The Tag Team
Mujeres en movimiento

Photo: Gregg McQueen
**Committed to Quality**

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<thead>
<tr>
<th>Facility</th>
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<tr>
<td>Terence Cardinal Cooke Health Care Center</td>
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<td>Mary Manning Walsh Home</td>
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<td>San Vicente de Paúl Skilled Nursing and Rehabilitation Center</td>
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<td>Carmel Richmond Healthcare and Rehabilitation Center</td>
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<td>Ferncliff Nursing Home</td>
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<td>ArchCare Advantage Medicare Advantage HMO SNP</td>
<td>★★★★★</td>
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<td>ArchCare Community Life Medicaid Managed Long Term Care Plan</td>
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<td>ArchCare Senior Life Program of All-inclusive Care for the Elderly</td>
<td>★★★★</td>
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<td>Dominican Sisters Family Health Services</td>
<td>★★★★</td>
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<td>Calvary Hospital</td>
<td>10 Consecutive Years of Press Ganey Honors*</td>
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ArchCare Advantage HMO SNP is a Coordinated Care plan with a Medicare contract. Enrollment in ArchCare Advantage depends on contract renewal. This information is available for free in other languages. Please contact our customer service number toll-free at 1-800-373-3177, seven days a week, 8 a.m. – 8 p.m. (TTY/TDD: 1-800-662-1220). Esta información está disponible gratis en otros idiomas. Por favor llame a nuestro número de servicio al cliente al 800-373-3177, TTY 800-662-1220, de domingo a sábado, de 8:00 am-8:00 pm. This plan is available to anyone with Medicare who meets the Skilled Nursing Facility (SNF) level of care. Participants may be liable for the cost of unauthorized or out-of-PACE program agreement services. You can ask for this information for free in other formats, such as Braille, large print, data CD, audio CD or qualified reader. Puede solicitar esta información de forma gratuita en otros formatos, tales como Braille, letra grande, en CD, CD de audio o un lector cualificado. Medicare and New York State evaluate plans based on a 5-star rating system. Star Ratings are calculated each year and may change from one year to the next.  

*Not subject to star ratings*
Lin-Manuel Miranda took his final bow as Alexander Hamilton in his smash Broadway musical’s July 9 performance.

That evening’s show also marked the final appearances for co-stars Leslie Odom Jr., who portrayed Aaron Burr, and Phillipa Soo, who played Eliza Hamilton.

During post-show bows, the departing actors received standing ovations, particularly Miranda, who was nudged to the front of the stage by cast mate Christopher Jackson to soak in cheers from the packed house.

The show’s orchestra then launched into the theme song from television show The West Wing, which Miranda has cited as an inspiration. The actor appeared visibly moved as applause rained down on him.

After the show, hundreds of fans packed the street outside the Richard Rodgers Theatre and stood in a steady rain, hoping to catch a glimpse of Miranda emerging from the building. Instead, he appeared on a balcony above the theater’s marquee, an umbrella in his hand, taking time to wave to onlookers below.

Miranda has embraced the next phase of his career — soon after Saturday’s performance ended, he received a haircut, trimming off the long locks he made famous in his role as Hamilton.

He tweeted a photo of his snipped-off hair with the message, “Teach ‘em how to say goodbye.”

Miranda, who has said he will occasionally make return appearances in Hamilton, is currently involved with a dizzying number of new projects. He teamed up with fellow Boricua artist Jennifer López to release the dance single “Love Make The World Go Round,” to benefit those affected by the Pulse nightclub shooting in Orlando through the Hispanic Federation’s Somos Orlando initiative. It will serve to provide victims and their families – many of whom were of Puerto Rican and Latino descent – with culturally competent, long-term mental health support.

See MIRANDA p23

Miranda se mueve

Lin-Manuel Miranda hizo su reverencia final como Alexander Hamilton en la presentación del 9 de julio de su gran éxito musical de Broadway.

El espectáculo de esa noche también marcó las últimas apariciones de las co estrellas Leslie Odom Jr., quien interpretó a Aaron Burr, y Phillipa Soo, quien interpretó a Eliza Hamilton.

Durante las reverencias después del espectáculo, los actores salientes recibieron ovaciones de pie, especialmente Miranda, quien fue animado a ir al frente del escenario por su compañero de elenco Christopher Jackson para sumergirse en los aplausos del teatro repleto.

La orquesta entonces empezó a tocar la canción del programa de televisión The West Wing, lo cual Miranda ha citado como una inspiración. El actor se mostró visiblemente emocionado mientras le lluvian aplausos.

Después del espectáculo, cientos de aficionados llenaron la calle afuera del Teatro Richard Rodgers y estuvieron parados bajo una lluvia constante con la esperanza de echar un vistazo a Miranda saliendo del edificio. En lugar de ello, Miranda apareció en un balcón sobre la marquesina del teatro, con paraguas en la mano, tomándose el tiempo para saludar a los aficionados.

Vea MIRANDA p23
We’ve got your back.

To those disappointed in the recent decision by a divided Supreme Court that struck down the executive actions which sought to provide nationwide immigration relief for millions, the city’s chief officer on immigration and other advocates had an urgent message: Seek our help.

Commissioner Nisha Agarwal from the Mayor’s Office of Immigrant Affairs (MOIA) held a briefing this past Thurs., Jul., 7th at the City University of New York’s Center for Community and Ethnic Media (CCEM) and sought to reassure immigrant community members who had looked to Deferred Action for Parents of Americans (DAPA) and Expanded Deferred Action for Childhood Arrivals (DACA) – which were enacted by President Barack Obama in 2014 – to resolve their immigration status.

It is estimated that approximately 220,000 undocumented people in New York alone would have benefited from the executive actions.

But the June 23rd Supreme Court decision ended the expansion of the 2012 DACA program, and rendered DAPA null and void, dashing the hopes of many who had hoped that the actions would be upheld and offer a path to citizenship.

“The Supreme Court ruling does not reflect our nation’s proud tradition of embracing hardworking people from every part of the world who come seeking the opportunity to live peacefully with their families,” said Councilmember Mathieu Eugene, who made his remarks in English and French, and is the first Haitian-born official elected to the Council. Representatives from advocacy organizations included African Communities Together, the Charles B. Wang Community Health Center and Make the Road New York (MRNY) were also present for the roundtable.

On Thursday, the panelists also expressed concern that confusion over the rulings will lead to a rise in unauthorized service providers preying upon immigrants in need of assistance.

Steven Ettaennani, Senior Advisor for State and Federal Policy at the Department of Consumer Affairs (DCA), warned specifically of Immigration Service Providers (ISPs), individuals or businesses with little or no legal training that charge fees for immigration services.

DCA recommends using ISPs for limited services and urged anyone with questions to instead contact DCA or MOIA directly for free referrals to authorized legal providers – many of whom are non-profit organizations.

Agarwal said a wide range of resources and benefits were still available to all New Yorkers, irrespective of their immigration status.

Among these are IDNYC, the municipal identification card, and ActionHealthNYC, which provides uninsured immigrants with access to health care.

See DACA p21

Ciudad insta a los inmigrantes: busquen ayuda, tengan cuidado

Los protegemos.

Para los decepcionados por la reciente decisión de una dividida Corte Suprema que anuló las acciones ejecutivas que buscaban proveer alivio migratorio para millones en todo el país, la directora de inmigración de la ciudad y otros defensores dieron un mensaje urgente: busquen nuestra ayuda.

