

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 90 NO. 3

WOODSIDE, L.I.C., N.Y. FRIDAY, JANUARY 20, 2023

FREE



Governor Kathy Hochul announced the availability of \$38.2 million in state funding to establish eight Safe Options Support teams that will provide intensive outreach, engagement and care coordination services to individuals who are experiencing homelessness in areas of the state outside of New York City. Funded through the State Office of Mental Health, these teams will be modeled after ones now providing assistance to unsheltered individuals staying on the streets and within the subway system in New York City and will be deployed in areas of the state with high rates of street homelessness.

"Far too many New Yorkers are living unhoused in our communities, lacking the resources and support they need to get back on their feet," Hochul said. "These outreach professionals will help provide immediate assistance and develop a positive relationship with individuals living on the street - helping them access the services they can rely on to start on a path toward stability."

The Safe Options Support teams include behavioral health professionals that specialize in connecting New Yorkers experiencing homelessness to critical services and shelter. They include licensed clinicians, care managers and peer specialists who will work closely with local government, community partners, hospitals, law enforcement and others.

The State Office of Mental Health is providing up to \$4.7 million over five years to establish each of the eight teams. Each of the teams will be located outside of New York City in an area of the state with the most immediate and acute need, according to the request for proposals released last week.

Safe Options Support teams work with individuals experiencing homelessness to help build

life skills and strengthen their support network so that their care can successfully be transferred to community-based health care providers. In addition to outreach, the teams also accept referrals from hospitals, social services departments, law enforcement, community providers and others that work in areas where they interact with unhoused individuals. These teams utilize Critical Time Intervention, an evidence-based practice that helps connect vulnerable individuals to housing and services during difficult times of transition in their lives. Under this model, the teams quickly establish contact and conduct assertive and persistent outreach to establish trust and foster engagement. The teams will provide coordinated care transition activities and support, starting from the time of referral through transition to community housing, treatment and support.

Referrals are reviewed and coordinated in close collaboration with the state Office of Addiction Services and Supports, the state Office of Temporary and Disability Assistance, local departments of social services and other key stakeholders to ensure rapid connection and prevent any duplication of services. Services will be provided for up to 12 months, pre- and post-housing placement, with an intensive initial outreach and engagement period that includes multiple visits per week, each for several hours.

Individuals engaged by the teams will be helped with self-management skills and activities of daily living with the goal of achieving self-efficacy and recovery. The teams' outreach is aimed at facilitating connection to treatment and support services.

STARTING 2023 RIGHT

Governor Kathy Hochul announced that 478,000 residential customers and 56,000 small businesses in New York State will receive assistance totaling \$672 million to pay off unaffordable past due utility bills. Today's announcement is the largest utility customer financial assistance program in state history and follows a series of policies announced last week to address energy affordability and emissions reductions as part of Governor Hochul's State of the The debt-forgiveness program approved by the New York State Public Service Commission (PSC) will provide financial relief to customers and will help avoid huge statewide termination of service, making utility bills more affordable for all households and small businesses. These one-time credits provide relief to all residential non-

low-income customers and small-commercial customers for the period through May 1, 2022, similar to a program approved last summer for low-income customers. Governor Hochul also announced \$200 million in relief for high electric bills by providing a discount to more than 800,000 New Yorkers making under \$75,000 who have not been eligible for the State's current utility discount program, a new initiative that is separate from today's \$672 million announcement. In addition, Governor Hochul announced the creation of the Energy Affordability Guarantee, the first-in-the nation pilot program that ensures low-income New Yorkers participating in the EmPower Plus program never pay more than 6 percent of their incomes on electricity and incentivizes them to fully electrify their homes.



108TH PRECINCT COMMUNITY COUNCIL MEETING

TUESDAY JANUARY 31ST @ 7^{PM}

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wanted

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HOW TO GET THROUGH LIFE WITH A MENTAL HEALTH DISORDER

by Stan Popovich

Many people have a difficult time living a normal life when they have to battle with anxiety and other fear related issues on a regular basis. It can be depressing to struggle with your mental health and are unable to get the relief you deserve. As a result, here are nine suggestions on how to handle a mental health disorder in your life.

