



INSIDE THIS ISSUE



6

NYCHA
Youth Summit



8

Recycling
Success!



12

Green City
Force "Iron
Chef"

The NYCHA JOURNAL



Former Deputy Mayor Ninfa Segarra, back home at La Guardia Houses.

FROM LA GUARDIA HOUSES TO CITY HALL

A Chat with Former Deputy Mayor Ninfa Segarra

NINFA SEGARRA MOVED into La Guardia Houses as a child in 1955 – before all of the development's buildings had even been completed – and lived there until she got married. After graduating from NYU and New York Law School, she began a decades-long career in City government and the non-profit sector. As the Deputy Mayor for Education and Human Services, she oversaw several agencies, including NYCHA, in the 1990s. She served on the Board of Education for 12 years and was its president for two years. She was also executive director of the New York City Police Museum, vice president for intercampus collaboration at CUNY, and is involved in (CONTINUED ON PAGE 9)

Leah Sullo wants young people to THINK BIG



Leah Sullo at Rockefeller Center where she works for Mizuho Americas Bank.

LEAH SULLO GREW UP in Jackson Houses in the South Bronx as the second oldest daughter in a family of girls. Her family has lived in the apartment for three generations: her grandparents, mother, aunts, uncles, cousins, and siblings have all called the apartment home. To Ms. Sullo, Jackson Houses has always been home.

From an early age, Ms. Sullo learned how important school is from her mother. Her mother scrimped and saved to send them

to Catholic schools. Ms. Sullo loved learning and spent every hour she could in school.

Her family moved out of Jackson Houses while Ms. Sullo was still in middle school and spent many years traversing the East Coast from the Bronx to Florida and back again, living with family and friends. For a time during high school, Ms. Sullo and her family were homeless, but she did not let this distract from her education.

"It was always a struggle. We never made enough money for anything, (CONTINUED ON PAGE 6)

LETTER FROM THE CHAIR

ENJOYING THE LAST DAYS OF SUMMER

SUMMER – WHO DOESN'T LOVE IT? It's the time we all relax a little, get out in the sun and enjoy the warm weather, spending time with family and friends.

Perhaps no one needed a break more than young people who worked hard throughout the school year, like the members of NYCHA's Youth Leadership Councils (YLCs). They met at a summit earlier this summer to present the results of their year-long projects to improve quality of life at their developments and in their communities, and I cannot begin to describe how impressive these young people were. From meeting with the local police to improve community relationships and launching an afterschool program for children to organizing a gun collection drive and driving a coordinated repairs program for their buildings, their accomplishments will resonate through their communities for years to come.

Another group of young people who are reaping the results of their success are the latest crop of Green City Force grads, young NYCHA residents enrolled in GCF's farm training program who participated in culinary training in order to teach residents how to cook what they are growing on NYCHA farms. Be sure to try some of the delicious, nutritious vegan recipes in this issue from NYCHA's own Food Business Pathways graduate, Chef Rootsie, who now has a very popular cater-



ing business. And don't forget to check out your neighborhood farmers' markets to stock up for these recipes.

Be sure to read up on hurricane and thunderstorm safety—though hurricane season started in June, late summer and fall are usually the most dangerous times in our area. You can also check out weather safety tips on NYCHA's website or at **NYC.gov/severeweather**.

Speaking of reading, NYCHA was the happy recipient of a grant of 50,000 brand new books, distributed to children in June and July—you can read more about that on page 13. Many young people also learned to swim for a second year in a row thanks to a program called +Pool Bluefish Swimming that seeks to provide essential swimming to all kids across the City.

As the summer comes to a close and parents and children prepare for back to school, I want to take a moment to thank all of our young people for the ways they are helping create a safer, cleaner, and more connected future for their communities. Good luck in the new school year!

Shola Olatoye
Chair and CEO

NYCHA BOARD MEETINGS

NYCHA'S BOARD MEETINGS, open to the public, take place on Wednesdays at 10 a.m. in the NYCHA 12th floor conference room at 250 Broadway. People who wish to speak during the public comment period must pre-register at least 45 minutes before the meeting is scheduled to begin and can only comment about items on that meeting's agenda. Each speaker's time is limited to three minutes. The public comment period concludes either when all speakers are finished or after the 30 minutes allotted by law for public comment, whichever comes first.

