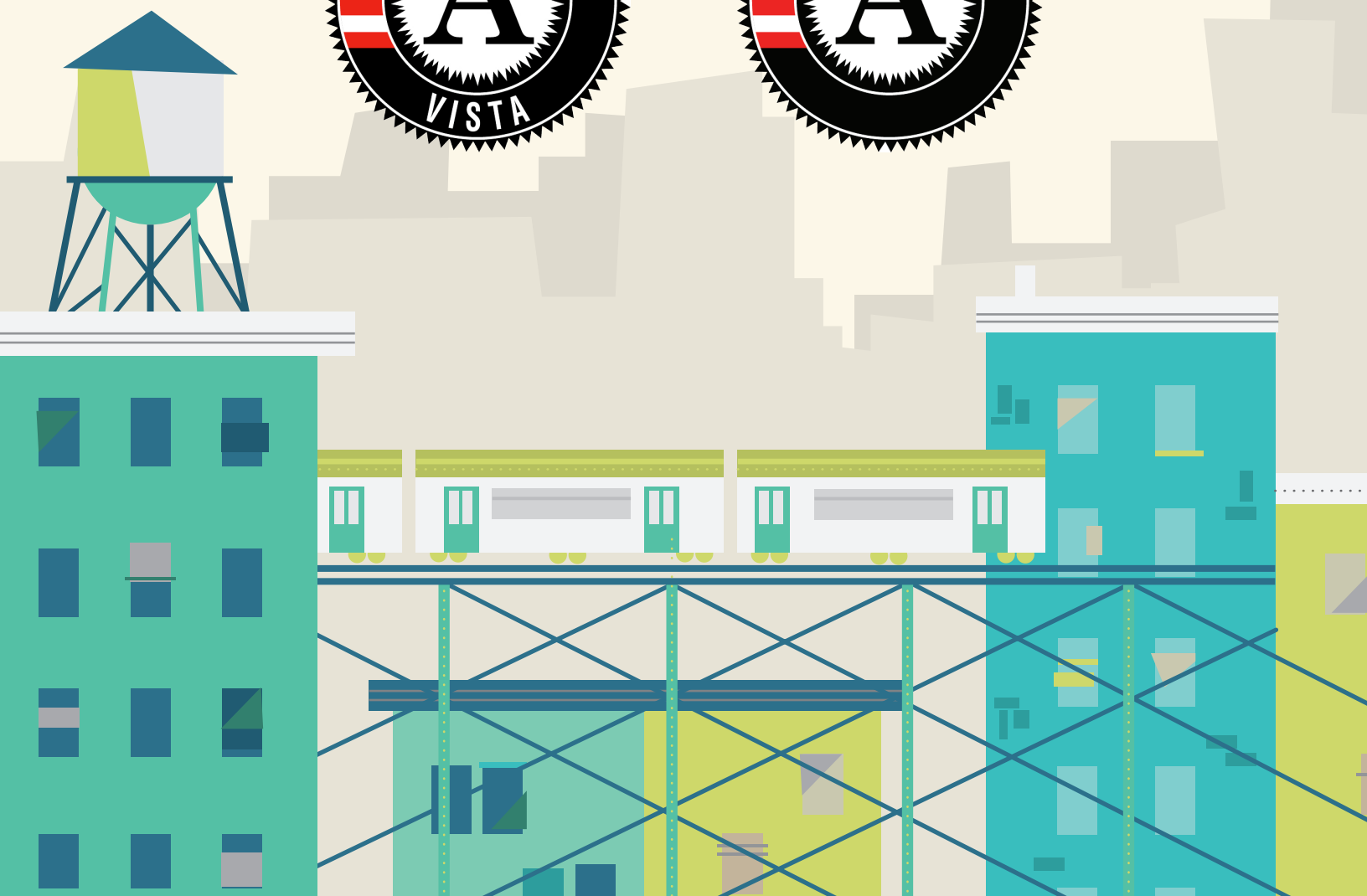


NYCorps Connections 2018

A Guide to Navigating an NYC Service Year





THE CITY OF NEW YORK
OFFICE OF THE MAYOR
NEW YORK, NY 10007

August 2018

Dear Service Year Member:

Congratulations on your selection as a service year member in New York City!

Service is central to our nation's past and essential to its continued success. New York has upheld this proud American tradition for centuries, and our residents' shared sense of responsibility to lift up their neighbors has helped us tackle many of the challenges that have stood before us. This year, your hard work and dedication to helping people across the five boroughs will continue to uphold this proud legacy, making an important difference in the lives of so many people and supporting our goal to become the fairest big city in America.

As one of 3,500 New York City-based service year members, you will spend the coming months strengthening our neighborhoods and helping to develop creative solutions to the issues affecting our communities. It will be a challenging year filled with opportunities to grow, learn, and prepare for your future career. To help you during this journey, the NYC Service Year Leadership Council has developed *NYCorps Connections*. This guide contains tips, suggestions, and resources that the Council, which is comprised of leaders from the many service year programs represented in our city, has compiled based on years of experience and input from past service year members. We hope this guide will be a valuable tool during your time here.

We join with all New Yorkers in thanking you for your commitment to service and to New York City, and we look forward to all you will accomplish during your service year. Best wishes for a wonderful year of personal development, community impact, and civic leadership.

Sincerely,

Handwritten signature of Bill de Blasio in black ink.

Bill de Blasio
Mayor

Handwritten signature of Paula Gavin in black ink.

Paula Gavin
Chief Service Officer, NYC Service

August 2018

About the Guide

Your commitment to a year of service is profoundly appreciated. The leadership and development you will bring to New York City communities is critical to maintaining vitality and effective solutions to the city's most pressing issues. As you embark on this servant leadership mission, challenges will be impending. This resource guide supplies you with tools to manage the external components of your year of service. Not every situation will be solvable with this set of resources. However, this guide can be an effective resource to ensuring the fulfillment of an impactful service term.

New York City offers an extensive set of opportunities that are available to you as national service members. The advice, suggestions, and recommendations included in this guide were compiled from a range of resources that reflect the collaboration of various City agencies and community-based organizations. Additionally, we recommend utilizing the valuable support provided by the Corporation for National and Community Service (CNCS) and AmeriCorps Alums. Please visit their websites for more information.

- CNCS: <https://www.nationalservice.gov/>
- AmeriCorps Alums: <http://www.americorpsalums.org/>

The topics highlighted in this guide are also derived from original observations and recommendations from past corps members' experiences. From information on accessible health and nutrition assistance, to resources on housing, to tips on how to enjoy New York City on an AmeriCorps member budget - this guide details some of the many resources that are available to you so that you can eat, live, and play well as you serve others!

The content in this guide is provided for informational purposes only. Any reference in this guide to any commercial entity, product, process, or service does not constitute an endorsement by NYC Service.

NYC Service, a division of the Office of the Mayor, promotes volunteerism, engages New Yorkers in service, builds volunteer capacity, and mobilizes the power of volunteers and national service members to impact NYC's greatest needs. For additional information, please visit nyc.gov/service.

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I.

Overview of NYC Service Year

Mission

NYC Service Year is a citywide movement led by the NYC Service Year Leadership Council to promote, sustain and grow service year programming in NYC, which engages young adults in service to their city, empowering their individual growth and civic leadership while delivering measurable change in key City priorities such as Education, Economic Opportunity, and Environment/Health.

Vision

The NYC Service Year movement will engage thousands more in service, positively impact city needs, raise the quality of life for all New Yorkers, and serve as a high performing service year accelerator model for the nation.

Welcome to your NYC Service Year! By dedicating a year of service to New York City, you are joining a cohort of thousands of leaders and young professionals who are using their professional skills to create lasting, positive change through an NYC Service Year. You are part of not just a community of over 70 service year programs, but also a citywide movement to expand service year programming across the five boroughs. During an era where our nation is divided, service years bind together young people of different backgrounds through a common cause, forging them into leaders. You have the power to weave our communities together and address pressing, local issues. Together, NYC Service Year can create a movement of systemic social change.

