

**COMMUNITY BOARD 9
890 NOSTRAND AVENUE
BROOKLYN, NY 11225**

**MINUTES OF THE
COMMUNITY BOARD MEETING
HELD ON APRIL 27TH, 2010
MIDDLE SCHOOL 61 AUDITORIUM
400 EMPIRE BOULEVARD, BROOKLYN, NY 11225**

Board Members Present

Balberg, Stuart
Cetera, A.I.A., Michael
Clarke, Aldith
Daniels, Julian
Foster-Golding, Shelia
Goldstein, Rabbi Jacob Z.
Greene, Theopia
Gross, Rabbi Nochum
Hackett-Viera, Tessa I
Hutto-Lucas, Brenda
Jean-Baptiste, Maurice
Johnson, Jannie
Lawrence, Demetrius N.
Marmulzsteyn, Samuel
Martin, Jr, Allan
Morgan Carl B.

Board Members Present

Nicholson, Dwayne
Perry, Rosemarie
Roachford, Romania
Roberson, Myrtle
Robinson, Karlene
Rollerson-Blackett, Mary
Rollins, Eleanor
Rose, Roosevelt
Scott, Brenda
Spielman, Rabbi Joseph
St. Clair, Victoria
Straker, Yvonne
Thomas, Denise
Welch, Jacqueline
Williams, Evelyn

Board Members Absent

Alejandro, Jenay
Ashman, Dion – death in the family
Brown, Rev. Phyllis - sick
Carter, Gwen
Davis, Leslie F.
Dease, Geraldine
Gill, Joan - sick
Hamilton-Gonzales, Sylveta
Hershkop, Aron
Hodge, Ruby - sick
Katz, Yaakov Y.
Mann, Denise
Mason, Dr. Marco
Nicholas, Frank
Sperlin, Chanina

Elected Officials/Agency Representatives Present

Reuven Lipkind - Hon. Eric Adams	Dr. William L. Pollard – President, Medgar Evers
Ron Thomas – Hon. Yvette Clarke	Val Henry – SUNY Health Science Center
Debra Lesane - Kings County Hospital Center	Hon. Genine Edwards
Dr. Steven Kaner – DSSM	Angela Cooper - DSSM
Dr. Lisel Loney-Hutchinson – DSSM	Hon. Olanike Alabi
Dr. William Boone – Medgar Evers College	

PUBLIC SESSION

Customer Service Manager, Mr. Archie Warner, as well as the managers of the James E Davis, Rugby; Flatbush, and St. John's Post Offices, will be in attendance to address community concerns as well as to update the community on how the post office is positioning itself to utilize technological advances to provide improved services to the community.

Mr. Warner made excuses for the station managers' absence at the meeting. Mr. Warner informed the community that tonight they were supposed to have had the managers from St. Johns, James Davis, Flatbush and Rugby. There were scheduling conflicts which prevented them from being at the meeting. Mr. Warner further explained that all four managers were on vacation. The audience found it incredible that all four were on vacation at the same time. Mr. Warner stated that he would take the information back to the absent managers.

Regarding the post office, there is nothing new. They are struggling as the Internet continues to erode the business of the post office. They are at the point where they are waiting on Congress to tell them if they will deliver mail five days a week or continue with six days. An investigation was done by two independent agencies. The result was given to Congress who will get back to the post office on the action to be taken. Presently, nothing can be done without Congress permission or authorization.

In terms of service in the stations: The overnight service is operating about 95 - 96%. If you mail a letter in Brooklyn going anywhere in Brooklyn it is 96% sure to arrive the next day. It is also true for Long Island, Queens, Jamaica, Flushing and Far Rockaway. Mail delivery is regularly finished between 4:30 - 5:00 pm. Mail delivery after a holiday will take up to 6:00 pm. Mail delivery in the summer is lighter. In terms of the lobbies they are still dealing with heavy volume. The waiting time is up to seven minutes. They would like to bring it down to five minutes. There are some things that help to lighten up the line, an example is the international mail, there are forms to be filled out so, before you get to the window the forms should be filled out. For the passport one has to make an appointment. On an average it takes 15 minutes, if everything is filled out correctly. For example a family of four will take an hour. If you come by appointment it should take 10 minutes. Cadman Plaza post office, the main post office downtown Brooklyn has two windows for passports. They are planning to put in place a Passport Fair every two months on the last Saturday of the month.

Mr. Ben Edwards represents this district on the post office's Community Advisory Council. Members to the council are appointed by their respective Community Board to bring the problems of the community to the council, to address those problems and to make changes where necessary.

