



Serving Hamilton Heights, Manhattanville and Morningside Heights

HEALTH AND ENVIRONMENT COMMITTEE MINUTES January 8, 2024, 6:30pm

The Meeting was called to order by Co-Chair LaQuita Henry at 6:40 pm with a quorum of Committee members present. In addition to LaQuita, those members present were: Hon. Elizabeth Eastman, Hon. Monique Hardin-Cordero (virtual), Hon. Heather Jason, Hon. Clotilde Monguya, and Hon. Amir Sadeghi.

A motion to accept the Agenda was moved by Monique and seconded by Amir. Only the November Minutes were available in too long detail but was moved to accept by Monique and seconded by Amir and expected a greatly abbreviated version.

One of the prevailing announcements registered was the Narcan Training program.

Tomashi Hicks, MPH, Program Manager - Harlem Health Initiative announced the narcan training by Harlem Health Initiative, sponsored by City University of New York The Graduate School of Public Health & Health Policy (CUNY SPH). It is a 3-part series: the January 11 session is full, and they were accepting enrollment in the February 7 session with DOHMH. A Narcan bag will be given at completion of training for free. No prerequisite. 1 hour training. It will not be a recorded session.

In addition, the Harlem Health Initiative will soon be hosting a webinar on syphilis given the high rate of occurrences noted from data. Information on other diseases with rising rate of occurrence and recurrence will be focused on, as well.

NYC DOHMH liaison, Pauline Ferrante, announced its Narcan Training January 11, 2024, from 2-3pm -- Flyer attached and Registration Link: <https://HHI-narcan-training.eventbrite.com>. Pauline added that she believes Narcan training prefers training to be in-person to show apparatus, give bag, get hands-on demonstration,

Continuing, she reported an increase in flu and covid cases. Important to be up-to-date on vaccination. The risk is still there for catching Covid and that one should wear face coverings, especially during this with past holiday season. They are working to get the message out that people should see their doctor quickly if they detect sickness, monitor their health and get tested as soon as possible.

At the end of last year, launched an online tool called “teen space” program. It is an app that teens can use to speak to a counselor; a resource they can be guided through. The app requires guardian consent. It is a space to discuss mental health concerns to get support they need,

There was an update on our **CB9 Public Health Forum**. This Special Event will take place at The Forum, 605 West 125th Street, The Co-Chairs have asked CUIMC to provide the experts for topics on Cancer, Youth and Mental Stress, Maternal Health preventing mortality.

Table sponsors will be featured along the windows of the two-sectioned first floor facility. 11:00am to 4:00 pm. Should they be needed, there are two rooms on an upper floor that can be used.

March 16 is a confirmed date. Hope the weather will be more amenable than the earlier scheduled February 20 date. Ross Frommer, VP Government and Community Affairs at CUIMC, was reached out to for his support to get the professionals to present and possibly with refreshments.

Dr. Danielle Milano and Dr. Clotilde Monguya were announced as special co-chairs of the Event. Dr. Milano is responsible for having secured the mammogram (American Italian Alliance) and colorectal cancer (not van but need special area) screenings. The van will be located on 129th Street. The mammograms must be pre-screened and at least 20 people must be scheduled prior to sending out the van. Heritage will provide blood pressure and finger sticks. This group will review space to see how much privacy can be had. Dr. Milano will send a form that can be used to pre-register and screen patients --in English and in Spanish. People would call the (Alliance, get scheduled, get pre-screened).

Dr. Marizzds asked to speak on BioBus. The actual bus will not be there on March 16. But the BioBus will be there as a science program. Can be an inspiration for a profession that young people take an interest in. She asked if PPE could still be given out? Yes, answered Dr. Milano. She will make bags with PPE available.

Anita Cheng presented LinkNYC promos (about 11 all total). Though she has come a long way in promo design, approvals, changes and modifications in some cases are still needed from participating community partners..

Antonica James introduced Housing Works' interest in tabling and participating in the Forum. Can host a presentation on mental health to give people a lens through which to understand and be aware of mental illness.

In presentations from **West Harlen Development Corporation grantees**:

1. Three And A Half Acres Yoga
Patricia Jones (she/her, Development Manager and Vice President, Junior Board
threeandahalfacres.org@threeandahalfacresyoga

Timothy Lewis, a board member and teacher spoke of the service's grant. Yoga helps to reduce the incidence of stress. "Our vision brings yoga to the community and supports teachers." They have accessible yoga (chair yoga) widely used and important. They are located on 125th Street between Old Broadway and Amsterdam. They want more of the community to come to class. Classes are only on Saturdays. They work with programs at St. Mary's Church on West 126th Street. On average, 6 people come consistently. However, they can accommodate 15-persons, so they are looking to grow their yoga program. They look to provide a demonstration at the Forum.

