Dr. Ariel Pablos-Méndez is a professor of Medicine at Columbia University Irving Medical Center (CUIMC) where he worked on multi-drug-resistant tuberculosis while still a fellow.

**Q:** How have you responded to the COVID-19 pandemic?

**A:** I volunteer in the fever and cough clinic established to relieve pressure on the emergency room. I have collaborated with Columbia colleagues to start a new serology clinic to test antibodies, starting with health workers who may have had COVID-19 last month. Given my background in health policy and global health, I have also devoted time to various strategic discussions on the best response to COVID-19.

**Q:** Are you adding efforts to end the outbreak?

**A:** I have been busy having strategic discussions with a business roundtable and members of Congress to accelerate the introduction of serology testing and the optimistic possibility of herd immunity, combined with home isolation, to end the outbreak. You may read my op-ed in The Hill or watch my interview with Newsy News.

**Q:** Have you read any good books or watched any inspiring shows during quarantine?

**A:** My wife and I did enjoy the Global Citizen’s all-star musical celebration, Together at Home.

**Q:** What advice would you offer residents in Upper Manhattan?

**A:** We all have a role to play and the community has been exemplary in Upper Manhattan and all of New York, including Gov. Andrew Cuomo. Stay safe, keep a safe distance, help others, and above all make sure elderly and sick patients stay isolated. We’ll get through this together!

Dr. Ana Capin is an assistant professor of Obstetrics and Gynecology as well as medical director of the NY Presbyterian/Ambulatory Care Network Family Planning Practice at CUIMC, where she has worked since 2003.

**Q:** After the crisis what will you do to help ensure that Columbia plays a greater role in promoting health and wellness in communities in Upper Manhattan?

**A:** It has been devastating to see the impact that COVID-19 has had on our community. So many of my friends, family and neighbors have fallen ill due to coronavirus. Our community has a higher prevalence because many residents of Upper Manhattan are essential workers or are unable to socially distance. Once infected they may be more at risk for complications due to underlying conditions. As a physician practicing in Upper Manhattan, I will continue to provide education and preventive care to keep my patients as healthy as possible. As an institution, we will also need to play a role in the rebuilding of our community and society as it’s more equitable with fewer disparities.

**Q:** Have you read any good books or watched any inspiring shows during quarantine?

**A:** I am re-reading The Great Influenza by John Barry. I was a history of science major in college, so this stuff is fascinating to me. It’s very important to see all the parallels between the influenza outbreak of 1918 and our current pandemic.

**Q:** What advice would you offer residents in Upper Manhattan?

**A:** First, I’d like to thank my neighbors who have been on the front lines—the grocery store clerks, the taxi drivers, the people working in our hospitals and nursing homes. The whole neighborhood is thickening our footprint so that we are better positioned to respond to the next crisis. We also need to rethink our physical ambulatory practice design and workflows to ensure that we are keeping our patients, staff, and faculty safe from contagious illnesses whether there is an active pandemic or the infrequent case of measles in the community. Everyone does an amazing job responding to the pandemic. Let’s take this opportunity to really make a difference in how we do our work, so the next pandemic doesn’t strain us as much.

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IN THE KNOW

Columbia's Response to COVID-19
by Maggie Barrows

To help address the crisis caused by the COVID-19 pandemic, Columbia University has taken a number of measures to support our neighbors and help ensure the resilience of the Upper Manhattan community during this difficult time.

