

STREETwise

STORIES AND ADVICE FOR OLDER NEW YORKERS FROM THE NYC DOT // 2019

VISION ZERO
SAVING LIVES



EXPRESS YOURSELF

Riding the Q52/Q53

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A BLOCK FOR SAFETY

Take a seat in the street

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FRIENDLY WATERS

Take a walk downtown

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city. While the subway serves more than 5.5 million riders per weekday, many New Yorkers live far from a subway line, leaving them with few transit options. But with some of our recent collaborations with the MTA, commuters are getting more choices.

Select Bus Service (SBS) routes were first introduced to commuters in 2008. Since then, the MTA has added 16 SBS routes. The SBS uses dedicated bus lanes, all-door boarding, off-board fare collection, and transit signal priority to speed travel times on these lines. The newest SBS routes can be found in South Brooklyn and along Woodhaven and Cross Bay Boulevards, projects both featured in this edition of *Streetwise*.

Other transit options having been coming our way—not by land, but by sea. In 2017 New York City launched its own ferry service, NYC Ferry, operated by Hornblower Cruises. The NYC Ferry has six lines, 21 terminals and 23 boats. By 2021 two more lines will be added. Ridership for the ferry is projected to be 11 million by 2023. But long before the NYC Ferry fleet, the DOT has been operating the Staten Island Ferry. In operation since 1905, the ferry line has been carrying 22 million passengers annually from Staten Island to Lower Manhattan. This issue of *Streetwise* divulges some pedestrian-friendly destinations near the Lower Manhattan ferry stops.

As the same time we are happy that more transportation options are available, we are also proud to announce that *Streetwise* will now be available in two new languages: Chinese and Spanish. Make sure you pick up a copy at your local senior center, or call Eric Miu, our Senior Center Outreach Coordinator, at (212) 839-6287 to find out where you can get one.

Have a happy and safe 2019.

Sincerely,

Polly Trottenberg, Commissioner
New York City Department of Transportation

Dear Older New Yorkers,

Welcome to the 2019 edition of *Streetwise*. We are excited to note that New York City's streets are safer than ever, with 2018 the fifth consecutive year of declining traffic deaths under Mayor de Blasio's Vision Zero campaign. Every year, the dedicated staff of DOT plan, design, and implement dozens of safety projects – nearly 80 last year. DOT also keeps the city's 6,300 miles of streets in good repair, from filling potholes to milling and repaving more than a thousand miles of streets per year.

We have been most involved with older New Yorkers through DOT's special outreach campaigns, which have been a key element in our Vision Zero efforts to reduce traffic injuries and fatalities. We of course still have work to do, especially because older New Yorkers are over-represented among traffic fatalities: 56 pedestrians over age 65 were killed last year, nearly half of the total. We grieve for all of these traffic fatalities, and DOT immediately responds to many of them by scheduling traffic safety workshops at senior centers near crash sites; in this edition of *Streetwise*, you can read about one such workshop last year -- in Manhattan's Chinatown.

In addition to keeping people safe, however, DOT also facilitates commutes, easing the way people get around the



Driving a car in NYC is not easy. But saving a life is. Because when you choose to drive slower and turn slower, you can actually save a life.



HELPFUL RESOURCES

Do you need information about city services or have problems or complaints to report? Check the list below for programs and resources for older adults. Call 311, go to 311 Online (www.nyc.gov/apps/311) or go to specific agency websites for further information.