Questions and Answers

Samuel Marmulzsteyn – Ten years ago I had to wait 40 minutes. I was told that they would be putting in the APC mechanism to make the time 4-5 minutes. What happened to the APC mechanism? Mr. Warner - The plan was to put in what is called an automatic postal center; this could do everything except money orders. Those things are controlled in Washington. APC machines accept credit cards. There are certain things that have to be met. There are about twelve APC mechanisms in Brooklyn.

Roosevelt Rose – You have increased your rate and now you are decreasing the delivery days to five? Mr. Warner - last year we lost over a billion dollars. We are mandated by Congress to supply universal delivery. Brooklyn has exploded in population but not in mail delivery, less people are writing letters.

Chairman Goldstein asked the other representatives from the post office to come up and introduce themselves. Dorothy LaRose, the Acting Manager of the James E. Davis Post Office and Dorla Tisdale, Supervisor of the Flatbush Post office.

Theopia Green - What forms have to be filled out for international packages? Mr. Warner - All international packages are under Homeland Security. The forms take about 10 to 15 minutes. Ms. Green - you mentioned that on the last Saturday of each month passports will be done. Is that being done at this time? Mr. Warner - it will begin the end of May. Ms. Green - will pictures be taken? Mr. Warner - yes.

Rosemarie Perry - At the Flatbush and Church Avenue post offices the machines are always out of stamps or out of order. Secondly, that post office does not have a zip code directory. Mr. Warner - we will look into it. Many people do not use it because they can go into zipcode.com and get the information.

Myrtle Roberson - I have noticed that there are no windows for seniors at the Rugby station. Seniors should have a special line to prevent them from struggling to get to the windows.

District Manager Pearl Miles - There used to be a senior citizen window at James E. Davis post office, what happened to that? Mr. Warner - in some stations there is a reduction in manpower because of the changes that the post office is going through.

Chairman Goldstein - In this community there are a lot of seniors who need to be taken care of, perhaps once or twice per week there should be a line for seniors only. This is a major complaint I hear. Mr. Warner - At James E. Davis station we take care of our seniors. We do not have them standing in line. They are allowed to sit; it takes them about 5 minutes. There is always someone in the lobby to assist them.

Jannie Johnson - I live in the Flatbush area, that station is always dirty. There is no senior citizen window. I get mail in my box which always belongs to another address. Mr. Warner - when that happens you can call consumer affairs 718-348-3900.

Emma Franklin-White - What is happening for seniors at St. John's post office? Mr. Warner - We had never had that request before, we will look into it.

District Manager Pearl Miles - I would like to say, with all due respect, to the two young ladies here tonight. I received confirmation from the Post Master of Brooklyn and an email that the managers were authorized to attend the meeting, and a confirmation that they would be here tonight. I got a call on Friday as well as an email requesting we allow them to go first on the agenda. That was Friday. Now tonight they are all on vacation. I think that is disrespectful to this community. I find it questionable that they all would be on vacation. If they knew that they were going on vacation they should have sent someone else here tonight to respond to the community. No wonder the post office have so many problems. Community Boards work with Elected Officials, including members of Congress and advocates on behalf of the community, the post office should be working with the boards to serve the community. If you think that you do not have to respond to the community, then that is a bad sign.

Karlene Robinson - Regarding a transfer of address, when you fill out a transfer form, how long does it take to get to the right address instead of going back and forth. Mr. Warner - I can tell you we will not have checks going back and forth that will not be done.

Community resident - What criteria warrants the removal of a mailbox? Several mailboxes have been taken away. Mr. Warner - They have not been properly utilized in the past. There is a minimum of twenty five letters that should be in the box at a location if not, that box will be removed. **Community Resident** - We need

a mailbox at Lincoln Road and Flatbush, and Lincoln Road and Ocean Avenue. That is a well used area. Mr. Warner - I will check into that area.

Shelia Foster-Golding – Why do letters return to the previous address when someone moves from that address, even when you write on the envelope return to sender? Mr. Warner - when they first moved the record stays in the computer for about two years. After that if you change carrier they will deliver the mails at the old address. They should not be a continuous thing so it has to be reported so that it will be taken care of, it should not happen like that. We will look into it.

Community resident - Inaudible. Mr. Warner - We will look into it. Community resident - There are mailboxes that are constantly overflowing. How often is the mail picked up? Mr. Warner - We will look into it.

Chairman Goldstein thanked the representatives for their presence and hoped that the issues discussed tonight will be addressed especially mailboxes, dirty surroundings, and provisions for seniors.