- Columbia's qualifying local small businesses received rent waivers for April and May.
- The Columbia Neighbors website built a resources page for updates on COVID-19 from University experts, local news, virtual events, and more.
- The Columbia-Harlem Small Business Development Center at Columbia Business School is providing information, guidance, workshops, and more to help Upper Manhattan small businesses access the financial support they need to stay afloat.
- The Columbia Neighbors Food Relief Fund was established to bring together the extraordinary resources of the entire Columbia community to heighten awareness, raise funds, and deploy resources to address food insecurity in Upper Manhattan.
- As part of the Columbia Neighbors Food Relief Fund, the Office of Government and Community Affairs donated $25,000 to organizations fighting food insecurity in Upper Manhattan, including $10,000 for the Support Harlem Now Community Relief Fund.
- Current Bundles Community Scholars received a one-year extension to give them more time to access University resources that have been limited due to the pandemic.
- The University launched a Columbia Emergency Loan Fund for Small Businesses to provide low-interest loans of up to $50,000 to local storefront businesses and small-scale manufacturers.
- Columbia University Irving Medical Center is screening COVID-19 survivors for antibodies that could be used to treat others. The first plasma donation was collected on March 30. Interested individuals can learn more at neighbors@columbia.edu.
- 505 beds in five Columbia residence halls were made available to healthcare workers at NewYork-Presbyterian Hospital to help them avoid long commutes and the risk of infecting others. The Columbia Shuttles are available to carry workers residing on the Morningside campus to the hospital in Washington Heights.

Columbia Neighbors extends our wholehearted support and gratitude to the workers providing essential services during this time.

Columbia University Irving Medical Center

To receive a copy of the Neighbors Newsletter, contact the Office of Government and Community Affairs.

 опасности, ограничены поддержкой семейств, проживающих в Коммун-ити и Публичных Служб. Мы создали Academy of Clinical Excellence (Academy of Clinical Excellence). Vagelos College of Physicians and Surgeons (VPS) recognizes its faculty’s commitment to public service with the launch of the Academy of Community and Public Service (ACPS), which welcomed its first inductees this year. The new academy seeks to honor VPS faculty who have made substantial contributions to promote and improve community health in Upper Manhattan and the Bronx.

“We created the Academy of Community and Public Service as a way to formally recognize faculty who have dedicated themselves to this important aspect of our mission,” said Lee Goldman, MD, dean of the Faculty of Health Sciences and Medicine. “In addition, members of the Academy will serve as a corps of advisors and mentors who can support other faculty across the organization who have an interest in community service.”

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The ACPS joins other VPS academies that recognize the contributions of educators (the Virginia Appa Academy of Medical Educators) and clinicians (the Academy of Clinical Excellence). Vagelos is the first medical school in the country to establish an academy for community and public service.

The Academy was created through the new Office of Community Service Programs, which aims to build upon Columbia University Irving Medical Center's ongoing community service efforts to improve the health and education of adults and children in local communities. Under the direction of Rafael Lastigia, MD, the office has already held a range of community engagement and health promotion activities. Lastigia, professor of Medicine at CUIMC and associate dean for Community Service in VPS, was among the inaugural class.

School of Professional Studies Dean Jason Wingard Steps Down
by Maggie Barrows

Jason Wingard, dean of the School of Professional Studies (SPS), concluded his service at the end of the 2019-2020 academic year. He will remain Provost of Professional Studies in Human Capital Management.

During Wingard’s five-year tenure, the School of Professional Studies underwent significant growth and development, including renaming the school, formerly known as the School of Continuing Education, to align more closely with a philosophy that intellectual talent may surface in different forms and at different periods of life. Wingard also launched SPS’s inaugural Board of Overseers, substantially expanded degree and non-degree/credit certificate offerings, and guided the school through developing a research agenda. These efforts made double major’s degree enrollment and more than tripled the number of full-time faculty.

In May, it was announced that Troy Eggers, executive vice provost of the University, will serve as interim dean beginning July 1.

Campus Construction Updates
by Maggie Barrows

While many of the construction projects across Columbia's campuses have been suspended during the COVID-19 pandemic, some are still active. The list of active projects includes the new Columbia Business School on the Manhattanville campus and its associated below-grade space. Given current public health concerns, Turner Construction has implemented enhanced health and safety measures for workers on the Columbia Business School site, including temperature checks for individuals entering the worksite, staggered start and end times, requiring tradespersons and visitors to wear masks or other face coverings, and strictly maintaining six-foot distances between workers. Strict health and safety protocols will be required at other construction sites that may become active, including the Jerome L. Greene Science Center Aquillos Microscope project.

For more information about work still taking place on the Manhattanville campus, Columbia Business School construction, or implemented health and safety measures, email projx@columbia.edu.