- **Access-a-Ride**
877.337.2017 or 718.393.4999
- **Access NYC**
www.nyc.gov/accessnyc
Use ACCESS NYC to identify City, State and Federal benefit programs that can help NYC residents and their families.
- **Centers for Disease Control**
www.cdc.gov/nccddphp/dnpa/physical
Find information and suggestions on health and physical activity.
- **Council for Senior Centers and Services of NYC**
www.cscs-ny.org
Learn more about how older New Yorkers can receive quality services and programming through advocacy, training and the exchange of ideas.
- **Metropolitan Transportation Authority (MTA)**
www.mta.info
Dial 511 for travel information on the MTA's subways, buses, railroads, or bridges and tunnels
- **NYC Department for the Aging**
www.nyc.gov/aging
Get information on issues that affect NYC seniors: transportation programs, senior center information, health care, etc.
- **NYC Department of Health and Mental Hygiene**
www.nyc.gov/health
Get information and services for older adults including free and low-cost medical care, falls prevention, medicine safety, poison prevention, and health screenings.
- **NYC Department of Transportation**
www.nyc.gov/dot
Find traffic information or report a traffic problem, such as a broken signal, missing sign or pothole.
- **NYC Poison Control Center**
www1.nyc.gov/site/doh/health/health-topics/poison-control.page
Call 1.800.222.1222 or 212.764.7667
24 hours a day/7 days a week for help with questions about medicine safety or potential poison exposures Translation services are provided.
- **NYC Police Department**
nypdnews.com/nypdfacebook/community-council-calendar
Get the monthly Precinct Community Council schedule in every precinct. These forums provide on-going, direct communication between community members and the precinct Commanding Officer and Community Affairs Officers to discuss and find solutions to public-safety problems in their neighborhood.

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FROM WOODSIDE TO THE ROCKAWAYS, THE Q52 AND Q53 WILL TAKE YOU ALL THE WAY

WHAT WOULD YOU DO WITH YOUR TIME IF YOU COULD ADD AN HOUR TO YOUR WEEK? MOST NEW YORK CITY COMMUTERS DON'T GET THE LUXURY OF THINKING ABOUT ADDITIONAL TIME. BUT IT'S SOMETHING COMMUTERS ALONG WOODHAVEN BOULEVARD CAN NOW PONDER.

In 2017 the MTA and DOT celebrated the addition of the Q52 and Q53 Select Bus Service (SBS) along Woodhaven Boulevard, from 61st Street and Roosevelt Avenue to Rockaway Boulevard. There are currently 18 SBS routes along 16 corridors, serving all five boroughs. The Q52 and the Q53 SBS routes affect 30,000 riders, serve fourteen neighborhoods and connect to nine train lines, the Long Island Railroad, and countless local buses. Along the way, riders pass such destinations as the Queens Center Mall, Forest Park, the writer Jack Kerouac's house, Jamaica Bay and Rockaway Beach.

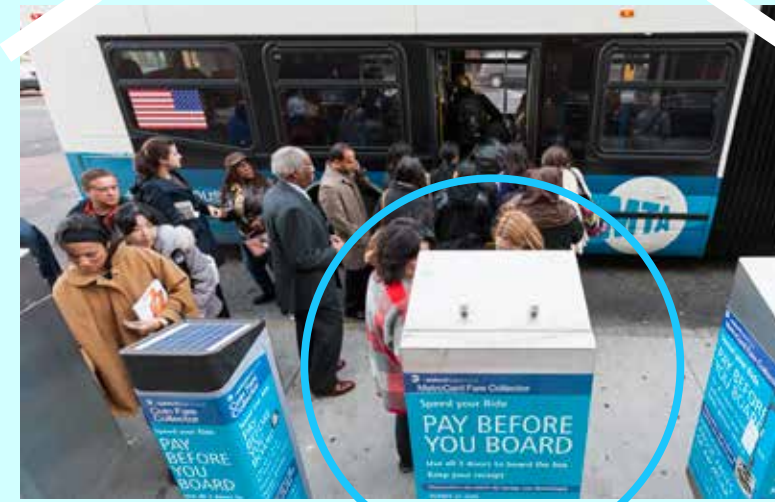
The Q52 and Q53 buses are not only farther reaching than local buses, but also faster. Like other SBS buses, the Q52 and Q53 have transit signal priority, allowing them to pass intersections faster than other vehicles. To pay their fare riders swipe their Metrocards or pay with coins at ADA compliant off-board fare payment machines that spit out trip tickets. Unlike regular buses, where all passengers use one entrance to wait for their turn to pay, passengers on SBS buses get to use all the doors to board, making it faster to load and unload passengers. Addi-

tionally, SBS routes have dedicated bus lanes that allow buses to bypass other vehicles. All these changes have improved travel times by up to ten percent. Not surprisingly, 87 percent of riders surveyed since the routes' induction prefer the Q52 and the Q53 to the service they replaced, and ridership is up 5—8 percent, compared to the service the SBS replaced.