Now, more than ever, the NYC Service Year community has the potential to transform our city, create systemic change, and address the urgent needs of its residents.

Get involved with NYC Service Year online!

1. Sign up for the NYC Service Year group on Facebook to get updates about volunteer opportunities, networking events, and more!
<https://www.facebook.com/groups/1079544615458302/about/>
2. Become an NYC Service Year Influencer! Use hashtags #ServeNYC and #DoMoreBeMore to share your service story. Don't forget to tag your service year program and partners.
3. Share in the network of service year members and alumni on a citywide and national level by registering with Service Year Alliance! Represent the NYC Service Year network and virtually meet thousands of others. <https://serviceyear.org/register-corps-member/>
4. Join our NYC Service Year LinkedIn group to find and share resources, service year articles, and other updates. <https://www.linkedin.com/groups/8686691/about>

II. Overview of AmeriCorps

AmeriCorps Pledge

I will get things done for America - to make our people safer, smarter, and healthier.

I will bring Americans together to strengthen our communities.

Faced with apathy, I will take action.

Faced with conflict, I will seek common ground.

Faced with adversity, I will persevere.

I will carry this commitment with me this year and beyond.

I am an AmeriCorps member, and I will get things done.

AmeriCorps is a program of the Corporation for National and Community Service (CNCS), an independent federal agency whose mission is to improve lives, strengthen communities, and foster civic engagement through service and volunteering. AmeriCorps is made up of three main programs: AmeriCorps State and National, AmeriCorps VISTA, and AmeriCorps NCCC (National Civilian Community Corps).

AmeriCorps is also a network of local, state, and national service programs that connects over 70,000 Americans each year in intensive service to meet community needs in education, the environment, public safety, health, and homeland security. In New York City, more than 3,200 AmeriCorps members serve at hundreds of nonprofits, public agencies, and community-based organizations.

Members serve in full- or part-time positions over a 10-12 month period. Upon completion of their service, members receive a Segal AmeriCorps Education Award of up to \$5,920 to pay for college, graduate school, or to pay back qualified student loans. Those members who serve part time will receive a partial education award. Those members who participate in the VISTA program have the option to select either the Segal AmeriCorps Education Award or an end-of-service stipend of \$1,500. Eligible members also have access to other benefits such as: health insurance, child care, training, and student loan forbearance during their service. Some members also receive a modest living allowance depending on the terms of their program.

AmeriCorps State and National: AmeriCorps State and National supports a broad range of local service programs that engage thousands of Americans in intensive service to meet critical community needs.

AmeriCorps VISTA: AmeriCorps VISTA provides full-time members to community organizations and public agencies to create and expand programs that build capacity and ultimately bring low-income individuals and communities out of poverty.

AmeriCorps NCCC: The AmeriCorps National Civilian Community Corps is a full-time residential program for men and women ages 18-24 that strengthens communities while developing leaders through direct, team-based national and community service.

Senior Corps: Senior Corps connects service volunteers who are age 55+ with the people and organizations that need them most. They serve as mentors, coaches, or companions to people in need, or contribute their job skills and expertise to community projects and organizations. Senior Corps currently links more than 270,000 Americans to service opportunities.

You can learn more about the Corporation for National and Community Service and its programs at <https://www.nationalservice.gov/>.

Segal AmeriCorps Education Award & Member Benefits

Using Your Segal AmeriCorps Education Award

After successfully completing your AmeriCorps term of service, you are eligible to receive a Segal AmeriCorps Education Award. You can use your education award to repay qualified student loans and to pay certain educational expenses at eligible institutions of higher education and training programs. You can access the entire award or part of it until the total amount has been used or the award expires. You must use your award within seven years of completing your term of service.

Educational expenses that can be paid include:




- The cost of attendance for a degree- or certificate-granting program of study at a Title IV school.
- Educational expenses for non-degree courses, such as continuing education courses or workshops offered by Title IV schools.
- Courses or training programs authorized under the Montgomery G.I. Bill and the Post 9/11 G.I. Bill.




The Importance of Using My AmeriCorps

In order to prevent a delay in the processing of Segal AmeriCorps Education Award payments, individuals must request payments electronically using the online system, My AmeriCorps. This is a fast, secure, and user-friendly method for requesting payments to be sent to qualified schools or loan holders. It also provides electronic records of payments requested. And, there are no forms to mail.

AmeriCorps Member Benefits and Discounts

- AmeriCorps alumni are eligible to receive discounts that provide you with real savings and benefit options that support your personal and professional life after AmeriCorps. Check out exclusive discounts available to members by visiting <http://www.americorpsalums.org/>. Some of the benefits are also available to currently serving AmeriCorps members.
- Colleges and universities across the country actively recruit talented AmeriCorps alumni for their reputation of perseverance, drive, and proven active citizenship. Many of these institutions offer a variety of incentives such as service scholarships or a match for the Segal AmeriCorps Education Award. For more information about AmeriCorps post-secondary educational partners, go to: <https://www.nationalservice.gov/programs/ameri-corps/segal-ameri-corps-education-award/matching-institutions>.

	 State & National	 NCCC	 VISTA
Managed by	State Service Commissions National Headquarters of Non-profits	CNCS at 5 regional campuses: Denver, CO; Sacramento, CA; Baltimore, MD; Vicksburg, MS; Vinton, IA	CNCS VISTA Headquarters CNCS State Program Office
Model	The purpose of AmeriCorps State and National is to engage AmeriCorps members in direct service and capacity-building to address critical community needs. The grant applicant designs service activities for a team of members serving full- or part-time for one year or during the summer.	The mission of AmeriCorps NCCC is to strengthen communities to develop leaders through direct, team-based national and community service. In partnership with nonprofits, local municipalities, state governments, federal government, national or state parks, Indian Tribes, and schools, members complete service projects throughout the region they are assigned.	VISTA provides volunteers to support projects at nonprofit, grassroots organizations, and local government agencies that operate programs to help alleviate poverty in the United States. VISTAs strengthen and support these organizations by improving their infrastructure, expanding community partnerships, securing long-term resources, training program participants, and developing other activities that help build long-term sustainability for overcoming poverty.

	 State & National	 NCCC	 VISTA
Volunteer Eligibility to Serve	<ul style="list-style-type: none"> • Over age 17 • U.S. Citizen, U.S. national, or lawful permanent citizen • Eager to gain new skills or to apply those already acquired 	<ul style="list-style-type: none"> • Age 18-24 • U.S. Citizen, U.S. national, or lawful permanent citizen • Seeking hands-on work 	<ul style="list-style-type: none"> • At least 18 years old • U.S. Citizen, U.S. national, or lawful permanent citizen • Either college graduate or have a few years of work experience and skills
Volunteer Benefits of Service	<p><u>Members may receive:</u></p> <ul style="list-style-type: none"> • Segal AmeriCorps Education Award • Modest living allowance • Healthcare benefits while in service • Childcare assistance while in service • Student loan forbearance or deferment while in service 	<p><u>Members receive:</u></p> <ul style="list-style-type: none"> • Segal AmeriCorps Education Award • Modest living allowance • Healthcare benefits while in service • Childcare assistance while in service • Housing and Meals • Student loan forbearance or deferment while in service 	<p><u>Members receive:</u></p> <ul style="list-style-type: none"> • Segal AmeriCorps Education Award • Modest living allowance • Healthcare benefits while in service • Childcare assistance while in service • Student loan forbearance or deferment while in service • 1 year non-competitive status for a federal government job
Volunteer Commitment	Full- or part-time over a period not to exceed 12 months	Full time for 10 months	Full time for 365 days

III.