Nisha Agarwal, comisionada de la Oficina del Alcalde de Asuntos de Inmigración (MOIA por sus siglas en inglés) y la Acción Diferida Ampliada para los Llegados Durante la Infancia (DACA por sus siglas en inglés), promulgadas por el presidente Barack Obama en 2014, para resolver su situación migratoria.

Se estima que aproximadamente 220,000 personas indocumentadas en Nueva York, solamente, se habrían beneficiado de las acciones ejecutivas.

Pero la decisión de la Corte Suprema del 23 de
Plea for Peace

A local resident is looking to light up the Inwood night in a plea for peace.

In the aftermath of fatal police shootings of black men in Minnesota and Louisiana, and a sniper attack in Dallas that left five police officers dead, a candlelight vigil has been planned for the evening of Sat., July 16 at 8 p.m. on the corner of Dyckman Street and Post Avenue.

The vigil is being organized by Estevan Bassett-Nembhard, a lifelong Northern Manhattan resident who said he was concerned by the recent bloodshed throughout the country.

A self-described community activist, Bassett-Nembhard said he attended the Black Lives Matter protest in downtown Manhattan on July 9, and felt compelled to do something closer to home.

“I felt it was a disservice to not do something uptown,” said Bassett-Nembhard, who is of Belizean descent.

On July 10, Bassett-Nembhard led an initial event that was quickly organized, also at Dyckman and Post, which drew about 50 people. They held posters with messages in English and Spanish calling for peace and an end to violence.

Bassett-Nembhard said he wanted to hold another gathering that would attract a larger crowd, and stage it when there was less sunlight so the use of candles would draw attention.

“I think the sight of the candles is really powerful,” he remarked.

While many have expressed anger toward law enforcement in the wake of recent incidents, Bassett-Nembhard stressed that his community events are not intended to be anti-police.

He said he hopes to call attention to the misuse of force by officers, but that his vigil is primarily designed to remember the lives that were lost.

“We want police to be held accountable for their actions, but we are not against them,” stated Bassett-Nembhard.

He noted that members of the 34th Precinct stopped by the July 10 event and offered encouragement.

“We’re all one community, and we need to get along,” said Bassett-Nembhard. “We want everybody who believes in peace and justice to stand with us at the vigil.”

The peace vigil will be held on Saturday, July 16 from 8 p.m. to 9 p.m. on the corner of Dyckman Street and Post Avenue in Inwood. Candles will be provided. For more information, call 347.450.8303.
Together, we must, and we can

By Camille Rivera
Deputy Commissioner for Communications and External Affairs at the New York City Department of Homeless Services (DHS)

I was 24 when it happened.

I’d had a hard day at work, and my daughter and I were heading to our apartment in the Bronx. I was a single mom, who had fallen behind after my partner moved out. The bills were piling up, and I had just gotten a shut-off notice from Con Ed. Like many single moms, I was struggling to make ends meet. I had missed the last two months’ rent and was desperately looking for a place I could afford. We walked up to our apartment – the elevator was out – and there it was: An eviction notice plastered on my apartment door telling me to pay up or else. I made dinner, helped Samantha with her homework, and put her to bed. I spent the next day at work desperately trying to figure out how to come up with $3,000 to pay the back rent.

We cannot run from the truth.

Many young women in my neighborhood were struggling. One had left her apartment and applied for shelter. She had nowhere else to turn. Fortunately for me, my mother, who also had been a single mother, was able to lend me the money to pay off the debt, and I found a smaller apartment.

I recently shared this intensely personal story at a breakfast called “I am My Sister, My Sister is Me,” attended by a group of prominent black and Latino women leaders and providers on the front lines of fighting poverty, inequality, and homelessness.

It was part of our campaign to educate the community about homeless prevention, especially among women of color living in poverty. The number of homeless black and Hispanic women is staggering: Two-thirds of all women in single adult homeless shelters are black and 26 percent are Latinas. The city is doing its part, chiefly through its homelessness prevention network, Homebase. Homebase offers New Yorkers who are about to become homeless help in staying out of shelter. Homebase has a range of services, under one roof, including eviction prevention services, assistance obtaining public benefits, employment search and assistance, financial counseling, and short-term financial assistance. Homebase’s homelessness prevention experts, at 23 offices across the five boroughs, can help those at risk of eviction, just as I once was, develop a plan for them to overcome their immediate housing crisis and achieve housing stability.

But prevention is the responsibility of all us and it begins in all communities of color – our communities. It also begins with reaching out if you or someone you know is about to get evicted.

I had my mother’s help, but others are not so lucky. They need our help. We cannot run from the truth. We are in the deep throes of a war against homelessness – and we must fight it at every turn and with every weapon in our arsenal. We cannot afford to lose. Be part of our fight against homelessness. If you or someone you know needs help call 311 or go to www.nyc.gov/homebase.

Together, we can help at-risk New Yorkers in a meaningful way, before they’re forced out of their homes and have few choices left besides entering shelter. But they, and we, need to first reach out.

Juntos podemos

Camille Rivera es subcomisionada del Departamento de servicios para desamparados.

Tenía 24 años cuando ocurrió.

Había tenido un día difícil en el trabajo, y mi hija y yo nos dirigimos hacia nuestro apartamento en El Bronx. En ese entonces era una madre soltera, y yo me había quedado atrás después de que mi pareja se mudó. Las deudas se estaban acumulando, y ya Con Edison me había mandado un aviso de recorte en los servicios.

Al igual que muchas actuales madres solteras, tenía problemas para llegar al fin de mes. No había pagado dos meses de alquiler y estaba buscando desesperadamente un lugar asequible para vivir. Caminamos hasta nuestro apartamento —el ascensor no estaba funcionando— y allí estaba: un aviso de desalojo pegado en la puerta de mi apartamento que decía que pagara o de lo contrario quedaría en la calle. Lo arranqué de la puerta y corrí adentro donde hice la cena, ayudé a Samantha con su tarea y la acosté.

Pasé el día siguiente en el trabajo tratando desesperadamente de encontrar $3,000 para pagar el alquiler atrasado. Muchas jóvenes de mi barrio también estaban en la misma lucha. Una de ellas había salido de su apartamento y aplicó para recibir refugio. No tenía a quién más recurrir. Afortunadamente para mí, mi madre, que también había sido una madre soltera, pudo prestarme dinero para pagar la deuda, y luego encontré un apartamento más pequeño.

Hace poco compartí esta historia muy personal en un desayuno llamado “Soy mi hermana, mi hermana soy yo”, al cual asistió un grupo de prominentes mujeres afrodescendientes y líderes latinas en la lucha contra la pobreza, la desigualdad y la falta de vivienda.

Era parte de nuestra campaña para educar a la comunidad sobre la prevención del desalojo, especialmente entre mujeres de color que viven en pobreza. El número de mujeres afrodescendientes y hispanas sin hogar es asombroso: Dos tercios de todas las mujeres en albergues para personas sin hogar sólo para adultos son afrodescendientes, y 26 por ciento son latinas.

La ciudad está haciendo su parte, principalmente a través de su red Homebase para la prevención de la falta de vivienda. Homebase ofrece a los neoyorquinos que están a punto de quedar sin hogar ayuda para evitar los albergues, con una gama de servicios integrados entre los que se incluyen prevención de desalojo, ayuda para obtener beneficios públicos, búsqueda de empleo y asistencia, orientación y asistencia financiera a corto plazo. Con sus 23 oficinas en los cinco condados, los expertos en prevención del desalojo de Homebase pueden ayudar a personas en riesgo de desalojo como yo a desarrollar un plan para superar su crisis inmediata y lograr estabilidad de vivienda.