As part of the Community Outreach Initiative of the Dr. Susan Smith McKinney Nursing and Rehabilitation Center (DSSM), Dr. Steven Kaner, Medical Director and Dr. Lisel Loney-Hutchinson, Endocrinologist, will address the audience on the alarming growth of Diabetes in the community; as well as provide information on the precautions that can be taken to avoid becoming diabetic.

Dr. Steven Kaner, representing the Dr. Susan Smith McKinney Nursing and Rehabilitation Center, addressed the community by bringing greetings from the nursing and rehabilitation center located at Albany Avenue and Rutland Road. He said that one of the problems facing this community is the problem of Diabetes. What is Diabetes? In a nutshell it is elevated blood sugar and that elevated sugar is not only the result of a lab test but it also causes problems in many parts of the body. Why is diabetes growing? It is growing for a number of reasons. 1. Because people tend to sit more. You need to get up and exercise, walk around more. 2. There are also other environmental factors, so that your genetics (whoever you inherit your genes from) there are risk factors you get from your parents and grandparents. You end up with risk factors that are related to what you eat. Fast food is a fast way to die. Drinking soda and eating high calorie foods create problems which come back to bite you in the long run. Watching what you eat is important. Soda is a lot of concentrated sugar which has long term effects on the body. Drinking diet soda also has an effect. Stick with water.

Dr. Lisel Loney-Hutchinson began by questioning the community. Do you know how many people in the United States have diabetes? About twenty million people in the United States are diagnosed with Diabetes and an estimated 2.2 million people are on dialysis. So you can see that Diabetes is in epidemic proportion. It has been rising significantly since the 1980's. Why is it rising? A large part is because obesity is on the rise. If obesity increases diabetes increases. Diabetes is significantly related to obesity. This is a very important risk factor for diabetes. Even if we eat the right foods, portion control is important. It is the type of foods and the amount of foods that are important. What are the other risk factors of diabetes? Many years ago we used to get around on foot. Now we use transportation. We are using more sedentary activities which are making us less active. Do more walking. Thirty minutes a day for five days a week. There are other factors such as medications, for example steroids can cause diabetes. There are things that cannot be controlled such as family history, however, if you do not gain those extra pounds you may prevent it or it may come later in life. In New York State 1.1 million have diabetes. In New York City about 675,000 are diagnosed.

Understanding of what Diabetes is- increased blood sugar levels. How does it get high? There is a hormone called insulin which brings the blood sugar into the cells which supply energy where needed. There are two main types of Diabetes. Type I and Type II. Type I Diabetes is when the Pancreas in the abdominal area is not making any insulin and therefore you are not able to get the blood sugar into the cell for energy. Younger people usually get this. Type II is the more common one. In Type II Diabetes you can actually make the insulin but the insulin doesn't work as well. The reason it doesn't work as well is because of something called insulin resistance. This means that your body is resistant to hormone insulin. The more your body is resistant to hormone insulin, the more weight you gain, the more resistant you are. That leads to increased blood sugar and also sugar in the urine. The sugar goes into the blood but not the areas that need it. The body needs the sugar for energy like the brain, muscle, liver, heart, etc. If they are not getting the sugar they cannot function optimally as they are supposed to. It has been discovered that Type II Diabetes is not only found in older people but also in younger people as well, because they are becoming overweight sooner.

What types of problems does Diabetes cause? There are two major problems, the Micro Vascular and the Macro Vascular. The micro vascular disease – Diabetes can affect the eye causing blindness. It can cause diabetes in the retina. Another disease is Kidney disease; leading to dialysis. Then there is High Blood Pressure and high Cholesterol associated with Diabetes. The macro vascular disease is diabetic neuropathy; this is nerve damage from diabetes. It affects the feet and hands. If you get damage to the nerve you can actually lose feelings in those areas, numbness, sometimes you get a cut and you are not aware of it because there are no feelings because the nerve is damaged. This can result in gangrene.

Major studies – There are two major studies. 1. The DPD study and United Prospective Diabetes study are major studies which show that if you control your blood sugar you can minimize your risk of getting macro vascular diseases. You have to take your medication. Studies show that if you control diabetes with the medication you can curb the complications. Pre-diabetes - you may think you have diabetes, but don't have diabetes, nor do you have a normal blood sugar. There are specific numbers we look at to tell if one has diabetes. For diabetes itself is the blood sugar is over 126 fasting, then you are diabetic, over 200 at anytime you are considered diabetic.

