. Please do not wait until the last minute to send in your renewal applications(s). You may use your income form 2015 if the 2016 income is not yet available.

Respectfully Submitted,

Lutha Prince! / District Manger

1/12/17

### PRELIMINARY YEAR END 2016 - PUBLISHED 1/1/2017



#### CompStat

Precinct 026

Volume 23 Number 52 Report covering the period 12/25/2016 through 12/31/2016

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Burglary	0	2	-100.0%	1	8	-87.5%	55	64	-14.1%	-6.8%	-3.5%	-91.2%
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Report covering the period 1/2/2017 through 1/8/2017

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VTL 511	4	6	-33.3%	17	17	0.0%	4	6				-78.9%	****
PSB	6	22	-72.7%	53	65	-18.5%	11	22			4	-75.0%	
DB-OC	1	10	-90.0%	1	12	-91.7%	1	10				-83.3%	-35.3%
DB-Narc	1	10	-90.0%	1	12	-91.7%	1	10			11000	-80.0%	-95.5% ****
DB-Gang	0	0	***	0	0	***	0	0				*** #	*** *
Det. Bureau	10	2	400.0%	28	11	154.5%	10	2		1970	66.7%		
Transit	3	10	-70.0%	31	33	-6.1%	3	10				11.1%	400.0%
Housing	7	6	16.7%	13	14	-7.1%	7					70.0%	0.0%
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Moving	110	84	31.0%			8.8%	115	87	32.2%		50.0% 84.6%	24.8%	
IMMAILIE													

#### CompStat

Report covering the period 1/2/2017 through 1/8/2017

Precinct 030

<b>V</b>			report cor		_	1/2/201/ (	inough i.	/ 0/ 20 1 /				** (10)
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Rape	0		-100.0%	1	2		0		-100.0		非非非 非	<b>非非</b> 素 1
Robbery	6	!	5 20.0%	19	16	18.8%	9	(	50.0			-60.9
Fel. Assault	3		0.0%	12	17	-29.4%	3		-40.0			-78.6
Burglary	4	(	0 ****	8	2	300.0%	5		) *****	66.7%	66.7%	-86.5
Gr. Larceny	3		200.0%	22	12	83.3%	4		300.0	<mark>% -33.3</mark> %		-33.3
G.L.A.	1		0.0%	2	1	100.0%	1		0.0	% -50.0%	***	-85.7
Total	17	1	1 54.5%	66	50	32.0%	22	1.	5 46.7	% 22.2%	10.0%	-75.0
PSB	17	1	70.0%	62	48	29.2%	21	1	4 50.0	% 16.7%	5.0%	-76.1
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Misd. Sex Crimes	1		0 ****	- 3			1		0 ***	***	ele ele ele ele	nenene ja
4 A 2 2 10	0.00	1418	into a profes		Arr	ests*						
All Arrests	58	89	-34.8%	196	220	-10.9%	64	94	-31.9%	45.5%	-33.3%	-27.3
Murder	0	0	***	2	0	***	0	0	***	***	***	nk nk nk ju
Rape	0	0	***	0	0	*** *	0	0	*** *	<b>非非非</b> 申	alcale de juli	***
Robbery	9	3	200.0%	15	8	87.5%	10	3	233.3%	400.0%	233.3%	233.3
Fel. Assault	2	4	-50.0%	9	10	-10.0%	3	5	-40.0%	-25.0%	-40.0%	-66.7
Burglary	1	0	***	2	0	***	1	0	****	0.0%	***	-83.3
Gr. Larceny	0	1	-100.0%	4	6	-33.3%	0	1	-100.0%	www.wc_wc	<b>非体体</b>	***
G.L.A.	0	0	*** *	0	1	-100.0%	0	0	*** *	***	www.w	***
Total	12	8	50.0%	32	25	28.0%	14	9	55.6%	75.0%	75.0%	-30.0
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Gun-Charged	0	0	***	0	1	-100.0%	0	0	****	***	*** *	2010030
Narcotics	6	13	-53.8%	21	28	-25.0%	6	13	-53.8%	0.0%	-64.7%	-79.3
DWI	o		-100.0%	6	2	200.0%	1	2	-50.0%	-50.0%	-66.7%	***
VTL 511	6	6	0.0%	16	17	-5.9%	7	7	0.0%	600.0%	600.0%	<b>建铁铁</b>
PSB	41	45	-8.9%	134	123	8.9%	47	49	-4.1%	113.6%	-26.6%	-19.0
DB-OC	2	7	-71.4%	10	29	-65.5%	2	7	-71.4%	-71.4%	-75.0%	-86.7
DB-Narc	2	7	-71.4%	8	29	-72.4%	2	7	-71.4%	-71.4%	-75.0%	***
DB-Gang	0	0	***	0	0	***	0	0	***	***	***	非称称
Det. Bureau	5	11	-54.5%	17	23	-26.1%	5	12	-58.3%	-64.3%	-61.5%	400.0
Transit	1	25	-96.0%	18	43	-58.1%	1	25	-96.0%	0.0%	-90.9%	-90.9
Housing	0	0	***	0	1	-100.0%	0	0	****	*** *	***	***
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Parking	32	248	-87.1%			-64.3%	45	266 -	83.1%	2,150.0%	-79.3%	***
Moving	83	87	-4.6%	422	362	16.6%	87	87	0.0%	569.2%	-49.7%	
_							54			1,700.0%	-31.6%	
Criminal	31	33	-6.1%	114	104	-30.5%	54	20	42.16	1,700.0/8	-51.0%	