Sonia Reece Retires, Olger C. Twyner III Named Executive Director of Community Impact

In January, Sonia Reece, executive director of Community Impact at Columbia University, retired, stepping down from her role after 30 years. She was honored for her time as executive director at the CI Annual Gala Auction on December 5, 2019.

Under Sonia’s leadership and with the support of 850 student volunteers each year, Community Impact grew to 25 service programs that serve over 12,000 individuals and families in Harlem, Washington Heights and Morningside Heights. The budget grew from $400,000 to $1.6 million, including multi-year grants from foundations and state and federal funders.

Interim Executive Director Olger C. Twyner III has been appointed to fill the role permanently. Prior to joining Community Impact, he worked as the executive director and president of Columbia’s Double Discovery Center and was the founding director of the Columbia Business School Community Collaboration. He has also held executive roles at Row New York and Xavier University of Louisiana. His background includes work in public interest law and he was the first African American to serve as a federal judicial clerk in Mississippi.
Stay Calm and Create a Daily Routine During the COVID-19 Crisis

by Judith Matloff

These are distressing times. Many of us still can’t go out to dinner, or to the movies or to see friends. We’re terrified of getting sick. How long is this going to last?

Along with the physical risks, we need to be vigilant of the virus’ psychological toll, what comes with social distancing and the potential fear of being ostracized for those infected. It’s important that we remind ourselves, and everyone around us, not to panic. We can’t control what’s around us, but we can control our responses.

If there’s one thing I’ve learned from covering wars, disasters and all manner of emergencies, we are part of a wider society and we each must do our part to maintain the calm. The best place to start is at home, keeping ourselves resilient and helping others around us—the elderly trapped at home, the neighbors who can’t take care of their children.

The first thing is to accept that this is the new normal, for as long as it lasts. We don’t know what a couple months will bring so don’t speculate about it. If you’re going to dwell on the worst-case scenario, come up with a contingency plan and focus on creating a routine to get through the days, one at a time. When worry strikes, take a deep breath and walk around the block.

Set a schedule for rising, meals and bedtime. Resilience thrives with proper nutrition, and rest. This is not the time to self medicate with drink or drugs. Get dressed as though you’re meeting people outside. Fill the day with projects and end it with pleasant rituals such as reading and catching up with friends over video. Build in time to exercise, from YouTube in the living room or outdoors. Consider what anchors and relaxes you—meditating, music, yoga or gardening. Watch funny movies. Steer clear of social media that makes you anxious and restrict news consumption, especially one hour before going to sleep. Start a journal.

Psychologists say the one thing most associated with emotional resilience is social connection and support. So set up a circle of friends and contact them daily. Check on your neighbors. Nothing beats doing something nice for others. And these days, we need something nice.

Judith Matloff is an adjunct professor at the Columbia Journalism School. She has taught safety training for journalists and news media worldwide. She is the author, most recently, of How to Drug a Body and Other Safety Tips You Hope to Never Need. Survival Tricks for Hacking, Hurricanes and Hazards: Life Might Throw at You.

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Poised to Practice: Dyckman Institute Scholar Makes Her Way in Medicine

by Gregg McQueen (Manhattan Times)

For Aury Garcia, opportunity has always been close. Growing up in Washington Heights, Garcia always had an interest in being a doctor and dreamed of attending Columbia University, but didn’t think it was within reach. "I thought, absolutely not," she said. "I’ve lived here most of my life," added Garcia, who was born in the Dominican Republic and moved to Upper Manhattan at age six. "I’ve really seen the lack of resources in the public schools and the need for social support services... It wasn’t something I could see myself being able to attain or afford."

Today, she is a graduate of Columbia’s Vagelos College of Physicians and Surgeons, "I was able to graduate with no debt," she noted. "It opened doors for me that wouldn’t have been opened otherwise."

The Dyckman Institute has its roots in the first school in Washington Heights and Inwood—the Hamilton Free School—as well as the Dyckman Library, which was created in 1943 awarded the scholarship to local students like Garcia, who is the first person in her family to attend college.

