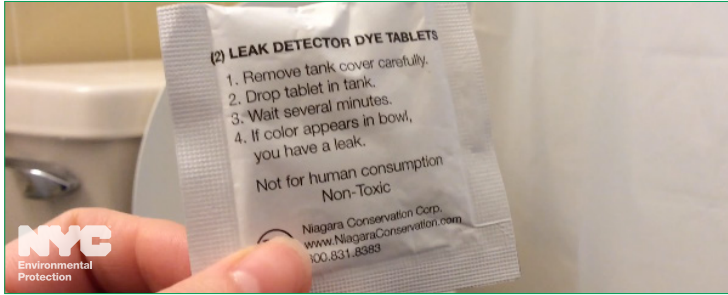


Fix a Leak Week



During national *Fix a Leak Week*, DEP is encouraging New Yorkers to identify and fix residential water leaks. DEP offers a full range of information on how to detect leaky pipes and toilets including [leak detection tablets](#) and a [Home Water Savings Kit](#) that can help residents conduct a do-it-yourself water audit in less than an hour. DEP has also created a brief public service announcement about detecting leaky toilets that can be viewed [here](#). Nationwide, household leaks can waste more than 1 trillion gallons of water annually, equal to the annual water use of more than 11 million homes. Leaks are not only wasteful, but they can also be very expensive for homeowners. For more information on the U.S. Environmental Protection Agency's *Fix a Leak Week*, click [here](#).

Spotlight on Safety

Poison Prevention Week

Poisoning accidents are more common than we may realize, causing more than 35,000 deaths each year. It is important to identify the harmful materials that surround us both at home and in the workplace. Some of the most common causes of poisoning are from medicines, cosmetics/personal care products, cleaning products and chemicals. Some ways to prevent poisoning include:

- never eat food while working with or near chemicals
- always wash your hands before eating or preparing food
- never mix cleaning products together

- keep all medicines, cleaning products and chemicals in their original labeled containers
- throw out potentially dangerous expired medicine and personal care products in your home

In your workplace, you should know the location of the Safety Data Sheets for chemicals you work with. When accidents happen involving ingesting, inhaling or contact with harmful chemicals, medicine, or household items, be sure to contact the Poison Help line (1-800-222-1222). Dial 911 if someone is unconscious or has trouble breathing. For more information visit [Poisonhelp.hrsa.gov](#).

At DEP, everyone is responsible for safety. If you or anyone on your team is concerned about your working conditions, it's okay to ask your supervisor or your bureau's EHS liaison how they can help. If you've still got questions, you can call the EHS Employee Concerns Hotline. It's DEP's responsibility to acknowledge and fix unsafe situations, procedures, and practices. With your help, we'll not only get the job done, we'll make it safer for ourselves, our coworkers, our families, and our city. CALL (800) 897-9677 OR SEND A MESSAGE THROUGH [PIPELINE](#). HELP IS ON THE WAY.

Special Guest Commissioner's Corner

Angela Licata, Deputy Commissioner for Sustainability, is a guest commentator this week.



DEP is continuing with its city-wide efforts to soften the impervious urban landscape and help absorb stormwater that would otherwise drain into the combined sewer system and contribute to sewer overflows into local waterways. As we successfully move forward with the build-out of green infrastructure on city-owned property, we are also encouraging non-profits, institutions and other private property owners to apply for funding that is available for stormwater management projects through the ongoing Green Infrastructure Grant Program. Private properties account for about 50 percent of all land area within the five boroughs and therefore are an important component of our efforts to improve water quality. The Grant Program provides funding for stormwater management projects, also called green infrastructure, such as blue roofs, rain gardens, green roofs, porous pavements and rainwater harvesting on private property.

DEP staff recently hosted a workshop on March 16 at Civic Hall, located at 118 West 22nd Street in Manhattan, and explained to the 25 attendees the eligibility requirements and the application process. All private property owners served by combined sewers in New York City are eligible to apply for a green infrastructure grant. Grant funding is provided for the design and construction of green infrastructure projects that manage 1" of stormwater runoff from the contributing impervious area.

If selected, DEP will reimburse each grantee for the design and construction costs for the green infrastructure project. Preference will be given to projects that are located in [priority watersheds](#), are cost-effective, provide matching funds or other contributions, and include ancillary environmental and community benefits such as public access, increased awareness about stormwater management, and green jobs development. DEP will also accept requests for pre-application meetings with developers, professional designers, project teams or other organizations representing constituencies in real estate, business groups, or other large groups. To arrange a meeting with DEP engineers to discuss proposal specifics in advance of submitting an application, email gigantprogram@dep.nyc.gov.

The next workshop will be held on June 14, at 3pm. To RSVP for the workshop, or to see dates and times of future workshops, go to the [DEP website](#). The on-line application is available for anyone to review and it can be submitted to DEP at any time, year-round. I'd like to thank the entire Green Infrastructure team for all of their tireless efforts to help protect the health of local waterways.