Copies of the calendar for the upcoming board meeting are available on NYCHA's website or can be picked up at the Office of the Corporate Secretary, 250 Broadway, 12th floor, after 3 p.m. on the Monday before the meeting. Copies of the dispositions of prior meetings are available on NYCHA's website or can be picked up from the Office of the Corporate Secretary no earlier than 3 p.m. on the Thursday after the board meeting. Any person requiring reasonable accommodation in order to participate in the meeting should contact the Office of the Corporate Secretary at **212-306-6088** no later than

five business days prior to the meeting. For additional information regarding the calendar of meetings, dispositions, dates, and times, please call **212-306-6088**.

For those unable to attend the board meetings, please visit **<http://on.nyc.gov/boardmeetings>** at the time of the meeting to watch live. You may also watch past board meetings by visiting NYCHAnnel, NYCHA's YouTube page at **<https://www.youtube.com/c/nycha>**.

Upcoming Meetings:

September 27, 2017
October 25, 2017

November 29, 2017
December 20, 2017

* Note: There will be no board meeting in August. The May and December board meetings are scheduled for the second-to-last Wednesday.

City Hall in Your Borough: NYCHA Queens Edition

NYCHA JOINED MAYOR Bill de Blasio for “City Hall in Your Borough” in Queens for July 17 to 21. “As one of the most diverse places on the planet, Queens is a fitting place to celebrate the diversity and strength that NYCHA brings to our city,” said Chair Shola Olatoye.

JULY 18



ON JULY 18, NYCHA participated in the City’s Resource Fair at Queens Borough Hall in Kew Gardens. NYCHA’s Emergency Services Mobile Command Bus parked outside of the venue to help NYCHA residents with work order issues.



JULY 19



ON JULY 19, NYCHA General Manager Michael Kelly and Queens management staff attended a Mayoral Town Hall in Astoria to ensure that any NYCHA resident issues could be addressed on the spot.



JULY 20



ON JULY 20, NYCHA General Manager Michael Kelly and Senior Vice President of Capital Projects Joy Sinderbrand led a tour of work-in-progress at Astoria Houses as part of Sandy Recovery and Resiliency efforts. Eight buildings at Astoria Houses were damaged by the storm; roofs are currently being repaired in addition to other resiliency efforts to protect the development from future environmental events.



JULY 21



ON JULY 21, NYCHA Chair Shola Olatoye and Assembly Member Catherine Nolan visited Urban Upbound’s Jobs-Plus site at Astoria to talk about the great work Jobs-Plus does in connecting residents to employment, financial incentives, and community support. The Chair announced that since the launch of NextGeneration NYCHA, NYCHA and its partners have connected more than 6,000 residents to jobs and nearly 15,000 residents to quality services.



NYCHA QUEENS FACTS:

- 21 developments with 15,716 apartments and 38,083 residents
- Queensbridge (North and South) is the largest public housing development in the City and North America.

The NYCHA

JOURNAL

ESTABLISHED 1970 • CIRCULATION 200,000

PUBLISHED BY THE NEW YORK CITY HOUSING AUTHORITY

DEPARTMENT OF COMMUNICATIONS

250 Broadway, New York, NY 10007

www.nyc.gov/nycha

FREE 15-week training program for women

First Step Program

Microsoft Word, Excel, Outlook, PowerPoint and Publisher
Resume Writing • Interviewing Skills • Case Management Support
2 Month Administrative Internship • Job Placement Assistance

GED not required • HRA approved!

Continental Breakfast & Metrocards Provided

For more information, please call (212) 776-2074

NATIONAL NIGHT OUT: Partnerships Make Our Communities Safer

ON AUGUST 2, NYCHA Chair & CEO Shola Olatoye, General Manager Michael Kelly, and other NYCHA executives celebrated the 34th annual National Night Out with NYCHA residents, NYPD officers, community board representatives and elected officials at NYCHA developments across the five boroughs.



General Manager Michael Kelly with Johnson Houses staff.



NYCHA Chair Shola Olatoye greets a young Sotomayor Houses resident.



Children wait for their turn in the bouncy house at Sotomayor Houses.

A Big Lift

New Boilers and Fuel Tanks for Coney Island

ON JULY 25, a truck hoisted the first new boilers and fuel tanks to the top of Coney Island Houses as part of the Sandy Recovery and Resiliency program. Coney Island's \$90 million project is the Authority's ninth major Sandy recovery project and the third in this beach community. Work began there in May.



City Focuses Resources on Pest Problem

MAYOR BILL DE Blasio plans to tackle the City's biggest pest problem—rats—through a new \$32 million, multi-agency plan to reduce the rat population in three of the most infested areas: the Grand Concourse area, Chinatown/East Village/Lower East Side, and Bushwick/Bedford-Stuyvesant.



Rats contaminate food, spread diseases, and reduce overall quality of life. Their gnawing and burrowing can damage utilities and erode the structural integrity of buildings.