Navigating Benefits in NYC

This section is designed to provide you with guidance on applying for essential resources that will reduce your personal expenses during your year of service. Please review eligibility requirements and application steps carefully before applying to any of these programs. Also, additional information is available at each individual program website. For SNAP, many NYC Service Year members can qualify with special eligibility and documentation.

IDNYC

IDNYC is the free, government-issued photo identification card for all New York City residents ages 10 and above. IDNYC secures the peace of mind and access to City services that come from having recognized identification. The IDNYC card is free for all New Yorkers who apply through December 31, 2018. Cards are valid for five years from the date the application is approved. You can apply for an IDNYC card at enrollment centers across the city if you:

- have proof of NYC residency;
- have proof of your identity; and
- are at least 10 years old.

Applications are available in more than 25 languages, and immigration status does not matter. Call 311 or visit the IDNYC website to find an enrollment center near you. For information on all of the documents that IDNYC accepts as proof of identity and residency, please visit: <https://www1.nyc.gov/site/idnyc/card/documentation.page>.

Benefits of the IDNYC card include:

- Free one-year memberships at 40+ cultural institutions
- Discounts on tickets to movies, Broadway shows, live entertainment, and sporting events
- Discounted membership at the YMCA and NYC Parks Department Recreation Centers
- IDNYC can be used as your library card at every public library in NYC
- Discounts on prescription drug purchases throughout NYC
- Online access to your family's vaccination records at My Vaccine Record
- and much more!

Some of the cultural institutions that grant free memberships with IDNYC include:

- American Museum of Natural History
- BRIC
- Bronx County Historical Society
- Bronx Museum of the Arts
- BAM (Brooklyn Academy of Music)
- Brooklyn Children’s Museum
- Carnegie Hall
- Center for Performance Research
- Central Park Zoo (enrollment is only available at the Bronx Zoo)
- China Institute
- The Drawing Center
- Film Forum
- Flushing Town Hall
- International Print Center New York
- Jacques Marchais Center for Tibetan Art
- King Manor
- Lincoln Center for the Performing Arts
- Metropolitan Museum of Art
- Metropolitan Opera
- Museum at Eldridge Street
- Museum of Arts and Design
- Museum of Chinese in America
- Museum of Jewish Heritage
- Museum of Modern Art
- Museum of the City of New York
- New York Aquarium (enrollment is only available at the Bronx Zoo)
- New York Botanical Garden
- New York City Ballet
- New York City Center
- MoMA PS1
- Park Avenue Armory
- Pregones Theater
- Prospect Park Zoo (enrollment is only available at the Bronx Zoo)
- The Public Theater

- Queens Museum
- Queens Theatre
- SculptureCenter
- Snug Harbor Cultural Center & Botanical Garden
- St. George Theatre
- Staten Island Museum
- Studio Museum in Harlem
- Sugar Hill Children's Museum of Art & Storytelling
- Symphony Space
- Wildlife Conservation Society at the Bronx Zoo

ACCESS NYC

ACCESS NYC provides New Yorkers with a free and mobile-friendly front door to screen for over 40 City, State, and Federal benefit programs in 10 easy steps, learn how to apply, gather required documents, and find local help.

ACCESS NYC is available in eleven languages including: English, Spanish, Chinese, Russian, Korean, Arabic, Haitian Creole, Bengali, French, Polish, and Urdu. It is also compatible with text-to-speech screen readers.

Use ACCESS NYC to discover health and human services benefits that may be right for you or a loved one. Some program categories you can find on ACCESS NYC are: Child Care, Education, Food, Family Services, Employment, Financial Assistance, City ID Card, Enrichment, Special Needs, Health, and Housing Programs.

To screen for benefits and to learn more about ACCESS NYC programs, please visit the website at: www.nyc.gov/accessnyc.

Supplemental Nutrition Assistance Program

The Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. SNAP issues monthly electronic benefits that can be used like cash to purchase food at authorized retail food stores. Eligibility and benefit levels are based on household size, income, and other factors.

AmeriCorps Special Eligibility

AmeriCorps State and National: The AmeriCorps State and National member living stipend is exempt for SNAP budgeting purposes. When applying for SNAP benefits, you should ask your AmeriCorps program manager to provide you with an official letter, stating your AmeriCorps member status, the amount of your living stipend, and a letter from the Corporation for National and Community Service stating that the AmeriCorps State and National living stipend is excluded from income for SNAP benefit purposes. You will be required to submit these documents during the SNAP application process.

AmeriCorps VISTA: The AmeriCorps VISTA living stipend is exempt only if the individual was receiving SNAP benefits prior to joining AmeriCorps VISTA. Individuals who apply for SNAP benefits after joining AmeriCorps VISTA must have their AmeriCorps VISTA living stipend budgeted as earned income.

How to Apply

There are currently five ways to apply for SNAP:

1. You can apply online through ACCESS HRA, www.nyc.gov/accesshra
2. Apply at a participating community-based organization (CBO) [call 311 for a listing of participating CBOs]
3. Mail your application to:

HRA/Family Independence Administration
Supplemental Nutrition Assistance Program
Mail Application Referral Unit (MARU)
P.O. Box 29197
Brooklyn, NY 11201-9956
4. Fax your application to (917) 639-1111
5. Appear in person at a SNAP Center during regular hours of operation

It is recommended that you apply online for convenience.

Snapshot of Online Application Process: The application process can take up to 30 days from submission of your application to receive an official decision on your benefit eligibility, though you may be eligible for some benefits sooner.

1. Submit application online at ACCESS NYC: www.nyc.gov/accesshra.

2. Once the agency receives your application, you will be contacted to schedule a phone interview and will be sent a confirmation notice with the specific date and time listed. You must inform NYC's Human Resources Administration (HRA) if you need to reschedule the interview by calling (718) 923-6044. In-person interviews are also available upon request. Applicants in Manhattan, Staten Island, Brooklyn and Queens may receive notification that interviews will not be scheduled, but can be completed by calling the SNAP On Demand call center during business hours. This information will be provided at the point of application.
3. Phone interview: The HRA interviewer will review information submitted on your application, determine if you qualify for SNAP benefits under the expedited processing rules, and identify information requiring verification.
4. If you need to provide verification of information submitted, you will receive a mailing within a week that lists the documentation that was requested from the interview, how to submit them, and the deadline by which the verification is needed. Failure to submit required documentation on time can result in your application being denied.
5. Submit your documentation online using the mobile document app on your smartphone or tablet, by mail or fax, or drop them off at a local community partner or a SNAP Center.
6. Within 30 days from the date that you filed your application, you will receive a mailing that will provide you with the results of your application. If your application is denied, it will detail the reason(s) for the denial and what additional steps you can take to appeal the decision. If your application is approved, you will be given a benefit start date and informed of the amount of your benefit eligibility.
7. If your application is approved, your electronic benefit card will arrive two-three days after you receive the notification of your status. If you already have an electronic benefit card, the benefits can be accessed through that card once available.
8. Use your electronic benefit card on your effective date.

You should be prepared to submit the following documents when applying for SNAP:

- Proof of income: (i.e. pay stubs, income tax forms, statement from employer)
- Proof of identity: (i.e. birth certificate, driver's license, work or school ID, voter registration card) Note: proof of identity is only required for the applicant.
- Proof of shelter expenses: (i.e. utility bills, lease or statement from landlord)
- Proof of residency: (i.e. mail dated within 30 days of month applying, lease or

mortgage statement, letter from landlord, utility bills)

- Proof of date of birth: (i.e. driver's license/state ID, birth certificate)
- Household size
- Note: Verification of citizenship is only required if questionable. If you are not a citizen, you will need to verify your immigration status.

Using SNAP Benefits

You can use SNAP benefits at most major grocery outlets (Fairway Food Market, Pioneer Supermarket, Target, Costco, etc.). You can also use them at some specialty and health foods stores, such as Whole Foods and Trader Joe's. Farmers markets, such as Greenmarkets in NYC, accept SNAP benefits to promote better healthy buying options.

