

**Brooklyn Community Board 9**  
**890 Nostrand Avenue**  
**Brooklyn, New York 11225**

**Health and Social Services Committee Meeting Minutes**  
**February 2, 2023, at 7pm**  
**Meeting ID: 845 4081 7100**

**Attendance (Board Members):** Committee Chair and Second Vice Chair of the CB9 Executive Board Francisca Leopold; Mayna Legoute; Milford Prewitt

**Attendance (Community Resident Members):** Alexandra Cameron; Enid Dillard, OBH; Cecilia Yampolsky

**Absent (Board Members):** None

**Absent (Community Resident Members):** Jaqueline Love; Kayla Williams; Vanya Mayers; Reyana McKenzie;

Guests: Nicolas Almonor, CB9 Board Member; Adina Matos, Heights, and Hills

**CB9 Staff:** Mia N. Hilton, Assistant District Manager

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**I. Call to order**

- a. Meeting called to order at 7:07pm

**II. New Business**

- a. Ms. Leopold got things started by asking the members what was the most positive thing that happened to them this week. Going first, Ms. Leopold said having her loved one return home from the hospital after three weeks battling a myriad of illnesses was a major blessing
- b. Milford Prewitt said the highlight of his week was getting The PLG Echo printed, which he runs as editor. He said it was a good issue featuring an in-depth story about the co-naming of the first block of Maple Street “Ebenezer ‘Ben’ Edwards Way”. Edwards had more than 20 years of leadership experience with the Lefferts Manor Association and CB9’s ULURP Committee before being struck by a car on the corner of Maple (the same block on which he lived) and dying two weeks later in December 2018

**III. Approval of January 2023 meeting minutes**

- a. Minutes were approved at 7:22p.m with no corrections

**IV. Presentation**

- a. Adina Matos, a volunteer program director with Heights and Hills, gave a presentation on the agency and solicited CB9’s help.

- b. Heights and Hills are a case-management, non-profit agency that provides a universe of social and health services in 21 neighborhoods in Brooklyn, including CB9. The services are tailor made for the elderly. The agency provides free health and social services for those 65 and over. It treats more than 1,200 clients a year and is 43 years old. It currently sees 800 elders. In addition to health care and social services, Heights and Hills also do grocery shopping for the homebound medical escorts, yard cleaning and home improvement projects are other chores H and H tackles. “Indoor walking,” dancing, Tai Chi, lunchtime concerts and guidance instructions on nutrition, exercise and breakthroughs in disease care are also available. Featured in lectures.
- c. Heights and Hills is located in Park Slope.
- d. The agency needs more volunteers and currently is on a mission to recruit 85 volunteers.
- e. Housing insecurity, food insecurity, financial insecurity are the projects they tackle on an individual level.
- f. Companionship is strongly encouraged, Matos said. Indeed, it is one of the most popular programs, elderly making new close friends. “Friendly Visiting” is Heights and Hills largest program, designed to make friendships among the client base.
- g. After a round of Q and A with committee members, Leopold suggested that Matos attend the next CB9 Board Meeting.
  - i. “You are a very well-kept secret,” Nicholas Almonor said, in supporting Matos’s making a presentation to the board soon.

**V. New Business**

- a. Planning for a Mental Health Forum
  - i. Leopold reminded the committee that we want to have a mental health forum or forums in the spring, focusing on seniors, youth, and police relations.
  - ii. The meetings should be in a Zoom format, though Leopold said she’d prefer a live meeting. Enid Dillard of One Brooklyn Health said her organization would be pleased to send speakers.
  - iii. Leopold said its essential that the police are represented given the fact that police are not often dealing with crime complaints but mental health disturbances. Almonor said there is a very good speaker at Methodist Hospital on the topic, but he couldn’t remember the woman’s name. Leopold said she knows who Almonor is referring to and will seek her participation.
  - iv. She said the Council member and the state Assemblyman must be contacted for their participation, having expressed a desire to get their offices involved long ago. Community Boards 8 and 17 should be invited to co-sponsor given their proximity.
  - v. Leopold said the committee will have to have special meeting to work on an agenda and determine speakers.
  - vi. May 4<sup>th</sup> 7p.m. is the date of the forum. May is also mental health month. That will give us plenty of time for planning, publicity, and speaker solicitation.

**VI. Adjournment**

- a. Meeting Adjourned 8:12p.m.

Submitted by Milford Prewitt  
February 9, 2023