"All New Yorkers deserve to live in clean and healthy neighborhoods," Mayor de Blasio said. "We refuse to accept rats as a normal part of living in New York City."

One of the plan's tactics is to create "rat pads" in prioritized NYCHA buildings within the reduction zones. The City will set aside \$16.3 million to replace dirt basement floors with concrete "rat pads," which has helped reduce work orders regarding rats in the past. In addition, \$8.8 million will be spent on new trash compactors for developments and a new feature will be added to the MyNYCHA app to allow residents to create work orders for trash removal and rat reduction.

Some of the City's additional rat management tactics include:

- Better trash management in designated areas
- New trash cans that rats can't access

Hands-on Learning at Hope Gardens

ELEMENTARY STUDENTS at P.S. 376 in Bushwick, Brooklyn, recently received the gift of an outdoor classroom, thanks to their science teacher, a partnership between the school and NYCHA, and the support of Assembly Member Maritza Davila.

Students will manage NYCHA's Hope Gardens Himrod/Wilson community garden space. For many years, Jeanne Salchi, a science teacher at P.S. 376, noticed that the garden, located on the corner of Himrod Street and Wilson Avenue across the street from the school, was underused. She met with Assembly Member Davila to discuss how the school could gain access to the garden. Assembly Member Davila, who

has lived in Bushwick since she was a child, worked with NYCHA and the school to make it happen.

"If we want our kids to care about the environment, it has to start in their neighborhoods and at home," Ms. Salchi said. "My goal is for teachers and kids to see this garden as a resource. The big vision is to one day have every class be able to access this space, whether for a read aloud or to work on math problems."

On May 19, students and staff from P.S. 376, as well as volunteers from NYCHA and Assembly Member Davila's office, participated in a planting celebration at the garden.

"What a wonderful way to celebrate Bushwick! We're giving our young people an opportu-



Assembly Member Maritza Davila helps P.S. 376 students dig into their new garden.

nity to learn about gardening," Assembly Member Davila said. "It's amazing – you just give them a piece of land and they have this hands-on experience. I have kindergarteners here that were giving me lessons on how this works. It's a cultural thing as well

— coming from PR, from Santo Domingo, from other countries in the Caribbean or Africa, this is what we were taught. This is a great way to teach children that we always have our Mother Earth to learn from and to grow our own food."

NEXTGEN NYCHA RESOURCE FAIRS

IN JULY, NYCHA debuted a new kind of resident event: the NextGen NYCHA Resource Fair. Designed to provide residents with instant access to the information and services they need, NextGen Resource Fairs are an easy, fun-filled opportunity to learn about job training and employment opportunities, local community providers, new NYCHA programs, and development and affordable housing preservation projects. The Authority held fairs at Wise Towers on the Upper West Side and Hope Gardens in Bushwick. At the fairs, residents used one of NYCHA's Digital Vans where they could complete annual recertifica-



tions, apply for jobs, or work on their resumes; and visited NYCHA's Command Bus to file work tickets. Kids had their faces painted and everyone enjoyed NYCHA's own in-house DJ, Andre Cirilo. An NGN resource fair may be coming to your development in the near future.



NOW'S THE TIME to enjoy all the delicious produce NYC Farmers Markets have to offer. Visit a farmers market near you to pick up fruits and vegetables or watch a healthy cooking workshop.

Visit on.nyc.gov/2oMX9f5 or text **"SoGood"** to **877877** to find a farmers market near you.

Also make sure to:

- Participate in the Health Department's public cooking

demonstrations from now through November. Attendees will receive a \$2 Health Bucks coupon to spend on fruits and vegetables at the market! Look for the carrot icon on the Farmers Market Map to find locations with cooking demonstrations.

- Use the Health Department's recipes to prepare an easy, inexpensive, guilt-free dish. Check out the PDF here: <http://on.nyc.gov/2wQhc0G>

Teens Taking Charge of Their Futures

Youth Leadership Councils are making a real difference in their communities.

ON JUNE 8, NYCHA Youth Leadership Councils—groups composed of 14–21-year-old residents dedicated to addressing community concerns and building leadership skills—came together for celebration and education. The Youth Leadership Council (YLC) Summit featured dance performances, spoken word poems, and singing duets, but the focus was on presentations by the Youth Leadership Councils on their year-long community engagement projects. The YLCs, which tackled issues such as unemployment, drug abuse, community safety, and gun violence, explained why they signed up to take on these pressing matters and shared some impressive results. (Check out

a video shown to participants <http://bit.ly/2vIhnLj>.)