Although there are no nutritional standards for food purchased with SNAP benefits, there are some guidelines that provide distinctions about foods that may not be purchased with SNAP benefits. Please review the list below for more insight on those limitations.

YES

- Food or food products meant to be eaten by people
- Vegetable seeds and food-producing plants, roots, and trees for family consumption
- Baby formula, diabetic and diet foods
- Edible items used in preparing or preserving food such as spices, herbs, pectin, and shortening
- Water and ice labeled for human consumption
- Snack foods

NO

- Prepared hot foods in grocery stores
- Medicines, vitamins, or minerals
- Any prepared food (hot or cold) sold and meant to be eaten at the store
- Alcoholic beverages and tobacco
- Cleaning products, paper products, toiletries, and cooking utensils
- Pet supplies

Medicaid

AmeriCorps VISTA members receive healthcare coverage through the Corporation for National and Community Service. NYC Service Year members should check with their program staff to learn about healthcare options available to them before pursuing Medicaid.

Medicaid is a government program for citizens and non-citizens who can't afford to pay for medical care. If the AmeriCorps living stipend is your only source of income, it is very likely

that you will qualify for Medicaid. You must be a US citizen or lawfully present immigrant to be eligible for Medicaid.

Please see the chart for the Medicaid monthly income limits by family household size. The income eligibility is updated yearly and based on the federal poverty level. MAGI refer to the modified adjusted gross income. Non-MAGI groups are those who are aged 65 and over, eligible for Medicare, or have a disability. MAGI are groups that represent children and adults who are younger than 65 and don't have Medicare.

2018	Non-MAGI Disabled, 65+ or Blind ("DAB" or SSI-Related)		MAGI (< 65, Does not have Medicare)(OR has Medi- care and has dependent child < 18 or < 19 in school) 138% FPL***		
	1	2	1	2	3
Income	\$842	\$1,233	\$1,397	\$1,893	\$2,390
Resources	\$15,150	\$22,200	NO LIMIT**		

How do I know if I qualify for Medicaid?

You may be covered by Medicaid if:

- You have high medical bills or
- You receive Supplemental Security Income (SSI) or
- You meet certain financial requirements.

How do I apply for Medicaid?

You may apply for Medicaid in the following ways:

- Medicaid Helpline (800) 541-2831
- NY State of Health, The Official Health Plan Marketplace (855) 355-5777
Website: <https://info.nystateofhealth.ny.gov>
- Managed Care Organization (MCO)
Directory: https://www.health.ny.gov/health_care/managed_care/mcplans.htm
- Navigators and Certified Application Counselors
Website: <http://info.nystateofhealth.ny.gov/IPANavigatorSiteLocations>
- Local District Social Services Offices
Directory: http://www.health.ny.gov/health_care/medicaid/ldss.htm

Where you apply for Medicaid will depend on your category (i.e. single, childless couple, pregnant woman, and parent or caretaker relatives with dependent children).

The New York State Marketplace is the recommended method for completing most Medicaid applications. It determines eligibility using Modified Adjusted Gross Income (MAGI) Rules. In general, income is counted with the same rules as the Internal Revenue Service (IRS) with minor variations. However, if an AmeriCorps member is age 65 and older or eligible for Medicare, they should apply with their local department of social services.

What do I need to apply for Medicaid?

- Valid Social Security number (not required to apply, but required to qualify for MA)
- Proof of citizenship or immigration status
- Proof of age
- Four weeks of recent paycheck stubs if you are working (or other financial and/or income documentation)
- Proof of where you live, such as a rent receipt, landlord statement, mortgage statement, or envelope from mail you received recently
- Insurance benefit card or the policy (if you have any other health insurance)

MAGI Eligibility Groups include: (Groups who can apply on the Marketplace)

- Pregnant women
- Infants and children under age 19
- Childless adults which include individuals who are: not pregnant, age 19-64, not on Medicare, and could be certified disabled but not on Medicare
- Parents/caretaker relatives
- 19 & 20 year olds living with parents

Non-MAGI Eligibility Groups include: (Groups who should apply with the local department of social services)

- SSI recipients
- Individuals who are age 65 or older, unless a parent/caretaker relative, blind or disabled and do not meet the criteria of the MAGI Eligibility Groups
- COBRA
- Medicare Savings Program (MSP)
- AIDS Health Insurance Program (AHIP)
- Foster Care and Children Formerly in Foster Care

- Medicaid Buy-In for Working People with Disabilities
- Medicaid Cancer Treatment Program
- Residents of Adult Home run by LDSS, OMH Residential Care Centers/Community Residences
- Clients Needing Excess Income Medicaid (surplus)
- Medicaid Continuation of Widow and Widowers, Pickle and Disabled-Adult-Children (DAC) eligible individuals

Home Energy Assistance Program

Home Energy Assistance Program (HEAP) is a federal program that assists New Yorkers with the cost of utility and heating bills. You can receive a regular benefit and an emergency benefit.

Regular Benefit

The regular benefit component assists households with their utility and heating bills. Contact HEAP for more information about applying for the 2018-2019 season at 1-800-692-0557.

Emergency Benefit

The emergency benefit component assists qualifying low-income New Yorkers who are facing a heat or heat-related energy emergency and do not have resources above the established limits. New Yorkers can apply when the emergency component begins in January 2019. If you have an emergency, contact your local department of social services at 1-800-692-0557 for more assistance.

Questions regarding the HEAP program should be directed to your local department of social services at 1-800-692-0557 or the Office of Temporary and Disability Assistance hotline at 1-800-342-3009.

For additional information on HEAP benefits, income limitations, and locations, go to: <https://otda.ny.gov/programs/heap/> or call 1-800-692-0557.

Resources for Eviction

The NYC Human Resources Administration's (HRA) Emergency Assistance is a program for low-income residents of NYC who are facing an emergency. New York City residents may apply for a one-time emergency grant, often referred to as a "One Shot," when an unforeseen circumstance prevents the applicant from meeting an expense. An applicant must meet eligibility guidelines, which includes, in the case of assistance with rent arrears, the ability to pay ongoing rent in the future. Emergency grant applicants may obtain help for:

- Rental assistance in case of risk of eviction
- Assistance with moving expenses
- Assistance with home energy and utility bills
- Disaster assistance
- Purchase of personal items for health and safety

Typically, when a resident applies with the documents requested from HRA (past rent due notice, court order to pay), they will receive confirmation (within five business days) that the amount requested has been approved or denied. If approved, a check will be printed and mailed to their landlord (not the applicant). Alternatively, the landlord can pick up the check at the HRA location, or the check can be sent to a resident's advocate, if applicable.

The applicant must first exhaust all avenues prior to HRA giving their approval. If an applicant has what HRA deems as sufficient funds in their bank account, then the applicant might only receive a portion of what they are requesting or possibly nothing.

With certain exceptions, recipients of rental or utility arrears benefits have an obligation to repay all or a portion of the grant over a period of time.

For more information on HRA's Emergency Assistance program, please contact:

- HRA's Infoline at (718) 557-1399;
- Visit <http://www1.nyc.gov/site/hra/help/cash-assistance.page>; OR
- Contact 311 in order to be connected to HRA's Homebase homelessness prevention network of neighborhood-based services to assist and coordinate efforts and customize a stability plan, utilizing a full array of services, including:
 - ✓ Services to prevent eviction
 - ✓ Financial counseling and money management
 - ✓ Assistance obtaining public benefits
 - ✓ Legal advocacy and representation
 - ✓ Education and job placement assistance
 - ✓ Help relocating
 - ✓ Short-term financial assistance

IV.