2. (WARM, INC.) We All Really Matter, Inc.
Stephanie McGraw, Founder & CEO, Updates on Domestic Violence Program

Thanked WHDC, CB9 the 26 and 30 Precincts. Domestic Violence is connected to mental illness (PTSD, a lot of other relationship issues, etc.). Domestic violence has crippling effects. Lot of people of color affected by domestic violence do not get this information which can be life changing. WARM sponsors support group workshops that began on 1/1 through 6/24.

Abusive relationships do not give the ability to heal. We help them unpack their lives in a safe environment. They have care packages that help provide basic needs for women trying to escape abusive situations. Domestic violence is a crime, not a “shame. “They put up women in hotels until they can find safe shelter; refer them to mental health crisis centers; currently dealing with influx of migrants –families needing toys, etc. help with burial costs, emergency food, wills, ACS supervision of visits, etc.

3. Tau Omega Charitable Trust Fund, Inc.
Wendy Malliet, Chairman

We have received a grant for the second year to provide 17-25 years to help with stress and other mental disorders. In Harlem Day introduced event to tons of people who came to event. Has scholarships, day care, etc. College Day is on October 7. Provided box lunch and give-away bag. October 21 participated in Family Day. The workshop at A. Philip Randolph HS gave insight into common mental health challenges and students asked questions and shared experiences. The first newsletter went out in December.

OPEN DISCUSSION ON THE MAYOR’S CITY OF YES ZONING PROPOSALS (The ZEO Proposals)

Most had not read entire list of proposals. General feedback given, Reasonable was repeated over and over, What is reasonable? Regulations are made for a reason (Anita Cheng). Problems with businesses on upper floors can disturb residential buildings. Important on how ADA compliance is met. Transient people, nightclubs, etc. are not often what people sign up for when they rent an apartment. One thing is commercial businesses that may have fumes, noise, or the number of people coming through the building. Must be cautious of City of Yes, How accountable will City be? The city is already inundated and sometimes taking years to resolve an issue. Signe had sent spreadsheet labeling proposals that relate to respective committees.

What will be in place when these new things will be followed up on? Ability to enforce, control will be important to review. Proposal to create process for exemptions (Anita Cheng) for certain situations in advance. Committee liked this recommendation.

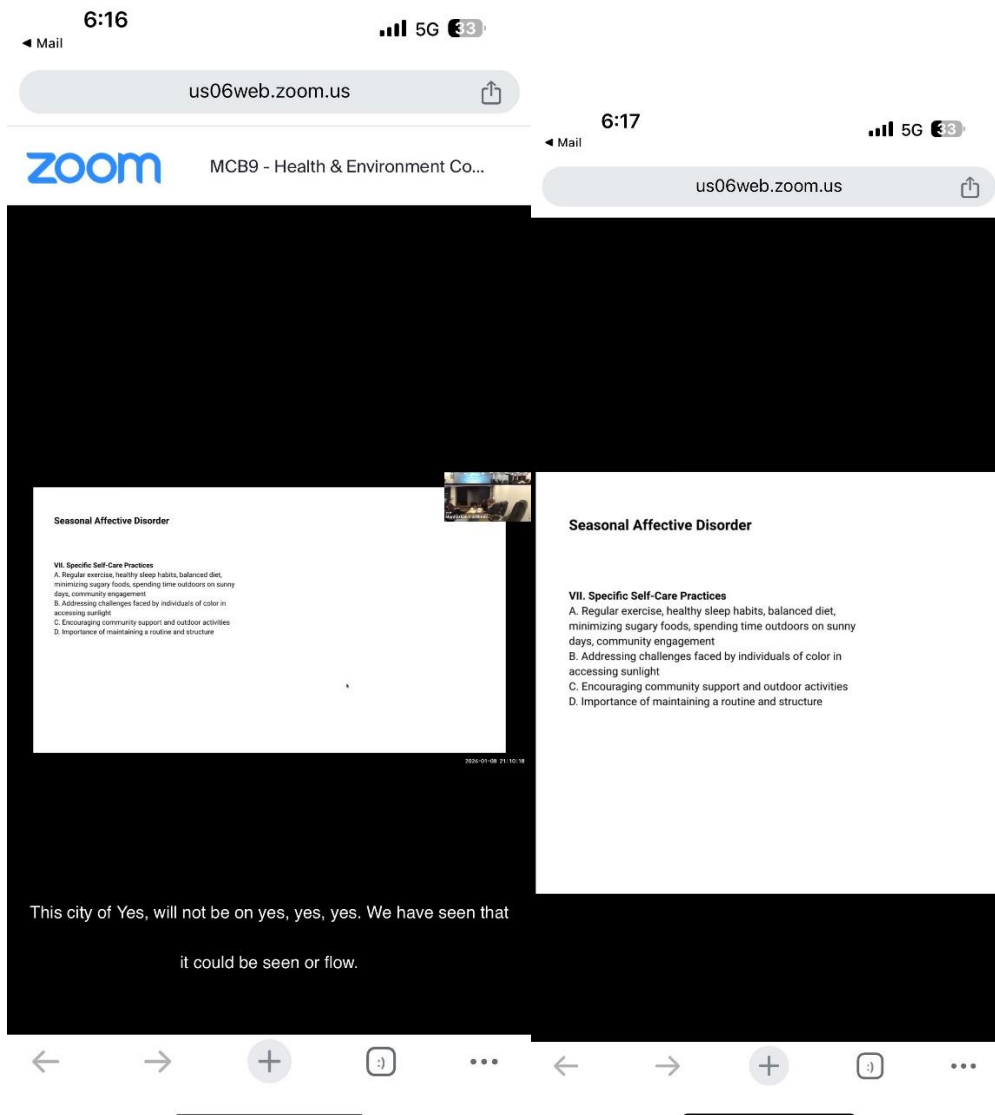
Committee members (Amir, Liz, Clotilde) were assigned parts of the 18 proposals to read and make comments to email over to LaQuita.