Each of the 10 YLCs presenting at the Summit cheered the others on, all of them celebrating a year's worth of hard work. For many, it was their first time engaging with their community. The Summit provided a place for residents to recognize their

accomplishments and reaffirm their dedication to community service. NYCHA's Resident Engagement Department is currently recruiting new members for next year's program. Residents who want to join should email **Resident.Engagement@nycha.nyc.gov** or call **212-306-3488**.



YLC member Mya Pyle spoke about her enriching experience with the leadership council.



Staten Island YLC members talked about their project to improve communication between their community and the New York City Police Department.

(CONTINUED FROM PAGE 1) LEAH SULLO WANTS YOUNG PEOPLE TO THINK BIG.

we lost our house a couple of times, I was homeless during high school, but education was the one thing that was constant and consistent in my life. School was my haven," Ms. Sullo said.

She graduated from high school in Florida as valedictorian of her class and went on to attend Columbia University. Ms. Sullo majored in finance and math, and found a job

immediately after graduation at Mizuho Americas Bank. Yet, when she started working and making money, she did not feel fulfilled. She realized that working at a bank was not enough.

"It didn't seem fair to me that all of a sudden I'm in this big girl job, making all this money. I needed to give something back to my community too," Ms. Sullo says. "So I now manage the community outreach

program at my bank."

"The majority of my community outreach clients are affordable housing clients. We provide funding for people to build affordable housing in the city, in the neighborhoods like the one I grew up in," she explains. "Now I am not only paying my bills and supporting my family, I am also changing the lives of many other New Yorkers."

Ms. Sullo said if she could

give any advice to young people living in NYCHA housing, it would be to never set limits: "The only limits that exist are the ones you create for yourself. Don't listen to anyone that tells you 'you can't.' Never tell yourself that 'you can't.' If you believe you can do it, and you seek out the resources that you need, then anything is possible."



Public Hearing on the Significant Amendment to the Fiscal Year 2017 Agency Annual Plan and the **Draft Fiscal Year 2018 Annual Plan**



Join the conversation and get informed on issues impacting your home and community.

Can't attend in person? Watch the LIVE video stream and read highlights of the meeting presentation at:

on.nyc.gov/nycha-fy18



**Public Hearing
Wednesday, September 6,
2017
5:30 to 8:00pm**

**Borough of Manhattan
Community College
199 Chambers Street
New York, NY 10007**

**A translation of this document is available in your management office and online at
www.nyc.gov/nycha**

**La traducción de este documento está disponible en su oficina de administración y en
Internet en www.nyc.gov/nycha**

**所居公房管理處和房屋局網站
(網址:www.nyc.gov/nycha) 備有文件譯本可供索取**

**Перевод этого документа находится в Вашем домоуправлении и на интернете
www.nyc.gov/nycha**



Requests for reasonable accommodation for this event should be relayed to the NYCHA Public Accessibility Services Coordinator, Paola Vernelly, by September 1, 2017, at 212-306-4617 or by email at Paola.Vernelly@nycha.nyc.gov.

Celebrating Your Success!

NYCHA Has Launched Recycling at Every Development



Keith Ford, who was an Environmental Ambassador at Van Dyke Houses, celebrates recycling with the NYC Department of Sanitation's Binnies.

GIVE YOURSELF A HAND, NYCHA residents. In less than two years, you've helped make the Authority's 328 developments safer, cleaner, and more sustainable by participating in NYCHA's recycling program.

On June 9, NYCHA and GrowNYC threw a party to celebrate the Authority's major achievement—reaching full recycling compliance at all NYCHA developments. It was no small task to begin a recycling program for more than 2,500 buildings and over 403,000 people—it involved everything from laying down concrete pads, installing recycling bins and designated recycling areas, planning operational logistics, training staff, and engaging residents on how to recycle—all of this done at every NYCHA development.

"Twenty-two months and with the help of our tremendous partners, we have taken

NYCHA from the 20th to the 21st century," Chair Shola Olatoye told the audience. "We could not have done this without our partners at DSNY, GrowNYC, and Green City Force. You are our true ambas-

sadors to the ambassadors."

Attendees of the event included staff from GrowNYC; the Department of Sanitation (DSNY), including the recycling and waste characters, DSNY Binnies; and NYCHA staff and residents, including Environmental Ambassadors graduates. Environmental Ambassadors received gift bags for their work conducting recycling outreach in their communities.

NYCHA Recycles is part of NextGeneration NYCHA and helps fulfill Mayor Bill de Blasio's OneNYC Plan to reach zero waste by 2030. NYCHA is working closely with partners on the next phase of the recycling program, which includes activities, workshops, and events for residents to promote recycling.