Housing Assistance Health Education & Screenings



Financial Literacy Spiritua

**Empowerment** 

In Partnership with **NYPD Transit District 3** 

Games

Presents

Small Business Education

**A Community Empowerment Fair** 

Crime Prevention Safety

## Friday, February 17th, 2017

4p-6p

W 145th St Subway Station @ w 145th and St Nicholas Ave

> Join us for more Empowerment Fairs Dates coming soon!

NO RAIN DATES

For more information: www.westharlemec.org



facebook.com/westharlemec



@westharlemec

PREVENT OVERDOSE DEATHS

ABOUT 3 NEW YORKERS DIE FROM DRUG ÖVERDOSE EVERY DAY

# SAVE A LIFE CARRY NALOXONE



#### YOU CAN SAVE A LIFE WITH NALOXONE

An emergency medicine that prevents overdose death from prescription painkillers and heroin.

**AVAILABLE WITHOUT PRESCRIPTION** 

To find a pharmacy that provides naloxone without prescription, call **311** or visit **nyc.gov/health/naloxone** 

If you need help, support, or referral to treatment, call 888-NYC-Well







## **Opioid Safety**

#### Overview

#### Opioids:

- Include prescription painkillers and heroin
- Can cause a person's breathing to slow or stop (overdose)

#### Naloxone:

- Is a safe medication that can reverse an opioid overdose
- Has no effects on alcohol or other drugs
- Takes two to five minutes to start working
- May require more than one dose
- Effects last 30 to 90 minutes
- May cause withdrawal (e.g., chills, nausea, vomiting, agitation, muscle aches) until the naloxone wears off

#### **Examples of prescription painkillers:**

Generic	Brand Name
Hydrocodone	Vicodin®, Lorcet®, Lortab®, Norco®, Zohydro®
Oxycodone	Percocet®, OxyContin®, Roxicodone®, Percodan®
Morphine	MS Contin®, Kadian®, Embeda®, Avinza®
Codeine	Tylenol® with Codeine (Tylenol® #3, Tylenol® #4)
Fentanyl	Duragesic®
Hydromorphone	Dilaudid®
Oxymorphone	Opana®
Meperidine	Demerol®
Methadone	Dolophine®, Methadose®
Buprenorphine	Suboxone®, Subutex®, Zubsolv®, Bunavail®, Butrans®
Heroin is also a	n opioid

All opioids put people at risk of overdose.

