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THE CITY OF NEW YORK  
**Community Board 2**  
BOROUGH OF STATEN ISLAND

**Health Committee Meeting Minutes**  
April 10, 2023 – 7:00 P.M.

<https://youtube.com/live/Wna7ISBIMzM>

Dr. Ram Raju, Chair of Community Board 2's Health Committee called the meeting to order at 7:00 P.M. and thanked the guests and board members for attending the meeting.

Present: Fred R. Guinta, Dr. Allan B. Perel, Dr. Ramanathan Raju, Steven J. Zboinski, Debra A. Derrico, Vanessa Limani for Senator Jessica Scarella-Spanton, Ninarose Salerno, Janet V.

Presenters from the Alzheimer's Association of New York: Stefany Martinez, Program Manager and Wan-Ling Hung, Educator.

Dr. Raju introduced Stefany Martinez, program manager of the Alzheimer's Association of New York. Stefany showed a PowerPoint Presentation called Introduction to Alzheimers. The presentation discussed the following: Normal Aging vs Dementia, the difference between Alzheimers and Dementia, Risk Factors, 10 Warning Signs of Alzheimers, Importance of Early Detection and Diagnosis, Key Resources and a toll-free number to call 24/7 1-800-272-3900. Information can be found on the Alzheimer's Association Website - - [alz.org](http://alz.org).

Wan-Ling Hung of the Alzheimer's Association reported that Stefany Martinez is the Staten Island Representative for the association. Wan-Ling said she too is available to assist anyone who may have questions or need help.

Dr. Perel, Neurologist and esteemed member of Community Board 2 spoke about MCI.

Copied from the Internet - Mild cognitive impairment (MCI) is the stage between the expected decline in memory and thinking that happens with age and the more serious decline of dementia. MCI may include problems with memory, language or judgment. People with MCI may be aware that their memory or mental function has "slipped." Family and close friends also may notice changes. But these changes aren't bad enough to impact daily life or affect usual activities. MCI may increase the risk of dementia caused by Alzheimer's disease or other brain disorders. But some people with mild cognitive impairment might never get worse. And some eventually get better.

Dr. Perel also expressed the dire need for services on Staten Island.

## Resources

- **Education Program List-** [Community Education Program List .docx.pdf](#)
- **Care consultation -** [NYC Care Consultations.pdf](#)
- **Upcoming programs -** [https://www.alz.org/nyc/helping\\_you/education](https://www.alz.org/nyc/helping_you/education)
- **Volunteer Information -** [Volunteer ad community support \(3\).png](#)
  - <https://www.alz.org/nyc/volunteer>
- **Walk to end Alzheimer event-** [https://act.alz.org/site/TR/Walk2023/NY-NewYorkCity?fr\\_id=16747&pg=entry](https://act.alz.org/site/TR/Walk2023/NY-NewYorkCity?fr_id=16747&pg=entry)
- **The Longest Day -** [https://act.alz.org/site/SPageServer?pagename=the\\_longest\\_day](https://act.alz.org/site/SPageServer?pagename=the_longest_day)
- **NYC chapter website-** <https://www.alz.org/nyc>
- **2023 Facts & Figures -** <https://www.youtube.com/watch?v=a2j99vfkdg>
- **NYC Support groups-** [https://www.alz.org/nyc/helping\\_you/nyc\\_support\\_groups](https://www.alz.org/nyc/helping_you/nyc_support_groups)

Having no further business, the meeting was adjourned at 7:35 P.M.

Submitted by Dr. Ramanathan Raju, Health Committee Chair