

OFFICIAL MINUTES OF

THE BOARD OF HEALTH

November 20, 2024

The meeting was called to order by President Nisha Gandhi at 7:05pm. President Dr. Nisha Gandhi made the following announcement: The notice requirements of the Open Public Meetings Act of the State of New Jersey have been satisfied by the inclusion of the date, time, and place of this regular meeting in the annual schedule and notice of regular meetings is posted at The Borough Hall, was emailed to the Star Ledger and the Record and was filed with the Borough Clerk of the Borough of Demarest.

Salute to the Flag

Present: President Dr. Nisha Gandhi, Dr. Helen Richards, Dr. Umesh Gidwani, Ms. Illana Mitiliski. Also present, Health Inspector Kristen Caperino

Absent: Dr. Lewis Nelson, Dr. Jae Hon Kim, Roberta Hoag, Council Liaison Jonathan Reiss

Minutes: Approval of May 15, 2024, minutes were motioned for approval, 1st Dr. Helen Richards, 2nd Dr. Umesh Gidwani, all were in favor.

Board of Health Secretary report: 479 Pet licenses were distributed to date. 2025 Pet licenses are in possession of the Board of Health Secretary. The animal licensing program has been replaced by SDL from Munidex. Marriage licenses to date: 10. The Flu Clinic held at The Borough Hall on September 16, 2024: 40 Vaccines were distributed to Borough Residents and Employees. The signed 2024-2025 Flu Agreement was distributed to the Members for review. A letter for the renewal of Business Licenses will be mailed via USPS the week of November 25, 2024.

Health Inspector report: Demarest Swim Club and Youth Camps were inspected in May for the opening, all received satisfactory condition. Chapter 24 Inspections were conducted on Schools, Restaurants, Pools, and Day Care Facilities, all reported were in satisfactory condition except for one non-conforming, no closure. Seven bats were reported in one residential home. All seven

tested negative for rabies. The resident was concerned about post exposure risk, the Health Inspector referred the resident to their Primary Dr. for further concerns. Dr. Gidwani discusses the lack of bats in our area due to white nose disease. Dr. Gandhi questions how the bats entered the home. Ms. Caperino reports through a hole in the house which is now repaired.

OLD BUSINESS: Mayor's Wellness Challenge, AED Awareness. Discussions of joining other surrounding towns to build up the Mayor's Challenge. Some suggestions discussed were Community Walk challenges, free sessions at exercise facilities, and partnering up with High School Athletes and Coaches to bring awareness to the importance of proper stretching when exercising. Recruiting Student Athletes for Community Service. Ms. Illana Mitiliski will contact the Coaches from NVD. Discussion will continue at the January 2025 BOH Meeting. On May 15, 2024, Meeting Borough Administrator/Clerk, Julie Falkenstern was appointed Registrar. Ms. Roberta Hoag, absent from the meeting, notified by writing that the Borough has replaced two AED units. President Dr. Gandhi discusses with the Board the importance and awareness of AED Units and to bring awareness to the use. Dr. Umesh Gidwani relays that the machines are self-explanatory. Ms. Illana Mitiliski explains, people are scared to use the units, President Dr. Gandhi stresses the importance of hosting a class by the Board of Health for instructional use on AED Units and locations around the Borough. Dr. Helen Richards asked if the Units are visible. Dr. Gidwani refers to the AED Unit in the Court Chambers and the difficulty in identifying the Unit. 1st motion was made by Ms. Ilana Mitiliskiti to have AED signs more visible to the Community, 2nd motion was made by Dr. Gidwani, all were in favor.

NEW BUSINESS: Rabies Clinic will be held on February 8, 2025, at the DPW Building, 22 Wakelee Dr. from 10:00am-11:30am. President Dr. Gandhi requests that the Board Members get more involved in Borough Events such as Demarest Day, Oktoberfest, and the 5K Run to distribute to the Community upcoming Flu and Rabies Clinic. Introduced is a new program through the Bergen County Health Department called Matter of Balance, free to residents 60 or older, 8-14 participants. The program runs 8, 2-hour sessions. The Board of Health will request to utilize the Train Station for this program. Dr. Gidwani raises the question of other establishments holding this program. President Dr. Gandhi explains the Train Station and Borough Hall are the two buildings that are Handicap Accessible. Program Goal date, Spring of 2025. A request to the Mayor and Council to amend the BOH Bylaws meeting dates to six times per year. Meeting date for January will be determined following the set date for the Mayor and Council Re-Org Meeting date. The Board of Health Meetings will continue to be on Wednesday evenings at 7:00pm.

OPEN TO THE PUBLIC: Ms. Mary Ann Clarke presented the Member's artifacts from 1903. Ms. Clarke shared facts regarding sanitation, Privy's, and Outhouses in those times that were a part of the official BOH minutes. Ms. Clarke is the Borough Historian and was gifted the notes.

ADJORNMENT: 8:03pm 1st motion to adjourn Ms. Mitiliski, 2nd Dr. Gidwani, all were in favor