#### **Avoid Opioid Overdose**

- Be careful if you take a break or miss doses. This can lower your tolerance (how much of a drug your body can handle).
- Avoid mixing opioids with other medications or drugs, especially benzodiazepines (e.g., Xanax®, Valium®), alcohol or cocaine.
- Avoid taking opioids when alone. Having someone nearby to help is important if there is an
  emergency.
- Be careful taking more opioids than usual. You never know how your body will react.

#### Important: Tell others where your naloxone is stored and how to use it

#### Resources

Learn about **local programs** offering training and naloxone **free of charge**: visit www.health.ny.gov/overdose/

Learn about **treatment options**: call the OASAS HOPEline at 877-8-HOPENY (877-846-7369), text HOPENY to 467369 or visit www.oasas.ny.gov/accesshelp/ Learn about **overdose prevention**: visit nyc.gov/health and search for "Prevent Overdose"



## **How to Use Naloxone**

#### Overdose Response Steps

#### 1.Call 911

Follow dispatcher instructions.

#### 2. Give naloxone if you have it

If no response in **three** minutes, give a second dose. Stay with the person; discourage him or her from taking more opioids.

If you don't know what the person has taken, give naloxone.

#### Nasal spray naloxone



#### Injectable naloxone

- Remove caps from naloxone vial and needle
- Insert needle through rubber plug with vial upside down; pull back on plunger and take up entire contents
- 3 Inject whole vial into upper arm or thigh muscle



4 If no response in three minutes, give second dose

#### **Auto-injector**

The naloxone auto-injector has voice instructions for injecting naloxone into the outer thigh, through clothing if needed. There is also a training device for practice included with each kit.

## 3.If the person isn't breathing, do rescue breathing or CPR, if you know how

## 4.If still unresponsive, lay the person on his or her side to prevent choking

Stay with the person until help arrives.

#### **Signs of Overdose**

- Unresponsive
  Try to wake the person by vigorously
  rubbing your knuckles up and down
  the front of his or her rib cage
- Breathing slows or stops
- Lips and/or fingernails turn blue, pale or gray

#### **Rescue Breathing**

- Tilt the person's head back
- Pinch his or her nose
- Give two quick breaths into the mouth
- Continue with one breath every five seconds until the person starts breathing

#### When to Get a Refill

- One or more doses are used
- Naloxone is lost or damaged
- Naloxone expires or is near the expiration date

When requesting a refill, tell your pharmacist if the naloxone was used.

Store naloxone at room temperature, out of direct light.

Note: The New York State 911 Good Samaritan Law provides substantial protection to anyone calling 911 to save a life, even if drugs are present.



## Are you a grandparent or kinship caregiver raising a child 18 years old or younger? We can help!

- Support Groups/Training
- Discover Financial and Health Benefits for kinship caregivers
- Navigate the city's aging and child welfare systems
- Access to other NYC Department for the Aging Services:
  - \* Holiday Toy Drive
  - \* Recreational Activities
- Ask about our PASTA classes



## Antoinette M. Emers Community Advocate

For more information
call (212) 602-4305
Email: AEmers@aging.nyc.gov
Or call 311 and ask for the
Grandparent Resource Center

Your Community Advocate is on site at the following locations:

Wagner Senior Center
435 East 120th Street, New York, NY 10035
Tuesdays 10AM to 4PM

Van Dyke I Senior Center 392 Blake Avenue, Brooklyn, NY 11212 Wednesdays from 10 AM - 4 PM

Kips Bay Castle Hill Senior Center 625 Castle Hill Avenue, Bronx, NY 10473 Thursdays from 10 AM - 4 PM

Tompkins NYCHA Management Office 105 Tompkins Avenue, Brooklyn, NY 11206 Fridays 10AM to 4PM

Mayor's Action Plan (MAP)
Grandparent Resource Center (GRC)



#### @ The George Bruce Library

Free Tax Help for taxpayers with low and moderate income.

