



# Community Board Six Manhattan

## East Midtown News and Events, and CB6 Activities - Jan. 15, 2014

### News

#### **Floating Paths and Amphitheater for East River Esplanade, City Says**



A new waterfront park planned for the East Side will feature floating paths, canopies and amphitheater seating, and it will be equipped with buffers to protect against storms and noise from the FDR Drive. The new [East River esplanade](#) will run about a mile from 38th Street to 60th Street and offer a bike lane, a pedestrian path, planters and seating — all floating 30 feet away from the FDR and 2 feet above the 100-year flood line.

#### **NYC EDC Presentation to CB6 of East River**

## Esplanade plans

NYC Economic Development Corporation updated CB6 on its [East Midtown Waterfront Esplanade](#) in November. The unbroken one-mile long greenway will create a vital transportation connection and will provide waterfront access and much needed new open space for East Midtown. The waterside pier from 38th to 41st Street, in an area formerly used by Con Edison for fuel deliveries, is expected to be open to the public by 2015. The esplanade from 53rd to 60th Streets will be completed by 2019. See [the full presentation](#).

## City looks for developers to build Kips Bay biosciences center

NYC EDC and DOHMH are [seeking developers to turn part of a building](#) located at 455 First Avenue between 26th and 27th Streets into a bioscience research center, to help meet a need for increased private research lab space. The 14-story tower, built in 1964 and in need of extensive renovation, now houses the Health Department's Public Health Laboratory, an AIDS research center and NYU facilities. The RFP can be found [here](#).

## Fall update from MTA's East Side Access project



Work continues on the massive project to connect the Long Island Railroad to the Grand Central Terminal, which will shorten the commute of many riders. Excavation of the tunnels under Grand Central Terminal is complete. Significant progress is being made on the 44th Street Vent Facility located between Vanderbilt and Madison Avenues. The steel and concrete street decking at 50th Street and Madison Avenue has been removed and replaced with a temporary roadbed. Full street restoration and contract completion is getting closer every day. A new entrance to Grand Central Terminal located at 245 Park Avenue is open for customers. This entrance will ease the flow of passengers to and from Grand Central Terminal by providing access along 47th Street. [Click here for the full update](#) and more about ESA.

### **New tree in front of Bellevue**



There is a new tree in front of Bellevue Hospital through the efforts of Shelley Winfield, Bellevue Community Advisory Board. This tree replaces the vendors wagon that occupied the tree pit. Photo by Claude L. Winfield, CB6 board member. See more pics about the tree [on our Facebook page](#). Contact us if you have a tree pit in need of a tree.

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## Senior Events and Services

### Presentation on mental wellness and aging, Thurs., Jan. 23

[Senator Liz Krueger's](#) roundtable for boomers & seniors consists of five monthly sessions looking at how we age physically, mentally, emotionally, creatively, and socially. "How We Age in the 21st Century: Is 70 Really the New 50?" will look at strategies and resources to maintain mental wellness in later life. 8:30 - 10AM, Lenox Hill Neighborhood House, 331 East 70th St. Contact 212-490-9535 or [anrielle.georgenyc@gmail.com](mailto:anrielle.georgenyc@gmail.com) to RSVP.

### Architects show how to improve the urban environment for older adults

Over 1.8 million New Yorkers are expected to be over 60 by 2030. Risk factors for social isolation include living alone, not working, not belonging to community or religious groups, and poor health, according to a report from [Age Friendly New York City](#). Architects have come up with design changes to help seniors with physical needs and encourage community. Some will be [on exhibit at the AIA Center for Architecture](#), opening on Jan. 9, 2014.

[Recommendations include](#): improve handrails and lighting on stairs; higher contrast surfaces and textures; add small lockers in lobby for residents; add a bookshelf in lobby for building-wide book sharing; add seats or resting places along stairs; improve landscaping and places to gather outside; improve interior communal spaces; and create community care centers.

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## **Exercise can be as effective as prescription drugs**

A new [Stanford university study](#) found that exercise can be as effective as many frequently prescribed drugs in treating some of the leading causes of death, raising questions about whether our health care system focuses too much on medications and too little on activity to combat physical ailments.

## **Volunteer legal services for low income residents over age 60**

The [Volunteers of Legal Services \(VOLS\)](#) conducts legal clinics each month at senior centers where residents can discuss their legal concerns in confidence, receive legal advice, and where appropriate, obtain referrals to a volunteer lawyer for representation. Contact nearby centers for days and times: Stein Senior Center, 204 East 23rd St., [646-395-8083](#); Burden Center, 1484 First Ave. at 77th Street, at [212-879-7400](#); Stanley Isaacs Senior Center, 415 East 93rd St. near First Ave., at [212-360-7620](#).

## **Alzheimer's Day Program**

Stein's Service Program for Adults (SPA) Alzheimer's Day Program meets Monday, Wednesday and Friday afternoons from 1 - 4 PM, with supervised socialization under the direction of experienced teachers offering exercise, art and music programs. [Stein Senior Center](#) also provides caregiver support and counseling.

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## **At Upcoming CB6 Committee Meetings in January**

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- The Health and Education Committee will hear a presentation about [Take Care NY](#), the City's public health agenda, and discuss bills in the NYS Senate and Assembly on marijuana regulation.
- The Public Safety and Environment Committee will discuss: a City Council bill to reduce the use of carryout bags; Labor Law 240; how insurance costs will negatively impact the NYC School Construction Authority budget; and the link between construction materials and health problems

See [the CB6 committee calendar page](#) for dates, times, locations and details.

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## Services

### Got a question or complaint?

Please [contact the CB6 office](#) with your questions and service requests.

### See previous CB6 newsletters

Visit [our newsletter archive page](#). Our [resource page](#) also has directories of community organizations, senior services, and elected officials.

January  
CB6 Committee  
Meetings

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Meetings are subject to change. Please visit [our calendar page](#) for updates.

Land Use and Waterfront Committee  
Thursday, 1/02

Transportation Committee  
Monday, 1/06

Parks, Landmarks and Cultural Affairs Committee  
Tuesday, 1/07

Full Board Meeting  
Wednesday, 1/08

Budget and Governmental Affairs Committee  
Monday, 1/13

By-Laws Ad Hoc Committee  
Monday, 1/13

Housing, Homeless and Human Rights Committee  
Tuesday, 1/14

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Executive  
Committee  
Wednesday, 1/15

Health and  
Education  
Committee  
Tuesday, 1/21

Public Safety and  
Environment  
Committee  
Monday, 1/27

Business Affairs  
and Street  
Activities  
Committee  
Thursday, 1/30

For location, time  
and details  
see [our calendar  
page](#).

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