How long is this going to last? These are distressing times. Many of us still can’t go out to dinner, or to the movies or to see friends. We’re terrified of getting sick. How long is this going to last?
1 Harlem Grown Gets Healthy Food to Shelters

In April, Harlem Grown, a youth development organization serving Title 1 schools and low-income Harlem residents, partnered with Chef JJ Johnson of Fieldtrip Harlem to launch the HG Meals program, which provides hot, nutritious food to people who are in economic distress, including youth, families, and people living in shelters.

2 New York Common Pantry Offers Mobile Meals

The coronavirus pandemic placed a huge strain on food pantries in the five boroughs. Nearly one-third shut down as they struggled to feed the growing number of New Yorkers left jobless by the closing of thousands of businesses. Columbia Community Service grantee New York Common Pantry is now offering mobile meals to fight food insecurity, helping 5,000 of our neighbors since the pandemic began.

3 SoHarlem Creates PPE for NYC Hospital Workers

SoHarlem offers affordable workspace to creative entrepreneurs in Harlem and supports the development of designers of color. In response to the urgent need for personal protective equipment (PPE), the artisans of SoHarlem had their workspaces decontaminated to create a safe space for making hospital masks and gowns for New York City hospital workers.

4 Faces of the Frontline

An Instagram account and a website, Faces of the Frontline is a rapidly growing grassroots project that started at the end of March. The brainchild of Vibhu Krishna, a medical student at Columbia’s Vagelos College of Physicians and Surgeons, the project provides digital platforms for sharing stories from the COVID-19 frontline, as well as collecting words of affirmation to deliver to our healthcare heroes. Follow them on Instagram at @FacesOfTheFrontline.

5 User Research Lab Fellowship Continues

The User Research Lab (UXR) is an eight-week technology fellowship for formerly incarcerated citizens interested in gaining skills that make them competitive for user research technology jobs. Fellows participate in 18 hours of coding instruction taught by the Code Cooperative and in user-based research projects sponsored by Spotify and the Rainey Center. The fellowship, originally held in Columbia University classrooms, transitioned to virtual classes due to COVID-19. To learn more, visit safelab.socialwork.columbia.edu.

6 Hero of the Day

When the pandemic slowed down Carmelita Osborne’s work with incarcerated teens and young adults at Friends of Island Academy, she started to make dozens of care packages for homeless teens to help soften the blow of entering the shelter system. “Just because they are in jail, or they are in shelters, doesn’t make them any less important to society,” said Osborne.
IN THE MIX

7 Columbia Screens COVID-19 Survivors for Antibodies

COVID-19 survivor Diana Berrent was the first person in New York State to be screened for antibodies. A single COVID-19 survivor may be able to provide enough plasma to treat two or three other patients. “I feel incredibly lucky to have survived COVID-19,” said Berrent. “I strongly encourage people who have already had COVID-19 to consider being screened; it’s one of the most important ways to help other patients right now.” Image courtesy of Diana Berrent.

8 Empire State Building Hails Columbia Graduates

The Empire State Building lit up blue and white to celebrate Columbia University’s 266th Commencement on the evening of May 20, 2020. The lights also had a heartbeat effect in honor of those affected by COVID-19. “The Empire State Building image® is a registered trademark of ESRT Empire State Building, L.L.C. and is used with permission.”

9 P’LANTE Harlem Feeds Those in Need

Employees of P’LANTE Harlem filled food hampers for distribution to West Harlem residents as part of a collaboration with the Columbia University Office of Government and Community Affairs to provide food relief during the coronavirus pandemic.

10 Manhattan Borough President Virtual Town Halls Address Key COVID-19 Issues

Manhattan Borough President Gale Brewer moderates a discussion about bridging the digital divide during COVID-19 between Manhattan Community Board 11 Chair Nilsa Orama; Dr Desmond Patton, Associate Dean of Curriculum Innovation and Academic Affairs at Columbia School of Social Work; Silicon Harlem CEO Clayton Banks; and BetaNYC Executive Director Noel Hidalgo. Borough President Brewer has worked with Columbia Neighbors to hold five virtual town halls during the COVID-19 pandemic, covering the topics of contact tracing, small business relief, feeding New York, and supporting K-12 students as well as the digital divide. Watch all the town halls at neighbors.columbia.edu/virtualtownhalls.

