



Liz Krueger

STATE SENATOR | 28th District



Dear Neighbor,

I am so pleased to be able to wish everyone a Happy Thanksgiving. In this trying period in the history of our nation and our planet, it is important to take time out to consider the ways in which we are fortunate, to practice gratitude, and to reflect on how we can help expand the circle of wellbeing to include more of our neighbors.

For those looking for volunteer opportunities, [click here for an extensive list](#). One excellent place to [volunteer](#) is the Food Bank for NYC, which I'm very proud to have helped establish many years ago. The Food Bank is one of many hunger related organizations in need of [donations](#) at this time.

As we enter the holiday season, my office always receives many calls asking about Thanksgiving-specific meal programs. Please see the resources below for Tuesday, November 25th - Friday, November 28th. Not all of these locations are in the district but are accessible via public transportation.

Tuesday, November 25th:

- New York Common Pantry (NYCP) will offer a sit-down or take-away hot meal Monday to Friday from 2:30pm - 3:30pm and brown bag meals to go on Saturday and Sunday from 2:30pm - 3:30pm at 8 East 109th Street (between 5th and Madison Avenues). You can contact them at (917) 720-9700 or communications@nycommonpantry.org. NYCP is also seeking volunteers (must be at least 16) and anyone interested can sign-up [via their website](#).
- The Urban Outreach Center offers dinner from 5:30 pm to 6:30 pm on Tuesdays, at 1745 1st Avenue (between 90th and 91st Streets). The Center also offers a Market-Style Panty on Wednesdays and Fridays from 9am-1pm. You can contact them at (212) 288-6743 or email at Info@UOCNYC.org, or visit them at <https://www.uocnyc.org/programs>. They also accept volunteer application and donations.

Wednesday, November 26th:

- Church of the Epiphany will offer their usual Wednesday dinner program from 6pm - 7:30pm. The Church is located at 351 East 74th Street (between 1st and 2nd Avenues). Volunteers and donation are accepted--contact the Church by phone at 212-737-2720 or info@epiphanynyc.org.

Thursday, November 27th:

- The Bowery Mission offers a traditional Thanksgiving meal with festivities and live music for breakfast and lunch. Breakfast will be served from 8am - 9am and lunch will be served from 11:30am - 4pm at 227 Bowery (between Rivington and Stanton Streets). Indoor and outdoor seating will be available. You can contact them at (212) 674-3456. For those wishing to donate, please visit <https://mybowery.org>.
- Hudson Guild's Older Adult Center will be hosting a sit-down hot meal at

11:30am at 119 9th Avenue (between 17th and 18th Street). You can reach them at (212) 760-9800 or by email at oacnewsletter@hudsonguild.org.

- Goddard Riverside has a sit-down Thanksgiving meal from 12pm – 3pm located at 593 Columbus Ave (between 88th and 89th Streets). The doors open at 11:00 am. You can contact them at (212) 873-6600, or visit <https://goddard.org/holiday/>.

Friday, November 28th:

- Crossroads Community Services will be distributing warm holiday meals on Friday. The pantry provides ongoing meals: hot breakfast on Sundays, Mondays and Wednesdays from 7:45am - 8:45am; brunch to go on Saturdays from 10am-11am; and dinner to go daily from 5:30pm to 6:30pm. They also operate a Pantry on Thursdays from 9:30am-12:45pm by appointment only. Contact them at 212-378-0234 or pantry@crossroadsnyc.org. All meals are carry-out and distributed at 108 East 51st Street (between Park and Lexington Avenues).

Please find additional food resources at plentifulapp.com, the [NYC Food Bank's Find Food map](#), and [Food Help NYC](#).

Below you will find governmental updates, recent actions by the Trump Administration impacting New Yorkers, and upcoming events and other useful information affecting our district.

As always, if you have any questions or need assistance, please email or call my office at lkruieger@nysenate.gov or 212-490-9535.

Liz Krueger
State Senator

What's In This Newsletter?