Symptoms - Increased thirst, constant urination, blurry vision, high blood sugar. You can have diabetes without knowing it, there is something called an Oral Glucose Tolerant test. People have diabetes but it is not found in the blood test. There is a recent test called the Hemoglobin H1C a three month average of your blood sugar. It is one more test to let doctors know if you have diabetes. People can avoid diabetes by a lifestyle modification diet which leads to weight loss.

Medication - Many people don't take the prescribed medication. They will tell you they ran out. If you are running out of medication don't wait to go to your doctor, you cannot afford to. There are two associated disorders with diabetes. The number for your blood pressure should be 130 over 80. The bad cholesterol the LDL should be less than a hundred.

Dr. Kaner informed the community that many of the drugs come in generic form one doesn't have to use the brand name. There are also programs that if you write to them they will supply the medication.

Questions and Answers

Pearl Miles – If you change your lifestyle modification does it mean you will not have diabetes anymore? Dr. Kaner - it depends. Every disease has a combination of environment and genetics. If the environmental part is controlled then you can significantly change the risk of getting the disease. Some people may never get it. It depends on what part genetics play in one particular situation. It matters if you do not control your lifestyle modification.

Rosevelt Rose – Explained that his son when he first found out that he was diabetic he went into a coma for two weeks, will it come back? Dr. Kaner - The lack of nutrients to the cell is cut off you can go into what is called a honeymoon phase. Unfortunately, many of those patients will need medication later on. We cannot think of not having diabetes and not seeing a doctor to monitor it.

Victoria St. Clair – I was told by my doctor that the LDL the bad cholesterol is very good and the good cholesterol is low where do you stand? Dr. Kaner - The LDL cholesterol is directly linked to a heart attack but low LDL the good cholesterol is also linked to that. It does need to be treated. A low LDL is directly linked to heart disease, cardiovascular disease but a low HDL is definitely a contributing factor to it.

Rabbi Nochum Gross – Are there Pancreatic transplants? Dr. Kaner - Yes there are Pancreatic transplants.

Jannie Johnson – I am diabetic. The doctor put me on Metformin. It drops the sugar so low that I began shaking. Now he gave me Glucaric. Will Metformin do that? Dr. Kaner - I have seen where it has happened. You might need a lower dosage.

Chairman Goldstein thanked Dr. Kaner and Dr. Hutchinson for the information. Everyone he believed has learned something here tonight on diabetes.

Ms. Nancie Katz, Executive Director/Founder of Seeds in the Middle will inform the community about the work she has been doing with the students and parents at PS 91 in the “Hip 2B Healthy” program, and would like Community Board support for the proposal to establish a Green Market in the community, on the sidewalk outside the Hamilton Metz Park, this summer.

Ms. Nancie Katz informed the community that the program began at PS 91 when she was a Daily News Reporter. Her first front page began ten years ago when she covered PS 91. Ten years ago it was stated that there was a neglect of Math in the City schools so she got involved along with Mr. Long. She introduced sports and arts to the school and it was then that she recognized that this area had the highest form of obesity in the City, along with the South Bronx, Harlem and Central Brooklyn.

She has been using all her investigative reporting skills to get free opportunities for healthy foods, exercise and other things. One Sunday she had twenty free passes to New York City five borough tours, all the kids took part including a Haitian Refugee and children who are overweight. These pictures are on the website stating how to keep fit and healthy from Seeds in the Middle.

There is also a soccer program at Hamilton Metz Park. There are also healthy markers. Ms. Katz said she went to the bodega in the area; the kids encouraged them to sell healthy snacks to them for their dollars. They refused to sell the kids healthy snacks. She went to Whole Food; they are giving \$1.50 per month. Healthy snacks are sold around the corner for 50¢. The children can buy applesauce, organic blueberries with vitamin C lower sugar which we can get at the food market. It was a big hit. The kids loved it.

The children were unaware of where their foods come from. She told Home Depot that the kids in the area don't know where the food comes from and we would like them to know. She asked for a donation from Home Depot, they liked the idea so much that they partnered up and built forty-four planting tables, one for every classroom in PS 91 with lighting. In the spring they are hoping to create planting ideas in other schools in the area. The impact is amazing. The children are ordering more fruits and vegetables in the cafeteria. Tomorrow night the French Culinary Institute will feature dinner. They will bring chicken, tomatoes, and broccoli. The children were informed that this cost the same as a Wendy's fast food combination meal, and how they can cook it to last for three days. When we do this everyone is able to take food home.