11 LRYOH Hosts Open Air Food Pantry

The Living Redemption Youth Opportunity Hub (LRYOH) is a community-based initiative in Central Harlem housed at the Soul Saving Station For Every Nation. In collaboration with the NYC Food Bank, the NYC Young Men’s Initiative and the Department of Probation’s NeON Kitchen, LRYOH hosts an “open air” food pantry for community members every Wednesday and Friday from 1-4 PM. This initiative also provides paid community service for some of their active participants who help provide food to more than 600 people every day. Photo Credit: Rev. Maurice D. Winley.
The programs and services listed here include a number of Columbia's commitments to the local community as we build our Manhattanville campus. As part of these initiatives, the University has created an online hub dedicated to news and resources for our neighbors in Upper Manhattan. To learn more about our programs, services, and resources, please visit neighbors.columbia.edu.

Connecting Youth Initiative

The Connecting Youth Initiative (CYI) offers resources and supportive services to out-of-school and out-of-work youth ages 16-24 in the local community to help them re-engage with educational institutions, obtain a high school equivalency degree, and/or seek training for career readiness and job placement. Through strategic outreach and case management, CYI works with local youth and young adults to match them with service providers and referrals for skills training, internships, work-based learning and job placement opportunities with community-based organizations and Columbia University.

To learn more, call 212-854-4413 or visit gca.columbia.edu/CYI.

Columbia Employment Information Center

The Columbia Employment Information Center (CEIC) serves as the central community-based resource for local residents to apply for open positions at the University. The center provides a wide range of services, including in-person and online job readiness training, one-on-one job search counseling and assistance, and access to job listings at Columbia.

Contact: To learn more, call our 24-hour hotline at 212-851-1551.

Course Auditing

The Columbia University School of Professional Studies Manhattanville Course Auditing and Lifelong Learners programs provide adult community members not currently enrolled in college with the opportunity to audit select courses from the University's offerings in the Arts and Sciences free of charge. The Manhattanville Course Auditing program allows up to 50 residents of Manhattanville Houses & Grant Houses, and 25 residents of the local community to audit up to two courses per year. The Lifelong Learners Program provides up to 50 residents of Manhattanville Houses, Grant Houses, and the local community who are 65 and older to audit up to two courses per year.

To learn more about these programs, please call 212-854-5666.

Dental Health Screenings for Senior Citizens

The Eldersmile Program, part of the College of Dental Medicine’s Community DentCare Network, offers prevention, education, screening, and treatment services for seniors through mobile van visits to the General Grant Houses, Manhattanville Houses, and senior centers throughout Washington Heights, Inwood, and Harlem. Services also include diabetes and hypertension screening.

To learn more, call 212-305-1045 or visit dental.columbia.edu/about-us/community-outreach.

Free Dental Services for Preschool Children

The College of Dental Medicine offers free dental care and education for preschool-age children from the West Harlem area through the Mobile Dental Center, a program of the Community DentCare Network. The program aims to reduce dental decay and improve the oral health of Upper Manhattan’s underserved children.

To learn more, call 212-305-6398 or visit dental.columbia.edu/about-us/community-outreach.

Little Lions Sports Camp Scholarships

The University offers 25 need-based scholarships for children ages 6 to 12 from the Manhattanville area to attend Columbia’s Little Lions Camp. A scholarship comes with access to one week of sports. Applications must be filed with the West Harlem Development Corporation (WHDC).

To learn more, please contact the WHDC at 646-476-3394.

Arts & Cultural Event Space

Columbia can provide non-Columbia-affiliated local artists and cultural organizations with access to both indoor or outdoor spaces for programming such as information sessions, performances, special events, or presentations. Space is scheduled on a first-come, first-served basis, with priority given to Columbia and student activities. Fees depend on the space and University protocols.