Governmental Updates:

- Update on Trump Administration Impacts
- Testimony Opposing Con Ed Rate Increases
- Testimony Opposing City Council Bills on Short-Term Rentals
- Statement On DEC Approval of NESE Pipeline Permit
- Bill McKibben, Advocates, Legislators Call on Governor to Stop Climate Polluter Handouts in her Executive Budget
- Meeting Young Constituents -- Visits to Schools
- Senator Krueger's Virtual Older Adult Roundtable Series

Helpful Information

- Facts About Federal Cuts to Medicaid
- F and M Trains Will Swap Routes Between Manhattan and Queens Starting December 8th

Community Updates:

- Virtual Event from Weill Cornell on Hearing Changes with Aging

Update on Trump Administration Impacts

Below is a very small sample of actions the Trump Administration has taken that have had concrete, negative impacts on New Yorkers. Click on the links for more details. Here is some of what the Administration has been up to:

- A [new report](#) from Governor Hochul's office has found that President Trump's unprecedented tariffs are effectively imposing on New Yorkers a 21% tax on imported goods, costing New York households an average of \$4,200 annually, and putting half a million jobs at risk. The chart below, from the Tax Foundation, shows the national impact of Trump's tariffs on prices:

Tariffs Are Raising Prices for Americans

US Retail Prices for Imported and Domestic Goods, Indexed to January 2024



Note: Last updated October 11, 2025
Source: Cavallo, Llamas, and Vazquez (2025), "Tariff Tracker."



- Meanwhile, CNN has a [rundown](#) of the president's "lying spree on inflation," with falsehoods on grocery prices, prescription drug prices, energy prices, and more.
- The Trump Administration is changing a Department of Housing and Urban Development policy that could result in [New York City losing up to \\$109 million per year](#) in funding for existing supportive housing units that help homeless New Yorkers with mental health and other needs come in off the streets. According to the NYC Department of Social Services, the funding cut could threaten the viability of 8,400 units.
- President Trump's war on clean, affordable energy has resulted in the [loss of 159,000 jobs](#) and \$52 billion in investments nationwide, including 6,500 jobs and \$2.5 billion in investments here in New York, while average household

energy prices have risen 11% since the start of this term.

- The Administration has [gutted the Substance Abuse and Mental Health Services Administration](#), which is at the center of the federal response to the opioid epidemic, cutting staff by 50% in a move that may be unlawful because the agency was created by Congress.
- The Administration's decision to keep National Parks open with skeleton staffs during the recent shutdown led to [significant negative consequences](#) for the parks, visitors, and wildlife, part of a larger Administration agenda that threatens the long-term sustainability of the park system.
- Linda McMahon, former World Wrestling Entertainment CEO and currently President Trump's Secretary of Education, took further steps to [dismantle the Department of Education](#), moving closer to achieving the goals of a March executive order designed to get around the legal requirement for Congressional approval for such a move.
- Amidst a national shortage of health care providers, the Trump Administration is redefining professional degrees, [proposing to cut nursing and other vital programs from the list](#). Due to an H.R.1 provision that established a cap on student loan borrowing, nursing and other students would be restricted to borrowing \$20,500 per year, with a lifetime maximum of \$100,000. This could make enrolling in nursing programs cost prohibitive.
- President Trump's EPA [approved its fifth PFAS "forever chemical" as a pesticide ingredient](#), despite promises to rein in dangerous pesticides. PFAS "have been linked to cancer, birth defects, decreased immunity, high cholesterol, kidney disease and a range of other serious health problems."
- Paul Ingrassia, who last month was forced to withdraw his nomination by President Trump to lead the Office of the Special Counsel after it was revealed that he [claimed he has "a Nazi streak,"](#) used an ethnic slur for African-Americans to say that holidays like Kwanzaa, Martin Luther King Jr. Day, and Juneteenth should be "eviscerated," and referred to King as "the 1960s George Floyd," is being [given the consolation prize](#) of becoming Deputy General Counsel at the General Services Administration.
- In one of President Trump's latest moves to cash in on the office of the presidency, [Trump-branded wine](#) is now being sold in some tax-free military grocery stores.