Blizzard Boosts Watershed Snowpack



BWS watershed maintainers **Mike Fleischman** and **Peg DiBenedetto** ventured out after last week's snowstorm to take manual snow core samples in the Schoharie watershed. Using an aluminum tube and a spring scale, the scientific process measures the snow water equivalent, or the amount of water trapped within the snowpack. This reading allows upstate scientists to determine how much additional water will flow into the reservoirs once the snow melts. The blizzard, officially named Stella, swept through the Hudson Valley and Catskills and brought massive amounts of snow, with anywhere from 12-30 inches falling across parts of the watershed. The results, compiled yesterday, show that the resurgent snowpack in the watershed now holds more water than at any other time this winter. The previous peak came during the Feb. 15 snow survey, which showed 64.9 billion gallons of snow-water equivalent. That tally dropped to zero on Feb. 28. The post-Stella results from March 16 now show 93.8 billion gallons of snow water equivalent. About 80 percent of that snow water is in the Catskills.

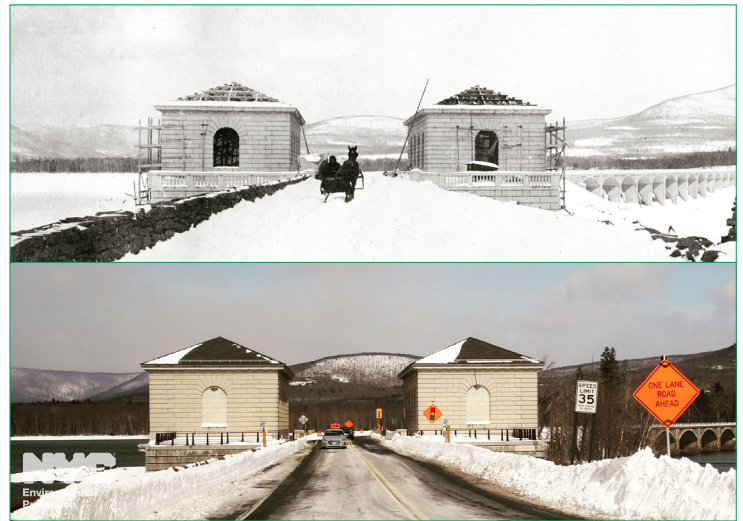
Schoharie Roadway Rehabilitation



Work began earlier this month on a [\\$6.5 million project](#) to upgrade a road that runs along the west side of Schoharie Reservoir. The project comprises several improvements to Intake Road, also known as BWS Road 7, which straddles the border of Delaware County and Schoharie County. DEP will rehabilitate 4.5 miles of roadway, replace one bridge that carries the road over a creek, and clean, upgrade or replace 45 culverts. The roadway project alongside Schoharie Reservoir is expected to take two construction seasons, finishing sometime in 2018. Workers this year will focus much of their attention on replacing the Bear Kill Bridge, which carries Intake Road over a creek at the southern end of the reservoir. The replacement of that 60-foot-long bridge is expected to be finished this year.

We welcome your feedback! To submit an announcement or suggestion, please email us at: newsletter@dep.nyc.gov.

Then and Now



A horse-drawn carriage photographed passing over a snowy Ashokan Reservoir Dividing Weir Bridge 101 years ago has been replaced with a car making that same trek on March 16, two days after Winter Storm Stella dumped an estimated two feet of snow on the watershed.

The Strength of Women in Recovery

*A note from **Kaitlyn Maceira**, LMHC, CASAC, with the NYC Employee Assistance Program (NYC EAP)*

March is Women's History Month and with women feeling as though they need to fight back and stand up to be heard, I'd like to shine some light on the strength of a specific group: women in recovery. I've written many articles about mental health and substance abuse and how it affects one's ability to function on a daily basis. Women are mothers, sisters, wives, caretakers and friends (just to name a few); and often times women are expected to function for both themselves and their counterparts. Juggling the lives of others undoubtedly adds stress to the already stressful act of juggling one's own life. Added stress can lead to anxiety and/or depression, maybe this is why women have a higher rate of mental health issues, specifically anxiety and depression, than men.

In past articles I've talked about the concept of self-medicating mental health issues with alcohol and/or drugs. A 2014 SAMHSA study showed that while national rates of substance use by women are lower than those of men, women are more likely to have

psychological issues that contribute to their addictions, complicating treatment and making it a highly personal journey. Many recovery centers are now moving toward women-specific treatment instead of co-ed groups. This helps women be more honest and open with one another about their struggles and stressors outside of their addiction, but that may be greatly contributing to it. Many outpatient treatment facilities offer free childcare during therapy sessions to avoid childcare issues interfering with treatment.

One of the many things I love about working with those who struggle with chemical dependency is the strength I see in my clients. The ability to fall and continuously pick oneself back up for yourself and/or those around you shows a strength unmatched to much else. So take some time to let the women in your life know that they are strong regardless of if they are struggling or thriving. They are the strength and the glue that holds us all together. If you or a loved one is struggling, free and confidential support services are available at NYC EAP. Contact us by phone at (212) 306-7660 or email at eap@olr.nyc.gov.