#### **Fridays**

**February 3-April 14, 2017** 10:15 AM to 2:15 PM

George Bruce Library

518 West 125<sup>th</sup> Street

(bet. Amsterdam and Broadway)

New York, NY 10027

#### Please bring the following with you when you come:

- Social Security card and picture ID for yourself
- Social Security cards for each dependent
- A copy of last year's return

#### All income forms that apply to your 2016 return:

- W-2 forms from employers, W2-G gambling winnings
- Unemployment compensation statements, 1099-G
- SSA -1099 form (benefit amount in PINK box)
- 1099-INT, 1099 –DIV, 1099-B, etc. showing interest, dividends and gains/losses from stock sales.
- **1099-Misc.** showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- Dependent care provider information (name, employer, ID, Social Security number)
- 1098-T and documented education expenses if applicable.
- All receipts or canceled checks if itemizing deductions

\*First Come, First Served

NOTE: THE LAST ACCEPTED ARRIVAL TIME WILL BE 1:30PM. OUR GOAL IS TO ASSIST EVERYONE .BUT WHEN WE REACH OUR LIMIT FOR THE DAY, WE WILL ASK YOU TO RETURN NEXT WEEK OR VISIT ANOTHER SITE.

All Public Library Programs are free of charge







## ADULT LITERACY CLASSES

#### Improve your Reading & Writing



- New students MUST come to an Information Session first (see boxes below)
- · Learn to read and write in teacher-led classes
- Develop literacy skills using computers
- · Attend library programs and get a library card
- Study in an Adult Learning Center (see other side for locations)

#### INFORMATION SESSIONS FOR NEW ADULT STUDENTS

Saturday, January 7, 2017
11 a.m. OR 3 p.m. SHARP OR

Wednesday, January 11, 2017 1 p.m. OR 6 p.m. SHARP

#### HARLEM LIBRARY

9 West 124<sup>th</sup> Street (between Lenox & 5<sup>th</sup> Ave) New York, NY 10027 212.369.2714

(2/3 to 125th Street or 4/5/6 to 125th and Lexington)

Monday, January 9, 2017 12 p.m. <u>OR</u> 3 p.m. <u>OR</u> 6 p.m. SHARP

#### **BRONX LIBRARY CENTER**

310 East Kingsbridge Road (at Briggs Avenue) Bronx, NY 10458 718.579.4222

(Subway D/B or #4 to Fordham Road)

Monday, January 9, 2017 12 p.m. OR 2 p.m. OR 6 p.m. SHARP

#### TOMPKINS SQUARE LIBRARY

331 East 10<sup>th</sup> Street (near Avenue B) New York, NY 10009 212.673.4528

(1/2/3 train to 14 St, then M14 to Ave A OR 6 train to Astor Place, then M8 bus to Ave B OR A/C/E train to W4 Street, then M8 bus to Ave B); L train to First Avenue

> Tuesday, January 17, 2017 1 p.m. OR 6 p.m. SHARP

#### ST. GEORGE LIBRARY CENTER

5 Central Avenue (near Borough Hall) Staten Island, NY 10301 718.816.1025

Buses: S40, S42, S44, S46, S48, S51, S52, S61, S62, S66, S74, S76, S78 /

(SIRT) to South Ferry; to St. George Ferry Terminal)

#### SPACE IS LIMITED



www.nypl.org/english

Major Support for the Library's adult literacy, English language programs and technology training is provided by the Mayor's Office of Workforce Development; Arthur W. Koenig; The Pasculano Foundation; NYC Connected Communities, a program of the New York City Department of Information Technology and Telecommunications; The Lois M. Collier Endowment Fund; The JPB Foundation; the Joseph and Sylvia Slifka Foundation, Inc.; and the Federal Workforce Investment Act, Title II funding administered through the New York State Education Department.

Additional support provided by the New York City Center for Economic Opportunity; Altman Foundation; Funding from the Mayor's Young Men Initiative administered through the New York City Department of Youth and Community Development; the Kagan Fund; New York State Coordinated Outreach Services Program; Bank of America; The Bailey Endowment for English Language Learning Programs; New York State Library's Adult Literacy Library Services grant program; The Staten Island Foundation; Murray G. and Beatrice H. Sherman Charitable Trust; and anonymous donors.