No podemos escapar de la verdad.

Sin embargo, la prevención es responsabilidad de todos y comienza en todas las comunidades de color —nuestras comunidades. Y comienza comunicando si usted o alguien que conoce está a punto de ser desalojado. Yo tuve la ayuda de mi madre, pero no todos tienen esa suerte. Ellos necesitan nuestra ayuda. No podemos escapar de la verdad: Estamos en medio de una guerra contra la falta de vivienda — y debemos enfrentarla en todos los sentidos y con todas las armas a nuestra disposición. No podemos perder.

Sea parte de nuestra lucha contra la falta de vivienda. Si usted o alguien que conoce necesita ayuda, llame al 311 o visite www.nyc.gov/homebase.

Juntos podemos ayudar a neoyorquinos en riesgo antes de que sean obligados a dejar sus hogares y queden con pocas opciones antes de entrar a un albergue. Pero ellos, y nosotros, tenemos que comunicar estas necesidades.
Call of Cabrini

By Cherie Sprosty
Photos by Matthew Schiller

What has brought a hundred people from Costa Rica, sixty people from Peru, seventy-five more from nations in West Africa, and five hundred fifty local residents to venture to West 175th Street?

They have all come to visit a church built in honor of a Catholic Sister from Italy as part of a pilgrimage during the “Extraordinary Jubilee of Mercy” or the “Year of Mercy.” Announced in March 2015 by Pope Francis, the occasion is a period of prayer celebrated by Roman Catholics that began in December 2015 and will last until November 2016. The focus is on God’s forgiveness and mercy, and Church leaders observe a time of universal pardon and remission of sins. Devout observers travel to sites around the world to gather, sing, meditate, and pray.

One of those destinations is the unique mid-century modern chapel on Fort Washington Avenue in Washington Heights.

The Saint Frances Cabrini Shrine is just outside the entrance of Fort Tryon Park. It is named for the formidable Saint Frances Cabrini, patron saint of immigrants. She is also commonly referred to as the “Little Sister.”

The shrine is one of only three specially designated pilgrimage sites in New York City where the devout may visit to receive special grace and inspiration. Many arriving pilgrims are drawn by the presence of the Holy Doors, which were blessed last November by Bishop Gerald Walsh, who serves as vicar general of Roman Catholic Archdiocese of New York. The visitors pause outside the doors to gather their thoughts. Some enter the chapel on their knees, some holding hands with loved ones, some singing; but most walk through the doors in mindful quiet. Many are also attracted by the remarkable story of St. Frances Cabrini, also known as Mother Cabrini.

Maria Francesca Cabrini was born on July 15, 1850, in the Italian town of Sant’Angelo, a pilgrimage during the “Extraordinary Jubilee of Mercy” or the “Year of Mercy.” Announced in March 2015 by Pope Francis, the occasion is a period of prayer celebrated by Roman Catholics that began in December 2015 and will last until November 2016. The focus is on God’s forgiveness and mercy, and Church leaders observe a time of universal pardon and remission of sins. Devout observers travel to sites around the world to gather, sing, meditate, and pray.

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Theater Kids
On Mon., Jul. 25th, from 9 a.m. – 3 p.m., the Julia de Burgos Performance Arts Center, located at 680 Lexington Ave., will host El Barrio Raíces Camp, a free theater summer program open for youth ages 7 – 10. The program is a collaboration by La Marqueta Retoña, Hispanic Federation, Boundless Theater Company and Producciones El Barrio. All skill levels are welcome to join, and registration is required for all participants. The program will be open until Fri., Jul. 15th.
For more information, please call 347.724.3640 or email ElBarrioRaicesCamp@gmail.com.

S.T.E.A.M. Carnival
The Inwood Library is having its Midsummer S.T.E.A.M. Carnival on Sat., Jul. 16th from 11 a.m. – 2 p.m. Attendees are encouraged to join the summer reading challenge and learn new skills. Activities include speed tower building, science experiments, domino chain reactions, LEGO engineering, a scavenger hunt and story time. Registration is not required. The library is located at 4790 Broadway.
For more information, please call 212.942.2445.

The History of Isham Park
Sidney Horenstein, Geologist and Educator Emeritus at the American Museum of Natural History, will lead a natural history walk through Isham Park. The tour will focus on observing the historical features that still present themselves today, and will also highlight the rock formations and trees that inhabit the park. Registration is required for those who wish to attend. The park is located at Isham Street, between Seaman Avenue and Cooper Street.
For more information, please call 212.795.1388 or email info@forttryonparktrust.com.
Las Chicas del Can

Historia por Gregg McQueen, James Clark y Debralee Santos
Fotos por Gregg McQueen y James Clark

“Siento que la comunidad anhela nueva energía”, dijo Carmen De La Rosa.

Y ella y otra residente del norte del condado, Marisol Alcántara, esperan ser las que proporcionen un impulso. Llámelenos el dúo dinámico, o Las Chicas del Can, el pionero grupo de merengue exclusivamente femenino de la República Dominicana.

Pero el escenario al que desean entrar es uno sobre el cual van a prometer un juramento para servir en cargos de elección popular en Albany.

La líder de distrito del norte del condado y actual jefe de personal del concejal Ydanis Rodríguez, De La Rosa se está lanzando para la Asamblea del estado de Nueva York. Alcántara está compitiendo por el asiento 31 del Senado Estatal, actualmente en manos del senador Adriano Espaillat, quien ganó recientemente la primaria demócrata para ser el presunto reemplazo de un Charles Rangel que se retiró del Congreso. De La Rosa está buscando que el asiento del Distrito 72 de la Asamblea sea ocupado por el electo del norte del condado Guillermo Linares, quien desafió sin éxito a Espaillat por el puesto de Rangel.

Existen otros candidatos que están compitiendo para ocupar ambos puestos.

Además del titular Linares, entre los candidatos declarados que buscan el asiento de la asamblea se encuentra el líder del distrito Manny de los Santos, mientras que los candidatos para el Senado Estatal incluyen a Robert Jackson, el ex concejal, y Micah Lasher, quien se desempeñó como jefe del personal del fiscal general Eric Schneiderman, y Luis Tejada.

“Creo que tenemos que animar a las jóvenes y democráticas que tienen la capacidad para ser funcionarias electas”, dijo De La Rosa. “Casi no hay mujeres en el Senado Estatal. Hay un buen número en la Asamblea, pero cuando ves cuántas son latinas, es una historia diferente”.

En 2014, el National Conference of State Legislatures (NCSL) lanzó una campaña para aumentar el número de mujeres en las legislaturas estatales en Estados Unidos. Se encontró que solo el 21 por ciento de la legislatura de Nueva York está conformada por mujeres, inferior al promedio nacional de 24 por ciento.

Aunque la República Dominicana está compuesta por mujeres, inferior al promedio nacional de 24 por ciento.

Aunque las mujeres de Nueva York representan casi el 52 por ciento de la población, del total de 213 escaños en la legislatura estatal, actualmente solo 43 mujeres ocupaban oficinas en la Asamblea y 11 mujeres en el Senado.

Ver a más mujeres dirigir y servir oficinas es también una prioridad para otros legisladores. La presidenta del Concejo Municipal, Melissa Mark-Viverito, la primera latina en ocupar ese puesto de liderazgo, ha destacado el escaso número de mujeres en cargos oficiales.

