



# Liz Krueger

STATE SENATOR | 28th District



## Senator Krueger's Virtual Town Hall

### Medicare Parts A, B, C and D: Changes You Can Make to Your Coverage

On **Tuesday, November 15th** from **2pm – 3:30 pm**, join Senator Krueger and Eric Hausman from the Department for the Aging's Health Insurance Information and Counseling Program (HIICAP). Mr. Hausman is the HIICAP Volunteer Outreach Manager, and an expert on all things Medicare.

During his presentation, you will hear about changes coming in 2023 to premium rates and deductibles for Medicare Parts A and B, and changes to Part D, your prescription drug coverage. Additionally, you will learn about Medicare Advantage and supplemental plans, and programs that can help defray Medicare costs, including prescription drug costs. The Medicare open enrollment period ends on December 7th; attending this event is a great opportunity to learn about changes you can make to your coverage now.

You will have the **option of joining the event online through Zoom**, a webinar hosting service.

You will also have the **option to view the event online through Facebook**. Please note that **you do not need a Facebook account or profile** to view the event through Facebook.

Finally, you will have the **option of calling in** to access the audio-only portion of the event.

The event will feature a **question and answer session** with Eric Hausman. If you have questions about changes coming in 2023 to Medicare premiums and deductibles, Medicare Advantage plans, Supplemental Plans, your Part D prescription drug plan coverage, or how to find out if you are eligible for programs to defray the costs of your health insurance, please join us on November 15th. You will be able to submit questions during the event but are strongly encouraged to submit them in advance.

**Please let us know if you plan to attend on November 15th by registering at <https://tinyurl.com/2022MedicareTownHall>.** After you register, you will receive a confirmation link in a few days.

## **Medicare Open Enrollment**

We have now entered the Medicare Open Enrollment period, which runs from October 15 – December 7. During this enrollment period, people with Medicare can change their health plan or prescription drug plan. For example, if you are currently enrolled in a Medicare Advantage Plan and you want to switch to Original Medicare, or you want to switch from one prescription drug plan to another, this is the time to do so.

**If you have questions, or are unsure which health or prescription drug plan is best for you, you can call HIICAP or Community Health Advocates for assistance:**

- **Health Insurance Information, Counseling and Assistance Program (HIICAP):** 212-602-4180
- **Community Health Advocates:** 888-614-5400

## Physical and Mental Health Care, Health Insurance, Public Health, Research

- **NYC Well:** Free, confidential mental health support in more than 200 languages, 24/7/365. Call 888-NYC-WELL or text “WELL” to 65173.
- **Mental Health for All:** A comprehensive hub with helplines and services that offer a range of free, direct support to meet the needs of all New Yorkers. Access resources at <https://mentalhealthforall.nyc.gov/>.

[Return to Top](#)

## Food

- **Greenmarkets:** The [94th Street Greenmarket](#), on 1<sup>st</sup> Avenue at 94<sup>th</sup> Street in Manhattan is now open on Sundays from 9 a.m. – 4 p.m. This is a temporary location due to construction on 92<sup>nd</sup> Street.

The [82<sup>nd</sup> Street Greenmarket](#) on East 82<sup>nd</sup> Street between First and York is open Saturdays from 9 a.m. - 2:30 p.m.

The [Dag Hammarskjold Plaza Greenmarket](#) at 2<sup>nd</sup> Avenue and 47<sup>th</sup> Street is open Wednesdays from 8:00 a.m – 3:00 p.m.

The [Union Square Greenmarket](#) is open Mondays, Wednesdays, Fridays and Saturdays from 8:00 a.m – 6:00 p.m.

GrowNYC farmers markets are a great chance for community members to access the freshest, most nutritious locally-grown food the region has to offer.

Please note that shoppers can use their SNAP/EBT/P-EBT benefits at the market! When customers spend \$2 in SNAP/EBT/P-EBT, they receive a bonus \$2 Health Buck (up to \$10 per day) to purchase additional fruits and vegetables!

