

FREE CITIBIKE MEMBERSHIPS FOR HOSPITAL WAYOF Eric Adams, Department of Transportation (DOT) Commissioner Ydanis

New York City Mayor Eric Adams, Department of Transportation (DOT) Commissioner Ydanis Rodriguez, and Lyft announced this week that Citi is committing funding to restart the Citi Bike Medical Workers Program, making free 60-day memberships available to hospital workers as they continue the fight against COVID-19 and the Omicron variant. Public and private hospital employees, including custodial workers and other support staff, will be eligible to sign up for the program through their place of employment until February 7, 2022.

"Our healthcare heroes are fighting for New Yorkers every day, and this is one way that we can say

Participating institutions include: Center for Urban Community Services Charles B. Wang Community Health Center CityMD

Columbia University Irving Medical Center Community Health Network

thank you," said Mayor Eric Adams. "I know firsthand that riding a bike is good for physical and mental health, and I would encourage all the hard-working healthcare workers to take advantage if they can, keeping us rolling toward a real recovery for our city. Thank you to Citi and Lyft for providing this important opportunity."

As New York City and cities across the country respond to the rapidly evolving COVID-19 virus, while working to offer transportation options for essential workers, bikeshare systems continue to operate across the country. Meanwhile, the Citi Bike program has continued to set ridership records throughout the pandemic and in 2021, making it the 25th most ridden transit network in the United States, ahead of San Antonio and just behind the New Jersey PATH Train.

More than 33,000 first-responder, healthcare, and transit workers joined a previous version of this program when the pandemic first began in 2020, taking over 1.25 million rides in total. The bikeshare station at 68th Street and 1st Avenue – located near the Hospital for Special Surgery, New York-Presbyterian, Weill Cornell Medicine, and Memorial Sloan Kettering Cancer Center – rose from the 59th most used station in the year before the pandemic to the single most used station in the Citi Bike system in 2020. Similarly, the bikeshare station at 33rd Street and 1st Avenue – also

Hospital for Special Surgery Interfaith Medical Center Memorial Sloan Kettering Montefiore Mount Sinai New York - Presbyterian Northwell Health NYC Health + Hospitals NYU Langone Planned Parenthood of Greater NY The Brooklyn Hospital Center Wyckoff Heights Medical Center Weill Cornell Medicine

located near NYU Langone, Bellevue, and the VA New York Harbor Hospital - rose from the 58th most-used station to 10th. (continued on page 7)

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WHEN SOMEONE YOU KNOW STRUGGLES WITH FEAR AND ANXIETY

FRIDAY, JANUARY 21, 2022

by Stan Popovich

Do you know a friend or loved one who suffers from fear, anxiety, and depression and does not know what to do to help them? It can be frustrating to watch someone you know struggle with their mental health and not be able to do anything to relieve their suffering.

With this in mind, here are seven ways to help the person cope in these kinds of situations.

1. Learn as much as you can in managing anxiety and depression: There are many books and information that will educate you on how to successfully overcome fear and anxiety. Share this information with the individual who is struggling with their fears. The key is to get your friend to understand how important it is to seek some guidance when it comes to their mental health.

2. Be understanding and patient with the person struggling with their fears: Maintaining depression and anxiety can be difficult for the individual so do not add more problems than what is already there. Do not get into arguments with your friend who may be having a difficult time with their anxieties. Make an effort to listen to the person rather than making judgements.

3. Talk to the person instead of talking at them: It is important not to lecture the individual who is having a hard time with anxiety and depression. Talk to the person about their issues without being rude. Most people will listen if you approach them in a proper manner. Remember to treat others the way you would want to be treated if you were the one who was struggling.

4. Ask for some ideas: Seek advice from a professional who can assist the person you know with their mental health issues. A counselor can give you some ideas on how to overcome anxiety, fear, and depression. Getting help from a therapist is the number one priority in getting the individual to do something about their problems.

5. Find out why the person won't get assistance: Address the issues on why he or she will not seek treatment. Many people who are struggling are fearful and frustrated. Try to find out the reasons why your friend won't get the help they need and then try to find the ways that will overcome their resistance to seeking some guidance.

6. Remind the person of the consequences of not getting help: Another way to convince the individual who is struggling with fear and depression is to tell them what may happen if they don't get some counseling. Anxiety and depression can make things worse and usually won't go away by themselves.

7. You can't manage your mental health all by yourself: A person's fears and anxieties can be difficult to manage and more than likely he or she will need some help. Many people think that they can overcome their mental health problems on their own. This is a mistake. The individual should admit they have a problem and then seek treatment to get their life back on track.

