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Joseph Russo
Chairperson

Matthew Cruz
District Manager

Health and Human Services

Wednesday, March 1 at 7:00 P.M.

Present: M. Musano, D. Hunt, S. Hazell, T. Smith, M. Sajous, M. Bufano, R. Barbarelli, T. Franklin, N. Rosario

Absent: W. Chin, R. Bieder

Guests: J. Foster, K. Johnson, D. LeFrancois, E. Shiraldi, G. Mihailovich, R. Vitale

D. Hunt opened the meeting at 7 P.M. J. Foster represented Montefiore Hospital. J. Foster announced the expansion of the emergency room is on hold due to the pandemic. Upgraded the monitoring system at Weiler at each bedside. There are commitments to ease patient flow. Montefiore is committed to seeing the expansion. Funding was requested of the New York City Council. D. Hunt mentioned the Healthy Lifestyle Walk and asked for Montefiore's support and resources. 801 Co-Op City Blvd. is still leased by Montefiore. It will have 28 exam rooms and will service 20,000 patients annually.

R. Levine of the American Heart Association presented. Heart disease is leading killer for all Americans. Signs of a cardiac emergency are sudden chest pain or dizziness. Women sometimes experience shortness of breath, nausea or extreme fatigue. R. Levine wishes to return in-person for trainings. You must monitor your blood pressure, reasonable body mass index, and blood sugar. Smoking, inadequate sleep, bad diet and low physical activity are health behaviors that could cause a cardiac event. G. Mihailovich spoke of resources to break the addiction of nicotine and menthol. Nicotine increases stress levels and taxes the heart immeasurably. American Heart Association offers its services to help with high school students satisfying their training on hands-only CPR training.

K. Johnson of the NYC Department of Health offered city resources regarding nicotine addiction. D. LeFrancois is a professor of medicine at Montefiore and serves as co-chair of the coalition on citywide colorectal cancer control coalition. Colorectal cancer is preventable, treatable and preventable. It is the second leading cause of death in New York City. A third of all deaths occur in people under 65 years old. Risk factors include obesity, drinking alcohol and ulcerative colitis. Blood in stool and iron deficiency are some signs of colon cancer. Screenings should begin at 45. Statistics show that people in their 40s are increasingly being diagnosed with cancer. A colonoscopy is to be done every 10 years. Stool DNA-Fit could be done annually.

T. Franklin made a motion to nominate D. Hunt and M. Bufano for Chair and Co-Chair of the Committee which was seconded by S. Hazell and unanimously approved by all.

The Healthy Lifestyle Walk will take place on Saturday, May 6 at 10AM at Pelham Bay Park. Committee will coordinate resources and programs. Meeting closed by an unanimous vote of adjournment at 8:30PM.