1. **Educate yourself regarding your mental health issues:** It is important to learn as much as you can about your mental health disorder so you can better manage your situation. Talk to a professional who can give you advice on how to manage your situation.

2. **Use the services of a counselor:** Take advantage of the help that is available around you. If possible, talk to a counselor who can help you face your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem.

3. **Learn from your experiences:** In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in getting rid of your fears and anxieties. Use what you have learned when you experience another similar situation.

4. **Know where to go for help:** Your family doctor is a great source in getting help for your mental health issues. Your local hospital is another place you can visit to find treatment. Hospitals know a lot of good counselors and mental health programs in your area and they can lead you in the right direction.

5. **Surround yourself with supportive friends:** You need to surround yourself with positive people. A person can always go to a support group where they can meet people who are also struggling with their mental health.

6. **Be patient with yourself:** Do not be hard on yourself when things do not go as planned. Dealing with anxiety and fear can be challenging so be patient. Do not be in a rush to get things done. Go at a pace that you feel comfortable with when accomplishing your regular activities.

7. **Take it one day at a time:** Instead of worrying about how you will get through the rest of the week or month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep.

8. **Worrying makes it worse:** A lot of times, our worrying can make the problem even worse. All the worrying in the world will not change anything. All you can do is to do your best each day, hope for the best, and when something does happen, take it in stride.

9. **Your goal is to get better:** Your goal is to get your life back on track. Don't waste your time arguing with your friends or relatives who are giving you a difficult time. This isn't a public relations event where you need to get everyone's approval. Your main focus is for you to live a happy life without anxiety and fear.

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PROTECTING NEW YORKERS FROM FINANCIAL SCAMS

Senate Deputy Leader Michael Gianaris announced the State Senate passed his legislation (S.177) to protect New Yorkers against financial fraud. Senator Gianaris’ bill requires money transmitters – like banks, wire services, and apps – to provide consumers with a warning before transferring money.

“Whether salacious crimes ripped from the headlines or frauds perpetrated on a daily basis against our seniors, financial scams are all too prevalent,” said Senate Deputy Leader Michael Gianaris. “New Yorkers deserve the strongest protections against these predators and my legislation would present a strong defense to keep consumers and their wallets safe. I am pleased the Senate is passing this bill.”

According to the Federal Trade Commission, more than 56,000 Americans reported losing over \$547 million in romance scams in 2021. Senator Gianaris’ legislation will require financial institutions to provide a warning to customers of the danger of consumer fraud when transferring funds.

NYC

Everyone Should Wear a Mask:

✓ At all times when in an indoor public setting

✓ In crowded outdoor settings

✓ If you’re sick & unable to separate from others

✓ If you are positive for COVID-19

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2023 QUEENS COMMUNITY BOARD APPLICATION

On the heels of two wildly successful efforts to both attract new members and correct long-standing demographic inequities across Queens’ 14 community boards, Borough President Donovan Richards Jr. is again accepting applications from qualified and civic-minded individuals interested in serving on their local community board.

As with the Borough President’s prior two iterations, the 2023 community board application can be filled out online, ensuring prospective applicants can complete the process quickly and easily, allowing for a more diverse applicant pool. The application requires neither notarization nor in-person delivery to the Queens Borough President’s Office.

The application is available online at www.queensbp.org/communityboards, and the deadline to submit the form is Thursday, February 16. This deadline applies to both new applicants and existing community board members seeking an additional term. For the upcoming round of appointments, the two-year term of service will begin on Saturday, April 1, 2023.

All Queens community board members are appointed by the Queens Borough President, pursuant to the City Charter, with half of the appointments nominated by the City Councilmembers representing their respective Community Districts. Each board has up to 50 unsalaried members, with each member serving a two-year term. All community board members who wish to continue serving on a board are required to reapply at the conclusion of their two-year term and are subject to review and reconsideration.

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Winter is here, and while NYC hasn't seen many snowflakes lately, there are plenty of beautiful examples at Sunnyside Community Older Adult Center. Using techniques borrowed from origami alongside paper cutting, our older adults created some beautiful decor. The next Matisse may be among them!

