

**Board of Health  
Meeting Minutes  
October 1, 2012**

Members Present:

Bea Brunkhorst, Co-Chair  
Sarah Thompson  
Anita Raj

Staff Present:

Heidi Porter, Director  
Mary Firestone, Recording Secretary  
Patricia Moran, Community Nurse

Members Absent:

Tom Kinzer, Co-Chair  
Kevin Wormstead

The meeting was called to order at 7:08 P.M. Dr. Brunkhorst chaired.

Minutes:

Ms. Thompson moved to accept the minutes of the July 23, 2012 Board of Health Executive Session meeting, as amended. Ms. Raj seconded the motion. Vote count: 3-0

Ms. Raj moved to accept the minutes of the September 10, 2012 Board of Health meeting as amended. Ms. Thompson seconded the motion. Vote count: 3-0

Discussion with Community Health Nurse – Patricia Moran:

Ms. Porter said that Ms. Moran is attending the meeting to acquaint herself with the Board of Health meeting process and outline her goals for the coming year. In review of Bedford's disease surveillance data, Lyme disease is the prevalent disease. She said that the Trail Committee wants to help with this problem and she will attend their meetings. Dr. Brunkhorst said that construction of trail head sign posts would be a good project to work on with the Boy Scouts. Ms. Porter said that signage may be provided and boxes will be placed at the trailheads with information (including QR codes for walkers with cellphones) and mosquito and tick repellent towelettes. Dr. Brunkhorst said that Eagle Scouts need projects and have various outdoor activities. Ms. Raj suggested dogwalkers as an audience for mosquito and tick information and said that the Fetch-It shop proprietor would probably be helpful as she has been community-oriented. Ms. Porter suggested outreach on disease testing since many people who are infected go for months without seeking a diagnosis. Ms. Thompson referred to the lack of accuracy of the different test. Ms. Porter said that she is thinking about plotting cases on a map, but due to restrictions under the Health Insurance Portability and Accountability Act of 1996 (HIPPA), she can't identify addresses on public materials. She said that she and Mr. Kinzer had attended a Tick Talk where information on making a property tick-unfriendly was presented. Additionally, Ms. Porter and Ms. Moran have been discussing putting together pointers for patients to talk to their doctor about such concerns. Ms. Thompson said that Bedford TV may be able to help spread information.

Ms. Moran is helping on the development of a task force on hoarding; she said that all concerned are overwhelmed. Ms. Porter said that they are trying to pull together both private and public resources. Dr. Brunkhorst asked whether there are any models in the nation. Ms. Moran said that there are: in Arlington, in Boston, a group at Boston University and on the North Shore. She said the bottom line is that the solution has to be unique to the community. Ms. Thompson said that each case needs an assessment. Mr. Moran said that the next edition of DSM (Diagnostic and Statistical Manual of Mental Disorders) will have a definition of hoarding; it begins in adolescence and is linked with OCD

(Obsessive Compulsive Disorder) and with enabling in the family. Most hoarders become isolated; their family and friends give up on them. Social workers are needed. It is so draining to have a conversation with hoarders. Ms. Porter said that Bedford has some resources but residents in need of services have to pay for them. She will go out to the impacted residences with duplicate inspection sheets; she and the resident will both sign the forms. They need someone to guide the process, drive the schedule and make them accountable for correcting sanitary code violations. Ms. Moran said that some hoarders come to regard the dumpster as another room in their home. There is a problem of recidivism and continuing support is needed. Ms. Thompson asked whether there is a school which could provide a partnership with a social worker. Ms. Porter said that partners, such as Youth and Family Services, want hoarders to be able to come to them for help without fear of being reported to the Board of Health. Ms. Raj said that just a couple of houses would be a time sink; Dr. Brunkhorst said that we know of two residences but there are many. Ms. Porter said that when Fire Department personnel go into a house and have trouble getting the victim out due to excessive clutter, they inform the Board of Health. Ms. Moran said that home health aides and nurses are reluctant to report cases. Dr. Brunkhorst asked whether the BOH could do outreach to Minuteman Senior Services to inform them of task force and resources available. Ms. Raj reiterated that there are HIPPA rules to be considered. Dr. Brunkhorst asked about grants. Ms. Moran said that there are some funders concerned with seniors, but not other sources. She said that you have to contract with the hoarders, e.g., "I'll be back in 6 months and this is what I expect to find." Ms. Porter said that after the public hearing a few months ago, the family realized that they needed help and started down the path to compliance.

