



Chairman Mohammed Mujumder - District Manager William Rivera

Social Services Committee Meeting Summary

January 7, 2025

Board Members Present: Nellie Santiago-Rivera, Chandra Moore, Md Alauddin

I. Introduction

- A. Committee Description:** The social services committee represents the community's interests with regards to social services including senior services, disability, and veterans concerns and acts as a liaison between community members and the NYC Human Resources Administration, Department of Homeless Services, Department of Aging, and the Department of Health and Mental Hygiene. The Seniors Connected Sub-Committee is under this committee.

II. Speakers

A. Jessica Jackson, Veteran Specialist - NYC Department of Veterans' Services

- DVS fosters purpose-driven lives for NYC service members, Veterans, and their families.
- DVS Mission: Community engagement, amplifying life strategies for successful transition and renewed service; Targeted advocacy, championing legislative and policy proposals at the local, state, and national level; Compassionate service, ensuring coordinated access to earned benefits, and services and resources.
- Outreach & Engagement: The objective for the outreach team is to engage the Veteran community living within the five boroughs while promoting the services offered by the agency. The goal of the outreach team is to educate, inform, build trust, and foster relationships with Veterans, service members, families, caregivers, and potential DVS stakeholders. The outreach team accomplishes its mission by engaging constituents through event attendance & meetings, canvassing, phone calls, and online correspondence.
- No Veteran is the same, which means don't expect every engagement to be the same. Please keep in the mind the different types of Veterans who may reside in our great city: Senior Veteran: A Veteran who is 65 years and older (elderly); Retired: An individual who has completed 20 years of service in the military; Service-Connected Veteran: A Veteran who has a service connected disability; Active Duty / AGR: An individual serving in the U.S. military full time; Reserve / National Guard: An individual serving in the military "part-time;" Student Veteran: A Veteran who is pursuing a program of study in higher education.
- Members of the DVS staff have been trained and accredited to assist Veterans with their VA Claims. Working with the New York State DVS, the NYC DVS team is now processing claims, including GI Bill benefits! Learn more at nyc.gov/vetclaims.
- Additional Resources: Affordable Housing: NYC Housing Connect, Section 8, Mitchell-Lama program; Emergency Rental Assistance: Supportive Services for Veteran Families (SSVF); Buying a Home: VA Home Loans; Find more housing resources including homeless prevention resources, energy assistance, and eviction protection tools at nyc.gov/vethousing.

- Visit nyc.gov/vetfinance for more resources including: Emergency financial assistance, Financial counseling, Branch-specific aid, and Tax preparation services
- Visit nyc.gov/vetsupport for more mental health resources including: Counseling services, Veteran peer support, Crisis hotlines, Online substance abuse, and recovery groups.
- Visit nyc.gov/studentvet for student Veteran resources including: Tools to finance your education, Housing support, Information on predatory loans, Online tutoring and counseling services, and How to volunteer in your community
- Visit nyc.gov/vetjobs for more employment resources including: Veteran-specific job boards, Job training programs, Professional mentorship opportunities, Unemployment support, and Work-from-home toolkit
- DVS connects with the Veteran community on Twitter, Facebook, Instagram, and LinkedIn at @nycveterans
- 1 Centre St, Suite 2208 New York, NY 10007, 212-416-5250 | nyc.gov/vets, @nycveterans

B. Keemon Spears, Front Line Nutrition Services

- Eat Right, Get Right, Live A Better Quality Of Life
- Definitions: Nutrition: Eating foods that provide the proper nutrients for the mind and body;
- Nutrients: Are The Enzymes amino acids/proteins vitamins & minerals in whole foods;
- Macronutrients: Are types carbohydrates protein and fat & water that provide nutrients;
- Micronutrients: Are vitamins minerals amino acids the body needs for growth & development;
- Vitamins: Any group of organic compounds which are essential for normal growth and development; Minerals: Sodium, potassium ,calcium ,phosphorus, magnesium; Amino acids: Are the precursor to protein they are called the building blocks of life examples; Essential amino acids: Come from food sources that body can't manufacture; Nonessential amino acids: The body can manufacture when healthy; Calorie: Is a measure of heat produced when some substance is burned or oxidized. Describes how much energy your body could get from eating or drinking.
- Nutritional Calculations: one pound of fat: 3,500 calories; one gram of carbohydrates: 4 calories; one gram of fat: 9 calories; one gram of protein: 4 calories
- How to Calculate New Carbs :In order to calculate Net Carbs of any whole food item it's simple calculations based on Nutrition Facts panel: Total Carbohydrates – Dietary Fiber = New Carbs; For low carb products sweetened with sugar alcohol (i.e. glycerin, maltitol, etc) refer to the Nutritional Facts panel of the product. Total Carbohydrates – Dietary Fiber – Sugar Alcohol = Net Carbs.
- Images with sample Nutritional Facts were demonstrated and discussed.
- Committee suggested hosting Mr. Spears at a future Seniors Connected Meeting, possibly in the early fall.

III. New Business

A. February Agenda Items

Committee to host potential AARP Virtual presentation.

OFFICE INFO

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