

MINUTES OF THE MAY 20, 2024 SENIOR ADVISORY BOARD MEETING

Chairman Ken Miller called the meeting to order at 10:00 AM at the Sunrise Bay Clubhouse.

There was a Flag salute and a moment of silence for our military and world peace.

Roll call was taken. Board members in attendance were: Ken Miller, Chairman, Linda Cicco, Nancy Cotter, Richard Dutton, Rosemarie Martelli, Donna O'Brien and Lisa Stevens.

The minutes of the last meeting of the Board on April 29, 2024 were then approved by motion duly made, seconded and unanimously carried.

The first speaker was Chief James Hawkins of the Little Egg Harbor ("LEH") Police Department, who began by saying that the annual LEH Memorial Day Parade would take place on Monday, May 27, at 10:00 AM, with festivities afterwards at the American Legion. He then reported that there had been four recent incidents of criminal mischief in Sunrise Bay, two of which were perhaps related and perhaps came from an adjacent townhouse community. There will accordingly be a greater police presence in Sunrise Bay going forward. He then noted that his Department was about ready to close its old shooting range near Cranberry Creek, which is being replaced by a new range at the former site of Shooters on Route 539 just south of the Garden State Parkway. He further reported that his Department was celebrating its fiftieth anniversary this year and that an article about this would be appearing in the Sandpaper; the ordinance that created the LEH Police Department was passed in December 1973; prior to that time LEH was policed by the New Jersey State Police; and the LEH Department has seen many advances in the half century since its creation. He then opened the meeting to comments and questions from the audience, the first of which was a suggestion that lockboxes be placed on seniors' front doors to allow entry by the police in emergency situations. Several Sunrise Bay residents then commented on children running through the development ringing doorbells and even trying to open doors of homes, and young people riding on motorized bikes in the vicinity on the wrong side of the road at excessive speed and without helmets. The Chief confirmed that there is a 10:00 curfew for minors (those under 18) in LEH and that it continues in effect during the summer. He also said that there are ongoing problems in LEH with thefts from unlocked vehicles, and advised that if you suffer a fall and cannot get up, you call the non-emergency LEH Police Department number (609-296-3666 option 0) for assistance and will reach a dispatcher.

The next speakers were Christine Field, Community Outreach Director at RWJBarnabas Health Community Medical Center in Toms River, and Lindsey Smith, Director of Neuroscience Service Lines & Primary Stroke Center at Community. Ms. Smith gave a slide presentation on strokes and began by providing some statistics about Community, which has over 750 affiliated doctors and receives over 73,000 emergency room visits per year. She said that there is a multidisciplinary team in the stroke area there that uses "Telestroke", a tele-neurology audiovisual conference in which members of the team participate. She then explained that there are two types of stroke, ischemic, in which there is an obstruction in a blood vessel supplying blood to the brain, which accounts for about 85% of strokes, and hemorrhagic, in which a blood vessel ruptures and there is bleeding in the brain, which accounts for about 15%. She said that strokes are the leading cause of long-term disability and the fifth (formerly the third) most common cause of death. She then reported that treatment of strokes involves having a CAT scan right away to see if there is blood in the brain. With regard to signs and symptoms of a stroke, she referred to the mnemonic device "B.E.F.A.S.T.": B stands for balance (Is there dizziness or leaning?), E for eyes (Is there blurring, double vision or loss of vision?), F for facial symmetry (Is there a droop on one side?), A for arm/leg (Is there any weakness, numbness or tingling on one side?), S for speech (Is it slurred or garbled, or can the patient not express him/herself?) and T for time (When was the last time the patient was seen normal, and when did the symptoms start?). She then reviewed the risk factors for stroke, first discussing ones that a potential stroke victim can change (obesity, lack of exercise, sleep apnea, diabetes, high blood pressure, excessive alcohol use, high cholesterol, smoking and stress) and then noting ones that cannot be changed (genetics, ethnicity and sex (Women have a higher stroke risk than men)). She then

described a procedure called a mechanical thrombectomy, similar to a cardiac catheterization through the groin but going to the brain to address a clot or clots there. She closed by saying that in the event of a suspected stroke, time is of the essence: call 911 immediately and do not try to drive to the hospital yourself.

Board member Lisa Stevens then spoke about the LEH Housing Rehabilitation Program, which helps people with home repairs that they could not otherwise afford to make. Details can be found by clicking a link on the LEH Township website, www.leht.com.

The next meeting of the Senior Advisory Board will be on Monday, June 24, 2024 at 10:00 AM at the Cranberry Creek Clubhouse. All seniors are welcome and urged to attend.

The meeting was adjourned at approximately 11:00 AM.

*Respectfully submitted,
Richard Dutton, Acting Secretary, LEH Senior Citizens' Advisory Board*