During these challenging times, take heart in the acts of nonviolent resistance that are taking place throughout the U.S.:

- [‘No Kings’ Launches Anti-ICE Thanksgiving Boycott Protest](#)
- [Protests Erupt After Trump Admin Targets Charlotte, North Carolina, for Mass Deportation Campaign](#)
- [Hundreds of veterans protest Trump policies at Veterans Day rally in Washington](#)
- [Students and faculty at over 100 US universities protest against Trump’s attacks](#)
- [Behind the Curtain: The resistance revitalized](#)
- [Trump’s racist refugee plan provokes evangelical protest](#)
- [100+ US Campus Protests to Call Out Trump Attacks and Unaffordable](#)

- [Americans Continue To Build a Peaceful Mass Movement To Force Trump Administration Changes](#)

The following articles address the current path toward authoritarianism, how others have dealt with living through authoritarianism, and how to bring down authoritarian regimes:

- [The playbook of every successful nonviolent struggle](#)
- [How to Endure Authoritarianism](#)
- [US 'on a trajectory' toward authoritarian rule, ex-officials warn](#)
- [The Democrats' big election revealed a hidden constraint on Trump](#)

Senator Krueger Submits Testimony Opposing Con Ed Rate Increases

Earlier this month I submitted testimony to the state Public Service Commission (PSC) opposing the proposed double-digit rate hikes for both gas and electric customers served by Con Ed. I hear regularly from constituents spending well over 30% of their income on their energy bills (the PSC has a goal that no household pays more than 6%). This situation is clearly not sustainable.

There are several longer-term policy solutions that need to be implemented, from reforming PSC practices around utility return on investment, to avoiding expensive and unnecessary gas infrastructure, to investing in home weatherization and energy efficiency, to reining in the growth of energy-hogging data centers and cryptocurrency miners. But in the meantime, the PSC must use the rate case process to push back on unaffordable increases.

[Click Here to View Senator Krueger's Testimony on Con Ed Rates](#)

Senator Krueger Submits Testimony Opposing City Council Bills on Short-Term Rentals

Last week I joined Assembly Member Linda Rosenthal and Senator Brad Hoylman-Sigal in submitting joint testimony opposing two bills in the New York City Council that would weaken existing laws regulating short-term rentals.

It has taken nearly two decades to implement the right policies for New York City to beat back the scourge of illegal hotels that exacerbated the housing crisis, displaced residents, and endangered communities, but these bills threaten to undo that progress. At a time when affordability should be our watchword, these bills would take critical housing units away from everyday New Yorkers and serve them up on a silver platter to hedge fund speculators and the billionaires running Airbnb, raising rents and home prices for everyone else. I urge the Council in the strongest terms to reject these unaffordable bills.