“Tenemos que desafiar a cualquiera que tenga un papel de apoyo a los candidatos para asegurarnos de estar creando vías de oportunidad para las mujeres jóvenes en el gobierno”, dijo Mark-Viverito en un evento en el Ayuntamiento de su Iniciativa de Liderazgo de Mujeres Jóvenes a principios de este año.

Vea EQUIPO p16
Cierra la guardería Isabella

El programa de cuidado infantil de Isabella, que ha servido a las familias del norte de Manhattan durante 25 años, anunció que cerrará el próximo mes.

Desde 1991, la guardería operaba dentro del campus de la avenida Audubon, en el Centro Geriátrico Isabella, una residencia y centro comunitario para personas mayores. Ofrecía cuidado de todos los días para niños de tres meses a cinco años de edad.

En un comunicado, Isabella informó que la guardería cerrará debido a la disminución de la matrícula y las pérdidas operativas significativas de los últimos años. “Este año cumple el segundo consecutivo en el que Isabella ha elegido absorber un déficit anual del programa de más de $250,000 dólares. De hecho, durante toda la historia del programa de la guardería se ha operado con un déficit”, indica el comunicado. “Simplemente no podemos cumplir con el déficit actual y cumplir nuestra misión razonablemente, una que se centra principalmente en proporcionar servicios y atención a las personas mayores en el norte de Manhattan”.

Isabella informó que ayudará a las familias a ubicar otros lugares y facilitar la transición de sus hijos. Los padres fueron informados del cierre del centro a través de correo electrónico a principios de junio, una medida que causó consternación para las familias, dijeron los miembros del personal.

“Había cosas muy agradables de la guardería”, agregó “Está claro que estaban teniendo pérdidas financieras, pero parece que no pensaron en el elemento humano de cómo reaccionarían los padres”.

Owen, un residente de Inwood cuyo tres-year-old está inscrito en la guardería, dijo que el programa tenía capacidad para 39 niños, sin embargo, una docena de lugares estaban disponibles, indicación de los problemas de inscripción del centro.

“Había cosas muy agradables de la guardería”, explicó Owen. “Tenían acceso a instalaciones mucho más grandes de lo que normalmente se esperaría de un guardería, tenían un programa claro de lo que los niños aprendían y el aspecto intergeneracional era bueno para los niños y las personas mayores. Es una pérdida para todos los involucrados”.

The center offered full-day care.

During a Valentine’s Day-themed event in February, youngsters clad in mock doctor garb used stethoscopes to listen to the seniors’ heartbeats, distributed homemade Valentine cards, and danced with elderly residents. It was commonplace for children in the day care to visit with the seniors and sing to them, staff members said.

At the Valentine’s event, Child Day Care Director Dr. Karen Ellefsen said that the program had capacity for 39 children, yet a dozen spots remained open, an indication of the center’s enrollment struggles.

“Tuvimos suerte y encontramos un espacio abierto en otro lugar, pero otros padres dejaron pasar lugares de UPK para permanecer en Isabella y quedaron en un apuro”, dijo.

Isabella Day Care Closes

Story and photos by Gregg McQueen

The Isabella Child Day Care program, which has served Northern Manhattan families for 25 years, has announced that it will shut down next month.

Since 1991, the day care operated within the Audubon Avenue campus of the Isabella Geriatric Center, a residence and community center for seniors.

It offered full-day care for children three months to five years old.

In a statement, Isabella advised that the day care will be closing due to dwindling enrollment and significant operating losses in recent years. “This year marks the second consecutive one in which Isabella has chosen to absorb an annual program deficit in excess of $250,000. In fact, for the entire history of the Child Day Care program, it has operated at a deficit,” the statement read. “We simply cannot meet the current deficit and reasonably fulfill our mission, one which is primarily focused on providing care and services to older people in northern Manhattan.”

Isabella reported that it would assist families in locating alternative care arrangements and easing the transition for their children.

Parents were informed of the center’s closure via email in early June, a move that caused consternation for families, who were left jockeying for a place to put their child beginning in September.

Owen, an Inwood resident whose three-year-old daughter is enrolled in the Child Day Care day care, said parents have scrambled to enroll their children in other uptown day cares or universal Pre-K programs.

“We did get lucky and found an open space elsewhere, but other parents had passed up open UPK slots to stay at Isabella and were put in a jam,” he said.

“The situation could have been handled better,” he added. “It’s clear that they were having financial losses, but it seems they didn’t give a thought to the human element of how parents would react.”

The final day of operation for the Child Day Care will be August 11.

Isabella’s Child Day Care center was long regarded for its intergenerational programs, made possible by its co-location at the senior center.

“Había cosas muy agradables de la guardería”, agregó “Está claro que estaban teniendo pérdidas financieras, pero parece que no pensaron en el elemento humano de cómo reaccionarían los padres”.

“Tuvimos suerte y encontramos un espacio abierto en otro lugar, pero otros padres dejaron pasar lugares de UPK para permanecer en Isabella y quedaron en un apuro”, dijo.

“Había cosas muy agradables de la guardería”, explicó Owen. “Tenían acceso a instalaciones mucho más grandes de lo que normalmente se esperaría de un guardería, tenían un programa claro de lo que los niños aprendían y el aspecto intergeneracional era bueno para los niños y las personas mayores. Es una pérdida para todos los involucrados”.

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SUMMER READY?

Summer is here and for many that will mean weight loss is on the mind, here’s how to do it safely and successfully.

BY DR. SUNNY VIKRUM MALHOTRA

Now that summer has officially arrived, how many people are thinking to themselves, I need to lose weight before I set foot on the beach?

Well you’re in luck, summer is one of the best times to launch a healthy eating and fitness plan to trim those winter pounds. This time of year has many colorful varieties of produce – like peaches, watermelons, and cucumbers – in-season. Visit most fruit street vendors, supermarkets or farmers markets and you’ll find a fresh variety of fruits and vegetables to choose from, most of which is low calorie, antioxidant rich, and full of fiber. This is a good time to set manageable exercise goals, like walking more, taking the stairs rather than the elevator or joining a exercise class at your local fitness center.

Many people have very aggressive weight-loss goals, while others want to shed the extra one or two pounds they put on over the colder months. While we all have the best of intentions when we begin a new diet, studies show that more than a third of us will give up our new diets within the first week.

However, all is not lost (pun intended). It IS possible to lose weight safely and successfully over the long term. You just need to understand the basic principles of weight loss as well as the proven tips and techniques that can help you shed those extra pounds.

A Formula for Weight Loss

It’s long been known that weight management plays an important part in preventing chronic diseases such as diabetes, high blood pressure, high cholesterol and coronary artery disease (CAD). When it comes to the various ways to approach weight loss, there is evidence that weight lost achieved through a combination of nutrition and physical activity is most effective at reducing risk factors for conditions such as CAD.

To successfully lose weight, you need to take in fewer calories and increase your physical activity. Here are a few tips that will help.

• Keeping a daily food log is an important first step to weight management. When you track your intake it helps you see how many calories you are taking in and where they are coming from. Aim to get your calories from healthy foods with nutritional value as opposed to high calorie foods such as sugary beverages and alcohol.

• Your meal pattern can affect your success. The pattern of meals and snacks taken throughout the day can affect your sugar levels. By spacing out your meals, you can help keep blood sugars from spiking up and reduce the release of hormones that increase fat collection.