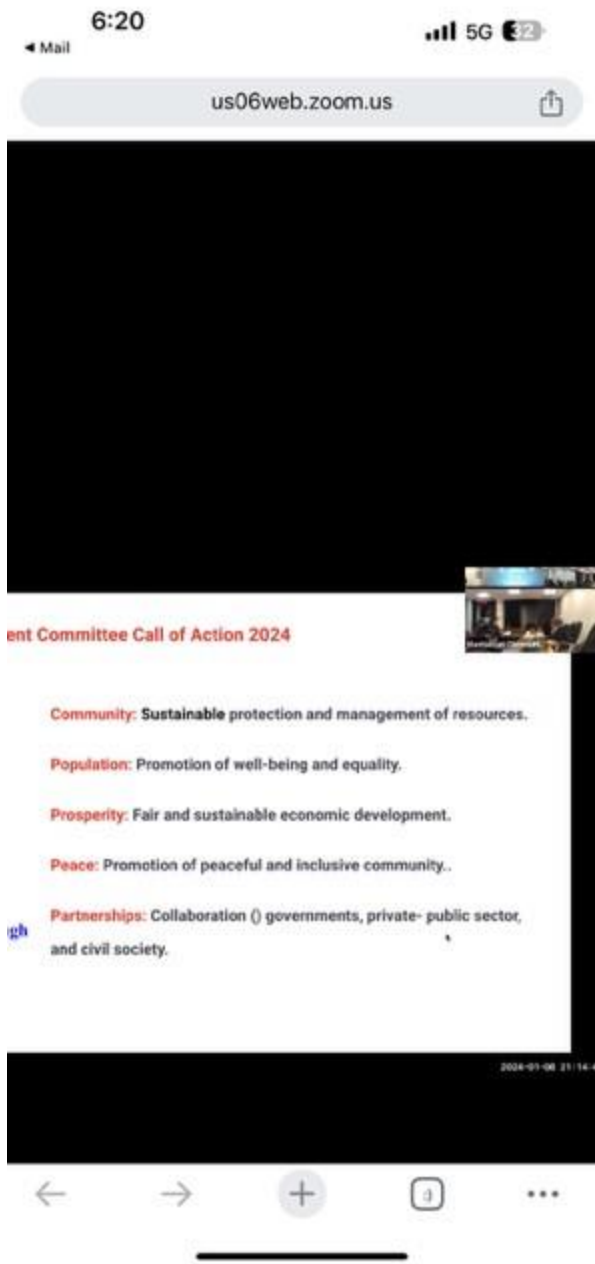
OPEN DISCUSSION OF RESOLUTION PROMOTING RESIDENTIAL PARKING FOR COMPREHENSIVE ENVIRONMENTAL AND HEALTH CONCERNS

Amir did not believe the City Council would vote on Residential Parking. The Co-Chair proposed to go on record with our initial vote in favor and make amendments as we see necessary. Stated a vote was made and was to move to UST Committee. (vote in October was 7 in favor, 1 opposed (Amir) to go forward and be prepared for amendments.

Stress and The Holidays

Dr. Clotilde Monguya, MD, Member, Community Board 9, wrap up speaking on Stress and the holidays.





Motion to adjourn at 9:20 pm by Monique was seconded by Amir and unanimously voted in favor.

Respectfully submitted,
LaQuita Henry