- **NYC Neighborhood Food Resource Guides:** Hunter College New York City Food Policy Center has compiled these resource guides to help New Yorkers find free and low-cost food resources in their community, as well as social services and additional resources for New Yorkers.
  - [NYC Food Resource Guide: Upper East Side](#)
  - [NYC Food Resource Guide: Midtown](#)
  - [NYC Food Resource Guide: Stuyvesant Town/Turtle Bay](#)

[Return to Top](#)

## Housing

- **Affordable Housing Lotteries:** You can view open affordable housing lotteries on the NYC Housing Connect website here: <https://housingconnect.nyc.gov/PublicWeb/search-lotteries>.
- **Norfolk Senior Apartments:** Applications are now being accepted, until 12/5/22, for senior affordable housing at the Norfolk Senior Apartments at 64 Norfolk St, New York, NY 10002. Apply online at <https://housingconnect.nyc.gov/PublicWeb/details/3229> or obtain a paper

application by sending a self-addressed stamped envelope to: Norfolk Senior Apartments, c/o K&G Upright Consulting: 638 E. 169th St., 2nd Floor, Bronx, NY 10456.

- **Heat Season Rules:** The City Housing Maintenance Code and State Multiple Dwelling Law require building owners to provide heat and hot water to all tenants. Building owners are required to provide hot water 365 days a year at a constant minimum temperature of 120 degrees Fahrenheit.

Between October 1st and May 31st, a period designated as “Heat Season,” building owners are also required to provide tenants with heat under the following conditions:

- Between the hours of 6AM and 10PM if the outside temperature falls below 55 degrees, the inside temperature is required to be at least 68 degrees Fahrenheit.
- Between the hours of 10PM and 6AM the inside temperature is required to be at least 62 degrees Fahrenheit. Note that there is no longer any outside temperature requirement for night hours

Tenants who are cold in their apartments should first attempt to notify the building owner, managing agent or superintendent. If heat is not restored, the tenant should call the City’s Citizen Service Center at 311. For the hearing-impaired, the TTY number is (212) 504-4115. The Center is open 24 hours a day, seven days a week.

- **NYC Department of Buildings (DOB)** hosts **Buildings After Hours**, their in-person information session with DOB staff every Tuesday from 4 – 7 pm in each local DOB borough office. (Manhattan’s DOB office is at 280 Broadway, 4th Floor). More details are available here: <https://www1.nyc.gov/assets/buildings/pdf/buildingsafterhours-sn.pdf>.

[Return to Top](#)

## MTA/Transportation

- **Escalator Replacement at Lexington/53<sup>rd</sup> Street Station:** From Oct. 14 through June 2023, 3 Av escalators to the E and M platform will be taken out of service to be replaced. During this time, customers can utilize the four escalators that will be in service located at the Lexington Av end of the platform, or via two stairwells. Two platform to mezzanine stairwells will also be available for customers. The stairwell located on the Lexington Av side of the platform will be operational in both directions 24 hours a day, 7 days a week. The stairwell located on the 3 Av side will be open only on weekdays and will operate in peak direction only. The 3 Av stairwell will be closed after 10:00 p.m. and all day on the weekends. Customers are encouraged to utilize the Lexington Av end of the platform. 3 Av Single Direction Stairwell Operational Hours:

Weekday (6:00 a.m. – 2:00 p.m.): Exit only

Weekday (2:00 p.m. – 10:00 p.m.): Entry only

Weekends: Closed

Two of the Lexington Av side escalators are expected to be replaced in 2023 upon reopening of the 3 Av side escalators.

- **NYC Ferry Discount Program Information:** The NYC Ferry Discount Program permits eligible individuals to purchase a reduced fare One-Way Ticket for the NYCF. Ferry Discount Program eligible riders include:
  - Senior citizens, aged 65 and older;
  - Persons with disabilities; and
  - Current participants in the Fair Fares NYC program.

The application(s) for the NYC Ferry Discount Program and all NYC Ferry ticketing information can be accessed at <https://www.ferry.nyc/ticketing-info/>.