• Be aware of your nutritional needs. The U.S. government’s latest version of Dietary Guidelines for Americans makes it clear that your nutritional needs should be met primarily through the food you eat. However, for some people, supplements may be a useful way to get the nutrients they lack. Talk to your doctor about supplements and what doses might be appropriate for you. Be sure to ask about possible side effects and interactions with any medications you take.

• Getting the right amount of exercise and physical activity is crucial. It’s recommended that you get a minimum of 30 minutes of exercise five days a week. Look to add strength training to your routine to help maintain lean body mass.

• Weight loss is easier when you have others around you who support your efforts. An often forgotten, but important component of successful weight loss is behavior change. As a physician, I often see patients using wearables such as Jawbone and Fitbit to create a network of people with similar goals, which helps to motivate and encourage sustained weight loss.

On Your Way to a Healthier You

Losing weight safely takes time. The techniques and tips provided here should be part of your plan for gradual and consistent weight loss.

For more information about getting and staying healthier, get a customized Preventive Care Plan here, based on your age, gender and any of your known conditions. You can schedule an appointment with your physician to discuss how to safely lose weight and answer any questions you may have.

Dr. Sunny Vikrum Malhotra is a cardiologist for AdvantageCare Physicians (ACPNY), one of New York’s largest physician-led multi-specialty practices and a partner of EmblemHealth. ACPNY serves half a million patients in 36 locations throughout New York City and Long Island. Find out more at acpny.com. For information about EmblemHealth, visit emblemhealth.com.
Apply to be a NYCHA Resident Board Member

In September 2016, Mayor de Blasio will appoint three residents to the NYCHA Board. Board members vote on contracts, resolutions, policies, rules and regulations, and other administrative matters. This is not a full-time position, but the residents should be able to devote a minimum of 15-20 hours each month, for which they will receive a monthly stipend per hours of service up to $1,500. Applications will be accepted through July 15, 2016, and are available on line at on.nyc.gov/29Bw7iY and at property management and borough management offices. Please email intergov@nycha.nyc.gov for more information.

To apply, please visit on.nyc.gov/29Bw7iY to download the application form. Applications can be submitted online or by mail.

In September 2016, Mayor de Blasio will appoint three residents to the NYCHA Board. Board members vote on contracts, resolutions, policies, rules and regulations, and other administrative matters. This is not a full-time position, but the residents should be able to devote a minimum of 15-20 hours each month, for which they will receive a monthly stipend per hours of service up to $1,500. Applications will be accepted through July 15, 2016, and are available on line at on.nyc.gov/29Bw7iY and at property management and borough management offices. Please email intergov@nycha.nyc.gov for more information.

To apply, please visit on.nyc.gov/29Bw7iY to download the application form. Applications can be submitted online or by mail.

NYCHA CEO and Chair Shola Olatoye.

Aplique para ser miembro de la Junta de Residentes de NYCHA

En septiembre de 2016, el alcalde de Blasio nombrará a tres residentes para la Junta de NYCHA.

Los miembros de la Junta votan sobre contratos, resoluciones, políticas, normas y reglamentos y otros asuntos administrativos. Esta no es una posición de tiempo completo, pero los residentes deben poder dedicar un mínimo de 15-20 horas cada mes, por lo cual recibirán un salario mensual por horas de servicio de hasta $1,500 dólares. Las solicitudes serán aceptadas hasta el 15 de julio de 2016 y están disponibles en línea en on.nyc.gov/29Bw7iY y en las oficinas de administración de propiedades y administración de barrios. Por favor envíe un correo electrónico a intergov@nycha.nyc.gov para obtener más información.

Para aplicar, por favor visite on.nyc.gov/29Bw7iY para descargar el formulario de solicitud. Las solicitudes pueden presentarse en línea o por correo.

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Sujeto a disponibilidad. Solo para nuevos clientes. No se puede combinar con otras ofertas.
A swirl for salud

Seniors gathered at Jefferson Park.

These seniors had swing.

It was a day of dancing and discovery for those gathered at Jefferson Park recently.

The East Harlem Senior Festival provided an opportunity for older residents to enjoy a day outdoors with live musical entertainment and refreshments – while being provided with wellness information and health screenings.

As hosted in part by the Health and Hospitals Corporation (HHC), Metropolitan Hospital, the city’s Department of Aging, Union Settlement, American Diabetes Association, SMART University, and City Council Speaker Melissa Mark-Viverito, the festival on June 16th was organized to provide details on local resources – including the opportunity to make a special splash.

As announced by Mark-Viverito, the park’s public pool would now offer dedicated hours just for seniors throughout the summer. From now until the end of August, older residents can enjoy the pool from 9 a.m. to 11 a.m. every morning. The news elicited rousing applause, a wave of affection reciprocated by Mark-Viverito.

“They always have so much love to give,” said Speaker Melissa Mark-Viverito of seniors.

Claudia Duarte, a Public Health Educator at Metropolitan Hospital, said the festival was one of the largest to date.

“This year, we have managed to have agencies and service providers from all over to participate,” said Duarte. “Seniors are really finding out about cool ways to promote their health.”

Shirley Dixon, who has been attending the festival for years, was taking part in a line dance composed of a female group of neighbors.

“It’s nice to come out and see people I know,” said Dixon. “It’s also great knowing that these people are receiving information about healthcare they need.”

She said events like the festival are a great way of teaching seniors how to stay active.

See SALUD p22
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2016 of Northern Manhattan

TEL: 212-569-5800
sales@manhattantimesnews.com
The American Red Cross has issued an emergency call for blood and platelets, urging all eligible donors to give now to replenish an extremely low summer supply.

Blood donations have fallen short of hospital needs for the past few months, resulting in about 39,000 fewer donations than what’s needed, as well as a significant draw down of the overall Red Cross blood supply.

In addition, the Independence Day holiday may have caused many regular donors to postpone donations due to vacation plans. A recent Red Cross poll revealed that more than 75 percent of donors surveyed indicated vacation plans this summer, many of them occurring the weeks before and after July 4.

“Right now, blood products are being distributed to hospitals faster than donations are coming in, which is why we are making this emergency request for donations,” said Patty Corvaia, Communications Manager of the New York-Penn Blood Services Region. “Donations are urgently needed now to meet the needs of hospital patients in the coming days and weeks.”

The Red Cross is extending hours at many donation sites to allow for more donors to make an appointment to give. Donation appointments and completion of a RapidPass online health history questionnaire are encouraged to avoid longer wait times. Donors with all blood types are needed.

Those unable to give can still help by encouraging others to give through a SleevesUp virtual blood drive at redcrossblood.org/sleevesup, giving of their time through volunteerism or making a financial donation to support Red Cross humanitarian work across the country.

Every two seconds in the United States blood and platelets are needed to respond to patient emergencies, including accident and burn victims, heart surgery and organ transplant procedures, and patients receiving treatment for leukemia, cancer or sickle cell disease.

The Red Cross must collect approximately 14,000 blood and platelet donations every day for patients at about 2,600 hospitals and transfusion centers nationwide.

**UPCOMING BLOOD DONATION OPPORTUNITIES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>July 18th</td>
<td>10 a.m. - 3 p.m.</td>
<td>Urban Justice Center, 40 Rector Street, 9th Floor</td>
</tr>
<tr>
<td>July 21st</td>
<td>12 p.m. – 5 p.m.</td>
<td>Hunter College West Building, 695 Park Avenue</td>
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</tbody>
</table>

To schedule an appointment to donate, use the free Blood Donor App, visit redcrossblood.org or call 800.RED.CROSS (800.733.2767).