Latimer Gardeners Win Top Honors

THE DEPARTMENT of Sanitation counted bags of recycled materials at NYCHA developments and were pleased that all of NYCHA's developments are doing a terrific job. Staff and residents from Latimer Gardens, the top performer, were lauded by Department of Sanitation Commissioner Kathryn Garcia at the NYCHA Recycles celebration. "You have diverted 20 percent of your waste from landfills since you started recycling, which is a huge accomplishment," she told the team. "You're on par with the entire borough of Staten Island."



Family Day Recycling

Over the summer, the Authority committed to having NYCHA Recycles! presence at as many Family Days as possible. So far, through partnerships with the NYC Department of Sanitation, GrowNYC, Green City Force, the Mayor's Office of Sustainability, and volunteers across various departments in NYCHA, more than 2,000 residents learned more about recycling at 40 Family Days.

(CONTINUED FROM PAGE 1) FROM LA GUARDIA HOUSES TO CITY HALL

various Latino organizations. *The NYCHA Journal* spoke with Ms. Segarra about her upbringing and her life's work.

What was growing up at La Guardia Houses in the 1950s and 60s like?

My days at La Guardia are treasures. Our neighbors formed a village that protected and nurtured all the children in the building. My mother worked in a factory, so neighbors cared for my sister and me. I have fond memories of playing in the courtyard and taking ballet classes at the community center. I was in awe of our view from the apartment of the active harbor – I saw ships passing by with sailors on the deck saluting.

What are you most proud of

in your career?

My proudest moment was sharing with my children, parents, and sister my appointment as Deputy Mayor. I asked for and got jurisdiction over NYCHA. My father and mother saw the fruits of their belief in my future. To be able to contribute to the well-being of residents was an honor. I visited every development in the city to see firsthand the challenges faced by our residents.

My tenure on the NYC Board of Education was also very personal. During that time, my two children attended public schools, so every decision I made impacted their lives and future.

I had the privilege of opening the NYC Police Museum on January 2002 – just months after

9/11. We worked with families of the fallen to create an exhibit to honor them, visited by people from all over the world.

Why did you go into public service?

It was my one and only choice! My Catholic school education stressed personal responsibility to care for others. In high school, I joined ASPIRA, a Puerto Rican youth organization that honed my leadership and advocacy skills.

What's your advice for young people looking to make a difference?

My life is testament that with tenacity you can positively affect your community. You cannot do this alone. Keep an eye out for mentors who can help

you get to the next level. Also, there are many ways to make a difference.

My parents only attended grade school in Puerto Rico, yet they ensured that their two daughters had access to educational opportunities. Education is a must for personal achievement and the ability to impact the world.

Why is public housing important?

Public housing gave our family the ability to live and thrive in the greatest city in the world. The guarantee of an affordable home was an important factor in our well-being. It has served, and continues to serve, that purpose for many. We must fight to protect public housing.

BRING MATH & SCIENCE TO LIFE!

celebrating 40 years!
salvadori CENTER
See it. Build it. Know it.



The Salvadori Center has been working with schools to bring math and science to life for students for 40 years! Salvadori programs support instructional goals and provide teachers with structured professional collaborations that strengthen instructional capacity. Multi-day in-school and after-school programs celebrate our collaborative, hands-on, project-based approach to learning through the buildings, bridges, parks and communities that surround our students' lives.

The Salvadori Experience promotes:

- collaboration
- critical thinking
- creative problem solving

Book a program in 3 easy steps!

- (1) visit our website
- (2) review our program flyer: <http://bit.ly/2qzsuVT>
- (3) call us

We're happy to help you find the right program for your needs!

www.salvadori.org
212.870.3970 ext. 11
thecenter@salvadori.org

The Salvadori Center's programs and services are made possible through the generous support of our corporate and individual sponsors - including, but not limited to: the National Endowment for the Arts, the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature, The Harry and Jeanette Weinberg Foundation, The Pinkerton Foundation, The Hearst Foundations, conEdison, Perrigo, Scranton Area Community Foundation, and public funds from the New York City Department of Cultural Affairs, in partnership with the City Council.



Even Your Kids Will Love It!

Vegan Punch from Chef Rootsie

DONNA DAVIS, KNOWN to her clients and the culinary world as “Chef Rootsie,” is the owner of Veggie Grub, LLC, which specializes in delicious vegan and vegetarian food. Chef Rootsie has been a vegan chef for 20 years and is a 2016 graduate of the Food Business Pathways (FBP) program, which helps residents launch their own food businesses. She is a NYCHA Section 8 resident.

