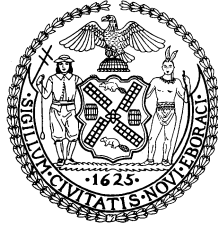


**James G. Clynes**  
Chairman

**Latha Thompson**  
District Manager



505 Park Avenue  
Suite 620  
New York, N.Y. 10022  
(212) 758-4340  
(212) 758-4616 (Fax)  
[www.cb8m.com](http://www.cb8m.com) Website  
[info@cb8m.com](mailto:info@cb8m.com) - E-Mail

**The City of New York  
Manhattan Community Board 8**

**HEALTH, SENIORS & SOCIAL SERVICES COMMITTEE**

**Brick Presbyterian Church  
62 East 92<sup>nd</sup> Street (Park-Madison)  
Carnegie Room  
Tuesday, April 25, 2017  
6:30PM**

**Minutes**

**CB8M Members Present:** Jim Clynes, Lorraine Johnson, David Liston, Jackie Ludorf, Hattie Quarnstrom-Figueroa, David Rosenstein, Barbara Rudder.

Mariam Brand, a representative from the Visiting Nurse Service of New York made a presentation on the PEARLS program, which stands for Program to Encourage Active Rewarding Lives.

This is a no cost in home counseling program for home bound individuals that are 65 or older and are experiencing depression. The PEARLS Program teaches them methods to better manage their depression through problem solving techniques with physical and social activation over a 6 session period.

Please see the attached hand-out with more details about the PEARLS Program.

**David Liston, Jacqueline Ludorf, and Barbara Rudder,  
Health, Seniors & Social Services Committee Co-Chairs**