

# ACROSS THE BOARD

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## *A Word from the District Manager*

### ***ALTERNATE SIDE PARKING PUBLIC HEARING***

Community Board 8 will host an **informational public hearing on the possibility of reducing the number of ASP days on Monday, November 13, 2017** from 6 PM to 8 PM at Hope City Empowerment Center located at 650 Washington Avenue (between Dean and Bergen Streets), Brooklyn. The Dept. of Sanitation will be on hand to provide information on a potential reduction and answer residents' questions. Residents will have an opportunity to convey their opinion on the potential reduction.

Please note that the scorecard rating for the month of September was **88.5% for streets and 91.3% for sidewalks**. We urge everyone to adhere to the **Dept. of Sanitation's residential enforcement routing times of 8 AM to 9 AM and 5 PM to 6 PM daily**. Please clean in front of your properties 18 inches into the gutter area. All sweepings must be bagged and disposed of properly. Thank you for your assistance in helping to keep our District clean.

### ***RAT ACADEMY***

Community Board 8, in conjunction with the NYC Dept. of Health and Mental Hygiene and Councilwoman Laurie Cumbo, are hosting a Rat Academy on **Thursday, November 16, 2017** from 6:30 PM to 8:30 PM at the Center for Nursing and Rehabilitation located at 727 Classon Avenue (between Park and Prospect Places), Brooklyn.

Free training on how to eliminate and dispel rodents will be provided to building supers, maintenance personnel, homeowners, tenants, managing companies, and businesses. Rodent-resistant garbage cans will be raffled to the first 15 homeowners that sign in and attend the full event. RSVP to [ratportal@health.nyc.gov](mailto:ratportal@health.nyc.gov). Call CB 8 at 718-467-5574 if you need additional information.

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### ***BREAST CANCER AWARENESS***

It is important to remember that breast cancer does not only affect women; it affects men as well. Breast cancer is an uncontrolled growth of cells in the breast region, and therefore, men are not immune. Walking for a cure will help men just as it will women.

Early breast cancer usually does not cause symptoms. This is why regular breast exams are important. As the cancer grows, symptoms may include:

- Breast lump or lump in the armpit that is hard, has uneven edges, and usually does not hurt.
- Change in the size, shape, or feel of the breast or nipple -- for example, you may have redness, dimpling, or puckering that looks like the skin of an orange.
- Fluid coming from the nipple -- may be bloody, clear to yellow, green, and look like pus.

Symptoms of advanced breast cancer may include bone pain; breast pain or discomfort; skin ulcers; swelling of one arm (next to breast with cancer); and/or weight loss. Early detection is your best remedy as there is currently no cure. Women are advised to perform monthly self-breast

examinations and women over the age of 40 are urged to get their yearly mammograms.

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### ***MENTAL HEALTH AWARENESS***

Mental health disorders are not issues that can be ignored. Feelings of loneliness, isolation, depression, hopelessness, feelings of worthlessness, mood swings, erratic behavior, anxiety, etc., are all signs of a potential mental illness, and plague an inordinate number of people. Unfortunately, while one out of every five Americans suffer from some form of mental illness, there remains a stigma around both admitting that you have mental illness and receiving treatment for your condition. This leads to unnecessary suffering.

**You are not alone.** You do not have to suffer in silence. You do not have to “pull yourself up by the bootstraps” and pretend that everything is ok. Sometimes, it is ok to not be ok. The National Alliance on Mental Illness (NAMI) can help provide you with information and assistance not only for yourself, but any loved ones that may be suffering from mental illness.

As a person that does not suffer from mental illness but have people in your life that do, please get over the urge to tell them that things will be alright, or that things are not that bad. What might not be that bad for you might be a serious mood altering condition for someone else, and also might be the thing that sends them over the edge, forcing them further into self-isolation and potentially even suicidal thoughts or attempts. Be empathetic; listen; console; learn the signs and symptoms of depression so you can be better prepared to assist your friends and loved ones.

For more information on mental health disorders, visit NAMI’s website at [www.nami.org](http://www.nami.org). If you know of anyone having suicidal thoughts, please have them call the suicide prevention hotline so they can know that there is someone that will listen at any time of the day and that they are not alone. That number is 1-800-273-8255.

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### ***SENIOR BENEFIT ASSISTANCE***

The Crown Heights Jewish Community Council is offering free senior benefit assistance in their office located at 387 Kingston Avenue, Brooklyn. Services available are food stamps, Medicaid, Medicare Savings Program, Reduced Fare (metrocard) applications, SCRIE/DRIE senior rent exemption/rent freeze program, Social Security and SSI (for appointments or to resolve issues), and Senior Real Estate tax exemption.

Staff will help you fill out applications, advocate on your behalf until you get the proper results, help you with any problems you have with programs you currently have, and refer you to other programs that you may be eligible for. Services are confidential. Call 718-771-9000 to schedule an appointment or to find out more information.

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### ***PARTICIPATORY BUDGETING***

What would you spend \$1 million on in your neighborhood? Residents of Prospect Heights and Crown Heights have the opportunity to weigh in on how taxpayer money should be spent in the area. Councilman Robert Cornegy and Councilwoman Laurie Cumbo are once again bringing participatory budgeting to the district. Residents can submit proposals to either councilmember’s office from now through February 2018. Projects include capital budget requests to renovate schools, parks and playgrounds, and other capital needs of the community.

Councilwoman Cumbo’s office can be reached at 718-260-9191, and Councilman Cornegy’s office can be reached at 718-919-0740.