As the winner of FBP’s business plan competition, Chef Rootsie received five months of free incubator space at Brooklyn FoodWorks. She recently won a vegan macaroni and cheese competition, and is sharing her love of vegan food by teaching a 12-week vegan



cooking series at Brooklyn FoodWorks. Through her business, Chef Rootsie gives back to the community by employing five to seven employees on a weekly basis.

Read more about Chef Rootsie here: <http://bit.ly/2i5nzK9>.

Contact Chef Rootsie, Veggie Grub LLC

Phone: **347-304-7442**

Email: veggiegrub1@gmail.com

Blog: veggiegrub1.blogspot.com

Peanut Punch Smoothie

Prep time: 10 min.

Servings: 4-6

Ingredients:

1½ cups peanut butter
12 oz. soy/almond/rice milk
5 sun-ripened bananas, mashed
1 tablespoon cinnamon & vanilla
½ tablespoon nutmeg & allspice
3 tablespoons flax seeds
1-2 tablespoons protein powder

Directions:

1. Mash bananas in a blender until smooth.
2. Scoop peanut butter into blender, along with spices, vanilla, protein powder, and milk, to fill blender ¾ to the top, and blend until smooth.
3. Pour into large jug. Pour flax into punch and stir.
4. Enjoy!

Recertify Online: It's Faster & Easier

ONE OF THE requirements of living in public housing is completing an annual recertification to reexamine a household’s family composition and income. In addition to recertifying by paper, you can now complete your recertification online.

Online annual recertification will be available to all NYCHA residents as of September 2017. Completing your annual recertification online is fast, easy, and secure. Be sure to complete your annual recertification on time. By submitting on time you prevent possible termination of tenancy proceedings

and retroactive charges. You also help NYCHA meet its U.S. Department of Housing and Urban Development (HUD) requirement to have 95 percent of residents submit recertifications on time, which will ensure that NYCHA does not lose funding from HUD for maintenance and repairs.

What are the benefits of completing the annual recertification online?

- fewer questions to answer;
- an easier form to complete;
- future recertifications will require less time;
- access and view status and case information 24/7

NYCHA residents can complete their recertifications online:

- on a laptop, smartphone or tablet;
- at the Self-Serve Kiosk in every Property Management Office;

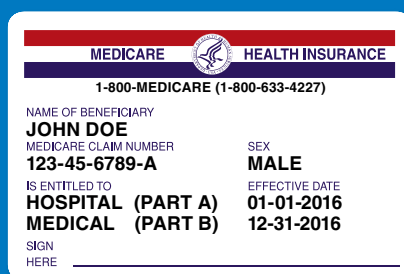


- using a computer on one of NYCHA’s Digital Vans; or



- on any computer with Internet access.





Have Medicare and Medicaid?

Get more benefits at no cost to you — all in one plan

It's **easy!** Enroll in an Empire BlueCross BlueShield plan. You'll get all the benefits of Original Medicare, plus:

- Dental, vision and hearing benefits
- An allowance for everyday health care items
- \$0 copay for many prescription drugs
- And more

Call today to talk to your local Medicare specialist:

Call 1-888-293-5075 (TTY: 711)

8:00 a.m. to 8:00 p.m., Monday to Friday

\$0

plan premium
and copays

Empire 
BLUECROSS BLUESHIELD

An **Anthem** Company

ATTENTION: If you speak Spanish or Chinese, language assistance services, free of charge, are available to you. Call 1-888-293-5075 (TTY: 711). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-293-5075 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-293-5075 (TTY: 711)。We do not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, sex, age or disability in our health programs and activities.

Empire BlueCross BlueShield is a Medicare Advantage Organization with a Medicare contract. The D-SNP plans are plans with a Medicare contract and a coordination of benefits agreement with the New York State Department of Health. Enrollment in Empire BlueCross BlueShield depends on contract renewal. Services provided by Empire HealthChoice HMO, Inc., and/or Empire HealthChoice Assurance, Inc., licensees of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans. Part B premium is covered for full-dual enrollees. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. The Formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary. This plan is available to anyone who has both Medical Assistance from the State and Medicare. Premium, co-pays, co-insurance, and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. This policy has exclusions, limitations, and terms under which the policy may be continued in force or discontinued. For more information on benefits, please contact your agent or the health plan.