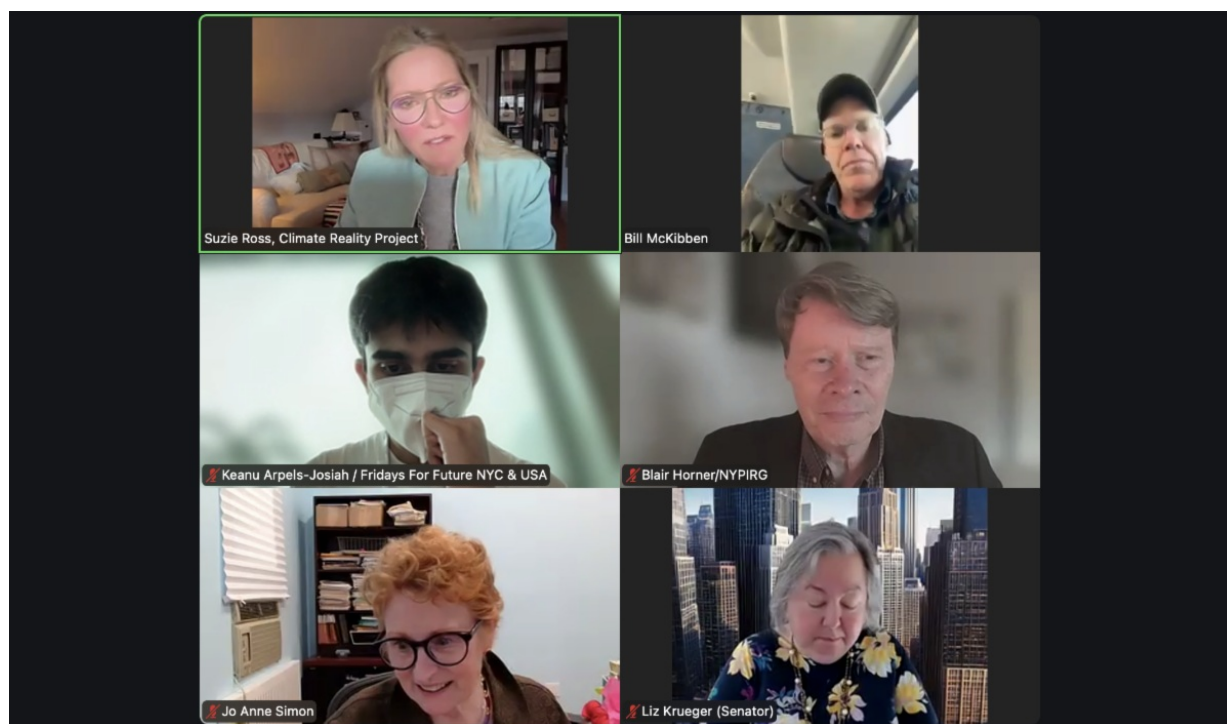
[Click Here to View Senator Krueger's Testimony on Short-Term](#)

Statement On DEC Approval of NESE Pipeline Permit

Earlier this month I released the following statement regarding the decision by the New York State Department of Environmental Conservation (DEC) to approve the Water Quality Certificate for the controversial Northeast Supply Enhancement (NESE) fracked gas pipeline across New York Harbor:

“Just days after an election in which voters across New York and the country made clear that affordability is their top concern, it is simply perverse that New York State will be saddling gas ratepayers with billions of dollars in costs for a dirty fracked gas pipeline that is completely unnecessary and an environmental nightmare. This is the exact same project that was rejected by the DEC on three previous occasions. There is no reason to waste New Yorkers' money and lock us into a dirty, expensive, fossil fueled future that only benefits Donald Trump and his billionaire Big Oil donors. This is not how you stand up for New York ratepayers.”

Bill McKibben, Advocates, Legislators Call on Governor to Stop Climate Polluter Handouts in Her Executive Budget



Last week I joined a coalition of statewide groups and national climate leader Bill McKibben to share reporting that Big Oil companies reaped over \$1.2 trillion in profits from 2021 to today. At the same time, the state faces an affordability crisis, compounded by federal funding cuts, and therefore it is critical for Governor Kathy Hochul to repeal some of the state's taxpayer-funded subsidies to the fossil fuel industry by including the revenue-positive Stop Climate Polluter Handouts Act (S3606A/A3675A) in her upcoming Executive Budget.

The Act would repeal 20% - about \$350 Million - of the \$1.8 Billion in taxpayer subsidies to an industry that receives trillions of dollars of government support globally every year. Evidence of the industry's booming profits, combined with the state's multibillion dollar budget gap and expectations of statewide budget cuts, have underscored the need to end these subsidies.

At a time when our state budget is stretched to the limit because of Trump's radical cuts, and New Yorkers in every corner of our state are facing an affordability crisis, how can we possibly justify spending \$350 million of taxpayers' money to prop up the oil and gas industry? How can we tell our constituents that we are struggling to fund vital programs but can easily line the pockets of Exxon's shareholders with their money? It's long past time for these outdated, unnecessary, and wasteful subsidies to end.