RIDERS SWIPE THEIR METROCARDS OR PAY WITH COINS AT ADA COMPLIANT OFF-BOARD FARE PAYMENT MACHINES THAT SPIT OUT TRIP TICKETS

Many commutes from Woodhaven Boulevard to job centers in the financial district and midtown are often an hour or longer. With commutes that long, a ten percent decrease in travel time can make a huge difference, adding a whole hour to your week. No matter what you do with that time, a whole hour is cause for celebration.

NYC SELECT BUS SERVICE



Passengers use all doors to board an SBS bus.



DOT and MTA representatives show passengers how to get trip tickets.



q52

q53

MYRTLE/WYCKOFF PLAZA

BEFORE



On a map the intersection of Myrtle, Wyckoff and Palmetto Avenues on the border of Brooklyn and Queens looks like an asterisk. On the ground, however, the intersection looked like a disaster waiting to happen. And disasters did happen. The intersection was among the city's top five for pedestrian fatalities from 2010 to 2014. What could be done?

It was discovered that there was no parking on either side of the street on Wyckoff Avenue between Gates Avenue and Myrtle Avenue. Armed with this information, an answer presented itself: turn this block of the asterisk into a pedestrian plaza.

CURB EXTENSIONS

In 2014 five painted curb extensions were installed to align skewed intersections and to slow turning vehicles.

PROTECTIVE POTS

Epoxy gravel was used to achieve the surface of the plaza and the placement of large, cement pots prevents traffic from entering it.

MORE SEATING, MORE SAFETY

Now that there is a plaza, only seven vehicular turns are permitted: four for private vehicles and three for buses. Instead of dangerous turns, there are potted plants, tables, chairs, foot traffic to six businesses. It is a place where people can build community.

LIMITING TURNS

Prior to a 2014 DOT effort, there were 25 possible vehicular movements at the intersection, including 21 turns. A normal intersection has 12 movement options. In 2014 the NYCT also rerouted two buses, and banned five turns.

HIGH VISIBILITY CROSSWALKS

All crosswalks were made high visibility and a new crosswalk was added to complement pedestrian desire lines (preferred crossings).





You can catch Ferry NYC at Pier 11



Fraunces Tavern, at 54 Pearl Street

Do you ride the ferry? Maybe you want to take a walk before you get on board. In 2017 New York City launched its own ferry service, NYC Ferry, operated by Hornblower Cruises. The NYC Ferry has six lines, 21 terminals and 23 boats. The busiest area for ferries might be a patch of land that is a less than a quarter of a mile stretch from **Pier 11**, the busiest terminal for the NYC Ferry, and Whitehall Terminal, where the Staten Island ferry docks. The area is best explored by foot.

Built in 1719, **Fraunces Tavern** at 54 Pearl Street is one of the few buildings in Manhattan remaining from the colonial era. The tavern served as a headquarters for George Washington during the Revolutionary war. The tavern has an extensive whisky menu and an ample supply of local brews and ciders to enjoy alongside hearty fare in a dining area of wooden rafters and floors that will make you feel like George Washington himself might walk in at any moment.

After you are done dining you can have a post-meal stroll. Nestled among towering skyscrapers

and under the shadows of the FDR are numerous places to relax. Not far from Fraunces Tavern is Pier 15. **Pier 15** has transcended the concept of a pier and elevated it, literally, to a park. Workers, tourists and students alike morph into lounge lizards when they reach the upper deck of the pier, which features a verdant lawn ideal for sunbathing and naps and watching the boats on New York Harbor.

Nestled among towering skyscrapers and under the shadows of the FDR are numerous places to relax.