Health and Nutrition Resources

This section focuses on providing you with some additional options for healthy living. Through your NYC Service Year journey, you will execute important initiatives for the improvement of local communities, but remember to devote care to yourself, too! Exercise and nutrition are important parts of leading a healthy lifestyle. Combining both physical activity and a thoughtful diet will help provide you with the best results. Also, by sticking to a healthy regimen, you can generate great energy that will help keep you motivated throughout your NYC Service Year term.

Fitness and Recreation

There are several free and affordable fitness activities around New York City. Registration is typically required beforehand; please go to the specific program's website for more information.

Shape Up NYC

Shape Up NYC is managed by NYC Parks in partnership with NYC Service, Empire Blue Cross Blue Shield, and the Fund for Public Health for New York. It is a free, drop-in fitness program with locations across the five boroughs. Registration is not required; simply show up to take fitness classes like aerobics, yoga, Zumba, and much more. The fitness instructors know how to make fitness fun!

You do not need to be a member of a local recreation center in order to attend a class. Bring a lock for classes held at recreation centers, if you plan on using a locker.

To learn more about Shape Up NYC, visit the website at: www.nyc.gov/shapeupnyc.

Citi Bike

Citi Bike aims to offer New Yorkers an affordable, accessible, and fun transportation option. You'll get an unlimited number of rides for a whole year and access to thousands of bikes across Manhattan, Brooklyn, Queens, and Jersey City.

Regular annual membership costs \$14.95/month, and with your IDNYC card you can get 15% off the annual membership cost for the first year of membership. Citi Bike offers discounted memberships to New York City Housing Authority (NYCHA) residents and New Yorkers who receive SNAP benefits. The cost is \$5/month (+ tax) and has no annual commitment. To learn more about Citi Bike and membership options, go to: <https://www.citibikenyc.com/>.

The Rise, NYC

The Rise is a free outdoor fitness group that meets in Manhattan, Brooklyn, and Queens. Group fitness sessions are held every Monday-Friday at 6:30 AM. All fitness levels are welcome to join the workout routines.

For more information about The Rise, their workouts, and locations, go to: <http://www.therisenyc.com/>.

Other Low Cost and Free Fitness Opportunities

- NYC Parks offers \$25/year membership to its recreation centers for anyone between the ages of 18-24.
<https://www.nycgovparks.org/facilities/recreationcenters>
- The YMCA has gym memberships that range in price depending on the gym's location and membership type (e.g. Adult, Student, and Senior).
<http://www.ymcanyc.org/>
- Planet Fitness charges \$10/month for basic access to all equipment and they're open 24/7. <http://www.planetfitness.com/>
- Blink Fitness charges \$15-\$20/month for membership. They're a rapidly expanding chain and opening new locations all the time, especially in Brooklyn.
<https://www.blinkfitness.com/>
- Athletic apparel stores host complimentary fitness classes and run groups throughout the year.
 - Athleta: <http://athleta.gap.com/> and click on the Find a Store tab for a list of classes at individual stores.
 - JackRabbit: <http://www.jackrabbitsports.com/>
 - Lululemon: Different store locations host unique events and classes. <http://shop.lululemon.com/community/>
 - Nike Run Club: <https://www.nike.com/events-registration/series?id=1398>
- The following is a list of community-based run groups and other classes.
 - Brooklyn Road Runners meets in Prospect Park to run four times a week. <http://www.brooklynroadrunners.org/>
 - Front Runners NY (LGBTQ run group): <http://frny.org/>
 - North Brooklyn Runners is a free run group in Williamsburg and Greenpoint. <http://northbrooklynrunners.org/>
 - Yoga to the People (locations throughout Manhattan and Brooklyn) offers free, donation-based yoga classes throughout the day.
<http://yogatothepeople.com/new-york/>

Health Clinics

There are multiple free or low-cost health clinics across the five boroughs of New York City. If you find yourself sick and with little means to manage medical expenses, please visit one.

<i>Name</i>	<i>Phone Number</i>	<i>Location</i>
FREE CLINICS		
Columbia Student Medical Outreach	212.342.4719	21 Audubon Ave., New York, NY 10033
Columbia-Harlem Homeless Medical Partnership	347.614.2121	St. Mary's Episcopal Church, 521 West 126th Street, New York, NY 10027
East Harlem Health Outreach Program - Mount Sinai	626.942.6519	17 East 102nd Street, 7th Floor, New York, NY 10029
ECHO Free Clinic	800.836.1316	1894 Walton Ave, Bronx, NY 10453
Mount Sinai Adolescent Health Care Clinic	212.423.3000	312 East 94th St., New York, NY 10128
New York City Free Clinic	917.544.0735	16 East 16th St., New York, NY 10003
St. Anthony's Free Clinic	718.401.9705	421 East 155th St., Bronx, NY 10455
Weill Cornell Community Clinic	646.962.9222	505 East 70th Street, 1st Floor, New York, NY 10021
SLIDING SCALE FACILITIES		
Amsterdam Family Health Center	212.865.4104	690 Amsterdam Avenue, New York, NY 10025
Bellevue	212.562.1000	462 First Avenue, New York, NY 10016
Elmhurst Hospital Center	718.334.4000	79-01 Broadway, Queens, NY 11373
Family Health Center of Harlem	212.423.4500	1824 Madison Ave., New York, NY 10035
Health and Home Care	866.692.4663	Please call for locations

<i>Name</i>	<i>Phone Number</i>	<i>Location</i>
HHC Options Facilities	Dial 311	Requires proof of income or letter of support
High School of Fashion Industries School-Based Health Center	212. 206.2910	225 West 24th St., New York, NY 10011
Institute for Family Health	212.633.0800	See website for local locations, institute.org
Jacobi Medical Center	718.918.5700	1400 Pelham Parkway South, Bronx, NY 10461
Metropolitan Hospital Center	212.423.6262	1901 First Ave., New York, NY 10029
Mt. Hope Family Practice	718.583.9000	130 West Tremont Avenue, Bronx, NY 10453
NYCHealthandHospitals.org	Dial 311	Please visit website for locations: nychealthandhospitals.org
P.S. 57 James Weldon Johnson School-Based Health Center	212.860.5812	176 East 115th Street, New York, NY 10029
Sidney Hillman/Phillips Family Practice	212.206.5200	16 East 16th St., New York, NY 10003
Stevenson Family Health Center	718.589.8775	731 White Plains Rd., Bronx, NY 10473
Sydenham Family Health Center	212.932.6500	264 West 118th Street, New York, NY 10027
The IFH Center for Counseling at ASC	646.741.9100	64 West 35th St., New York, NY 10001
The IFH Center for Counseling at Frisby Avenue	718.239.1610	2590 Frisby Avenue, 1st Floor, Bronx, NY 10461
Urban Horizons Family Health Center	718.293.3900	50-98 East 168th St., Bronx, NY 10452
Walton Family Health Center and Center for Counseling	718.583.3060	1894 Walton Avenue, Bronx, NY 10453
Washington Irving Campus School-Based Health Center	646.654.0640	40 Irving Place, Room 422, New York, NY 10003

<i>Name</i>	<i>Phone Number</i>	<i>Location</i>
WOMEN'S AND REPRODUCTIVE HEALTH SERVICES		
Book of Choices	Visit website for specific location number	See website for local locations: http://www.bookof-choices.org/
Boro Hall Center	212.965.7000	44 Court Street, 6th Floor, Brooklyn, NY 11201
Margaret Sanger Center	212.965.7000	26 Bleecker St., New York, NY 10012
Planned Parenthood		
Staten Island Center	212.965.7000	23 Hyatt St., Staten Island, NY 10301
The Bronx Center	212.965.7000	349 East 149th Street, 2nd Floor, Bronx, NY 10451
DENTAL SERVICES		
Columbia University Dental Center	212.305.6100	622 West 168th Street, New York, NY 10032
Family Health Center of Harlem	212.423.4400	1824 Madison Avenue, New York, NY 10035
Heritage Healthcare Center	212.862.0054	1727 Amsterdam Avenue, 4th Floor, New York, NY 10031
NYC College of Technology Dental Hygiene Clinic	718.260.5074	300 Jay Street, 2nd floor, Brooklyn, NY 11201
NYU Dental School	212.998.9872/00	345 East 24th St., New York, NY 10010
NYU Lutheran Department of Dental Medicine	718.630.6875	150 55th Street, Brooklyn, NY 11220
Stevenson Family Health Center	718.589.8775	731 White Plains Rd., Bronx, NY 10473
Walton Family Health Center	718.583.2700	1894 Walton Avenue, Bronx, NY 10453

Nutrition

Finding fresh and affordable healthy food options can be a challenge in New York City. GrowNYC's Greenmarkets create a middle pathway for both fresh and affordable foods located across the five boroughs. Additionally, every Greenmarket accepts SNAP benefits.

