

**Special Meeting of the Franklin Lakes Board of Health  
February 3, 2016 – 10:00 AM**

The special meeting of the Franklin Lakes Board of Health was called to order by Olivia Voellmicke at 10:00 A.M. in the Municipal Building.

Mrs. Voellmicke read the Sunshine Law Statement.

**Roll Call:**

**Present:** Michael Goldberg  
Rajan Melwani  
Olivia Voellmicke  
Joan Murray, Alternate #1  
Nancy Yarish, Secretary/Registrar

**Absent:** June Linz  
Susan Tillsley

Also present Henry Wasserstein, Chairman of the Franklin Lakes Municipal Alliance

**Old Business:**

Olivia Voellmicke opened the meeting reviewing the Drug Awareness Initiative presented by Mayor Frank Bivona at the January 4, 2016, Board of Health Meeting. The Board of Health was asked to assist in programming and education to raise awareness of drug abuse, mental health and overall wellness in the community. Mrs. Voellmicke outlined a draft of ideas (copy attached) that the Board of Health may wish to consider in this endeavor. On January 8, 2016, Mrs. Voellmicke and Rajan Melwani met with Mayor Bivona and Henry Wasserstein of the Franklin Lakes Municipal Alliance to go over the outline of a proposed plan in detail. It was agreed that a letter along with a packet of information including statistics and resources pertaining to drug/alcohol abuse and mental illness be distributed to the community. Also discussed, was designating each Board Member with an area of focus; including Franklin Lakes recreation, schools, houses of worship, healthcare, and senior citizens.

It was recommended that the school events should be planned for the 2016-2017 school year. School programs are schedule one year in advance. Also, peer-led drug prevention programs with the students leading discussion/presentations were deemed very effective. These programs also assist high school seniors in preparing them for potential exposure to drug/alcohol abuse at college.

A wellness program geared toward senior citizens in Franklin Lakes was recommended to assist them in understanding the medications they are taking along with the side effects. Also, a presentation discussing depression among seniors would be beneficial.

Further discussion ensued and a Board Member was recommended to oversee the specified area in getting the word out and working on a possible event/presentation as follows:

- Comprehensive Mailings – Rajan Melwani
- Recreation Programs – Olivia Voellmicke
- Schools – Susan Tillsley
- Houses of Worship – Joan Murray
- Healthcare – Michael Goldberg
- Seniors – June Linz

Henry Wasserstein announced that the Franklin Lakes Police Department is working on a drug amnesty program and the information will be released shortly.

It was agreed that making contact with the various groups regarding the initiative and reporting back at the next Board of Health meeting would be the beneficial process in proceeding. Henry Wasserstein offered his expertise if a Board Member had any questions or concerns to please contact him.

Rajan Melwani suggested that we hold a Library event offered twice a year before the summer and winter to discuss seasonal affective disorder (SAD) dealing with depression which would be open to the entire public. Michael Goldberg stated that he is on the Board of Jewish Family Services which offers non-denominational referral service and he could assist in scheduling speakers. Joan Murray added that nutrition is an important aspect in dealing with depression and a healthy diet can keep blood sugar balanced is important.

Olivia Voellmicke informed the Board of a the group in Franklin Lakes called ACCT which is a teen advisory council that meet at the Library for grades 6-12 to help plan teen programs. Olivia will meet with the Library Director to obtain more information on the group and how they can assist in the drug/alcohol abuse initiative.

**Open the Time for Public Comment:**

Motion to open the time for public comment was made by Olivia Voellmicke, seconded by Rajan Melwani. On voice vote, all in favor.

No comment from the public.

Motion to close the time for public comment was made by Rajan Melwani, seconded by Michael Goldberg. On voice vote, all in favor.

**Adjournment:**

On a motion by Rajan Melwani, seconded by Olivia Voellmicke, and unanimously carried; the meeting was adjourned at 10:45 A.M.

Respectfully submitted,

Nancy Yarish  
Secretary/Registrar, Board of Health