To learn more, call 212-854-5800 or visit uem.columbia.edu.

A’Leila Bundles Community Scholars

Columbia offers independent, community-based scholars from Upper Manhattan free access to a range of University services and resources, including access to all University libraries, course auditing privileges, and the ability to meet with scholars in their field of study, participate in seminars, and attend social events developed specifically for the Scholars.

To learn more, visit gca.columbia.edu/communityscholars, call 212-854-5915, or email communityaffairs@gca.columbia.edu.

Athletics Clinics

The University’s varsity sports programs and the coaches of football, volleyball, basketball, soccer, swimming and track field, and tennis sponsor and participate in seasonal sports clinics for children from the local community. Clinics take place in Columbia facilities and throughout Harlem and Washington Heights.

To learn more, please call 212-254-2233, or visit perec.columbia.edu/sports-camps.

Housing Legal Assistance

Columbia provides funding for two NYC HPD-approved attorneys to offer Manhattanville-area residents anti-eviction and anti-harassment legal assistance. Contact Legal Services NYC directly to find out if you are eligible for this community benefit.

Visit legalservicescny.org or call 212-348-7449.

Columbia Wellness Center

Located on the ground floor of the Jerome L. Greene Science Center, the Wellness Center provides health resources to area residents. ColumbiaDoctors hosts community-based initiatives that train members of the Harlem community to become health advocates to prevent stroke and promote mental health.

The center also provides free cholesterol and blood pressure screenings, health insurance enrollment, weight counseling and other services. Please note that the Wellness Center is not a clinical practice.

To learn more, call 212-853-1146, email wellnesscenter@columbia.edu, or visit communitywellness.manhattanville.columbia.edu.

Shuttle Bus Service for Seniors and the Disabled

A free shuttle bus service is available to members of the local community who are disabled or 65 and older (including their attendants) through the ADA-accessible Intercampus Shuttle. The shuttle connects 96th Street, the Morningside campus, Manhattanville campus, the Medical Center and Harlem Hospital to subway stations at: 96th St. and Broadway 116th St. and Broadway 125th St. and Broadway Harlem Hospital Center (135th St. and Lenox Ave.)

Columbia University Irving Medical Center (168th St. and Broadway)

Shuttle bus service runs on a regular schedule throughout the day on weekdays, except on state and federal public holidays. Senior citizens and disabled passengers must show their Access-A-Ride, Reduced-Fare MetroCards, or Medicare cards, to access the service.

To learn more, visit transportation.columbia.edu, call 212-854-3382, or email transportationrc.columbia.edu.

Undergraduate Scholarships for Local Students

Every year, the Thompson-Muñoz Scholarship Fund serves up to 40 ad-eligible undergraduate students from the local community who are admitted to Columbia College and/or the Fu Foundation School of Engineering and Applied Science who need to meet their fully demonstrated financial need. Eligible students must undergo Columbia’s undergraduate admissions process.

To learn more, contact the Office of Undergraduate Admissions at 212-854-2522.

Community Impact

Community Impact serves individuals in need in the communities of Upper Manhattan while providing meaningful volunteer and leadership opportunities for students at Columbia University and Barnard College. Residents of Upper Manhattan can register for Adult Education programs, receive health and emergency referrals, and participate in tutoring/mentoring programs.

To learn more, visit communityimpact.columbia.edu or call 212-854-1492.

Double Discovery Center

The Double Discovery Center works with low-income, first-generation college-bound youth from Harlem and Washington Heights to help ensure their success to, through, and beyond college. We leverage and coordinate University resources to provide students with a comprehensive network of support that includes academic enrichment, college and career success, and healthy minds and bodies.

To learn more, visit doc.columbia.edu or call 212-854-3897.

CUIMC Student Run Clinics

Columbia University Irving Medical Center has five specialty clinics that serve our neighbors in New York City.