End your stroll at **Battery Park**. Right next to the Whitehall Terminal, the park is a convenient stop for those waiting to take the ferry to Staten Island. For the history buffs there's Clinton Castle, which was completed ahead of the War of 1812. There's SeaGlass Carousel for the youngsters, 195,000 square feet of perennial gardens for green thumbs, and ample lawns for picnickers. Settle down in the grass, but make sure you don't miss your ferry!



Sunbathers lounge on Pier 15



A lawn beckons in Battery Park

BALANCING ACT

Want to be able to chase your grandchildren around the house, but not sure if your legs can take it? Or take the ferry but not sure about your sea legs? That's understandable. Falls are dangerous for anyone, but they can be deadly for seniors. According to the National Council on Aging (NCOA), falls are the leading cause of death from injury among people 65 and older. With these balancing exercises from the National Institute on Aging you can take care of two things at once: your exercise and your balance.



BALANCE WALK

Good balance helps you walk safely and avoid tripping over objects in your way.

1. Raise arms to sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.
5. Repeat for 20 steps, alternating legs.

HEEL-TO-TOE WALK

Balance is important for everyday activities, such as going up and down stairs.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot.
4. Repeat for 20 steps.

STAND ON ONE FOOT

You can do this while waiting for the bus or standing in line at the grocery store.

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold the position for up to 10 seconds.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other leg.
5. Repeat 10-15 more times with each leg.

LIFELONG LESSONS TO SAVE A LIFE

The Department of Transportation and its partners in Vision Zero have taken a number of measures to reduce traffic injuries and fatalities, but tragedies still happen. On Thursday, November 15, 2018 a 90-year-old woman was struck by a left-turning vehicle in the crosswalk at the intersection of Bayard Street and Bowery in Chinatown's Fifth Precinct. She succumbed to her injuries almost a week later.

Pedestrians can't always count on drivers to do what they're supposed to, and crashes can still happen even when drivers are being alert and heeding traffic laws. This is where the DOT's Office of Safety Education and Outreach (SEO) comes in. The team does free educational workshops at senior centers throughout the five boroughs. In response to the tragedy in the Chinatown community, Eric Miu, SEO's Senior Center coordinator was invited to Open Door Senior Center on Grand Street to discuss traffic safety issues with the seniors there.



Center Director Po Ling Ng introduces Eric Miu and Sgt. Chris Yip from 5th Precinct for a traffic safety workshop.

40 percent of fatal pedestrian crashes happen between the months of October and December

Seniors are accustomed to crossing the street by themselves, of course, but many find that there is always something new to learn at the workshops. How many pedestrians know that 40 percent of

fatal pedestrian crashes happen between the months of October and December? How many are aware of the specific threat from left-turning vehicles? Do they know where a truck's blind spots are? Miu discusses these topics and more.

If you are interested in having a traffic safety workshop at your senior center, please email **Eric Miu** at emiu@dot.nyc.gov, or call him at **(212) 839-6287** or **(646) 772-9050**.

DOT **QUICK** FACTS

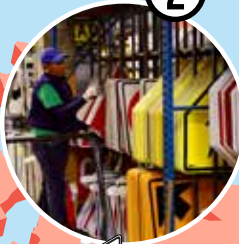
1

DOT developed a program to assess 162,000 corners for pedestrian ramp upgrades and installations.



2

DOT creates and maintains one million street signs through our sign shop.



3

The Ferry carries 22 million passengers yearly. NYC has operated the Staten Island Ferry since 1905.



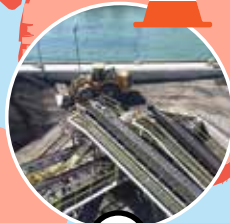
4

Traffic safety presentations to 150+ senior centers and 650+ schools citywide each year.



5

DOT's runs two plants which produce most of the asphalt used on our city streets.



6

DOT's Roadway Repair and Maintenance Division keeps the city's 6,300 miles of streets in good repair.