Greenmarket Farmers Markets

Greenmarket was founded in 1976 with a two-fold mission: to promote regional agriculture by providing small family farms the opportunity to sell their locally grown products directly to consumers, and to ensure that all New Yorkers have access to the freshest, most nutritious locally grown food the region has to offer. Today, their programming includes Greenmarket Co., Youthmarket, Fresh Food Box, and the Wholesale Greenmarket.

Visit one of the 50+ Greenmarkets and 18 Youthmarkets, including the flagship Union Square Greenmarket. To view a listing of all markets, go to: <http://www.grownyc.org/greenmarket/ourmarkets>.

Using SNAP Benefits at Greenmarkets

Follow the instructions below to use an EBT card (Electronic Benefits Transfer - the electronic benefits card through the SNAP program) at Greenmarkets.

1. Find out which market is most convenient to you.
2. Visit the market information tent and look for the Market Manager. They will be wearing a GrowNYC t-shirt.
3. The manager will swipe your food stamp/EBT card so you can purchase as many \$1 or \$5 wooden tokens as you need. These tokens will act as cash at the market.
4. The manager will give you \$2 in Health Bucks for every \$5 you spend on your EBT card. Health Bucks can be spent on any fresh fruits and vegetables at the farmers market.
5. Spend your tokens at any farm stand that sells EBT-eligible items (no alcohol or non-food products such as cut flowers).

The tokens don't have an expiration date! Keep unused tokens and spend them next time you shop at a Greenmarket. Unused tokens may also be exchanged for a refund back onto your EBT card.

Health Bucks

Health Bucks are paper vouchers, worth \$2 each, developed and distributed by NYC Health Department District Public Health Offices that can be used to purchase fresh fruits and

vegetables at participating farmers markets. Spend \$5 using an EBT card at a farmers market and receive a \$2 Health Buck. All farmers markets that accept SNAP benefits will give one Health Buck coupon to each customer for every \$5 spent using EBT.

To learn more about Health Bucks, go to: <http://www.grownyc.org/greenmarket/ebt/healthbucks>.

Community and School Gardens

Starting in 1975, GrowNYC began building and sustaining community gardens, urban farms, school gardens, and green infrastructure across New York City. In 2018, GrowNYC built its 100th community garden, and they support hundreds more through tool loans, volunteer days, technical assistance, their annual plant sale, and much more. For assistance joining a community garden in your neighborhood, email GrowNYC: <http://www.grownyc.org/about/contact>, or to find a garden near you, visit <https://www.grownyc.org/gardens>.

Grow to Learn is GrowNYC's citywide school garden initiative that was established in partnership with The Mayor's Fund to Advance NYC in 2010. Working alongside partners from NYC Parks' Green Thumb division and the NYC Department of Education's Office of School Food, Grow to Learn inspires, facilitates, and promotes the creation of a sustainable school garden in each and every public school across New York City. For more information on Grow to Learn, go to: www.growtolearn.org.

Recycling

GrowNYC's extensive recycling program, Zero Waste (funded by the NYC Department of Sanitation) has multiple opportunities to help New Yorkers tread a bit lighter on the earth. You can recycle old clothes, drop off food scraps so they become compost, or get rid of or gain gently used items at one of our very popular stop and swaps! More here: <https://www.grownyc.org/recycle>

V.

Personal Finance Management

This section provides you with tips to manage your financial resources and offers practical budgeting techniques to keep you afloat throughout your service term. Living on a service year stipend will teach you a lot about budget control and responsibility. Additionally, tips from NYC Service Year alumni are presented to help you visualize some real-life challenges and successes that can come with living on a stipend.

Budgeting

Throughout your NYC Service Year term, budgeting is a necessity. It is also important to consider personal finance choices for your post-service transition as you plan for potential gaps in employment, moving to a new place (or staying where you served!), cost of living, or becoming a student.

- Create a budget to estimate costs for the first few months of your NYC Service Year term. Research budget templates or use free online resources like www.mint.com to make a plan for how you will pay expenses during (and after) your NYC Service Year.
- Set up an emergency fund, which is a fund where you can put aside between three and six months-worth of post-tax income in case of an emergency. A strategy for not spending from this fund is to set it up in a different account from the accounts you use to pay expenses.
- Seek out resources like the IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) programs, which offer free tax help for taxpayers who qualify. Information on the programs can be found at: <http://www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers>. Additionally, AARP offers tax aid and information that can be found at http://www.aarp.org/money/taxes/aarp_taxaide.
- IDNYC cardholders can use their card as primary ID to open a bank or credit union account at one of several financial institutions across New York City. Other financial institutions accept it as a secondary form of ID. Visit nyc.gov/IDNYC for more information.
- Access member discounts if you join AmeriCorps Alums after your service term. For an up-to-date listing of discounts, see the AmeriCorps Alums website at: <http://www.americorpsalums.org>. Some of these discounts are available to currently serving AmeriCorps members.

50/20/30 Budget

The 50/20/30 budget has a simple concept that is easy to follow. It is credited as U.S. Senator Elizabeth Warren's rule. Like all budgets, they are most successful when you make consistent contributions to the proposed schedule. The 50/20/30 rule can be malleable. The main concept is that you identify a set amount each pay period that should be designated to your essential needs. For NYC Service Year members, it may be hard to include a 20% savings component with such limited funds. So your budget might actually reflect 70%-Essentials and 30%-Personal Choice. Remember, a budget is supposed to help you manage your finances, so whatever model you end up choosing, be consistent. Below is the breakdown of the 50/20/30 budget rule. Check out each section to help you determine your essential and non-essential expenses.

50% of Your Income – Essentials

Expenses that you cannot live without

- Rent
- Food
- Cell phone
- Bills

20% of Your Income – Financial Obligations

Paying down debt or saving for things that you need but you can live without

- 401K
- Tuition
- Emergency fund
- Future housing purchases

30% of Your Income – Personal Choices

Voluntary expenses that improve your lifestyle

- Gym memberships
- New clothes
- Social outings

Determining essential and non-essential needs is not always easy, and often changes with age. Think deeply about what you absolutely need and then use this model to help organize the allocation of your remaining funds.

Financial Empowerment Tools

The NYC Department of Consumer Affairs Office of Financial Empowerment (OFE) works to educate, empower, and protect New Yorkers and their communities so they can improve their financial health and build assets. OFE offers several resources that may be helpful to you during your service term. Please review the following innovative programs and products that can help you even after your service term is complete.

Financial Empowerment Centers

The NYC Financial Empowerment Centers offer FREE, one-on-one financial counseling and coaching to help you manage your budget, tackle debt, save for the future, open a bank account, improve credit, and much more. Financial counseling is free and confidential, and professional counselors speak multiple languages.

You can call 311 to schedule a free one-on-one financial counseling appointment or visit nyc.gov/consumers for more information.

NYC Direct Deposit

The NYC Direct Deposit program promotes direct deposit as the faster, safer, and less expensive payment option for employers and employees. Employers can benefit from reduced operational costs while employees get a free checking account for directly depositing their pay.

