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THE CITY OF NEW YORK  
MANHATTAN COMMUNITY BOARD SIX  
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**Manhattan Community Board Six  
Health and Education Committee**

**February 27, 2018**

**433 1<sup>st</sup> Avenue, New York, NY Room 220 (NYU School of Dentistry)**

**Meeting Minutes**

Present: Elvy Barroso (Chair), Louise Dankberg, Ava Goldman, John Keller, David Tsin, Carin van der Donk, Claude L. Winfield

Absent: Karen Moore, Jeff Mailman

**Guests and Members of the Public**

Ahsia Badi—CB Six

Kevin Fitzgerald—CB Six

Ethan Gabbaum: Council Member Keith Powers

Mary Mittelman—NYU Langone (Presenting)

Lisa Bova-Glick—NYU Langone (Presenting)

Michelle Avila—NYU Langone

Jennifer Celio--PadInMotion

Stephen Grayson—NYU Langone

**Call to Order and Adoption of the Agenda/Previous Meetings Minutes**

Elvy Barroso called the meeting to order at 6:34 PM.

The minutes, as amended, of the January 23<sup>rd</sup> Meeting were adopted.

**Committee Business**

1. Presentation from NYU Alzheimer's Disease and Related Dementias Family Support Program

Lisa Bova-Glick, Community Health Representative for the Alzheimer's Disease and Related Dementias Family Support Program of the NYU School of Medicine, Department of Psychiatry, introduced Dr. Mary Mittelman, Research Professor, Center for Cognitive Neurology, NYU School of Medicine.

Dr. Mittelman reported that:

- Approximately 390,000 New Yorkers (including 250,000 in New York City) have Alzheimers, a number that is expected to increase to 460,000 by 2025.
- In 2016 over 15 million Americans provided unpaid care to patients with Alzheimers, including one million in New York State and 425,000 in NYC.
- The unpaid care from New York State caregivers has totaled to unpaid care equaling \$15 billion

Dr. Mittelman then described the evolution of the NYL Langone Alzheimer's Disease and Related Dementias Family Support Program, designed to assist these caregivers, noting that the Program had its origins in the Clinical Trials of the NYU Langone Caregiver Intervention (NYUCI) Program from 1987—2010). This clinical work with 406 Spouse Caregivers demonstrated that spousal intervention:

- Reduced caregiver depression and stress
- Improved caregiver self-rated health
- Postponed Nursing Home Placement of persons with Alzheimer's or related dementias by over 18 months
- Reduced stress on the caregivers during the period of Nursing Home Placement
- Benefited Caregivers during bereavement.

Dr. Mittelman concluded by reporting that, after the benefits of the Program were demonstrated:

- Langone began to provide NYUCI in community settings, with online training and Web-enabled counselling at a distance
- The program was expanded to adult child caregivers
- Funding was received from NY State to provide fee supportive services for family caregivers in New York City.

A discussion followed with members of the Board and the public. Various suggestions were voiced, including that brochures for the program be distributed at Community Centers and schools. It was observed that "Grandparents' Day" in New York Elementary schools could be a particularly useful venue for disseminating this information.

The Chair thanked Ms. Lisa Bova-Glick and Dr. Mittelman on behalf of the Committee and offered the ongoing support of the Committee to the work of NYUCI.

## 2. Updates from Committee Leads, Aging, Education, Health

John Keller reported briefly on initiatives and activities addressing the issue of Diversity in New York City Public Schools, which could impact families in the CB6 Zone. He offered to invite a member of the Mayor's Task Force on Diversity to address a future meeting of the Committee.

## 3. Chair's Report

Elvy Barroso reported that the Child Study Center at the NYU Department of Psychiatry had been invited to address the March meeting of the Committee.

## 4. Old/New Business

## **Adjournment**

Elvy Barroso adjourned the meeting at 7:39PM.

Minutes submitted by: John Keller