

**Board of Health
Demarest Borough Hall
7:00PM**

MINUTES

REGULAR MEETING

March 18, 2026

MEETING CALLED TO ORDER

President, Dr. Nisha Ghandi opened the meeting at 7:04 pm with the following announcement: PUBLIC ANNOUNCEMENT OF MEETING: 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 and notice of regular meeting was posted at Borough Hall, was mailed to The Record and was filed with the Borough Clerk of the Borough of Demarest on January 23, 2026.

1. **Roll Call:** Present, Dr. Nisha Gandhi, Vice President Ilana Mitlitski, Members, Dr. Umesh Gidwani, Dr. Jodi Reiss, Robert Hoag, Council Liaison, Jonathan Reiss, County Board of Health Officer Kristen Caperino and Health Educator Jillian Travilla. Absent, Ed Yezekian, Dr. Helen Richards
2. Kristen Caperino reported that all business licenses are up to date. Anthony Costa, who was recently hired by the County Health Department, will be covering the inspections for Demarest. Alpine Country Club sprinkler system burst, the kitchen was not affected. Dust set off the fire alarms in Dunkin Donuts, all food in the basement was discarded.
3. Jillian Travilla reported on the Matter of Balance Class and shared positive feedback from all participants. She also shared with the Board a pamphlet of courses the County offers for free. The County also offers education for schools and events in Demarest.
4. **BOH Secretary Report:** February 7th was the free rabies clinic with 50 rabies vaccines delivered and 50 vaccines administered by a license vet. The fee for the Vet was \$350.00 Late fees applied March 1, 2026, for any pet renewals in the amount of \$25.00 plus the license fee. The Narcan Class held on March 14, 2026, was successful with approximately 13 attendees. Roberta Hoag also shared health services offered by the County which is held at the Methodist Church.
5. **Old Business:** Budget is still operating on a temporary budget. Dr. Nisha Gandhi is currently working on the Bi-Laws and will share them with the Members for input. Once completed she will send them to the Borough Administrator for review. Ilana Mitlitski shared the start of The Couch to 5K and explained that High School Students will be volunteering their time to help with warm up and stretching exercises to get ready for the 5K. The warmup will be every Sunday and Wednesday. Dr. Nisha Gandhi reported on 3/11/2026 requested by the DAA Coaches and was successfully offered by Englewood Hospital at no cost to the participants. Dr. Jodi Reis requested an update on the AED's in town. Roberta Hoag explained, once the list is validated, the locations of the AED's will be shared. The ongoing concern is who is responsible for maintaining the units.

6. **New Business:** The Board of Health, in connection with volunteers from High School Students are working on a quarterly newsletter to be sent to each resident of Demarest. In the Newsletter will offer information regarding the events and education the Demarest BOH hosted as well as important health information and upcoming events.
7. **Open to the Public:** No one was in attendance by the public
8. **Motion to adjourn:** At 7:45 pm, Dr. Jodi Reiss and second by Ilana Mitlitski, all were in favor

Respectfully Submitted, Lee Campbell BOH Secretary