



Chairman Nicholas Himidian Jr. - District Manager William Rivera

Social Services & Housing Committee Meeting Minutes

November 6th, 2018

Chair: Rosemary Ordonez-Jenkins

Vice Chair: Justin Westbrook - Lowery

Board Members present: Rosemary Ordonez-Jenkins, Abunoman Rahman, Justin Westbrook-Lowery, Daniel Porro, James Tynan, Angel Martinez, William Rivera (DM)

Board Members not present: Nevia Gallimore

- **Introduction**

A. Committee Description: The social service & housing committee represents the community's interests with regards to social services including senior services, disability, veterans and housing concerns and acts as a liaison between community members and the NYC Human Resources Administration, Department of Homeless Services, Department of Aging, New York City Housing Authority, and the Department of Health and Mental Hygiene. The Disability Sub-Committee is under this committee.

- **Speakers/Presentations**

- **Rosemary Hernandez- Bronx Healthy Link (Health Educator) (Flyers Attached)**

- As per Rosemary, Bronx Health Link has been in existence since 1988 and is currently in partnership with hospitals such as Bronx Care, Urban Health Care, Morris Heights, North Central Bronx, and even the BP's Office which helps by providing in kind office space. Rosemary receives funding from DOH for maternal and infant health, to improve outcomes. She goes into the community and/or receives referrals from partnering hospitals to teach mothers about breast feeding, family planning, birth control, mental health post-partum, etc. Rosemary is interested in exploring best ways to link people to her services. All of her services are Free.

- **New Business**

- **Rogier Van Vlissingen- Whole Foods, Plant-Based nutrition and Health in CB9 - Oasis Jumpstart Program Mr. Van Vlissingen stated the following:**

- Since he became a team leader for Plant Pure Communities for the Bronx earlier this year, slowly a sort of a virtuous circle of a support system has begun to emerge, with at

least one plant-based doctor in our district, and the Montefiore Cardiac Wellness Center nearby, plus the new "retail dietitian" at ShopRite, and the monthly cooking classes at St. Helena's, as well as the monthly #WFPB supper with Father David Powers of St. Helena's at Neerob Restaurant on Starling Avenue on the 4th Tuesday of the month. Ms. Van Vlissingen also states that presently, he is in talks with Bronx Community Health Network and their clinic at 2175 Westchester Avenue, and the Institute for Family Health with a clinic in Soundview to organize an Oasis Jumpstart program with Plant Pure Communities. His role as a volunteer should be to bring together the various organizations who can make this happen, and to coordinate the communication with Plant Pure Communities. In the process of this project Mr. Van Vlissingen states they will be looking for volunteers, but they must be people who are literate in the Plant-Based diet. Anybody that is interested go to Ms. Van Vlissingen for guidance as well as attend the monthly cooking classes. The bottom line is, Lifestyle Medicine and the Whole Foods Plant-Based diet are the medicine of the future, for it will do more to improve health outcomes than any amount of pills and procedures. We are moving towards a future where your primary care doctor will prescribe things you get in the produce section of your supermarket 80% of the time, and medications or procedures only 20% of the time. People will stay healthier longer than ever before. The jumpstart program is there to help underserved communities, because health outcomes have more to do with zip codes than anything else, and the Bronx famously is #62 out of 62 counties in New York. Brooklyn and Manhattan are making giant strides in this area. It is time for the Bronx to catch up and the Jumpstart program should do that. They will be looking for volunteers to mentor the program participants, but equally for volunteers as patients for the program. That recruitment will primarily take place through the respective medical organizations. Here is Mr. Van Vlissingen's report of a recent meeting of Plant Pure Communities: <https://starlingaveplantbased.blogspot.com/2018/11/ppc-party-with-purpose.html> Mr. Van Vlissingen will be sharing with the Social Services Committee what he needs for resources as we go forward, so that hopefully this program can be a success.

Announcements

- ShopRite is having a free diabetes awareness class on November 26th from 11 am-12 pm, then again from 5 pm-6 pm. The diabetes class will be November 29th 6 pm -7 pm, space is limited for this class so you must RSVP directly to Angela Vita at 718-794-1696 or angela.vita@wakefern.com
- Kids healthy holiday cooking will be held at ShopRite on November 25th from 12 pm -1 pm. This will be a fun and interactive kid class to focus on healthy eating for the holidays. The admission is \$5 per child.

Meeting Adjourned: 7:50 P.M.