- NO monthly fees
- NO overdraft option for debit card purchases or ATM withdrawals
- NO or LOW minimum balance requirements
- FREE online banking and bill pay
- FREE in-network ATM withdrawals
- Easy sign-up process

To sign up for an account or to learn more about the program, please visit the Department of Consumer Affairs website at: <http://www1.nyc.gov/site/dca/partners/programs.page>.

NYC SafeStart Account

The NYC SafeStart Account is a safe and affordable starter savings account available for New Yorkers. The NYC SafeStart Account special features include:

- No overdraft fees
- No monthly fees, provided a minimum balance is met

- Minimum balance requirements are \$25 or less
- ATM card for withdrawals (Note: It is NOT a debit card)

Please visit <http://www1.nyc.gov/site/dca/partners/programs.page> for more information.

NYC Free Tax Prep

NYC Free Tax Prep provides free tax filing services so New Yorkers can claim valuable tax credits and avoid paying high fees. The program also provides helpful tips during tax time. Please visit nyc.gov/taxprep or call 311 for more information on filing your taxes safely and for free.

Note: Some sites are open year-round, in addition to being open during the tax season. The criteria for the 2018 tax season are listed below.

File Online:

To use this service, you must earn \$66,000 or less in 2017, have a valid email address, and know your 2016 Adjusted Gross Income (AGI) or Self-Select PIN.

- The online service is quick, easy, and secure.
- Step-by-step instructions help you claim deductions and credits like the Earned Income Tax Credit (EITC) and NYC Child Care Tax Credit (NYC CCTC).
- <http://www1.nyc.gov/site/dca/consumers/file-your-taxes.page>
- Experts are available by phone to answer questions.

File in person at your local NYC Free Tax Prep site:

For most sites, income of \$54,000 or less in 2017.

- IRS certified VITA/TCE volunteer preparers help you claim deductions and credits like the EITC and NYC CCTC.
- Some sites let you drop off your tax documents and pick up the completed return later.

VI. Housing Resources

This section will provide you with some information for housing resources and services. Housing in New York City can be expensive and frustrating when you are trying to find a place that meets all your needs. However, there are some resources that are available to help lower the cost, including room shares and NYC Housing Connect. This section also includes information to address and resolve emergency housing situations such as impending evictions.

Room Share Websites

Trying to find an affordable place in NYC can be a daunting task. Past AmeriCorps members have found that room shares help cut the cost for housing in the City. These websites are recommended by local AmeriCorps members to locate roommates, and they are free. Be cautious and smart when looking for housing as there are scams and several unlicensed real estate brokers.

[Craigslist.com](#)

Craigslist has a series of housing listings for room shares and apartment leasing across New York City. Often, third parties list the housing opportunities on behalf of the landlord. Make sure you do ample research on any property you are interested in, and get the landlord's contact information, so you can be certain the property is indeed available. If you want to view the property in person, it is recommended that you bring a friend or family member.

[spareroom.com](#)

SpareRoom helps you find rooms, sublets, and roommates in the New York City area. You can search for your perfect room across the five boroughs.

[padmapper.com](#)

You can find apartments within your price range across New York City and other areas. It captures all the listings in the area that have been posted through various websites and their photos, with precise map location.

[matchpad.com](#)

Matchpad uses Facebook profiles and its algorithm to create roommate matches. It is a community of renters, roommates, and landlords that provides a safe and social environment for people to find a place to live.

easyroommate.com

This website helps match roommates who share the same interests and price range. Room seekers have to create a profile that includes a brief biography and the date they prefer to move in. Their profiles are then searchable and advertised on the website to help match to a potential roommate. Room offers are also searchable and promoted on the website.

nakedapartments.com

Naked Apartments enables you to filter your apartment search by neighborhood, rent, fees, amenities, and much more. It also provides helpful resources for apartment hunters.

Gypsy Housing NYC (Facebook group)

Gypsy Housing is a Facebook group that allows individuals to review and make postings for housing opportunities. If you wish to make a post, you will need to join the group and get approved. Typically, room seekers post a small biography about themselves and their housing preferences, which then connects them to potential roommates. Furthermore, several people post room shares that need to be filled and you can message them directly on Facebook for first dibs. There is also a Gypsy Housing Brooklyn Facebook group.

[Landlordwatchlist.com](http://landlordwatchlist.com)

A listing of the 100 worst landlords to rent from in NYC complete with property maps.

Keep in Mind When Looking for an Apartment in NYC:

- Get a copy of the New York State Tenant's Rights Guide online https://www.hud.gov/states/new_york/renting/tenantrights or in hard copy.
- Don't agree to live somewhere before you've seen the place for yourself.
- Never live somewhere without first signing a contract that you and the landlord have on file.
- Keep your NYC Service Year site location in mind. If you can avoid a 1.5 hour commute, then do so!
- Consider what percentage of your income is going to rent and how realistic that is for your budget.

NYC Housing Connect

The NYC Department of Housing Preservation and Development (HPD) builds and preserves affordable housing throughout the five boroughs. HPD and its partners use City subsidy and other financing tools to make these apartments affordable to low-, moderate-, and middle-income individuals and families.

Through NYC Housing Connect (nyc.gov/housingconnect), you can learn how to apply for affordable housing lotteries, view lotteries currently open for applications, set up a profile, and submit applications for your household.

HPD also partners with community-based service providers in New York City who help New Yorkers prepare and apply for affordable housing. To find a Housing Ambassador near you, please visit nyc.gov/housing-ambassadors.

To access a list of NYC Housing Development Corporation-financed developments that are currently accepting applications for available apartments go to: www.nychdc.com/pages/Now-Renting.html.

VII.

Exploring NYC

General Websites & Mailing Lists that NYC Service Year Members Recommend

- <https://www.reddit.com/r/nyc/>
- <https://www.timeout.com/newyork>
- <http://nymag.com/>
- <https://www.nycgo.com/> - Sign up for the NYCgo newsletter to get exclusive updates and offers on Broadway, dining, attractions and more from the NYC Official Guide.
- <https://theskint.com/> - The Skint will give you daily emails on what's coming up in NYC that's free and/or cheap. Everything from extended happy hours and pub crawls to free art exhibits and lectures. It's worth combing through it every day.
- <http://brokelyn.com/> - Live in Brooklyn? Get familiar with this resource.
- <https://www.nonsensenc.com/>
- <https://www.nytimes.com/> - The New York section features restaurants and daily events happening across the city.

NYC Guidebooks

- *The Brooklyn Experience: The Ultimate Guide to Neighborhoods & Noshes, Culture & the Cutting Edge*, by Ellen Freudenheim
- *Not For Tourists Guide to New York City 2018*, by Not For Tourist
- *Lonely Planet New York City (Travel Guide)*, by Lonely Planet
- *2017 New York City Restaurants*, by Zagat Survey
- *MICHELIN Guide New York City 2018: Restaurants*, by Michelin

Affordable Food Recommendations

Affordable Restaurants

Here's a brief list of resources to find the best restaurant deals, but don't be afraid to dive into your neighborhood's food scene. It's likely to provide cheap and authentic options. Check out Timeout NYC for some tips. Additionally, when you're tired of \$1 pizza and other cheap treats, joining a CSA (Community Supported Agriculture) can be a great way of getting cheap, fresh produce.

