

# Neighborhood UPDATE



FEBRUARY 2026

## THE MUNICIPAL HOUSING AUTHORITY FOR THE CITY OF YONKERS

### A Letter from Wilson Kimball



February is American Heart Month, a time dedicated to raising awareness about the leading cause of death in the United States. While the statistics can be sobering, the good news is that roughly 80% of cardiovascular disease is preventable through lifestyle changes.

I was glad to see that last month Feeding Westchester presented healthy cooking classes to our residents at Martinelli Manor, showing them how to prepare healthy meals on a smaller budget. It is part of an on-going effort by our service coordinators at various properties to plan programming aimed at promoting a healthier lifestyle.

An annual report reviewing programming at MHACY in 2025 showed that more of our residents were getting access to healthy food through food pantries and giveaways. Six additional food deliveries were added this year with over 21,000 residents participating.

More than 2,000 classes were held aimed at helping residents to reduce stress and improve mental and physical health. These included exercise, music, arts & crafts, yoga, meditation, and healthy cooking.

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### MHACY 2025: A Year of Activities, Education and Social Partnerships

MHACY residents in 2025 enjoyed social activities, educational programs, and more thanks to partnerships with government, community organizations, and the work of service coordinators, according to MHACY's 2025 Resident Services Report.

Whether they were learning to dance, participating in art & crafts, preparing healthy meals, or taking advantage of medical services, food pantries, and

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@mhacyonkers

mhacy.org

# Letter from Wilson

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Research shows that a healthier diet, more exercise and stress reduction techniques all help prevent heart disease, so thank you to our service coordinators for making this a priority.

## Tips for a Healthier Heart: *Improve Your Diet*

- Watch the Sodium: Aim for less than 2,300 mg per day (about one teaspoon of salt). Most salt comes from processed and “hidden” sources like bread and sauces.
- Choose Whole Foods: Focus on leafy greens, berries, nuts, and seeds.
- Switch Your Fats: Replace saturated fats (butter, red meat) with non-tropical liquid oils like olive, avocado, or canola oil.

Here’s a heart-healthy recipe to get you started on your goals.

## Roasted Sweet Potato & Black Bean Tacos

Fiber-rich, low-sodium, and very filling.

### Ingredients

- 2 Medium Sweet Potatoes (cubed) — Cheap, high in potassium to help manage blood pressure.
- 1 can (15 oz) Black Beans (rinsed and drained) — Fiber “sweeps” out cholesterol.
- 1 tbsp Olive Oil
- 1 tsp Cumin & 1 tsp Smoked Paprika — Big flavor without the salt.
- Corn Tortillas — Usually cheaper and lower in sodium than flour tortillas.
- Optional Toppings: A squeeze of lime, fresh cilantro, or a dollop of plain Greek yogurt (a great high-protein substitute for sour cream).

### Instructions

1. Roast: Toss the cubed sweet potatoes with olive oil, cumin, and paprika. Spread them on a baking sheet and bake at 400°F for 20–25 minutes until tender.
2. Warm the Beans: While the potatoes roast, rinse your black beans thoroughly (this removes up to 40% of the sodium). Heat them in a small pan with a splash of water and a pinch of pepper.
3. Assemble: Char your corn tortillas slightly over a gas flame or in a dry pan. Fill with the sweet potato and bean mixture.
4. Finish: Top with lime juice and cilantro.

### Wilson Kimball

*President & CEO*

*Municipal Housing Authority  
for the City of Yonkers*



# MHACY 2025: A Year of Activities, Education and Social Partnerships

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giveaways, MHACY residents engaged in activities that improved their lives in 2025.

“In 2025, residents continued to be more involved at their individual sites, including an increased participation at the site-based Tenant Council Meetings and suggesting various activities for implementation. MHACY strives to provide resources for residents to succeed academically, economically, emotionally, and socially,” said the report.

By coordinating with City, State, and local non-profit organizations, service coordinators from Family Service Society of Yonkers (FSSY) who work at MHACY’s various sites have been able to put together a full schedule of services for residents. Some of the partnerships include but are not limited to: Westchester Jewish Community Services (WJCS), Department of Social Services (DSS), United States of America Department of the Armed Forces (Army) Recruiters, Social Security Administration (SSA), Family Ties of Westchester Center, Feeding Westchester, United Way, Supplemental Nutrition Assistance Program (SNAP), CLUSTER Inc., Yonkers Community Action Program (YCAP), Yonkers Office of the Aging, Yonkers Police Department (YPD), Police Athletic League of Yonkers (PAL), Verizon, American Association of Retired Persons (AARP), Assurance Wireless, Life Alert, Bridge Fund, Local 210 Union, Sun River Health, St. John’s Hospital, Emblem Health, CDBG Food Program of Yonkers, Beth Abraham Nursing and Rehabilitation, Mobile Food Bank, Yonkers Public Library, Center for the Urban River at Beczak (CURB), Westchester Residential Opportunity, #VaxUPWestchester, Hynes Institute for Entrepreneurship & Innovation (Iona University; Westchester Medical Center (Mobile Unit) and Circuit of Yonkers.

“Without these government and local organizations

supporting us, we would not be able to do what we do to keep our residents healthy, safe, and engaged,” said MHACY President and CEO Wilson Kimball. “We thank them for the work they do every day to make life better for all of us.”

## Key Performance Data (FY 2024 vs. FY 2025)

The following table summarizes service delivery and resident engagement:

Service Category	FY 2024	FY 2025	Trend/Impact
Food Pantry Participation	15,397	21,337	Expanded by 6 new delivery sites.
Programs/Classes Offered	1,191	2,048	Significant growth in wellness/arts activities.
Youth Activity Participation	2,886	4,697	Strong engagement in PAL, camps, and tutoring.
Educational/Job Services	1,028	1,292	Increased focus on employment and tutorials.
Rent Arrears Assistance	1,240	503	Success in debt reduction via SC intervention.
Benefit Coordination	8,055	3,632	Lower numbers due to improved staff coordination.



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# MHACY 2025: A Year of Activities, Education and Social Partnerships

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## Hall Homes and Curran Court Celebrate Valentine's Day

Residents at Curran Court spent a cozy afternoon eating pizza and watching a Rom/Com on Valentine's Day. Hall Homes celebrated Valentine's Day with a Bingo game with special prizes awarded to the winners.



## Kudos to our Maintenance Crew

When temperatures dropped into single digits in recent weeks, our maintenance crew delivered pantry/food items to our seniors. Thank you.