

**Board of Health  
Meeting Minutes  
November 14, 2011**

Members Present:

Tom Kinzer, Co-Chair  
Bea Brunkhorst, Co-Chair  
Kevin Wormstead  
Lea Susan Ojamaa  
Mary Seymour

Staff Present:

Heidi Porter, Director  
Mary Firestone, Recording Secretary  
Judi Jelloe, Community Nurse

Also Attending:

Debbie Stitt, Nursing Student, Intern with BOH

This meeting was originally scheduled for November 7, but was rescheduled to avoid a conflict with the Special Town Meeting on that date.

The meeting was called to order at 7:07 P.M. Mr. Kinzer chaired.

Meeting Minutes:

Ms. Seymour moved that the October 3, 2011 meeting minutes be accepted as amended. Mr. Wormstead seconded the motion. Vote count: 5-0.

The previously accepted minutes of the September 12, 2011 meeting were amended to include Mr. David Henley's comments.

Mr. Kinzer noted that as of 7:15 P.M., no one has arrived for the scheduled hearing on housing code and Title 5 violations at 63 Carlisle Road.

**Report from Judi Jelloe, Community Health Nurse:**

Ms. Jelloe said that it has been a quiet year with no out-of-the-ordinary activities. Some numbers have changed: home visits are down because some former patients are now deceased, and office visits are up. Many residents who come into the Council on Aging (COA) will come up to the office to see the nurse. More B-12 shots are being given and more blood pressure readings are taken. These visits allow Ms. Jelloe to do some teaching. Dr. Brunkhorst asked what equipment is needed. Ms. Jelloe said that she has what she needs, e.g., a supply of blood pressure cuffs. Cholesterol checks are done every two months; there is a charge of \$10 each. Many people take advantage of free tests provided by staff from Emerson Hospital on Bedford Day. Ms. Jelloe also does blood sugar tests and some teaching. Ms. Ojamaa asked about communicable diseases. Ms. Jelloe said that nothing stands out. Lyme disease is usually reported in Bedford 0-4 times per year; there were 17 Bedford cases in 2010-2011. Lyme is no longer considered a communicable disease that requires local follow-up. The two pediatric practices in town are very good at educating their patient community on tick-borne diseases. Ms. Porter said that public health outreach continues to all sectors of the town. Dr. Brunkhorst suggested a public health outreach program to adults via (a) the school newsletter to parents and (b) the library. Ms. Jelloe said that she has mosquito repellent products on the BOH table on Bedford Day and the New England Garden Center publishes a flyer. Dr. Brunkhorst suggested mosquito outreach at places like Springs Brook Park. Ms. Jelloe plans to do an outreach program at the COA on the benefits of a Mediterranean diet. She may acquire a machine for Coumadin testing through a grant with the COA. Day care centers where she formerly did hand-washing programs are now doing programs

themselves. She said that this year flu clinics were held at Bedford Village, Ashby Place, and the Food Pantry; the town-wide flu clinic was held at the Middle School. Outreach materials were left at Bedford Plaza Hotel, Bedford Housing Authority, Kids Club and the Library and announced through the School Newsletters, in the Minuteman Newspaper and on Bedford Cable TV. Fifty doses of the high-dose flu vaccine recommended for seniors were purchased; this vaccine is more expensive and the purchase is not reimbursed. Outreach to the nine group homes in town resulted in attendance of some residents at the Town Wide vaccination clinic on November 5<sup>th</sup>.

### **BOH Action Items, Old and New Business:**

***Liaison Updates:*** Mr. Wormstead attended the Youth and Family Services committee meeting. An update on alcohol and drug programs was presented. The Bedford Unplugged program will take place in November. Families in Transition are being housed at the Bedford Plaza Hotel. The Police Department is checking on sales to minors at liquor stores and has a new rape aggression defense (RAD) program; the department is considered having a social worker with a mental health background ride along with officers. There will be a new school superintendent and there will be new principals at three schools next school year.

Mr. Kinzer and Ms. Porter attended the Bedford Community Partnership meeting. Ms. Porter said that under the new trash collection system, initial data indicates there has been a 25% reduction in trash volume and a 25% increase in recycling.

***New Business:*** Dr. Brunkhorst has received inquiries about coyotes. She has also been asked about child CPR; Ms. Porter said that the Police Department will be giving classes.

***Action Items from October 3 meeting:*** (1) Avila has given Ms. Porter only a part of the slides she requested after a meeting there. (2) Signage in Vietnamese for advice against eating fish caught in the Concord River has been prepared; the translation is being confirmed by the Department of Public Health.

### **Discussion of BOH Programs and Funding Sources:**

Ms. Porter indicated that she had been requested to appear before the Finance Committee for an informal meeting prior to the beginning of budget season. She prepared, and distributed to the Board, a spreadsheet showing funding sources, needs, and grants, and explained the entries. She relayed that Mr. Kinzer would accompany her to the Finance Committee meeting on November 17<sup>th</sup>. Mr. Wormstead suggested coordinating sharps collection with Drug Take-back.

### **Director's Report**

Ms. Porter said that she will contract with an inspection service concerning the septic/sewer issue at 63 Carlisle Road. She expects that the case will be going to court.

At the flu clinic on November 5<sup>th</sup>, 518 people were vaccinated in four hours.

Springs Brook Park issues were discussed. Ms. Porter had prepared a memo to the Recreation Department and Department of Public Works with recommendations for the safe and healthy operation of Springs Brook Park for the 2012 and future operational seasons.

Ms. Ojamaa moved to adjourn the meeting; Ms. Seymour seconded the motion. Vote count: 5-0. The meeting was adjourned at 9:18 P.M.

The next meeting of the Board will take place on December 5, 2011.

*Bea Brunkhorst*

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*Thomas J. Kinzer*

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