

**LIZ KRUEGER**  
**SENATOR, 28<sup>TH</sup> DISTRICT**

ALBANY OFFICE  
STATE CAPITOL BUILDING  
ROOM 416  
ALBANY, NEW YORK 12247  
(518) 455-2297  
FAX (518) 426-6874

DISTRICT OFFICE  
211 EAST 43<sup>RD</sup> STREET, STE. 1201  
NEW YORK, NEW YORK 10017  
(212) 490-9535  
FAX (212) 499-2558.2556

E-MAIL  
LKRUEGER@NYSenate.GOV

**NEW YORK**  
**STATE**  
**SENATE**  
ALBANY, NEW YORK 12247



**CHAIR, MAJORITY MEMBER**  
**FINANCE**

**COMMITTEES:**  
**RULES**  
**BUDGET & REVENUE**

### Highlights

**1. Virtual senior resource fair October 19<sup>th</sup>, 20<sup>th</sup>, and 21<sup>st</sup> from 2pm – 3:30 pm each day**

Tuesday, October 19<sup>th</sup>: Exercise, Nutrition, and Meditation.

Put on some comfortable clothes to exercise, and learn about how stretching and moving your body, good nutrition, and meditation can contribute to your overall wellness.

*Presentations by: Asphalt Green, Mount Sinai Health, Older Adult Technology Services (OATS), and 92Y.*

Wednesday, October 20<sup>th</sup>: Pets Are Family

Did you know that having a pet can actually help improve your overall physical and mental health? This event will help you to decide if getting a pet is right for you. If you have a pet, hear experts share information about how to keep your pet healthy, looking good, behaving well, and cared for if you have an unexpected health emergency.

*Presentations by: Animal Haven, Instinct Dog Behavior & Training Hudson Valley, PAWS NY, Search and Care, Jorge Bendersky – Celebrity Dog Groomer, Dr. Callie Harris – Veterinarian.*

Thursday, October 21<sup>st</sup>: Arts, Continuing Education, and Technology

Increase your tech skills, expand your mind, and nourish your spirit. Learn about arts and continuing education programs that you can access online, and obtain the tech skills you need to access them.

*Presentations by: DOROT, Museum of Modern Art, Older Adult Technology Services, Quest: A Lifetime of Learning at City College of New York, Theater Development Fund.*

RSVP for one, two, or three of these events at <https://tinyurl.com/seniorfair2021>.

**2. The newest edition of our Senior Resource Guide is in production.**

To request a copy, please contact our office via email ([LKrueger@nysenate.gov](mailto:LKrueger@nysenate.gov)) or phone (212-490-9535). The guide will also be available online.

**3. The Cannabis Control Board met for the first time on October 5<sup>th</sup>.**

Regulations are expected by the end of the year. For more information visit [cannabis.ny.gov](http://cannabis.ny.gov).

**4. Know before You Vote: The Five NYS Constitutional Amendments That Will Be On Your Ballot In November**

On October 7<sup>th</sup> our office held a town hall with experts and advocates to discuss these amendments. A recording of the event can be found here: <https://www.nysenate.gov/newsroom/video/liz-krueger/know-you-vote-five-nys-constitutional-amendments-will-be-your-ballot>

**5. On October 13<sup>th</sup>, Senator Krueger joined Baruch College and other elected officials to celebrate the opening of the Clivner=Field Plaza**

The newly redesigned Clivner=Field Plaza at Baruch College will bring 3,000 square yards of permanent public space to Community Board 6, which has one of the lowest rates of public space in the City. It will be a vibrant space enjoyed by students and community members alike.