[Click Here to View the Press Conference](#)

Meeting Young Constituents -- Visits to Schools



Recently, I joined a "Women in Politics" panel at the W.O.W. (Women in Our World) Summit at Marymount School of New York. This week I will also be meeting with the 5th grade classes, the Student Council, and the principal at PS 183, organized by our summer intern and PS 183 alum, Asher Kurtz.

Last week I was a guest at the Upper School Assembly at Trevor Day, where I spoke about my career as an elected official. Our intern, Nina Simoni-Cooperman, a Trevor sophomore, organized the event and moderated a discussion with the students (pictured above). Nina reports many of the high school students were so inspired

they filled out early pre-voter registration forms as part of the program.

Teens 16 and 17 years old interested in pre-registering to vote can go to Youth/ NYC Votes: <https://www.nycvotes.org/get-involved/youth/>

Senator Krueger's Virtual Older Adult Roundtable Series on the Impact of Federal Funding Cuts on Older Adults

Session IV - Benefits and Older Adult Centers

Tuesday, December 16th 2 pm – 3:30 pm

Find out how federal cuts will impact your benefits like SNAP, HEAP, and cash assistance, and hear about the new work requirements for people under age 64. Also, learn about how budget cuts are impacting Older Adult Centers, and the programs and services they continue to provide to support you.

Presenters:

- Jeremy Kaplan, Executive Director, Encore Community Services
- Kim Lerner, Director of Benefits Outreach Program, LiveOn New York

In addition to attending the event **on Zoom**, you will also have the **option to view online through Facebook**. Please note that **you do not need a Facebook account or profile** to view the event through Facebook.

If you do not have access to a computer, tablet, or other electronic device, **you can listen in by telephone**.

****If you register, you will be sent a confirmation email with the Zoom link and the call-in information at least a week in advance of the event.****

The event will feature a question-and-answer session with the presenters. If you have questions about cuts to SNAP, HEAP, cash assistance, or the impact cuts to the federal budget will have on Older Adult Centers, please RSVP for the event on December 16th. Attendees will be able to submit questions through Zoom and Facebook during the event but are **strongly** encouraged to submit them in advance.

The event will be recorded and available online approximately one week afterwards. A link to the recording and resources will be emailed to everyone who RSVPs.

Please let us know if you plan to attend the Tuesday, December 16th Roundtable and RSVP to https://nysenate.gov.zoom.us/webinar/register/WN_qNgNws_sSb-j89EFYYw5Lw

Click Here to Register for the December 16th Older Adult Roundtable

Facts About Federal Cuts to Medicaid



Medicaid
Medicaid Matters New York
Matters

HOW FEDERAL CUTS WILL IMPACT NEW YORK

H.R.1 Impact

H.R.1 is the Federal budget reconciliation bill signed into law on July 4, 2025. Referred to as the "One Big Beautiful Bill Act," it pays for tax cuts for wealthy people and big corporations by cutting health care and food stamps from millions of Americans.

Loss of Federal Medicaid Funds:

- Fiscal Policy Institute estimates New York State will lose \$8.4 billion annually.¹
- Fewer people covered due to eligibility changes and paperwork barriers, among other fiscal changes
 - Eligibility for many lawfully residing immigrants will be eliminated due to changes to the definition of "qualified immigrant," which will exclude refugees, asylees, parolees, and people in temporary protected status (pregnant women and children are exempt).

Medicaid in New York

- Public insurance coverage for people with **low income** and people with **disabilities**
- Covers **long term services and supports** for people over 65
- Covers **approximately seven million** New Yorkers
- Comprises **over one-third** of the overall state budget
- Provides **comprehensive benefits** and funds the delivery system

KEY POLICY CHANGES WITH DIRECT INDIVIDUAL IMPACT

**1+ Million
New Yorkers**

Essential Plan Coverage Loss: Over one million New Yorkers are affected by the loss of Federal funding for this program. NYS announced a plan September 10, 2025 to eliminate the Essential Plan and revert to the Basic Health Program for those below 200% of the Federal poverty level (FPL).² An affordable coverage option is still needed for those 200-250% FPL.



More frequent Medicaid renewals: People will need to prove their eligibility every six months instead of annually (effective 1/1/27).