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Up to a \$30 per month discount on internet service

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THE WOODSIDE HERALD

OUR PAN BY S EA

by Dr. Sharon M. Cadiz

"Crazy" doesn't seem to take a holiday. Each day there are new reports of outlandish stories about extreme behavior; sometimes violent; sometimes "just crazy" showing an individual or group exhibiting a loss of emotional control. I will not dwell on these reports because in doing so I might bring unwarranted attention to what not to do and inadvertently give ideas or encouragement to others looking to gain attention as they manufacture mayhem. Instead, I choose to invoke a serene image of birds in flight and the ways they travel the wide world.

Some years back a beloved colleague, to whom I am forever grateful, shared an essay entitled: "Lessons From Geese" based on the work of Milton Olson and transcribed from a speech by Angeles Arrien in 1991. The speech shares five (5) facts with corresponding lessons that offer sound guidance about how we might seek to learn from geese about how to conduct ourselves in groups. I would like to take an excerpt from that speech and share it with you here and encourage every interested party to look for the entire speech to enjoy the full array of insights that are included:

Fact 1: As each goose flaps its wings it creates an "uplift" for the birds that follow. By flying in a "V" formation, the whole flock adds 71% greater range than if each bird flew alone.

Lesson: People who share a common sense of direction and community can get where they are going quicker and easier because they are traveling on the thrust of one another.

Fact 4: The geese flying in formation honk to encourage those up front to keep up their speed.

Lesson: We need to make sure our honking is encouraging. In groups where there is encouragement, the productivity is much greater. The power of encouragement (to stand by one's heart or core values and encourage the heart and core of others) is the quality of honking we seek.

Fact 5: When a goose gets sick, wounded or shot down, two geese drop out of formation and follow it down to help and protect it. They stay until it dies or can fly again. Then they launch out with another formation to catch up with the flock.

Lesson: If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.

I found an example in local news illustrating the efficacy of each of the three lessons captured here. A Woodside community garden has been created on "an historic site on 51st Street." It is reported that this endeavor began under the leadership of two residents who were dismayed by the condition of the space. This led to them spearheading an effort to organize the community on the grounds of this "18th century family cemetery said to currently be owned by the Queens Historical Society. They got permission and moved forward with mobilizing volunteers and working with GrowNYC to create raised beds and provide benches and other outdoor furniture. Corresponding to the lesson of Fact 1, they worked together as a community with a common cause and direction and they got where they

were going "easier and quicker" than if they had not done so. By getting approval and not condemning those who might have been considered responsible for the conditions, they enlisted the values of Fact 4 by using their "honking" voice to encourage and move the project forward. Finally, it is presumed that the two residents who started plans for this conversion, probably experienced the customary ups and downs that happen with any project, but through their cooperative network, they shared their vision and others helped to keep things moving. Because they were able to embody the lesson and "stand by each other in difficult times" as well as when they may have been strong and highly energized, the project came to fruition with the help of many committed partners.

I would love to see this type of experience transmittable to our politics and public policy. I am confident that if we were able to apply the "Lessons From Geese," we could see a change in the COVID 19 surge that has claimed high numbers of those infected including Assembly Members Catalina Cruz and Zohran Mamdani; as well as Congress Member Alexandria Ocasio-Cortez. Over 30,000 New Yorkers tested positive for COVID 19 last week. If we followed the principles of the lessons learned from geese, we might want to rally in support of precautions that safeguard all of these individuals and linger "to help and protect" before we launch into the next wave. We often spend time working against our collective best interest because of rivalries and differences. Under these circumstances our failures are assured Given the

persistent nature of these conditions, we can be confident that this time next year, we will be battling the same familiar problems.

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Our city, like so many, suffers from divisiveness, finger-pointing blame and polarizing self-interest that flies in the face of reasonable solutions for the public good. Such impediments to progress have inhibited our ability to address such things as the future of our democracy that hinges on the threats from factions seeking to diminish voting rights. There is gross inattention to the prevailing issues that include a crisis level of scarcity in affordable housing; inadequate child care systems that fail to meet appropriate quality, quantity, accessibility and affordability standards; in addition to the insecurity experienced by excluded workers and other front line workers such as EMS, all of whom are grossly under compensated in spite of the critical role they play in keeping the city and our communities going. As taxes and prices go up for the average New Yorker, and as our ability to use our individual and collective vote is placed in jeopardy, I am forced to wonder if this situation is "for the birds," or if the birds actually hold the answers for these troubling conditions. Instead of tuning into the news or picking up the paper to find out what's going on, look up in the sky as I do, and see the geese flying in formation and using the power of their movement to get to their desired destination as fully intact as possible. We are not simple creatures or of one single mind, but if we consider the ultimate goal of human endeavor focused on the betterment of our conditions of life and our world, we might be more likely to unite than fight.