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**DONE HOY**

La Cruz Roja Americana ha emitido un llamado de emergencia de sangre y plaquetas instando a todos los donantes que califiquen para dar ahora y ayudar a reabastecer un suministro extremadamente bajo de verano.

Las donaciones de sangre han estado quedando cortas respecto a las necesidades del hospital durante los últimos meses, resultando en cerca de 39,000 donaciones menos de las que se necesitan, así como un empate inicial significativo de la oferta total de sangre de la Cruz Roja.

Además, el Día de la Independencia ha hecho que muchos donantes habituales pospusieran las donaciones debido a sus planes de vacaciones. Una reciente encuesta de la Cruz Roja reveló que más del 75 por ciento de los donantes encuestados indicaron planes de vacaciones este verano y muchos de ellos se producen las semanas antes y después del 4 de julio.

“En este momento, los productos sanguíneos están siendo distribuidos a hospitales más rápido de lo que las donaciones están llegando, por lo que estamos haciendo esta solicitud de emergencia de donaciones”, dijo Patty Corvaia, Gerente de Comunicaciones de Servicios de Sangre de la Región Nueva York-Penn. “Se necesitan ahora donaciones con urgencia para satisfacer las necesidades de los pacientes de los hospitales en los próximos días y semanas”.

La Cruz Roja está ampliando el horario en muchos sitios de donación para permitir que más donantes hagan una cita. Se alientan las citas para donación y la realización del cuestionario RapidPass de historia de la salud en línea para evitar tiempos de espera más largos. Se necesitan donantes de todos los tipos de sangre.

Los que no puedan participar, pueden ayudar animando a otros a donar a través de SleevesUp, una donación virtual de sangre en redcrossblood.org/sleevesup, dando parte de su tiempo a través del voluntariado o haciendo un donación económica para apoyar la labor humanitaria de la Cruz Roja en todo el país.

En los Estados Unidos, cada dos segundos se necesitan sangre y plaquetas para responder a las emergencias de pacientes, incluyendo accidentes, víctimas de quemaduras, cirugía cardíaca, procedimientos de trasplante de órganos y pacientes que reciben tratamiento para la leucemia, el cáncer o la enfermedad de células falciformes.

La Cruz Roja debe recolectar aproximadamente 14,000 donaciones de sangre y plaquetas cada día para pacientes de unos 2,600 hospitales y centros de transfusión en todo el país.

**PRÓXIMAS OPORTUNIDADES DE DONACIÓN DE SANGRE**

<table>
<thead>
<tr>
<th>Fecha</th>
<th>Hora</th>
<th>Localización</th>
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<tbody>
<tr>
<td>18 de julio</td>
<td>10 a.m. - 3 p.m.</td>
<td>Centro de Justicia Urbana, No. 40 de la calle Rector, 9º piso</td>
</tr>
<tr>
<td>21 de julio</td>
<td>12 p.m. – 5 p.m.</td>
<td>Hunter College edificio oeste, No. 695 de Park Avenue</td>
</tr>
</tbody>
</table>

Para programar una cita para donar, use la aplicación gratuita Blood Donor, visite redcrossblood.org o llame al 800.RED.CROSS (800.733.2767).
EQUIPO de p9

“Es, para mí, inconcebible que en esta ciudad, que sirve como modelo para muchas otras ciudades, de los 51 miembros del concejo, sólo haya 14 mujeres”, añadió. “Tenemos que cambiar esa dinámica”. De La Rosa estuvo de acuerdo. “Somos un grupo demográfico que está creciendo en nuestra ciudad y nuestra nación”, señaló. “Necesitamos que el gobierno represente eso”.

Alcántara también está ocupada como esposa y madre de un niño de tres años de edad, y está a punto de asumir lo que podría ser otra competencia histórica en la política de New York. De La Rosa dijo que la educación es también uno de sus preocupaciones legislativas clave, junto con la equidad salarial para las mujeres y la preservación de la vivienda asequible. “Los alquileres son demasiado altos y los propietarios están utilizando tácticas para desalojar a los residentes”, declaró De La Rosa. “Hay un desplazamiento cultural de nuestros pequeños negocios y nuestras familias. Necesitamos gente en Albany que nos defienda, que hable de lo que vemos y que se asegure de que la legislación que se apruebe, amplíe la vivienda asequible y proteja la que ya existe.”

Alcántara y De La Rosa sugirieron que su género les da una perspectiva única que aportar a la Legislatura Estatal. “Creo que nuestras, como mujeres, ofrecemos una lente diferente a todo lo que hacemos”, comentó De La Rosa. “Hay una razón por la que muchos de los jefes de personal, muchas de las personas que trabajan detrás de las escenas en el gobierno, son mujeres. Brindamos la perspectiva de ser madre. Sabemos lo que se necesita para construir una familia, para construir una comunidad”. Alcántara sabe que enfrentará problemas en su contienda por el puesto. “Soy una mujer, soy inmigrante y soy una persona de ascendencia africana, así que estoy acostumbrada a tener retos en mi vida”, dijo. “Creo que va a ser emocionante”. 

TEAM from p9

“We are a demographic that is growing in our city and our nation,” she noted. “We need our government to represent that.”

She served as a member of Congress, opened the door for more New Yorkers of Dominican heritage to pursue and serve in public office.

Of the candidate who thanked her by name as one of six female campaign staffers who were pivotal to his victory, she said, “I remember first hearing Adriano’s name when I was in second grade.” “It’s a moment that we’re all so proud of,” said De La Rosa.

Alcántara also busy as a wife and a mother of a three-year-old boy, and she is about to take on what could be another historic race in New York politics.

The longtime labor official is running for New York State Senate for the 31st District, where she has a shot at becoming the first Dominican woman to serve as State Senator.

Alcántara, who studied Government and Political Science at Manhattan College and graduate work in Urban Affairs at Queens College, is already known on the local political scene.

She served as Campaign Manager to Ydanis Rodríguez in 2001 and 2008, and won the 2010 Democratic District Leader position in West Harlem.

Alcántara has worked for SEIU 32BJ and the New York State Nurses Association (NYSNA) as a union organizer, and helped in Espaillat’s most recent campaign for Congress. She was quick to highlight issues the district is facing.

“Our community is yearning for new energy,” said De La Rosa.

“Eso es más de lo que algunas familias aquí ganan en un año”, comentó Alcántara, quien dijo que ha sido partidaria del Pre-K Universal desde el principio, y espera continuar con los programas para aliviar las cargas de encontrar una educación decente para los niños.

De La Rosa dijo que la educación es también una de sus preocupaciones legislativas clave, junto con la equidad salarial para las mujeres y la preservación de la vivienda asequible. “Los alquileres son demasiado altos y los propietarios están utilizando tácticas para desalojar a los residentes”, declaró De La Rosa. “Hay un desplazamiento cultural de nuestros pequeños negocios y nuestras familias. Necesitamos gente en Albany que nos defienda, que hable de lo que vemos y que se asegure de que la legislación que se apruebe, amplíe la vivienda asequible y proteja la que ya existe.”

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“Here in New York you have such a divide,” Alcántara said. “People who live in different neighborhoods are people trying to make a
dollar out of 15 cents and it is very difficult.” De La Rosa is also a familiar face to many local residents; though in her early 30’s, she has compiled a long resume in city and state government.