Y0114_16_27626_U_043 CMS ACCEPTED 06/25/2016

© Empire BlueCross BlueShield 2017

Bay View Houses Farm Hosts “Iron Chef” Competition

FOR SEVEN WEEKS, Green City Force (GCF) Urban Farm Corps members—all of whom are NYCHA residents—worked with a professional chef from the Green City Force Farm Food Educator Program to learn the secrets of healthy cooking, so they can teach these skills to NYCHA residents and visitors to NYCHA’s farms. The course ended with an “Iron Chef” demonstration and competition at Bay View Houses Farm during which the Corps Members got a chance to show off their amazing new culinary skills.

Working in three teams and using produce grown at the farm, each group decided on recipes and prepared and cooked their meals in front of a small, but hungry crowd. The judges declared everything—from a summer rainbow salad to stir-fry spring rolls and salsa—was too delicious to choose one winner.

GCF Cook Off Recipes – It Was a Tie!



GROUP 1

SUMMER RAINBOW SALAD

Ingredients:

For salad:	For salad dressing:
Mustard	Vinegar
greens	Garlic
Kale	Salt
Collard greens	Pepper
Carrots	Olive oil
Swiss Chard	Mustard (any kind)
Tomatoes	

Directions:

Combine salad ingredients in a bowl. In a separate bowl, mix all salad dressing ingredients together, dicing the garlic as small as possible (or use a food processor). Add to salad bowl. Mix well.

GROUP 1

CANTALOUPE JUICE

Ingredients:

Cantaloupe	Honey
Water	

Directions:

Add ingredients into a blender. Blend well.

GROUP 3

FARM FRESH SMOOTHIE

Ingredients:

Cucumber	Strawberries
Kale	Bananas
Blueberries	Ice

Directions:

Add a handful of each ingredient to the blender, with plenty of ice. Blend until smooth. Add more of any ingredient to your taste.

The Food Educator Program, a partnership between GCF and the Sylvia Center, aims to provide Corps members with knowledge about cooking, healthy eating habits, and nutrition as well as kitchen etiquette and culinary technique, and the skills to offer a successful food demo.

“Now that I’ve won [the competition], I will pursue my passion for cooking healthy food, and convince billions of people how good kale is with a little bit of lime,” says GCF Corps Member Chantel Kemp.

With their training complete, Corps Members will help build more farms, as well as plan events and present educational food demonstrations at NYCHA’s farms, guaranteeing that the real winners of this “Iron Chef” competition are NYCHA residents and community members who will have the chance to learn about making healthy meals for themselves and their families.

GROUP 2

SALSA DE FINCA

Ingredients:

4-6 tomatoes, seeded and diced
1 small onion, diced
1 jalapeno (seeded if desired), minced
¼ cup of fresh herbs, cilantro if available, coarsely chopped
1 tablespoon of citrus juice
Salt

Directions:

Combine ingredients in a bowl. Season with salt and pepper to taste. Serve with tortilla chips.

GROUP 3

STIR-FRY SPRING ROLLS

Ingredients:

Carrots	Swiss Chard
Onions	Olive oil
Squash	Salt
Garlic	Pepper
Kale	Lime

Directions:

Cut up all the vegetables, excluding the swiss chard. Fry them in a pan with plenty of olive oil. Season with salt, pepper, and lime. In a leaf of swiss chard, place a spoonful of fried vegetables and roll up. Cut each roll in half. Place a toothpick through each roll. Repeat until all the vegetables are rolled up!



Swimming with Bluefish

KNOWING HOW TO swim is important, but many children living in New York City don't have access to pools or affordable swimming lessons.

The nonprofit *Friends of + Pool*, which is working to create the City's first water-filtering floating pool in the East River, partnered with NYCHA to make sure more kids living in public housing have the opportunity to learn to swim. This is the second summer of the Summer Bluefish Swim Program, which provided free lessons to 60 kids ages 8 to 13 living in 13 NYCHA developments. The classes were held at Convent of Sacred Heart Athletic Center on the Upper East Side in July.

All participants in the swim program received new swimsuits, swim caps, goggles, towels, T-shirts, and bags. Ten children from last year's class were invited back to train to be lifeguards at the future + POOL water-filtering pool in the East River.



+ POOL Summer Bluefish, 2017.

PHOTO BY ANNA WOLFE



NYCHA Receives 50,000 Books for Children

AS ONE OF the awardees in National Book Foundation's Book Rich Environment Initiative, NYCHA received 50,000 new books for children in developments across the five boroughs.

On June 12 at Stanley M. Isaacs Neighborhood Center at Johnson Houses in East Harlem, a kick-off event was held that included story-time for the youngest community members (ages 0-5), large-scale book "shopping" for elementary and middle-school aged residents, and a reading and book signing with

National Book Award winner, Jeanne Birdsall, children's author of *The Penderwicks* series.