Work reporting requirements: People aged 19-64 will need to document they work 80 hours/month or meet an exemption, like having a disability, medically frail status, caregiving, substance abuse treatment, or meeting SNAP/TANF work reporting requirements (effective 1/1/27).³



Other changes: Retroactive Medicaid coverage limited from 90 to 30 days (effective 1/1/27); increased cost sharing for Medicaid expansion population (effective 10/1/28).

November 2025

**Covers
approximately
7 Million
New Yorkers**

Where Impact Converges

The loss of federal Medicaid funds will result in less funding for the entire health care delivery system. Historically, reductions in funding have disproportionate impacts, which result in access issues:

- Long term services and supports
- Other care and services, like specialty care
- Safety net facilities, particularly in rural areas and historically marginalized communities

Opportunities for State Action

- Streamline, simplify, and clarify Medicaid application and renewal to ensure people keep the coverage for which they are eligible.
- Provide affordable coverage options for people who are losing access to coverage due to federal cuts and policy changes.
- Increase funding for navigators/assistsors to help make sure people get and retain benefits for which they are eligible.

“

In my job, I support individuals that utilize Medicaid to access supports and services that they wouldn't otherwise have access to. I also have a grandparent that is able to live at home independently, instead of a nursing home, because of the services Medicaid provides to him. Finally, I have a child with a disability. She does not currently rely on Medicaid, but as she gets older, and her condition becomes more complex, it is likely that Medicaid will be the only way for her to remain independent in the community, and receive the care and services she needs and deserves.

– Maggie Rowland, Queensbury



”

Resources

1. Eisner, E. (2025). [FPI Briefing on the Federal Budget Reconciliation Bill](#), Federal Policy Institute.
2. NYS Department of Health. (2025). [Press Release: Following Devastating Federal Funding Cuts, New York State Takes New Action to Preserve Health Care for As Many New Yorkers As Possible](#).
3. Hinton, E., Diana, A., Rudowitz, R. (2025). [A Closer Look at the Work Requirement Provisions in the 2025 Federal Budget Reconciliation Law](#), Kaiser Family Foundation.