She served as Legislative, Policy and Budget Director to Rodriguez for four years before becoming his Chief of Staff in 2014, and was elected District Leader last year. De La Rosa first entered government as Community Liaison to Assemblymember Daniel O’Donnell, who represents the Upper West Side. Born in the Dominican Republic, De La Rosa was raised in Inwood, attended Fordham University and is mother of a two-year-old daughter. She has been endorsed in the Assembly race by Rodríguez and Councilmember Mark Levine.

Alcántara said that childcare is a primary concern of hers, as finding childcare for her own son was a struggle. She noted that families pay up to $30,000 in annual childcare expenses.

“That’s more than what some families up here make in a year,” remarked Alcántara, who said she has been a longtime proponent for universal Pre-K from the start, and hopes to continue programs to ease the burdens on finding children a decent education.

De La Rosa said that education was also one of her key legislative concerns as well, along with pay equity for women and the preservation of affordable housing.

“The rents are just too high, and landlords are using tactics to displace,” stated De La Rosa. “There is a cultural displacement for our small businesses and our families. We need people in Albany to stand up and talk about what we seem and ensure that legislation is put in place that expands affordable housing and protects the stock that exists.”

Alcántara and De La Rosa suggested that their gender gives them unique perspective to bring to the State Legislature.

“I think that we, as women, bring a different lens to everything we do,” remarked De La Rosa. “There’s a reason why many of the Chiefs of Staff, many of the people working behind the scenes in government are women. We bring the perspective of being a mother. We know what it takes to build a family, build a community.”

Alcántara knows there are struggles she will face in her race for office.

“I am a woman, I am an immigrant and I am a person of African descent so I am used to having challenges in my life,” she said. “I think it is going to be an exciting time.”
Upcoming Elections: Voting and Registration Deadlines

September 13, 2016 – State and Local Primary
MAIL REGISTRATION (N.Y. Election Law Section 5-210(3))
Application must be postmarked no later than August 19th and received by a board of elections no later than August 24th to be eligible to vote in the Primary.

IN PERSON REGISTRATION (N.Y. Election Law Sections 5-210, 5-211, 5-212)
You may register at your local board of elections or any state agency participating in the National Voter Registration Act, on any business day throughout the year but, to be eligible to vote in the State and Local Primary, your application must be received no later than August 19th.

CHANGE OF ADDRESS (N.Y. Election Law Section 5-208(3))
Notices of change of address from registered voters received by August 24th by a county board of elections must be processed and entered in the records in time for the State and Local Primary.

November 8, 2016 – General Election
MAIL REGISTRATION (N.Y. Election Law Section 5-210(3))
Applications must be postmarked no later than October 14th and received by a board of elections no later than October 19th to be eligible to vote in the General Election.

IN PERSON REGISTRATION (N.Y. Election Law Sections 5-210, 5-211, 5-212)
You may register at your local board of elections or any state agency participating in the National Voter Registration Act, on any business day throughout the year but, to be eligible to vote in the General Election, your application must be received no later than October 14th.

CHANGE OF ADDRESS (N.Y. Election Law Section 5-208(3))
Notices of change of address from registered voters received by October 19th by a county board of elections must be processed and entered in the records in time for the General Election.

For more information, please visit the New York State Board of Elections at www.elections.ny.gov or call 800.367.8683.

COMMUNITY from p8
Bounce at El Museo
El Museo Del Barrio is having its third annual Uptown Bounce summer block party series beginning on Wed., Jul. 27th from 6 p.m. – 9 p.m. The parties will take place over four consecutive Wednesdays and will be open for all. The evenings will be filled with dancing, gallery talks and tours, art workshops, drinks and summer food. Music will be played by local DJs. The parties will be held at El Museo Del Barrio, located at 230 Fifth Avenue.

For more information, please call 212.831.7272 or visit www.elmuseo.org.

Rebote en El Museo
El Museo del Barrio tendrá su tercera serie anual de fiestas de manzana de verano del norte del condado, que comienzan el miércoles 27 de julio de 6 p.m. a 9 p.m. Las fiestas se llevarán a cabo durante cuatro miércoles consecutivos y estarán abiertas para todos. Las tardes estarán llenas de baile, excursiones y charlas en galerías, talleres de arte, bebidas y comida de verano. La música estará a cargo de DJ locales. Las fiestas estarán abiertas para todos. Las tardes estarán llenas de baile, excursiones y charlas en galerías, talleres de arte, bebidas y comida de verano. La música estará a cargo de DJ locales. Las fiestas estarán abiertas para todos.

Para obtener más información, por favor llame al 212.831.7272 o visite www.elmuseo.org.

A dry plate camera.
Una cámara de placa seca.

Early Inwood
Local historian Don Rice, who hosts the Lost Inwood series, will host a lecture at the Dyckman Farmhouse on rare street photos of Inwood. The photos were taken using a dry-plate camera by general store owner Robert Veitch in the 1900’s and made into penny postcards illustrating the neighborhood. The high resolution, glass plate photos will be displayed and discussed on Thurs., July 21st from 6:30 p.m. – 8:00 p.m. The Dyckman Farmhouse is located at 4881 Broadway and 204th Street.

For more information, please call 212.203.9422 or visit www.dyckmanfarmhouse.org.

Fotografía de calles
El historiador local Don Rice, quien organiza la serie Inwood Perdido, albergará una conferencia en la Granja Dyckman sobre fotos raras de calles de Inwood. Las fotos fueron tomadas con una cámara de placa seca por el propietario de la tienda Robert Veitch en la década de 1900 y convertidas en postales que ilustran el barrio. Las fotos de placa de vidrio alta resolución serán mostradas y debatidas el jueves 21 de julio de 6:30 p.m. a 8:00 p.m. La Granja Dyckman se encuentra en el No. 4881 de Broadway y la calle 204.

Para obtener más información, por favor llame al 212.203.9422.

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The time is marked as a period of prayer.

south of Milan. She arrived in New York as a young missionary to serve the Italian immigrants who had settled in New York.

This was one of many institutions that she established. In fact, she was responsible for founding a staggering total of 67 schools, hospitals and orphanages in her 67 years of life.

It was in 1899 the Mother Cabrini discovered the property where the Shrine now stands.

At that time, the neighborhood was a remote northwest edge of New York City. The only buildings in this very rural area of Manhattan were the villas of the wealthy. She purchased the property at 190th Street and Fort Washington Avenue, and opened Sacred Heart Villa to create a “residential school for young ladies.”

She died in 1917 and in 1946, became the first American citizen to be canonized by the Roman Catholic Church.

The Shrine will be celebrating Mother Cabrini’s birthday on July 23 with a family friendly day of special Masses, food and refreshments, and outdoor activities.

It is open to the public and all are invited.

The Mother Cabrini Shrine is located at 701 Fort Washington Avenue. For more information and to experience a virtual tour of the Shrine, please visit bit.ly/29yvXJh or call 212.923.3536.
DACA de p4

Junio puso fin a la expansión del programa DACA de 2012, y dejó a DAPA nula y sin valor, frustrando las esperanzas de muchos de que las acciones fueran confirmadas y ofrecieran un camino a la ciudadanía.

“La sentencia de la Corte Suprema no refleja la orgullosa tradición de nuestra nación de acoger a personas trabajadoras de todas partes del mundo que vienen en busca de la oportunidad de vivir en paz con sus familias”, dijo el concejal Mathieu Eugene en inglés francés, el primer funcionario nacido en Haití elegido como un lugar acogedor, seguro e incluyente para nuestras familias inmigrantes”.