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### ***BLOCK ASSOCIATION GRANT INFORMATION SESSION***

Citizens Committee for New York in partnership with Senator Jesse Hamilton are pleased to present a free block association grant information session on **Tuesday, October 17, 2017 from 6:30**

**PM to 8 PM** at St. Francis deSales School for the Deaf located at 260 Eastern Parkway (corner of Classon Avenue), Brooklyn. Learn about the grant application process so you can be prepared to apply for grants that directly benefit the community by funding public projects such as community gardens. For more information or to RSVP, please call 718-284-4700.

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***NEIGHBORHOOD COORDINATOR OFFICER PROGRAM INFO SESSION***

The NYPD invites community members to find out about the Neighborhood Coordinator Officer program commencing shortly within the 78th Precinct. Attendees will have the opportunity to meet with NCO Officers assigned to their neighborhoods who will answer any questions they may have. The info session will be held on **Tuesday, October 17, 2017 at 6:30PM** at the Brooklyn Museum of Art located at 200 Eastern Parkway, Brooklyn.

Please RSVP with the number of attendees to [Jerry.Galante@NYPD.org](mailto:Jerry.Galante@NYPD.org).

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***“IN OUR BACKYARD” FILM SCREENING***

There will be a free screening of “In Our Backyard: A documentary on sex trafficking in Brooklyn” and panel discussion on **Friday, October 20, 2017 from 6 PM to 9 PM** at Brooklyn Central Library, Dweck Center, 10 Grand Army Plaza, Brooklyn. Seating is limited. Please RSVP to 718-284-4700.

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***SEALING OF CRIMINAL RECORDS WORKSHOP***

NYS Senator Jesse Hamilton is hosting an informative workshop on sealing criminal convictions under the new criminal justice reform law on raising the age passed earlier this year. Attorneys and criminal justice groups will be on hand to provide information on how to seal old criminal conviction records for misdemeanor or non-violent felony convictions.

The workshop will be held on **Monday, October 23, 2017 at 6:30 PM** at **Dreams YouthBuild, 1615 St. John’s Place** (between Buffalo and Ralph Avenues), Brooklyn. For more information, please contact Senator Hamilton’s office at 718-284-4700.

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***SAFETY TOWN HALL***

P.S. 9 PTO will host a Safety Town Hall meeting in response to an October 2<sup>nd</sup> incident in which a student, her father and younger brother were struck by a driver on St. Marks Avenue near the school. The Safety Town Hall will be held on **Thursday, October 26, 2017 at 6 PM** at P.S. 9 located at 80 Underhill Avenue, Brooklyn.

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***FALL HARVEST COSTUME PARTY***

The Black Lady Theater located at 750 Nostrand Avenue (between Sterling and Park Place), Brooklyn, is hosting the **Fall Harvest Costume Party on Saturday, October 28, 2017 from Noon to 4 PM**. There will be face painting, prizes, music, food and drinks, games, arts and crafts, and story-telling in a festival for the whole family! The event is free to the public.

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***SURVIVING AND THRIVING DAY OF EMPOWERMENT***

Join Brooklyn Borough President Eric L. Adams and Deputy Brooklyn Borough President Diana Reyna for the **3<sup>rd</sup> Annual Domestic Violence Awareness Month: Surviving and Thriving, Day of Empowerment**. The event will be held on **Monday, October 30, 2017** from 10 AM to 4 PM at Brooklyn Borough Hall located at 209 Joralemon Street, Downtown Brooklyn.

Continental breakfast will be served, there will be performances, awards presentation, panel discussion: a survivor’s journey through courage, motivation, and strength in combating domestic violence; resources expo, Buddha Booth, mini makeovers (hair, nails, and skin), the Spa





Expectations Corporation (total relaxation and empowerment); and self-defense demonstration.

RSVP to 718-802-2356 or [www.Brooklyn-usa.org/survivingthriving2017](http://www.Brooklyn-usa.org/survivingthriving2017).

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**FREE CONFIDENTIAL LEGAL SERVICES FOR YOUTH 24 AND YOUNGER**

Senator Jesse Hamilton, in partnership with Youth Represent: Justice from Courtroom to Community, is providing **free and confidential legal services for youth ages 24 and younger on Monday, October 30, 2017**. Services include: obtaining a copy of your criminal record or RAP sheet; housing and employment discrimination due to a criminal record; tickets to appear in Summons Court; Child support issues in Family Court; school suspensions; and legal issues related to an arrest or conviction. To schedule an appointment, please call 718-284-4700.

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The next **78<sup>th</sup> Precinct Community Council** meeting will be held on **Tuesday, October 31, 2017** at 7:30 PM at the 78<sup>th</sup> Precinct located at 65 6<sup>th</sup> Avenue, Brooklyn, NY.

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The next **77<sup>th</sup> Precinct Community Council** meeting will be held on **Monday, November 13, 2017** at 7:30 PM at a location to be determined. Please call Community Affairs at 718-735-0634 to confirm the location.

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We wish the happiest of birthdays to Mr. Yahya Raji and Mr. Pedro Zapata, who will all celebrate birthdays in the month of October.

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The next Community Board 8 general meeting will be held on **Thursday, November 9, 2017** at 7 PM at the Brooklyn Children's Museum located at 145 Brooklyn Avenue (corner of St. Marks Avenue), Brooklyn.


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**ACROSS THE BOARD** is a monthly publication:

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