



CITY OF NEW YORK
MANHATTAN COMMUNITY BOARD 10
215 West 125th Street, 4th Floor—New York, NY 10027
T: 212-749-3105 F: 212-662-4215

CICELY HARRIS
Chairperson

Health and Human Services Committee

Monday, September 17, 2018 – 6:30 PM

Dr. Dukes, Chairperson

Minutes

Present: Dr. Dukes, Deborah Yates, Karen Dixon, Barbara Nelson, Troy Gethers, Makeda Thompson, Christina Curry, Cheryl Smith,

Excused: Donna Gill, Michelle Booker

Absent:

Meeting Commenced: 6:42pm

Meeting Adjourned: 7:50PM

Discussion

Harlem Healthy Heart Series, Nancy Thompson, Elizabeth Tinuoye, Patricia Jordan

- Harlem healthy heart series (Powerpoint presentation)
- Founded by Dr. Ferguson
- Workshops are based out of Lt. Joseph Kennedy Center
- Facilitates workshops regarding diabetes education, food demos, health screenings, exercise demos, and provides educational reading materials
- Healthy Heart Series Self-Monitoring Blood Pressure Initiative 8 week program
- Di"ABET"es 7 week program
- Goals for 2019: Continued development of effective strategies that engage the community, increasing awareness of food justice and how it relates to our community, expanding our educational platforms so that we can continue to have a significant impact on the community's health behaviors.

Announcements

- Medicare workshop- Kathleen Whyte (HHC)
- Board Member Christina Curry volunteered in Puerto Rico during hurricane season, reported on the current state of Puerto Rico and the US Virgin Islands