Dr. Brunkhorst said to Ms. Moran, "Let us know what you need." She asked whether Ms. Moran is doing blood sugars, etc. Ms. Moran said that she has already set up for doing cholesterol testing and will get equipment organized for other activities. She said that the flu clinics went well. Ms. Porter said that she spoke with the school superintendent about doing flu clinics for students; the students must have paperwork from their parents. If approved to proceed, they will begin with the High School. She also mentioned services to people-in-transition housed at the Bedford Plaza; giving flu shots there may provide entrée for various concerns.

#### Board of Health Action Items --- Old and New Business:

##### *Update on BOH liaison Assignments:*

Ms. Raj said that she hasn't yet heard from Jackie Supprise about Wellness Committee meetings.

Dr. Brunkhorst said that she and Mr. Wormstead and Ms. Porter have begun the process of revising the rDNA regulations.

Ms. Thompson said that she was unable to attend the Safe-Routes-to-School meeting but Ms. Porter attended.

##### Director's Report:

Ms. Porter said that she is heavily into the flu clinic process and is getting good support from volunteers. She said that the wellness grant has wrapped up and Carla Olson will come to the Board meeting in November to report on the grant findings. A turf field vendor sent her some additional information after the Board's turf letter was published on the website.

An intern worked on formulating a template for hazardous materials submittals. He did a great job. This will allow information on chemical use and storage to be concisely and readily available to emergency personnel.

A new Administrative Assistant has been hired for the Board of Health office and will transfer from her position at the Town Clerk's office in mid-October.

There have now been 20 cases of West Nile Virus in Massachusetts. At the November 29 meeting of the Massachusetts Environmental Health Association there will be a seminar and after-action report on the season. Ms. Porter will relay the findings to the Board at the December 3 meeting.

Ms. Porter is working towards setting up a meeting with the Veterans Administration Hospital to facilitate interaction with the Board of Health.

The Bedford Department of Public Works has been supportive of getting the community garden up and running again; better fencing will be provided and town water will be made available.

Ms. Porter and Ms. Moran met with the school nurse at the Nashoba Learning Center; BOH may be able to help them with their medical sharps disposal.

Ms. Porter met with a public health directors group; they discussed how to keep tobacco programs running, possibly by using higher permit fees to support periodic inspections, compliance checks and education.

Ms. Porter and Corinne Miller attended the Institutional Biosafety Meeting at Emerald Bio; their lab is not set up yet. There are now 9 rDNA firms in Bedford.

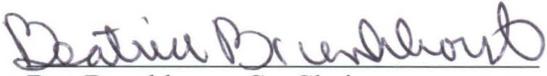
Dr. Brunkhorst asked about the number of Bedford residents who use the hazardous waste collection events. Ms. Porter will acquire the data; she said that the overall event numbers have been decreasing but the Bedford numbers have been stable and the event is still valuable.

Dr. Brunkhorst asked whether the new community nurse will be involved with the school nurses. Ms. Porter said that she is and will also attend Wellness Committee meetings, etc. Ms. Raj said that the Life Skills teacher in the Middle School is providing some health education.

Ms. Porter said that there are 880 students in the high school, including 30 special needs students who use the same number of services as the rest of the student body. The recommended number of students per nurse in the school is 500.

Ms. Raj moved to adjourn the meeting; Ms. Thompson seconded the motion. Vote count: 3-0. The meeting was adjourned at 8:45 P.M.

Future meetings of the Board will take place on November 5, and December 3, 2012 and on January 7, 2013.



Bea Brunkhorst, Co-Chair

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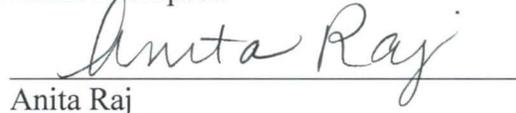
Tom Kinzer, Co-Chair

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Kevin Wormstead



Sarah Thompson



Anita Raj