The Columbia-Harlem Homeless Medical Partnership (CHHMP) is a student-run clinic that provides free, quality medical care and health services to the homeless or uninsured community in West Harlem. (347-634-2212)

Columbia Student Medical Outreach (CSMO) provides free, high-quality healthcare to the uninsured and medically underserved population in Washington Heights and Northern Harlem. (347-688-6766)

Columbia University Care Access Project (ICCAP) is a student-run clinic that strives to increase access to care for all people by providing free medical services, prescriptions, and infection screening to the Washington Heights community. (646-991-1580)

The Asylum Clinic run by the School of Physicians and Surgeons Human Rights Initiative, provides pro bono medical evaluations to those seeking asylum in the U.S. The clinic is committed to developing a human rights-based approach to medicine. (ps-human-rights@cimc.columbia.edu)

The Q Clinic provides free primary care services for members of the LGBTQI community, especially those who are underserved, underinsured, or resource- and housing-insecure. (347-565-5042)

PROGRAMS AND RESOURCES
OUR ELECTED OFFICIALS AND COMMUNITY BOARDS

FEDERAL ELECTED OFFICIALS
Sen. Charles E. Schumer
757 Third Ave., Ste. 17-02
New York, NY 10017
Phone: 212-480-4430
TDD: 212-486-7803
Fax: 212-486-7695
schumer.senate.gov

Sen. Kirsten Gillibrand
780 Third Ave., Ste. 2601
New York, New York 10017
Phone: 212-658-6262
Fax: 212-688-7444
gillibrand.senate.gov

Rep. Jerrold Nadler (District 10)
204 Varick St., Ste. 669
New York, NY 10014
Phone: 212-367-7550
Fax: 212-367-7556
nadler.house.gov

Rep. Adriano Espaillat (District 13)
Harlem State Office Building
163 West 125th Street
New York, New York 10027
Phone: 212-663-3900
espaiatl.senate.gov

STATE ELECTED OFFICIALS
Governor Andrew M. Cuomo
State Capitol
Albany, NY 12242
Phone: 518-474-8590
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governor.ny.gov

State Sen. Brian Benjamin (District 30)
163 West 125th Street
Harlem State Office Bldg., Suite 912
New York, NY 10027
Phone: 212-222-7315
nyseate.gov/senators/brian-benjamin

State Sen. Robert Jackson (District 31)
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New York, NY 10034
Phone: 212-544-0256
nyseate.gov/senators/robert-jackson

Assembly Member Daniel J. O’Donnell (District 69)
245 W 104th St.
New York, NY 10025
Phone: 212-531-1609
manhattanbp.nyc.gov

Assembly Member Inez E. Dickens (District 70)
161 West 125th Street
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New York, NY 10027
Phone: 212-866-5809
nyseate.gov/mem/inez-e-dickens

Assembly Member Al Taylor (District 71)
New York, NY 10034
Phone: 212-234-1450
nyseate.gov/mem/al-taylor

Assembly Member Carmen De La Rosa (District 72)
210 Sherman Avenue
Ste A&C
New York, NY 10034
Phone: 212-544-2278
nyseate.gov/mem/carmen-de-la-rosa

LOCAL ELECTED OFFICIALS
Mayor Bill de Blasio
City Hall
New York, NY 10007
Phone: 212-788-5000
Fax: 212-788-2460
www1.nyc.gov/office-of-the-mayor

Public Advocate Jumaane Williams
1 Centre St., 15th Fl.
New York, NY 10007
Phone: 212-669-7200 (General)
Fax: 212-669-7250 (Oshundsmzur)
Fax: 212-669-4701
pubadvocate.nyc.gov

Manhattan Borough President Gale A. Brewer
431 West 125th Street
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Council Member Scott Stringer
1 Centre St.
New York, NY 10007
Phone: 212-669-1016
TTY: 212-669-3450
Fax: 212-669-2707
council.nyc.gov/district-3

City Council Speaker Corey Johnson
224 West 30th Street, Suite 1206
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council.nyc.gov/district-3

City Council Member Helen Rosenthal (District 6)
563 Columbus Ave.
New York, NY 10024
Phone: 212-873-0282
Fax: 212-873-0279
council.nyc.gov/district-6

