

Neighborhood UPDATE



MAY 2023

THE MUNICIPAL HOUSING AUTHORITY FOR THE CITY OF YONKERS

A Letter from Wilson Kimball



May is Mental Health Awareness Month. Earlier this month Yonkers Mayor Mike Spano and officials gathered at City Hall to honor the National Alliance

on Mental Health and recognize the work they do. Did you know that 1 in 5 adults in America have a mental illness? That's more than 43 million adults. But despite this alarming statistic, treatment for those with mental health issues is sorely inadequate. Nearly 60 percent of adults with mental illness did not receive services during the past year, and nearly 50 percent of children age 8-15 did not receive services in the past year. African Americans and Hispanics fare even worse when it comes to treatment, using mental health services at half the rate of whites.

Unfortunately, the prevalence of people with mental illness not only impacts the mentally ill and their families, but society as a whole. Mental illness is behind the high rates of suicide, gun violence, domestic violence and homelessness. It even affects our

(Continued on page 2)



178 Warburton to Open Featuring New Playground

Construction on 178 Warburton The Ridgeway, the fifth phase of the former Cottage Place Gardens is complete and now open for rental.

The new building has 81 affordable apartments, a centralized TCB management office, a ground-floor Early Head Start program, and a large, centrally located open space. This open space provides play equipment for children, adult fitness equipment, a fully accessible meandering path from the west to east sides

(Continued on page 3)



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(Continued from page 1)

economy. Mental illness cost us \$193 billion in lost earnings every year.

What can we do? We can urge our elected officials to devote more resources to mental health. As a society, we need to do more to support people with mental illness. The stigma of mental illness prevents many people from seeking treatment. Together, we can fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness. Visit nami.org to learn more about how you can get involved.

Wilson Kimball

President & CEO

Municipal Housing Authority for the City of Yonkers



Mental Health in New York



1 in 5 U.S. adults experience mental illness each year.



2,802,000 adults in New York have a mental health condition.

That's more than **10X** the population of Buffalo.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **35.8% of adults in New York** reported symptoms of **anxiety or depression**.

20.2% were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In New York, **591,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

145,000 New Yorkers age 12–17 have depression.

New Yorkers struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **763,000 adults in New York** who **did not receive needed mental health care**, **36.1%** did not because of cost.

5.3% of people in the state are uninsured.



New Yorkers are over **10x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

4,102,718 people in New York live in a community that **does not have enough mental health professionals**.

Time for Spring Repairs. Inspections Now Underway.

You may be hearing from our team in the coming weeks. **Emy Vega**, Manager of Palisade Towers, Walsh Road and Flynn Manor; **Lou Egiziaco**, Superintendent of Palisade Towers, Walsh Road and Flynn Manor; and **Donna Adams**, Manager of Calcagno, Kris Kristensen, Troy Manor, Loehr Court, Curran Court, Martinelli Manor, Hall Homes and Seven Town Homes may be reaching out about apartment inspections.

It's spring and we at YHA are doing our spring cleaning. We are making lists of improvements to the properties we would like to make. We create these lists by doing inspections of units in order to make sure that everything is clean, safe and orderly. Many residents have gotten out of the habit of having routine inspections because of COVID. During COVID we were directed by HUD NOT to inspect units. Those two lost years have caused leaks to go unchecked, damage to go unrepaired and problems to go unresolved. It's time for us to get back out in the field and do what we do best — clean, maintain and manage our properties.

If you are having any kind of maintenance issue, please let our property management staff know so that we can correct it as soon as possible.



Emy Vega



Lou Egiziaco



Donna Adams

178 Warburton to Open Featuring New Playground

(Continued from page 1)

of the park, picnic areas, and a small synthetic lawn. Sixty-one parking spaces are provided for this phase in the parking garage located at 172 Warburton. Parking is provided to residents free of charge. Other tenant amenities include in-unit dishwashers, microwaves, and air conditioning, as well as a common laundry room and rooftop resident center with a community room, fitness room, and outdoor terrace.

Wilson Kimball, President and CEO of Yonkers Housing Authority, thanked The City of Yonkers, Mayor Mike Spano, The Community Builders and all the funders and partners involved in making The Ridgeway possible.

Mayor Spano said, "What was once a blighted 1940s era housing project is now a shining, new mixed-income development with 81 apartments, modern amenities, a new state-of-the-art Early Head Start Center, and a new playground with lots of open space for residents. Today we are building on the tremendous progress we have already made in transforming our city."

Recycling Guide Is Coming Soon

To save our planet and keep our homes tidy, we are asking that everyone recycle. To give you some guidance we will be distributing a new recycling guide in the coming weeks. Please be on the lookout for it. We urge you to read it and use for easy reference if you have questions.

Meet our New Service Coordinators



Shanese Gray, Service Coordinator for Troy Manor, Kris Kristensen, Flynn Manor and Loehr Court is a graduate of St. John's University in New Rochelle. Shanese has over 14 years of social work experience in substance abuse, mental health and special health care needs including working with the senior population. Shanese is eager to provide all of the needed services to assist with aging in place and improving the quality of life for her residents. She has been a part of the YHA/ROSS family since January 2023.



Dolores Rodriguez, Service Coordinator for Walsh Road, graduated with a bachelor's degree in psychology in 2006. Dolores has been working in the Social Service field since 2005 helping families, disabled people, and the elderly community. Dolores worked in a variety of settings, including Adult Protective Services, Domestic Violence, Case Management and Care Coordination. Multilingual, fluent in English and Spanish, with solid comprehension of cultural diversity, Dolores has been a member of the YHA/ROSS family since 2022.



Kayla Ureña is a bi-lingual Afro-Latina raised in New York and is service coordinator at Palisade Towers. She received both her Bachelor's degree in social work and Master's degree in clinical social work from Alliance University (formerly known as Nyack College). Kayla has seven years of social work experience having served individuals from 0-93 in a wide range of services, including kinship care. She has planned a number of youth and family events over the last four years for families throughout Westchester County.



Music or Art at Curran Court?

This new xylophone was recently installed outside of 2 Curran Court. Is it artwork or a musical instrument? Check it out!