Medicaid
Medicaid Matters New York
Matters

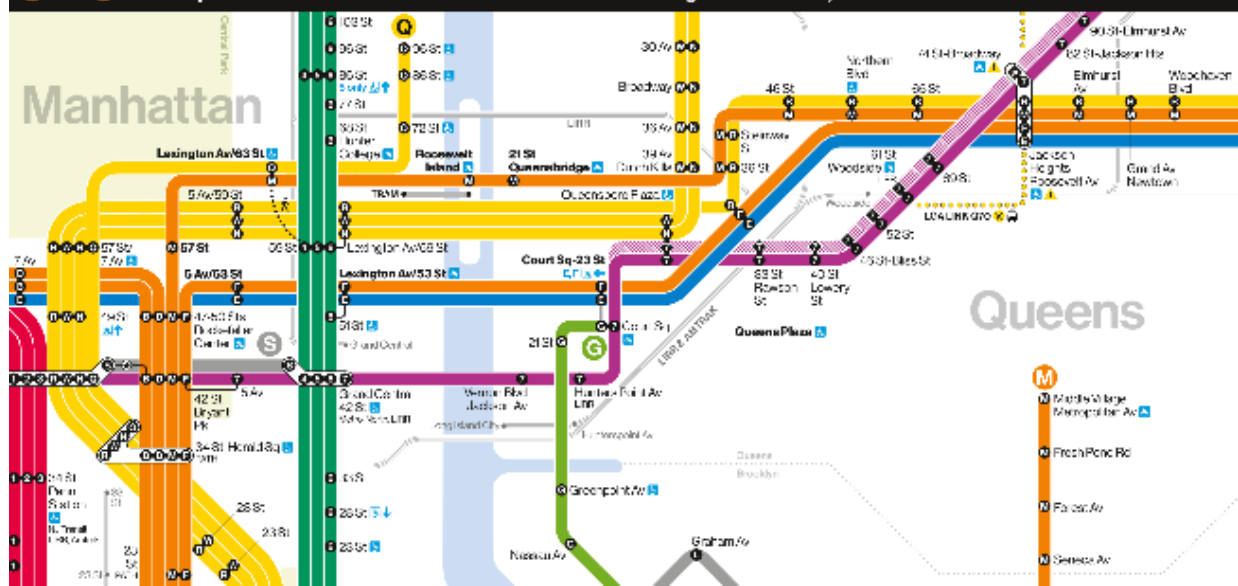


MedicaidMattersNY.org

X @MedicaidMtrsNY

November 2025

F and M Trains Will Swap Routes Between Manhattan and Queens Starting December 8th



What we're doing

Beginning December 8, 2025, **F** and **M** trains will permanently swap routes between Manhattan and Queens on weekdays from approximately 6 a.m. to 9:30 p.m.:

- **F** trains will now stop at Queens Plaza, Court Sq-23 St, Lexington Av/53 St, and 5 Av/53 St. These stations are currently served by the **M**.
- **M** trains will now stop at 21 St-Queensbridge, Roosevelt Island, Lexington Av/63 St, and 57 St. These stations are currently served by the **F**.

During the day and evening, **F** trains will continue to run express and **M** trains will continue to run local in Queens.

Service will not change on weekends or during late nights:

- **F** trains will still stop at 21 St-Queensbridge, Roosevelt Island, Lexington Av/63 St, and 57 St on weekends and during late nights.
- **M** trains will still run between Delancey St-Essex St and Middle Village-Metropolitan Av on weekends and between Myrtle Av and Middle Village-Metropolitan Av during late nights.
 - For service to/from Queens Plaza, Court Sq-23 St, Lexington Av/53 St, and 5 Av/53 St during these times, take the **E**.

Why we're doing it

This change will provide more reliable service to the 1.2 million riders who take the **E** **F** **M** **R** trains every day.

When multiple subway lines share tracks, there is a higher chance of delays as those lines merge with or diverge from each other. If you've ever been on a train that had to wait while another train crossed in front of it, you encountered this kind of delay.

After this change, the **E** will share tracks with two lines, down from three, and the **M** will share tracks with three lines, down from four. This will eliminate delay-prone merges between the **E** and **M** lines at Queens Plaza, increasing reliability across the **E** **F** **M** **R** lines.

Since **M** trains currently run less frequently than **F** trains, we're increasing peak-hour frequency on the **M** to minimize any added wait time riders might experience at stations that will now be served by the **M** rather than the **F**.

During nights and weekends, **M** trains don't run between Midtown and Queens, so night and weekend service will remain the same.

Virtual Event from Weill Cornell on Hearing Changes with Aging

Hearing Changes with Aging

December 11 | 5:00 PM



**CORNELL
TECH**



While a gradual decline in hearing for both ears, difficulty hearing high-pitched sounds, and distinguishing speech in noisy environments may all be common hearing changes with aging, certain medical conditions like diabetes or high blood pressure, genetics, and some medications can accelerate or worsen age-related hearing loss. Importantly, untreated hearing loss as we age can lead to social isolation, in addition to a decline in relationships, and has been linked to an increased risk of conditions like depression, heart disease, and dementia.

On December 11th at 5pm, join Weill Cornell Medicine, Cornell Tech, and the Good Life on Roosevelt Island Association (GLORIA) for a virtual session exploring hearing changes with aging, including what it is, what causes it, how it is diagnosed, and ways to manage it through lifestyle and treatment options.

**Click Here to Register for the Virtual
Event**



District Office: 211 East 43rd Street, Suite 2000 | New York, NY 10017 | (212) 490-9535 | Fax: (212) 499-2558

Albany Office: Capitol Building, Room 416 | Albany, NY 12247 | (518) 455-2297 | Fax: (518) 426-6874

Email: liz@lizkrueger.com | On the Web: krueger.nysenate.gov

Senator Liz Krueger | 211 E 43rd St #2000 | New York, NY 10017 US

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