City Council Member Mark Levine (District 7)
500 W. 141st St.
New York, NY 10031
Phone: 212-928-6814
Fax: 646-582-1408
council.nyc.gov/district-7

City Council Member Diana Ayala (District 8)
105 East 166th Street
New York, NY 10029
Phone: 212-828-9880
council.nyc.gov/district-8

Community Board 7
Represented the community between the Hudson River and Morningside/Ward’s islands.
250 West 87th Street
New York, NY 10024
Phone: 212-362-4008
office@cb7.org

Community Board 9
Represents the community between Fifth Avenue and Edgecombe Avenues from 80th Street to 85th Street.
201 East 86th Street
New York, NY 10028
Phone: 212-249-4935
info@cb9.org

Community Board 10
Represents the community between Fifth Avenue and Morningside/Edgecombe Avenues from 80th Street to 85th Street.
255 West 125th Street, 4th Fl.
New York, NY 10027
Phone: 212-740-3805
info@cb10.org

Community Board 11
Represents the community between Hudson River and Edgecombe Avenues from 155th Street to 166th Street.
160 Riverside Drive, 2nd Fl.
New York, NY 10032
Phone: 212-260-5600
info@cb11.org

Community Board 12
Represents the community between the East Harlem River and the Harlem River.
505 West 126th Street
New York, NY 10027
Phone: 212-480-4430
info@cb12.org

They Represent You ...
Barry J. Weinberg

Barry J. Weinberg (CC12) is the chair of Manhattan Community Board 9, which encompasses the West Harlem neighborhoods of Morningside Heights, Manhattanville and Hamilton Heights. He is a community organizer and Democratic activist in West Harlem and Morningside Heights. Elected chair in June of 2019, Weinberg is an advocate of empowering people and communities through old-fashioned grassroots, block-by-block organizing turbocharged by the power of social media.

Born in Indianapolis, Indiana, Barry moved to West Harlem in 2008, and currently lives on West 138th Street, nine blocks from where his grandmother grew up. While attending Columbia as an undergraduate, Barry was introduced to the power of social media. He currently lives on West 138th Street, nine blocks from where his grandmother grew up.

Throughout the COVID-19 pandemic, Community Board 9 has been working to ensure city, state, and private-sector responses to the pandemic are coordinated in West Harlem and are meeting the needs of the neighborhood’s most vulnerable residents. If you need assistance during the pandemic or have resources you would like to offer to assist the West Harlem community, please call Community Board 9 at (212) 864-6200.

COMMUNITY BOARDS

COMMUNITY BOARDS

NEW YORK CITY OFFICE OF THE MAYOR

BY MATTHEW ORAMA

BY MATTHEW ORAMA
Supporting Our Community

In light of recent events, Columbia University has created two new funds to support our neighbors.

Fight Hunger in Upper Manhattan
The Columbia Neighbors Food Relief Fund is bringing together the extraordinary resources of the Columbia community to heighten awareness, raise funds and deploy resources to address food insecurity in Upper Manhattan. Every dollar donated to the fund through the Medical Center Neighborhood Fund and the Columbia Community Service Food Relief Project will be used to support the program.

Learn more at neighbors.columbia.edu/foodrelief

Get Relief for Your Small Business
Columbia University created the Columbia Emergency Loan Fund for Small Businesses, a relief program that will disburse working capital to assist Upper Manhattan small businesses struggling as a result of the coronavirus pandemic. Low-interest loans will be available to help small-scale manufacturers and businesses that need to pivot their offerings in response to COVID-19.

Learn more at neighbors.columbia.edu/smallbusinessloans

Let’s start your success story together.

The Columbia-Harlem Small Business Development Center (SBDC) offers resources, mentorship, and programs for small-business owners and entrepreneurs in the Harlem and South Bronx neighborhoods at no cost to the entrepreneur.

Columbia Business School

For more information, email us at sbdc@columbia.edu or visit us at columbia.business/chsbdc.

Connect with us at @neighbors.columbia.edu  @neighborhub  @neighborshub  @neighborshub