



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 – April 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://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.

COPE Care and Outreach for People Living with Epilepsy is offering programs FREE and open to individuals living with epilepsy, and their care partners. *Better Sleep for a Better Life with Epilepsy*, **Thursday, April 3rd**, 5:30PM-7:00PM, Presenter: Carl W. Bazil, MD, Ph.D. *Mindfulness Workshop: Relieving Stress, Finding Joy*, **Thursday, April 24th**, 5:30PM-7:00PM, Presenter: Amy Gross, Teacher, Mindfulness-Based Stress Reduction. *What Are Some of the Medical Concerns Unique to Epilepsy, and How Can They Be Treated?*, **Thursday, May 29th**, 5:30PM-7:00PM, Presenter: Shahin Nouri, MD. *Brain Food 101: How to Eat to Feed the Brain*, **Monday, June 23rd**, 5:30PM-7:00PM, Presenter: Drew Ramsey, MD. Location: Weill Cornell Medical College, 1300 York Avenue at 69th Street, Room A-126. To RSVP, or for more information, please call 212-746-2471.

Weill Cornell Medical College presents The Myra Mahon Patient Resource Center Health Education Spring Seminars. **April 3**, Arash Salemi, M.D., *New Treatments for Valvular Heart Disease*; **April 24**, Bilal Chughtai, M.D., Richard Lee, M.D., Michael P. Herman, M.D., *Men's Health: An Update on Prostate Health, Updates in Women's Health: Novel Therapies to Keep You Dry*. When: 6:15-7:15PM. Where: Weill Greenberg Center, 1305 York Ave. at E. 70th St., 2nd Floor. RSVP 646-962-5721. Free lecture series open to the public.

Talent Unlimited High School of the Performing Arts presents **TUHS Spring Dance Concert Modern & Ballet, Thursday April 3** at 3:00pm, **Friday April 4** at 7:00pm, Julia Richman Education Complex Auditorium, 317 East 67th Street. Tickets: Students \$5 Adults \$10. Phone: 212-737-1530 ext. 654 or 596. Website: www.tuhsnyc.com

The 19th Precinct Community Council will not hold its monthly meeting on **Monday, April 7th**, but will be conducting a field trip to the 911 Call Center in Brooklyn. The bus will be leaving at 6PM from the Precinct. There are only 35 seats available so RSVP to the Community Affairs Office at 212/452-0613. There will be no other options, other than going directly and meeting the group there.

Memorial Sloan Kettering Cancer Center invites community residents to attend the following free events: Join us for a CancerSmart talk on *Getting your Groove Back: Sex, Reproduction, and Body Image During and After Cancer* on **April 8** from 6:00 – 7:30 PM in the Rockefeller Research Laboratories building, 430 East 67th Street, Auditorium, between First and York Avenues. Please call 212-639-3074 or visit us at www.cancersmart.org to register for our programs and to sign up for our e-newsletter. **Memorial Sloan Kettering** will provide **free** head and neck cancer screenings on **Thursday, April 24** from 9:00 am - 12:00 Noon at Enid A. Haupt Pavilion, 425 East 67th Street, 4th floor Suite 5, between First and York Avenues. The screening will include a ten-minute exam to look for signs of head and neck cancer, counseling on how to quit smoking and nutritional advice on cancer-preventive diets. No appointment is necessary. For further information, call 646-497-9161.

The East 79 Street Neighborhood Association will meet **Thursday, April 10, 6pm, at 80th Street Residence**, 430 East 80th Street (York-First Aves). Agenda includes 19 Precinct Police Report on Neighborhood Safety including vehicular, pedestrian and accident stats; Guest Speaker: **STEPHEN GRIMALDI**, Executive Director, New York Common Pantry; Elected Officials/Reps Reports and Updates. **Free and Open to the Public.**

Central Park presents "Women in Central Park" series. Women, Children, and Play in Central Park, Date: **April 24, 2014**, 6:30 PM to 7:30 PM, Location: Charles A. Dana Discovery Center, Inside the Park at 110th Street between Fifth and Lenox Avenues. Join Marie Warsh, Central Park Conservancy's Director of Preservation Planning, for a talk on how Central Park was specifically designed to accommodate the needs of children and women as their mothers and caregivers, and reflected contemporary ideas about the roles and behavior of women in public space in the 19th century. Light refreshments will follow the talk. Free.

AARP - Yorkville Chapter will hold a meeting on **Thursday, April 24, 2014** at 1 PM at Immanuel Lutheran Church, 1296 Lexington Avenue (bet. 87th & 88th). The April meeting will be devoted to selecting a successor to David Michel, former AARP-Yorkville President, and will be presided over by a representative from the AARP New York City office. For more information you can email them at faithi-nactionNYC@gmail.com.

New York-Presbyterian Hospital FREE Cancer Screenings 2014. Throughout the year, the Cancer Prevention Program offers free screenings for different types of cancer. Screenings are open to adults 18 years or over. No appointments required. Visit our website for additional details and events. For more information: Email: chw9040@nyp.org; www.nyp.org/cancerprevention
FREE Skin Cancer Screening at Weill Cornell, **May 2, 2014**, 1:00PM-5:00PM, 1305 York Avenue @ 70th Street, 9th Floor. No appointment required. FREE Oral Cancer Screening at Weill Cornell, **May 29, 2014**, 1:00PM-4:00PM, 1305 York Avenue @ 70th Street, 5th Floor. No appointment required.

Year Round – Northern Manhattan Cancer Screening Partnership offers FREE breast cancer, cervical cancer, and colorectal cancer screenings for New York State residents 50 years of age or older who do not have medical health insurance and have not had a recent test for these kinds of cancer. For questions and appointments: 212-851-4516.

Bike New York seeks Event Day Volunteers for the Annual Five Boro Bike Tour, **May 4, 2014**. Be There. Have Fun. No Cycling Experience Necessary! Breakfast and/or lunch provided. Rest Areas and Water Stations are staffed by individuals and community organizations. Be a part of something big! For more information, email Sharon Pope at spope@bikenewyork.org or call 212-870-2079.

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.

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>

The Cultural Center of the Lycée Français de New York offers a rich cultural program with concerts, conferences, panel discussions, films and theater plays, with a focus on French and francophone cultures. Created primarily to enrich the academic program and activities offered to the students of the Lycee, the Center is a forum opened to the Lycee community, to other schools communities and to all Francophiles. It fosters cultural diversity and encourages the respect of all cultures. 505 East 75th Street, New York, NY 10021, (212) 369-1400. For the Calendar of events, please visit www.lfny.org

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.