Entre ellas se encuentra IDNYC, la tarjeta de identificación municipal, y ActionHealthNYC, que ofrece acceso a servicios de salud a los inmigrantes sin seguro. Giovanni Bueno, titular de DACA, dijo que los servicios demostraron ser valiosos para él y su familia, y alentó a sus compañeros inmigrantes a buscarlos. “Me he beneficiado directamente de estos programas”, dijo. Por otra parte, la orden original de 2012 de DACA sigue abierta para aquellos que son elegibles. MOIA ha estimado que 85,000 residentes de la ciudad Nueva York pudieron calificar y ya tienen DACA.

Agarwal dijo que ahora es el momento para que los inmigrantes se conecten aún más con sus comunidades y conozcan los recursos clave que ofrece la ciudad. “E insistió en que la lucha no ha terminado. El alcalde de Blasio seguirá luchando a nivel nacional”, dijo Agarwal. “Mientras tanto, vamos a hacer todo lo posible para que la ciudad de Nueva York siga siendo un lugar acogedor, seguro e incluyente para las familias inmigrantes.”

Qué debe saber

- Los inmigrantes ya no pueden solicitar DACA Ampliada ni DAPA.
- Las solicitudes para la DACA original de 2012 están todavía disponibles para los inmigrantes originales.
- Investigue y no confíe en nadie que prometa ayudarle a solicitar DAPA o DACA Ampliada sin consultar primero con DCA y MOIA.

Diferencias entre DACA, Expanded DACA, and DAPA

- DACA: Este programa está todavía disponible para inmigrantes que tenían menos de 35 años, llegaron a los Estados Unidos antes del 15 de junio de 2007, y tenían menos de 16 años al llegar.
- DAPA: Este programa habría ampliado la elegibilidad de DACA a los inmigrantes indocumentados que llegaron a los Estados Unidos antes de los 16 años y antes de enero de 2010, independientemente de su edad actual. No está disponible.
- DAPA: Este programa habría estado disponible para los padres indocumentados de ciudadanos estadounidenses o niños residentes permanentes que llegaron a los Estados Unidos antes de enero de 2010. No está disponible.

Para obtener más información, por favor llame al 311 o visite on.nyc.gov/DAPA o on.nyc.gov/29SUOg.

--- James Clark
SALUD de p13

pública del parque ofrecerá horas dedicadas sólo para las personas mayores durante el verano. Desde ahora y hasta finales de agosto, los residentes mayores pueden disfrutar de la piscina de 9 a.m. a 11 a.m. La noticia provocó gran aplauso y una oleada de personas de todas partes, dijo Duarte. “Los residentes mayores realmente están encontrando formas geniales para promover su salud. ”

Dirigida por un grupo femenino de vecinas, la participación de agencias y proveedores de servicios de todas partes fue uno de los más grandes logros hasta la fecha. Duarte estuvo de acuerdo.


Shirley Dixon, quien ha asistido al festival durante años, participó en un baile en línea compuesto por un grupo femenino de vacunas. “Es bueno salir y ver a las personas que conocí”, dijo Dixon. “También es estupendo saber que estas personas están recibiendo información necesaria sobre el cuidado de la salud”.

Dijo que eventos como el festival son una gran manera de enseñar a los adultos mayores a mantenerse activos.

“Es mucho mejor que lamentarse en su apartamento todo el día”, dijo. “Nos mantenemos jóvenes”. En la mesa de la Universidad SMART, la directora fundadora Susan Rodríguez dijo que el grupo estaba contento de participar en su primer año en el festival. La Universidad SMART es un programa de tratamiento, salud y prevención que responde a las necesidades físicas, psicológicas y sociales de las mujeres que viven con -o están afectadas por- el VIH, en un ambiente de apoyo. “Tenemos muchas personas mayores que utilizan nuestros servicios”, dijo. Ella y los integrantes de su equipo proporcionaron volantes y folletos sobre sus servicios, y mostraron la Fender Blender, una bicicleta estacionaria que mezcla batidos mientras los corredores pedalean y generan energía.

“Tratamos de apoyar la vida sana de una manera divertida e involuntaria”, explicó Rodríguez. “Esta es una gran forma de llevar el mensaje sobre cómo mantenerse sano cuando eres una persona de edad avanzada”. Duarte estuvo de acuerdo. “Cuando veo a los adultos mayores preguntando todo el año cuándo es el festival y sonríen al escuchar que es muy pronto, sé que estoy haciendo algo muy importante”, dijo. “Me ayuda el saber que mis oportunidades de difusión en realidad están haciendo una diferencia”.

Dijo que eventos como el festival son una gran manera de enseñar a los adultos mayores a mantenerse activos.

Taking a spin.

Health screenings and information were offered.

“Es agradable salir”, dijo Shirley Dixon (al centro).
Miranda joins his father Luis and candidate Hillary Clinton on stage.

and social services.

The two artists performed the single live for the first time on the Today show, where López admitted to “stalking” Miranda to get him to make time in his schedule to record the song.

Miranda is also involved in a pair of Disney projects — he will star opposite Emily Blunt in a Mary Poppins sequel, and help create the musical score for the studio’s animated film Moana.

But the pull of the Richard Rodgers could not be denied, as the award-winning artist spent his first official evening “off” back on 46th Street, this time as a member of the audience to witness alternate Javier Muñoz make his official debut as the new Hamilton.

Everywhere he turned, Miranda, shorn of his longer hair, left many marveling at the dramatic change in appearance.

Uptowners, though, could be forgiven for welcoming the cut – and the throwback to a beloved bodeguero named Usnavi.

And then, he was back on the boards this past Tues., July 12th, introducing Hillary Clinton for a special performance that doubled as a campaign fundraiser for the Democratic presidential candidate.

 Everywhere he turned, Miranda, shorn of his longer hair, left many marveling at the dramatic change in appearance.

Uptowners, though, could be forgiven for welcoming the cut – and the throwback to a beloved bodeguero named Usnavi.

“Reports of my fame! Are greatly exaggerated.”

No more.

For more on the Somos Orlando initiative, please visit bit.ly/29uopv4.

— Gregg McQueen and Debralee Santos

#SomosOrlando

También está involucrado en un par de proyectos de Disney: protagonizará junto con Emily Blunt una secuela de Mary Poppins y ayudará a crear la partitura musical de Moana, la película de animación del estudio.

Pero la atracción de la Richard Rodgers probó ser innegable, como el galardonado artista pasó su primera noche ofi  cial “de descanso” de regreso a la calle 46, esta vez como un miembro de la audiencia para presenciar al alternativo Javier Muñoz hacer su debut ofi  cial como el nuevo Hamilton.

Y después, estaba de vuelta en tarima al día siguiente, el martes, 12 de julio, para presentar a Hillary Clinton en una actuación especial que sirvió como una recaudación de fondos de campaña para la candidata demócrata a la presidencia.

En todas partes, Miranda, despojado de su pelo largo, dejó a muchos maravillado por el cambio dramático en apariencia.

Pero los residentes del Alto, sin embargo, podrían ser perdonado por darle la bienvenida al corte – y el retroceso a un bodeguero amado llamado Usnavi.

“Los informes de mi fama son muy exagerados.”

No más.


— Gregg McQueen y Debralee Santos
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