Riders can submit the application using the digital form on that webpage, or they can access the application(s) to print and mail them in at the below links:

- For Persons with disabilities, download the [Reduced Fare Application for Persons with Disabilities PDF](#) to start the process.
- For Senior Citizens, download the [Reduced Fare Application for Senior Citizen PDF](#) to start the process.
- For Current participants in the Fair Fares NYC program, download the [Reduced Fare Application for Current participants in the Fair Fares NYC program PDF](#) to start the process.

Validation/processing time may take up to 30 days.

[Return to Top](#)

## Volunteer and Donation Opportunities

- **Join a Team TLC shift to welcome new neighbors arriving at the Port Authority.:** [Team TLC NYC](#), an affiliate group of Grannies Respond/Abuelas Responden, is a grassroots organization committed to providing basic needs and support to asylum seekers and immigrants. They have been leading the effort to greet migrants who are arriving in NYC by bus (some at Port Authority and some at the Megabus stop at W. 34th St), and they need volunteers every day of the week. In addition to providing a warm welcome, volunteers help migrants make their way to shelters, connect with family or friends, and secure bus tickets if they want to travel elsewhere. Volunteers also provide food, clothing, and toiletries to help meet folks' immediate needs. Volunteers who speak Spanish are especially needed, but folks who don't can be helpful, too. [Learn more and sign up for a shift here.](#)
- **GENUine Connections Intergenerational Volunteer Opportunity:** DOROT is excited to launch GENUine Connections, a free, virtual program, where teens and older adults connect in small groups on a weekly basis to bridge the generational gap and have fun doing it. Do you know an adult aged 65+ or a high school student looking for a new volunteer opportunity? Find out more [here](#).
- **Volunteer Opportunities for those interested in helping Asylum Seekers:**
  - NYC/Catholic Charities is looking for people to volunteer at the asylum seeker navigation center: <http://tinyurl.com/4n5h3nbu>
  - NY Immigration Coalition: <https://www.nyic.org/get-involved/volunteer/>
  - Grannies Respond (one of the primary groups greeting people at Port Authority): <https://www.granniesrespond.org/volunteer>.

[Return to Top](#)

## Resources for Small Businesses and Non-Profits

- **Manhattan Chamber of Commerce Grant Guidebook:** In January 2022, the Manhattan Chamber of Commerce released a resource guide outlining the eligibility requirements for various grants currently available for small businesses. The guide has been updated several times since then to ensure its accuracy, as new grants become available. [The latest guide, which was updated on October 6, is available here.](#) In addition, businesses can receive further assistance, including help applying for these grants, through their Small Business Resource Network. [Email our Help Desk](#) to learn more.
- **The PACE Small Business Development Center** provides no-cost, one-on-one business counseling to entrepreneurs in New York City. Our advisors guide both existing small business owners as well as entrepreneurs with emerging ventures and discuss a range of topics including marketing, digital media, financing, business planning, government contracting, and more. Sign up here to schedule an appointment: <https://www.pacesbdc.org/contact>. They also host regular

## Resources for Older Adults & Caregivers

- **Social Security Announces 8.7 Percent Benefit Increase for 2023:** Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023, the Social Security Administration announced today. On average, Social Security benefits will increase by more than \$140 per month starting in January. The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. The fastest way to find out their new benefit amount is to access their personal *my Social Security* account to view the COLA notice online. People may create or access their *my Social Security* account online at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

The Social Security Act provides for how the COLA is calculated. To read more, please visit [www.ssa.gov/cola](http://www.ssa.gov/cola).

- **Classes for Seniors in New York City:** If you're an older adult in New York, you can take part in live, [in-person](#) and [online classes](#) to learn new skills, discover ways to save money, and find a community where you can get in shape and make new friends. Senior Planet offers courses, programs, and activities that enhance the lives of older adults. Please join us! Got questions? Call our Senior Planet in NYC hotline:(917) 936-4410

[Return to Top](#)