DUE TO SPIKE IN COVID-19 CASES, **MANY BLOOD DRIVES ARE NOW CANCELLED.**

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A New York Blood Center









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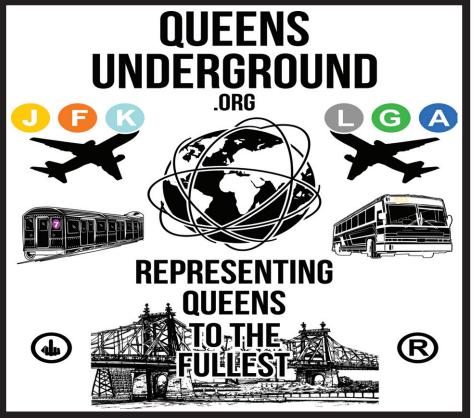
For any questions, please call 951-454-4954 or email: jbahia@woodsideonthemove.org





NY Project Hope Emotional Support Helpline: 1-844-863-9314 Crisis Text Line: Text GOT5 to 741741 National Suicide Prevention Lifeline: 1-800-273-TALK (8255) Trevor Lifeline: 1-866-488-7386 Trevor Text: Text START to 678678







COMMUNITY DISTRICT EDUCATION COUNCIL 30 28-11 Queens Plaza North, Room 512 Long Island City, NY 11101 Tel: 718-391-8380 / Fax: 718-391-8500 www.cec30.org



CALLING ALL DISTRICT 30 PARENTS

You Can Make A Difference!



A vacancy currently exists on Community District Education Council 30 for a parent/guardian of a child attending a District 30 School.

To request an application, kindly email our Administrative Assistant, Gail Cohen at: <u>CEC30@schools.nyc.gov</u> Or call the office at (718) 391-8380

> Applications must be received by 5:00 PM Monday, January 31st, 2022

Eligible candidates will be contacted regarding interview date and time

SOME ROLES OF THE COMMUNITY DISTRICT EDUCATION COUNCIL:

- Work with parents, schools, the superintendent, and the community to support our students' achievement and educational standards
- · Help schools with individual problems
- · Liaise with schools and School Leadership Teams
- · Connect with parents and parent associations
- Assist parents to resolve issues and address concerns
- Play a role in evaluating the Community Superintendent
- · Approve zoning lines submitted by the Community Superintendent

(THIS IS AN UNPAID VOLUNTEER POSITION)

WINTER CLOTHING AND FOOD DRIVE

As winter brings in sub-freezing temperatures to the area, State Senator Joseph P. Addabbo, Jr. is partnering with P.S. 229 in Woodside for a Winter Coat and Food Drive to benefit families in the community.

From now until Monday, January 31, Addabbo's offices will be collecting gently used winter coats, gloves, scarfs, and boots, as well as any non-perishable food items. On January 31, all the items donated will be brought to P.S. 229 in Woodside to be distributed to local families in need.

"I am happy to open my offices up to be dropoff locations for this great community event," Addabbo said. "Helping families stay warm during the frigid winter months is something we can all get behind. And we always hear from our local food pantries that they get plenty of food during the holiday season, but the rest of the year it can be more difficult to bring in donations. I want to thank the generous members of the community for their continued support in helping local families in need."

Addabbo's Howard Beach office is located at 159-53 102nd Street, and his Middle Village office is located at 66-85 73rd Place. The hours of operation for both offices are Monday through Friday, 9 a.m. to 5 p.m.

If you have any questions about this drive, contact Addabbo's office at 718-738-1111.

(continued from front page)

FREE CITI BIKE MEMBERSHIPS

Given this increased demand, Lyft and the NYC DOT coordinated to add Citi Bike stations outside of Harlem Hospital and Lincoln Hospital.

Critical Workforce Membership Program Details:

- Frontline medical professionals and support staff at select health/ hospital systems in New York and New Jersey, who are not current bikeshare members, are eligible – including lapsed members and customers who have previously purchased a single ride or day pass or have previously participated in a free trial.

- The free 60-day membership includes the same benefits as annual memberships: unlimited 45minute rides on classic bicycles and discounted per minute fees if you choose to ride an e-bike. Extra time fees, e-bike fees, and lost bike fees are not included.

- Eligible employers will have by the omicron variant."

a specific link and offer code to provide employees.

"At Citi, we are extremely grateful for our hospital workers, who time and again throughout this global pandemic have relentlessly cared for New Yorkers and put themselves in harm's way in doing so," said Ed Skyler, Citi's Head of Public Affairs. "Funding two-month memberships is one way for us to show our appreciation and help support our frontline healthcare heroes as cases rise once again."