- Join a CSA: <http://www.justfood.org/csaloc>
- 60 Cheap Eats: <http://ny.eater.com/maps/cheap-eats-nyc-mapped>; you can also sign up for the Eater New York newsletter.
- NYC Restaurant Week: <http://www.nycgo.com/restaurant-week>; Restaurant Week is a twice-yearly celebration of dining throughout New York City, with Winter and Summer menus.
- Groupon NYC Restaurant Deals: <https://www.groupon.com/local/new-york-city/restaurants>
- The 20 Best Spots for Cheap Eats in NYC: <https://www.thrillist.com/eat/new-york/best-cheap-eats-in-nyc>

Eating In

- Making grocery lists and sticking to them are a must for NYC Service Year members. Planning your meals can make all the difference when it comes to living on the stipend. Find some inexpensive staple recipes (pasta, recipes based on rice, beans, etc.) and make variations so you don't get bored. If you can buy things in bulk, go for it, but only if you'll use it.
- Check out Chinatown markets for cheap produce, rice, and tofu.
- If you're in Brooklyn or don't mind the commute, look into joining the Brooklyn Food Co-op.
- If you want to purchase a rice cooker, blender, homebrew kit, or coffee maker, check out thrift stores before you pay full price.
- Check out the Good and Cheap Cookbook by Leanne Brown, available to download for free: <https://cookbooks.leannebrown.com/good-and-cheap.pdf>

Entertainment

- Check MoviePass for a monthly subscription plan that makes sense for your budget to see movies at a discount in theatres throughout New York City. <https://www.moviepass.com/>
- Take the Staten Island Ferry to see an amazing view of the city for free!
- Central Park and Prospect Park (which has nature trails and a lake you can swim in) are great places to explore. Also, check out smaller parks and some of NYC's scenic cemeteries and architecture. Greenwood Cemetery in Sunset Park is a large, tranquil space that you can visit on your own or with a tour group.
- Visit the 9/11 Memorial & Museum in Manhattan.
- Go to Chinatown! Tons of restaurants and shops.
- The Downtown Boathouse at Pier 26 in Manhattan hosts free kayaking on Tuesdays from May to October.

- Coney Island is a cheap center of entertainment for a day at the beach.
- Visit <https://www.nycgo.com/> for information on food and entertainment.
- In Queens, be sure to check out Astoria Park, Museum of the Moving Image, MoMA PS1 for summer concerts, the Steinway area for boutique shopping, and explore Broadway and 30th Avenue for great places to eat.
- Museums: Lots of museums have evening hours or days where admission is free/cheap. Check around depending on your interests.
 - Use this TripSavvy guide to New York City Museums: <https://www.tripsavvy.com/free-and-discount-nyc-museum-admission-1613168>
 - K2 FRIDAY NIGHTS at the Rubin Museum: Food and drink specials, plus free admission 6:00 to 10:00 PM.
 - The Brooklyn Museum hosts First Saturday every first Saturday of the month, which is a free open house for all art exhibits from 5:00 to 11:00 PM.
- For discounted theater tickets, check out <http://www.studentrush.org/>. If you sign up for their Will-Call Club, they have free tickets available, with a \$5 processing fee. Shows are sometimes hit or miss, but they're free!
- Also, the Theatre Development Fund offers discounted tickets for Broadway shows. Must be able to show proof you work for a nonprofit or government. <https://www.tdf.org/>
- Broadway Week/Off Broadway Week features 2-for-1 tickets.
- The Brooklyn Brainery offers classes in literally everything. Classes range from \$7 to \$75 and include everything from Thai cooking to anatomy and physiology lectures.
- If you're not already registered with Groupon and Living Social for the NYC area, now's the time. These websites can provide cheap tickets to events, tours, and alternatives to gym memberships, along with much more.
- Live music: To find current shows check out <https://www.bandsintown.com/cities/new-york-ny> and <https://www.ohmyrockness.com>.
- Go to meetup.com to find social groups and outings that you may want to join. They are free to join and offer many diverse opportunities across New York City.
- Everfest.com is your complete guide to festivals across the five boroughs.

Transportation

Your NYC Service Year experience may take you to different parts of the city, so it's good to have a sense of New York City's transportation system. MTA subways, buses, and railroads provide 2.73 billion trips each year to New Yorkers. The MTA has its own website at <http://www.mta.info/>, where you can check for schedules, maps, and service advisories.

Good MTA Apps

- CityMapper
- Moovit
- Transit
- BusBus NYC
- Exit Strategy
- KickMap NYC
- MYmta

Transportation Outside of NYC

Going out of town for the weekend? Here are some cheap transportation options:

- Buses
 - Bolt Bus - goes to several cities across the United States (offers Wi-Fi and charging stations on bus), <https://www.boltbus.com/>
 - Greyhound - goes to several cities across the United States, <https://www.greyhound.com/>
 - Megabus - goes to several cities across the United States (offers Wi-Fi and charging stations on bus), <https://us.megabus.com/>
- Trains
 - Amtrak - train service across the United States, <https://www.amtrak.com/>
 - Long Island Railroad - train service to Long Island, <http://www.mta.info/lirr>
 - Metro-North Railroad - train service to parts of upstate New York and Connecticut, <http://www.mta.info/mnr>
 - New Jersey Transit - train (and bus) service across New Jersey, www.njtransit.com
 - PATH - train service to New Jersey, <http://www.panynj.gov/path/>

VIII.

Volunteer Opportunities

As you progress through your NYC Service Year term, you may want to explore other volunteer opportunities to fulfill your personal service goals. Or, you may find that your term is ending and you need more hours. This section provides a subset of the many organizations that readily offer or promote volunteer opportunities.

NYC Service - <https://nyc.gov/service>

NYC Service's website serves as a platform to learn about diverse volunteer resources, opportunities, and service events across New York City. Hundreds of organizations partner with NYC Service to promote volunteer opportunities on the website, which allows you to perform a targeted search by selecting filters for interest, region, skillset, and date. You can tailor your service interest to specific or general skills as well.

New York Cares - <https://www.newyorkcares.org/>

As a New York Cares volunteer, you'll be on the front lines of creating positive change in our city. They provide a multitude of opportunities for service, including helping disadvantaged teens go to college, restoring neglected community gardens, and helping recent immigrants speak their first English conversations. With the assistance of volunteers, they impact over 400,000 disadvantaged New Yorkers every year.

Volunteer Match - <https://www.volunteermatch.org/>

Volunteer Match connects people and organizations that want to create change. They post several opportunities in multiple focus areas where service members can participate. Getting started is easy; you can create a profile with your Facebook or LinkedIn page, and then select opportunities that align with your interests. Volunteer Match has helped match 14 million volunteers and works with over 120,000 organizations throughout the US.

Idealist - <https://www.idealists.org/>

Idealist seeks to close the gap between intention and action by connecting people, organizations, ideas, and resources. They work with over 120,000 organizations and post volunteer, fellowship/internship, and work opportunities. Simply go to their website and click on the Volunteer tab to see the many opportunities.

Hunger Free America - <http://www.hungerfreeamerica.org/hunger-free-nyc>

Hunger Free America seeks to eliminate the struggle against hunger, where 40 million

Americans are affected. They provide higher impact volunteer work, where volunteers can use their professional skills at anti-hunger organizations or to advocate for higher wages to make hunger free America a reality.

NYC Parks - <https://www.nycgovparks.org/opportunities/volunteer>

Join the thousands of New Yorkers who help keep the City's parks and playgrounds clean and green. Find a program, upcoming volunteer event, or partner organization in your community where you can offer your service. You can volunteer with NYC Parks to help restore natural areas, care for trees, and monitor wildlife in our city's parklands. Or, help grow and protect New York City's natural areas and tend to street trees at upcoming volunteer meetups in neighborhoods most in need of care. You can also join other New Yorkers in the local parks and playgrounds to help plant flowers, paint benches, weed, and rake leaves.

GrowNYC - <https://www.grownyc.org/volunteer>

GrowNYC has many opportunities for volunteers to dig in and improve New York City's environment block by block and community by community. Volunteers must be 18 years of age or older. Greenmarket volunteers help with at-market promotions like cooking demonstrations, farmer support, and community outreach. Individuals must attend a Greenmarket volunteer orientation before volunteering with Greenmarket. Recycling volunteers conduct interactive recycling demonstrations, ensure proper recycling at major public events, facilitate community reuse events, and more.

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