## MOVEMENT SPEAKS®

### GEORGE BRUCE LIBRARY









## Celebrate Moving in Strong and Creative Ways All Fun. All Welcome!

George Bruce Library, 518 West 125th Street (btw Amsterdam & Broadway) WINTER/SPRING SESSION: Friday's, 10:30-12PM

1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/14 (NO CLASS), 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16

#### Older adults of all ages and abilities welcome. All sessions recommended but not required.

Special thanks to Council Member Mark Levine for his support of this program. REVIVAL project: June 17 performance at Grants Tomb; TBA Prospect Park, Bklyn











FOR MORE INFORMATION: Rebecca (DVP) 347.683.2691 rebecca@dvpnyc.org



#### **ABOUT US**

Dances for a Variable Population provides lively, fun and free programs for adults, low cost classes, and performances with beautifully crafted choreography. Through our programs, we strive to extend and improve the quality of life, and engage communities as participants and audience members.



## **BIG Talks: Diversity**

Presented by Tara Abrol

Monday, January 23, 4 PM



This workshop breaks down discussions of race, gender, sexuality and more. You'll explore your identity in relation to others and engage in dialogue about similarities and differences. Inclusivity is important!

For ages 13 to 18 years old.

Major support for children's and young adult programming is provided by the Andreas C. Dracopoulos Family Endowment for Young Audiences.

Additional major support is provided by the Mr. and Mrs. Timothy R. Barakett Endowment for Children's and Young Adult Programs and Services.

Additional support is provided by Beth and Christopher Kojima; The Jason and Susanna Berger Fund; the Estate of Charles J. Mauro; the Estate of William C. Morris; The Morris and Alma Schapiro Fund; Solon E. Summerfield Foundation, Inc.; Con Edison; Epstein Teicher Philanthropies; Mr. and Mrs. John Klingenstein; U.S. Bank Foundation; The Edith Glick Shoolman Children's Foundation; and Time Warner Cable.

Get the latest events for kids and teens by email: www.nypl.org/NYPLFamilyPrograms



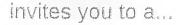
GEORGE BRUCE LIBRARY 518 West 125<sup>th</sup> Street, New York, NY 10027 (212) 662-9727



Connect with us: **I** II nypl.org/events

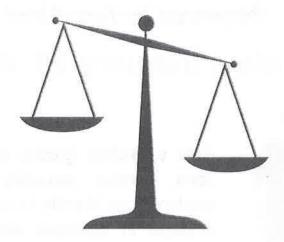
#### **New York City Council Member**

## Mark Levine





## IMMIGRATION RIGHTS SEMINAR



6:30 - 8:30 PM
Thursday, January 26th
Community Health Academy of the Heights
504 W 158th St, New York, NY 10032

- Information about upcoming changes in immigration with new administration coming in
- Learn what are "Paths to Citizenship" left for both residents and undocumented
- Learn what programs are likely to be defunded

To RSVP, please call our office at (212) 928-6814 or online at marklevine.nyc/immigration\_rights

In collaboration with:



#### **New York City Council Member**

## Mark Levine

invites you to a...



## New York State of Health Insurance Sign-Up Event

Residents will have the opportunity to sign up for lowand no-cost insurance plans, ensuring that individuals and families have access to affordable healthcare

## Thursday, January 19th 1:00 - 5:00 p.m.

## Children's Aid Society 885 Columbus Avenue

(between 103rd and 104th Streets)

To RSVP for this event, please call (212) 928-6814 or register online at marklevine.nyc/Health\_Insurance







## **New York City Council Member**

## Mark Levine



## Are you a District 7 nonprofit interested in securing funding?

Join us for a free workshop to learn how to apply for the City Council's Fiscal Year 2018

Discretionary Funding!

Wednesday, January 18, 2017 at 6:30PM George Bruce Library 518 W. 125th Street

(between Broadway and Amsterdam)

To RSVP for this event, please call (212) 928-6814 or register online at www.marklevine.nyc/discretionary\_funding