"Time and time again the Citi Bike system has proven to be an extremely resilient form of transit, whether it was providing critical rides during the first wave of the pandemic or breaking our daily ridership record the day after Hurricane Ida hit," said Caroline Samponaro, Vice President of Micromobility and Transit Policy at Lyft. "Thanks to Citi, which has a history of supporting bikeshare in New York, we will be able to step up for our brave frontline healthcare workers, as they continue to take care of us during the latest wave of Covid cases caused

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SKILLED LABOR APPRENTICESHIP PROGRAMS AVAILABLE

Several New York City labor unions will be accepting applications for a number of different job and training programs starting this month, and State Senator Joseph P. Addabbo, Jr. wants to share that information with you.

First, the New York City District Council of Carpenters (NYCDCC) has open spots in their six apprentice programs for General Building Carpenters, Dock Builders/Timbermen, Millwrights, Cabinet Makers, High Rise Concrete Carpenters, and Floor Coverers. These four to five year training programs combine state-of-the-art training with classroom and shop instruction, and are an incredible opportunity to access the sustainable jobs and lifelong benefits of union membership.

Apprentices who are accepted into the NYCDCC Training Center are expected to attend no less than 144 hours of related classroom instruction which includes, health and safety instruction, blueprint reading, drywall installation, concrete forms, house framing, welding, floor covering, cabinet making, steam turbine generator installation and maintenance to name a few possibilities. Apprentices are also required to perform on the job training for at least 1,300 hours per year practicing what they have learned in school and perfecting their skills.

To learn more about this program, visit the NYCDCC Training Center website here: <u>https://</u><u>nyccarpenterstrainingcenter.org/</u> or email recruiting@nycdistrictcouncil.org.

Additionally, the NYS Department of Labor announced that the Joint Apprenticeship and Training Committee for the High Rise Concrete Carpenters of New York City will recruit 100 apprentices starting in February. Applications must be obtained in person at the New York City District Council of Carpenters (NYCDCC) Training Center — located at 395 Hudson Street, 2nd Floor in Manhattan — on the second Wednesday of each month, during the recruitment period, from 7 a.m. to 7:30 a.m. There will be no admittance after 7:30 a.m.

Recruitment for the program will start February 9, and run through November 9. To receive an application, the applicant must provide government-issued picture identification, and be the one picking up the application. Completed applications must then be submitted by mail to the NYCDCC Training Center, no later than five business days from the date that the application was provided. For more information about this apprenticeship program, you can call the High Rise Concrete Carpenters of New York City at 212-727-2224.

Two other labor unions have also announced upcoming apprentice recruitment opportunities.

The Joint Apprenticeship and Training Committee for Operating Engineers, Local Union #30, will onduct a recruitment from January 24 through February 4, for 25 stationary engineer apprentices. Applications for stationary engineer apprentices can be obtained at Operating Engineers, Local Union #30, located at 16-16 Whitestone Expressway in Whitestone, between the hours of 9 a.m. and 2 p.m., Monday through Friday, excluding legal holidays, during the recruitment period. Applications must be returned via U.S. Postal Service certified mail and postmarked no later than March 1. For further information, applicants should contact Local Union #30 at 718-847-8484. The Local 1010 Pavers Joint Apprenticeship Committee will conduct a limited recruitment from January 31 through February 11, for 10 skilled construction craft laborer apprentices. Applications must be obtained and submitted in person at the Local 1010 Pavers JATC, located at 17-20 Whitestone Expressway, 3rd floor in Whitestone, from 8 a.m. to 4 p.m., Monday through Friday, excluding legal holidays, during the recruitment period. This is a limited-application recruitment as only 100 applications will be distributed, on a first-come, first-serve basis. The recruitment will be offered for 10 business days or until 100 applications have been issued, whichever comes first. Applications will need to be returned, in person, to Local 1010 JAC at the above address by no later than 1 p.m. on February 14. For further information, applicants should contact Local 1010 Pavers Joint Apprenticeship Committee at 718-886-3310. This is the perfect opportunity for those in a skilled trade profession to take that first step and join one of these great unions," Addabbo said. "Skilled labor is always needed across the city and beyond. The techniques learned in these apprenticeship programs will last a lifetime and provide many employment opportunities for those willing to work for it. These are limited possible job opportunities, so I encourage anyone who is looking for an apprenticeship to apply for these programs as soon as possible."

Share your ideas for the new Queensbridge Baby Park!

Tuesday, Feb. 1, 2022

Online Zoom Meeting

Registration required at: nyc.gov/parks/input

Join a virtual community input meeting to discuss the reconstruction of Queensbridge Baby Park, located in Long Island City, corner of Vernon Boulevard. This online event can be accessed by computer, mobile device, or dial in from any phone. PAGE 7



All ages are welcomed, anyone under 18 years, must be accompanied by an adult.

More details will be provided upon registration.

Questions, contact: Lori.Polizzi@parks.nyc.gov

NYC Parks

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