ATTENTION SPANS


by Rix Quinn

Do people today really have shorter attention spans? Well, it appears that because multiple messages bombard us daily, we mentally “delete” those we don’t currently need. (This explains why some folks forget what they had for breakfast, or why I call so many of my friends “Pal.”)

Latest reports – compiled by scientists who pay attention – set the average adult attention span at only eight minutes. It’s reportedly even shorter if you’re a rabbit, and shorter still if you’re a roaming animal, like a rabbit with amnesia.

The key to getting attention, research says, is to appeal to as many senses as possible. If we can see something, hear it, and have a chance to “talk back” to it (such as responding to a message by typing a response), we’re more likely to retain it. Following this logic, the best way to make a person remember you is to meet her, ask questions, listen to her answers, shake her hand, then buy her dinner.


A few years ago, we called this a “date.” Today, however, we applaud it as a great scientific discovery. So, what have we learned? (1) To get somebody’s attention, ask him or her out for dinner. (2) To keep that person’s attention, limit the date to eight minutes.



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Arts & Culture/Family

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Discover full details at [LICLNY.com](https://www.liclNY.com)
Participating businesses and organizations as of January 8, 2023 and are subject to change. Please visit our event site for the most up-to-date information. LICP is not liable for any event/promotion cancellations, postponements or other changes. Please contact businesses and organizations directly if you have any questions about their listing(s).

APPLY FOR FISCAL YEAR 2024
DISCRETIONARY FUNDING

JANUARY 5 TO FEBRUARY 21

Open to eligible nonprofits and community-based organizations to fund programming and services.

Complete the following two (2) forms:

1. FY23 Discretionary Expense Funding Application

2. District 26 Supplemental Form

Once an organization submits both forms (links in bio) our office will be in contact with your organization to schedule a meeting if we need further information.

Questions? Contact our office at (718) 383-9566 or email us at nmartinez@council.nyc.gov

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Online Transaction Goods Exchanges

Ensure that your online transactions are completed in a manner that is safe for both the Buyer and Seller.

If you anticipate using the internet to exchange goods, we recommend you pick a neutral and convenient meet-up location to complete the exchange. Look for well lit and traveled public places and those in view of security cameras.


Consider areas in the vicinity of NYPD facilities such as Police Precincts, Transit Districts and Police Service Areas. For a complete list of these locations, visit: [NYC.GOV/NYPD](#)





NYPD

Crime Prevention Division

Attention Queens families: Children born in 2018 can now apply to attend Kindergarten! This year, you can list gifted and talented programs on the same application. Applications are open until Friday, Jan. 20, 2023! Find more info at [schools.nyc.gov/Kindergarten](#)



 [schools.nyc.gov/Kindergarten](#)




Mayor Adams invites you to save the date for the

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THURSDAY, JANUARY 26 AT 12 PM

More info to follow



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SCAN TO PRE-REGISTER



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www.DeaneryQ2.org

What are 988, 911, & 211?

988 Suicide and mental health crisis care
New number for National Suicide
Prevention Lifeline

911 Dispatching emergency medical services, fire and police

211 Suicide & mental health crisis care with emphasis on local community resources and care coordination

211 Big Bend is a 988 Suicide & Crisis Lifeline Center.

2.1.1

Big Bend

DOMESTIC VIOLENCE RESOURCES

If you need support or have questions, call the numbers listed below. Telephone lines are open 24 hours a day, seven days a week. **You are not alone. We're here to help.**

QDA Domestic Violence Helpline
(718) 286-4410

NYC Domestic Violence Hotline
(800) 621-HOPE

The QDA Elder Abuse Project provides services for victims of domestic violence who are **60 years or older**. Contact **(718) 286-6562** or **ElderAbuse@queensda.org** for assistance.

If you have access to the internet but cannot make a telephone call: <https://safehorizon.org/safechat/> is available **Monday - Friday** from **9:00AM** to **6:00PM**



**THANK YOU
NYPD**

#ThankyouNYPD

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