

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

MINUTES

RE-ORG MEETING

January 21, 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 9, 2026.

1. **Roll Call:** Present, Dr. Nisha Gandhi, Vice President Ilana Mitaliski, Members, Dr. Helen Richards, Dr. Umesh Gidwani, Dr. Jodi Reiss, Robert Hoag, Council Liaison, Jonathan Reiss, County Board of Health Officer Laura Folco. Absent, Ed Yezekian
2. **Election of Chair:** Roberta Hoag nominated Dr. Nisha Gandhi for President, 2nd by Dr. Helen Richards, all were in favor
3. **Election of Vice Chair:** Dr. Jodi Reiss nominated Ilana Mitaliski, 2nd by Roberta Hoag, all were in favor.
4. **BOH Secretary Report:** Animal licenses are currently being distributed. The Rabies Clinic will be held on February 7, 2026, from 10:00 – 11:30 am in the DPW Building, 22 Wakelee Dr. All Bergen County Residents are welcome. There is no cost to Residents. The rabies vaccines are good for 3 years. The Wellness Program for Seniors was delayed from January 14, 2026, and will begin on January 28, 2026, with 13 participants from Demorest to surrounding towns.
5. **County Health Inspection Report:** Health inspector Laura Folco explains how the various inspections are conducted for food establishments, rated 1 through 4, Numbers 3 and 4 are high volume establishments that prepare food on site such as, Alpine CC, Academy of the Holy Angels, and NVD. Food establishments such as Deli's would be categorized as 1, receiving food from outside vendors that have already had the food inspections. Dr. Nisha Gandhi questioned if there was still an increase in Dog/Bat bites, Health Inspector Folco replied, "No new cases"
6. **Old Business:** Budget: The budget for 2026 has not been set, but BOH will keep the same budget as 2025. There is \$402.22 remaining from 2025. Bi-Laws, tabled. Side Note: Dr. Umesh Gidwani has researched neighboring towns Bi-Laws as a reference for the Demarest BOH and will email Dr. Nisha Gandhi and BOH Secretary Lee Campbell with his findings and guidelines. Roberta Hoag asked if the County could provide guidelines for Bi-Laws? County Health Inspector Laura Folco will send BOH Secretary Lee Campbell the link for NJ Local Board of Health Association to share with BOH Members. Participation for Borough Events, the BOH intends to set up booths at the

various Borough Events to bring awareness to the residents of any upcoming BOH Events. Blood Pressure screening will also be offered. Student Medical Clubs will be contacted for Students who would like to volunteer their time. There was a lengthy discussion on AED around the Borough. Members discussed the importance of knowing where and how many units are in the Borough. Roberta Hoag supplied a list of the locations of the units in and around the Borough, parks, Ambulance Corps, Fire Department, and Schools. The BOH would like to start overseeing the inspections and care of the units. They will be requesting a list of responsible parties that take care of the units, such as batteries, expiration dates of the units and regular testing. The BOH will be offering CPR/AED training sessions as well as Narcan training. Board Secretary, Lee Campbell will help set up classes through the County BOH. 5-K: Ilana Mitiliski updates the Commission. The Run Club at NVD will offer volunteer time to help participants warm up/training techniques 2 times a week at various locations. Dr. Nisha Gandhi requested that Members of the Commission come up with a name to promote the BOH of Demarest. Ilana Mitiliski has offered to set up a meeting with the Chair of the 5-K to incorporate the BOH in the 5-K and possibly donate funds to have the BOH on t-shirts as sponsors.

7. **New Business:** 2026 Meeting Days/dates are as follows, Wednesday's at 7:00 pm in the Council Chambers, 3/18/2026, 5/20/2026, 7/15/2026, 9/30/2026, 12/1/2026. These dates are subject to change and will be advertised.
8. **Open to the Public:** No one was in attendance by the public
9. **Motion to adjourn:** At 8:10 pm, Roberta Hoag 2nd Dr. Umesh Gidwani, all were in favor

Respectfully Submitted, Lee Campbell BOH Secretary