There are different people involved in this project, the chefs, the green market, etc. It is all about healthy food and exercise. Ms. Katz informed us that she is talking with people from the Green Market who runs the Farmers Market. They will hire students who would sell the products. The farmers market brings out the food and at the end of the day whatever is left over would be taken to the homeless shelters. There is a petition for a permit for a green market at the corner of Albany and Lefferts Avenues (Mets Park). However, it may not be ready for the summer.

Pearl Miles informed us that there is a children garden at the Brooklyn Botanic Garden. Classes are held where the children are learning about gardening.

Denise Thomas – I would like to work with you on the project.

Stuart Balberg – We need to have a map of all the stores in the area to see how we can bring healthy food in the community.

Ms. Katz has a lot of ideas, one involves the seniors. Senator Adams is in favor of the project. He has donated \$500.00.

Chairman Goldstein thanked Ms. Katz for her presentation.

Business Session

The Business Session began at 8:55 pm. There were 31 members present.

Minutes of the March 2010 Meeting

The Minutes of the March 2010 meeting was presented for correction and adoption. A motion was made by Mr. Morgan and seconded by Jannie Johnson to accept the minutes with the necessary corrections. Correction to the minutes - Mr. Daniels was out sick, he will be marked as such instead of as just being absent. The minutes were adopted with the necessary corrections.

District Manager's report

The Select Bus Service slated for south bound on Nostrand Avenue and north bound on Rogers Avenues are ongoing. There was a meeting last night to discuss the status of the project. The plan is to discontinue limited buses on Nostrand Avenue and to introduce this new Select Bus Service, which will use those accordion type buses. The buses will have electronic innovations to tell you where the bus will stop and when the next bus

will arrive, the traffic signals will be timed to allow the bus to be on its way, tickets will be paid for at a kiosk on the sidewalk and people can board the bus. The experiment is already in the Bronx. Ms. Miles has invited the New York City Transit Authority and the Department of Transportation to present at the June 2010 Community Board meeting.

Councilmember Mathieu Eugene will hold a Mother's Day Celebration at PS 139, located on Rugby Road between Beverly Road and Cortelyou Road from 3:30pm – 8:00 pm on May 2, 2010. All are invited.

Property owners can receive free graffiti removal from their property through the Brooklyn Borough President office. If owners object to the free graffiti removal then they will be given forty-five days to remove the graffiti themselves, if they don't then the city can come back and remove it. Forms are in the back. If you know of any such locations you may give the application to the homeowner.

On Monday, April 19, 2010, Ms. Miles attended a celebration at Medgar Evers College Preparatory High School. The school was chosen for the 2010 College Board Inspiration Award. They are the only school in New York State to get this award. Ms. Miles gave an update of the school's accomplishments, including the fact that graduation rates have risen from 65% to 95% for the 2010 school year. This was a proud moment for the school, the students and the parents as well as our community.

A meeting will be held on Wednesday, May 19, 2010 in the Dweck Auditorium of the Brooklyn Public Library, from 6:00 to 9:00 pm. We will be brainstorming for ideas for the design of Clove Road, all are invited. Please see handouts in the back of the room for additional information.

Chairman Goldstein remarked that it is exciting that Medgar Evers Preparatory High School excelled from 65% to almost 100% academically. This is a product of good leadership. The parents also played their part. We are proud of Medgar Evers Preparatory.

Committees' Reports

Health and Social Service - Dwayne Nicholson – see written report

Education - Demetrius Lawrence – see written report.

Environmental Protection - Allan Martin Jr. – see written report

Public Safety - Rosemarie Perry – see written report

Chairman's report

The Chairman acknowledged the various representatives from the elected officials and city agencies.

Community Board 9 was well represented at the Charter Review meeting held at St. Francis College. Among the testimony presented were the strengthening of the role of the Borough President, the role of Community Boards; and that funding be restored to community boards.

We have all heard the lectures of two doctors regarding diabetes. You have heard of the horrors of diabetes to such extent as blindness. Let us all take this seriously.

This year Nominating Committee will comprise of Gwen Carter, Yvonne Straker, Frank Nicholas, Maurice Jean-Baptiste and Samuel Marmulzsteyn. The committee will bring back a report to our May 2010 meeting. In June the members will vote on the candidates for the various offices.

Announcement

Dwayne Nicholson announced the passing of Dion Ashman's brother. There will be a memorial service, information to be announced.

Adjournment

A motion to adjourn was made by Jannie Johnson and seconded by Carl Morgan.

The meeting adjourned at 9:30 pm.

Respectfully submitted,
Shelia Foster-Golding
Secretary
May 25, 2010