

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

MINUTES

REGULAR MEETING

November 12, 2025

MEETING CALLED TO ORDER

President, Dr. Nisha Ghandi opened the meeting at 7:03 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 Star Ledger and The Record and was filed with the Borough Clerk of the Borough of Demarest.

1. Roll Call: At the time of roll call, Present, Dr. Nisha Gandhi, Vice President Ilana Mitiliski, Members, Ed Yezekian, Dr. Helen Richards, Dr. Umesh Gidwani joined the meeting at 7:25 pm Council Person Liaison Jonathan Reiss, County Board of Health Officer. Absent, Alternate Roberta Hoag, Dr. Jody Reiss.

3. BOH Secretary Report: 2026 Animal licenses have been delivered. The Matter of Balance Class for Seniors is tentatively being offered for January. There will be 8 classes held for 2-hour classes each. We are waiting on the County to approve the use of the Council Chambers. The Rabies Clinic will be held at the DPW Building on February 7, 2026, from 10:00 am to 11:30 am. All Bergen County Residents with dogs and cats can attend.

4. The County Health Secretary reported all on their system being down and an update on inspections will be sent once available. To date, all food establishments are Satisfactory condition. The BOH Secretary added there have been several dog bites. The County Health Inspector explained that the attacks stem from 1 Residence and there have been multiple complaints regarding the 4 dogs that reside in the home and educate the Members on the specific criteria the County Board of Health and Animal Control follows. The BOH Secretary added that the dog owner has received multiple violations, past and present.

5. Old Business: President Dr. Nisha Gandhi will send an email requesting Borough Administrator, Julie Falkenstern advise the Commission regarding drafting By-Laws. The BOH Budget has remaining \$402.22 in the account. Council Liasian Reiss explained the budget for 2025 is on hold for all Departments. President Dr. Nisha Gandhi raised the question of whether the BOH can request their budget. BOH Secretary explains the budget is set for the use of Shared Services, Clinics, Pet Licensing. The BOH Members discussed participation in future events and would like

to participate, hosting tables for awareness and possibly having instruction on the use of AED Units and possibly attending a DAA Meeting to educate them on the use of the Units. Council Liasian raised the question of whether the AED Units in the Borough Hall are working and if it is State Law or policy to have them in Municipalities, Hospitals, and Schools. The answer was not clear. Council Liaison Reiss Asked if the Units in the Borough Hall were expired and if that is why they are not in use. BOH Secretary replies that when last she was notified, the PD was waiting on parts. Member Ed Yezekian informed the Members that he spoke to a coordinator regarding borrowing machines and will update President Dr. Nisha Gandhi in the upcoming days with information. She also stated that all Coaches should know how to use the Units, Member Ed Yezekian added especially in sports like baseball. Alternate, Ms. Roberta Hoag, not in attendance discussed with President Dr. Nisha Gandhi at a prior date, classes for certification on CPR and referred an outside vendor. The Vendor fee would be \$75.00 per person for a 90 Minute Class which includes a certification and a protection field. Member Ed Yezekian adds the usual cost is between \$65.00 and \$75.00, however, there are different certifications and gave explanations. Member Ed Yezekian also added that he knows of a Vendor and will submit fees to the BOH Commission. Dr. Nisha Gandhi also explained the importance of education and use of the Lucas Machine. The BOH Secretary informed the Commission that 17 doses of the Flu Vaccine that was held on September 18, 2025, was in low attendance from past years due to advertising on the electronic sign and the Mayor's Newsletter. Dr. Nisha Gandhi suggested better advertisement for next year and having the Clinic later in the Fall. Member Dr. Umesh Gidwani joined the meeting at 7:29 pm

6. New Business: Health Education was discussed. Member, Dr. Helen Richards, raised the question about what kind of education the BOH can offer. Dr. Nisha Gandhi informed the Members that discussions with Member Ms. Roberta Hoag and Narcan Classes should be considered. Ms. Hoag offered that this can be funded through the County. Secretary Lee Campbell will contact the County to see what can be offered. Council Liasian Reese questioned if Narcan is offered in the schools and the locations. Vice President Ilana Mitaliski will research the locations and report back to the Commission at the next meeting. The Commission discussed the 2026 5K. Vice President, Ilana Mitaliski added the participation of High School Student volunteering hours to host short activities such as stretching, walking, and breathing exercises 6 weeks prior to the start of the 5K.

7. Open to the public: No one from the public attended

Side note from the BOH Secretary, the dates going forward for 2026 BOH Meetings cannot be voted on until the Mayor and Council Re-Org.

8. Adjournment: Motion to adjourn, 1st Member Dr. Helen Richards 2nd Vice President Ilana Mitaliski, all were in favor. Meeting adjourned at 7:32pm.

Respectfully Submitted, Lee Campbell BOH Secretary