Six more distribution events were held in June and July in Manhattan, the Bronx, Brooklyn, and Staten Island, to connect NYCHA residents with new books and library cards.

The collaboration between the National Book Foundation and Housing and Urban Development (HUD) will distribute a total of 270,000 books to 36 housing communities across the country.

Brownsville Houses Residents Receive New Kitchen Appliances

THANKS TO \$1 MILLION IN FUNDING from New York State Assembly Member Latrice Walker (second from right), more than 1,300 families at Brownsville Houses received brand new refrigerators and stoves. Approximately 1,200 stoves and 1,347 refrigerators were purchased for residents in need of one or both appliances. Trucks pulled up to the Brooklyn development on June 30 to deliver and install the appliances. We're grateful for the support of our partners in government to improve the quality of life for NYCHA residents.



Preparing for a Hurricane

HURRICANES ARE AMONG nature's most powerful and destructive phenomena. Many NYCHA residents are familiar with this fact: nearly five years later, we are still recovering from the damage inflicted by Hurricane Sandy, the second-costliest hurricane in United States history.

According to the National Oceanic and Atmospheric Administration, forecasters predict a 45 percent chance of an above normal hurricane season this year. While NYCHA staff has their own emergency preparation guidelines to prevent future danger and damages, it is essential that you know how to prepare to make sure you and your family stay safe during a hurricane.

What to do Before the Storm Strikes

1. Keep all windows closed and locked. Pull down shades and draw drapes to protect against possible broken glass.
2. Lock all windows in stair halls, lobbies and other public spaces.
3. Bring any outdoor furniture that can blow around inside. Determine if you live in an evacuation zone. For a detailed listing of city evacuation zones call **311 (TTY: 212-504-4115)** or log onto nyc.gov/oem and check the Hurricane Evacuation Zone Finder.
4. If you live in an evacuation zone, make a plan to evacuate:
 - a. Have an emergency support network with family and friends.
 - b. Identify friends or family living outside evacuation zone boundaries that you can stay with. Otherwise, identify the nearest evacuation center that you can go to by calling **311** or logging onto nyc.gov/oem.
- c. Keep a document with all of your health information.
- d. Have a plan for your pets.
5. Prepare sufficient amounts of drinking water, non-perishable food, medication, flashlights, a battery-powered radio, extra batteries, and a "Go Bag" with cash, copies of important documents, contact info for family members, a list of medications you take and dosages, childcare supplies, Credit/ATM cards, and a MetroCard.
6. Assemble an Emergency Supply Kit that includes enough food and water for at least three days. You should have one gallon of water per person per day, a First Aid Kit, a cell phone, and personal hygiene items.
7. Check your smoke detectors and carbon monoxide detectors to make sure they work.
8. Have a portable radio to listen for current weather bulletins.

Thunderstorms 101

IT'S SUMMER, AND thunderstorm season is here.

Though they can be a welcome relief from the heat, thunderstorms can be dangerous.

Here are some tips to help ensure your safety this summer:



Before a storm:

- Close windows and blinds
- Stay inside
- Unplug any electronic equipment

During a storm:

- Avoid contact with plugged-in electronics and phones
- Do not lie on concrete floors or lean on concrete walls
- Avoid hilltops, open fields, boats, and bodies of water
- Avoid standing near tall, isolated objects (like trees or telephone poles)

- If you are driving, try to exit the road and park until the storm ends
- Try to stay inside a sturdy building
- Do not take a shower or bath
- Stay away from metal objects

After a storm:

- Do not drive through flooded roadways
- Stay away from fallen power lines

CoolRoofs is Hiring!

THE MAYOR'S OFFICE of Sustainability and "One New York: the Plan for a Strong and Just City" came together to create the CoolRoofs program: an initiative to coat eligible roofs throughout the city with a substance that reduces energy consumption and carbon emissions. The initiative is currently hiring, offering training to participants and certifications such as OSHA10, 4-Hour Flagger, and 4-Hour Scaffolding that support employment in the industrial and construction sectors.

The One New York Plan is a four part plan, focusing on "the forecast of 9 million residents by 2040, changing climate conditions, an evolving economy, and aging infrastructure." The CoolRoofs initiative is part of the city's commitment to sustainability (the Zero Waste Plan), protecting aging infrastructure, and creating job growth.

To apply, candidates must fit the following requirements:

- Be at least 18 years or older
- Be a New York City resident
- Be legally able to work in the United States
- Meet all federal selective service requirements
- If employed, earn less than \$63,925 per year