

**Board of Health
Meeting Minutes
February 3, 2020**

Present:

Mary Seymour, Chair
Sarah Thompson, Co-Chair
Bea Brunkhorst
Ann Kiessling
Anita Raj

Staff Present:

Heidi Porter, Director of Health and
Human Services
Katharine Dagle, Assistant Health Director
Margaret Root, Recording Secretary
Mark Waksmonski, Community Health Nurse

Others Present:

Susan Schwartz, *34 Glenridge Drive*
Adam Schwartz, *34 Glenridge Drive*
Christy Wezowicz, *Posto*

The meeting was called to order at 7:00 PM. Ms. Seymour chaired.

BOH Meeting Minutes

Ms. Raj moved to approve the minutes from the January 6, 2020 meeting as amended; Ms. Thompson seconded the motion. The vote was 5-0-0 to approve the minutes.

Posto, 158 Great Road

Ms. Dagle presented background information on Posto, a recently opened food establishment located at 158 Great Road. Upon completion of the plan review process and three food establishment inspections, Posto was granted their food establishment permit on November 19, 2019.

Posto is considered a medium risk establishment as their menu includes items that are Time/Temperature Controlled for Safety Foods. The restaurant will be inspected twice a year. Their menu includes salads, sandwiches, pasta, pizza, and other dinner items. When the restaurant first opened, they were only open for dinner. Later, the restaurant added lunch service.

Ms. Christy Wezowicz, the General Manager for Posto, was present at tonight's BOH meeting. She confirmed that the restaurant is now serving both lunch and dinner every day of the week.

Ms. Dagle asked when Posto officially opened. Ms. Wezowicz replied that the official opening was November 23, 2019.

Ms. Porter commented that the BOH invites the owners of new restaurants to a BOH meeting to welcome the restaurant to Town. It also serves as an opportunity for the owners to ask any questions they had regarding the permitting or food establishment inspection processes. The BOH staff are requesting that the BOH ratify the food establishment permit that was issued to Posto in November 2019.

Since Ms. Wezowicz has not previously worked with the Bedford BOH, Ms. Dagle explained the food inspection process. Posto will be inspected twice a year. If there are any violations, they will

be noted and will need to be corrected before a re-inspection. If there are violations at the time of the re-inspection, those will need to be corrected before the second re-inspection. If problems are still occurring at the time of the second re-inspection, Posto will be asked to appear before the BOH to explain the situation. Ms. Dagle commented the BOH expects all violations to be rectified by the second re-inspection. Ms. Dagle added that if the BOH receives any complaints, Posto will be inspected in such a case in addition to the routine inspections.

Ms. Raj asked Ms. Wezowicz how things were going at the restaurant. She replied that January is a slow time for restaurants, but it is going well so far. Ms. Raj followed up by asking if the restaurant is now fully staffed. Ms. Wezowicz replied that the restaurant is now almost fully staffed. Posto is part of the Alpine Restaurant Group, so she was able to pull staff from other restaurants in the Group to meet the needs at Posto in Bedford.

Some BOH members asked what other restaurants were part of the Alpine Restaurant Group. Ms. Wezowicz replied that there are two Posto restaurants, one other Italian inspired restaurant, three Mexican inspired restaurants and an American diner restaurant. The Group also has a food truck.

Dr. Kiessling asked about the medium risk level for Posto and why it was considered a medium risk establishment. Ms. Dagle explained that most all restaurants are medium risk and since Posto does not use any specialized food preparation processes, it is also considered medium risk. A high risk restaurant would be one that serves specially prepared foods, like sushi, and would be inspected three times per year.

Ms. Thompson made the motion: "I move that the Bedford Board of Health ratify the issuance of the food establishment permit for Posto, located at 158 Great Road, to operate a Food Establishment in the Town of Bedford for Food Service with up to 200 seats." Ms. Raj seconded the motion. The vote was 5-0-0 to ratify the issuance of food establishment permit for Posto.

Discussion with Community Health Nurse Mark Waksmonski

Mr. Mark Waksmonski began his report by presenting information on a proposed Immunization Bill, H4096/S2359. The bill is currently in the meeting phase after going through the Senate. There is also a version of this bill going through the House of Representatives. The bill details the process a parent must go through in order to request either a medical or religious immunization exemption. In either case, a Department of Public Health (DPH) form must be filled out each year the exemption is requested. If there is a medical exemption request, the form must be signed by a doctor. There is then a DPH review, as well as an appeals process if the request is denied. The bill also allows for a minor to request immunizations against the wishes of their parent as long as a doctor deems the minor competent to make such a decision. The parents can't see these immunization records without the minor's permission or a court order. This immunization bill would apply to both public and private programs.

Dr. Kiessling asked what age a minor could be deemed competent enough to request immunizations. Mr. Waksmonski replied he was not sure of a minimum age, but a minor is considered younger than 18.

Dr. Kiessling commented that she is familiar with the House of Representative version of the bill and it does not include a religious exemption.

Ms. Porter commented that she has received questions from daycares in Town regarding immunization regulations. She has also consulted with the school nurses in the past. Dr. Kiessling commented that there is a DPH website that shows the vaccination rates for pre-schools and schools in Massachusetts. Ms. Porter added that if there were alarmingly low vaccination rates at pre-schools and daycares, the BOH could do some outreach to those programs.

Ms. Raj asked if individual BOH members should contact the local representatives or if a letter should be sent on behalf of the entire BOH. Dr. Kiessling replied there is some time to decide as she is not expecting the issue to come to vote until this spring.

Mr. Waksmonski continued his report by presenting the vaccination rates for the current fiscal year. So far, there have been 1124 flu shots given, an increase of 150 at this time last year. There have also been 2 pneumonia vaccinations and 16 shingles vaccinations given. However, each person receives two shingles shots, so 8 people have been vaccinated against the shingles. The shingles vaccination is still backordered so the BOH can only order 10 single doses at a time.

Ms. Porter asked if insurance was covering the cost of the shingles vaccine. Mr. Waksmonski replied that residents' private insurance has provided reimbursements to the BOH or residents receiving the vaccine are paying out of pocket.

Ms. Thompson asked how long the protection from the pneumonia vaccination lasts. Mr. Waksmonski replied that it depends on the type of vaccine given. One type requires a booster shot. The vaccinations can last up to five years.

Ms. Thompson asked how well the flu shot was covering this season. Ms. Porter commented that the vaccine matched well, but the flu season has been really bad this year, especially for children.

Ms. Porter commented that some families in Town visited China recently and the school contacted the BOH to inquire about the protocol for their return given the widespread Coronavirus outbreak in China. Mr. Waksmonski consulted with the MA Department of Public Health (DPH) Epidemiologists, the Centers for Disease Control protocols and the school nurses to determine that the students can be checked by their doctor and should return to school as long as they are not ill. Ms. Porter added that messaging hasn't been clear enough since there are people who are confused on if they should self-quarantine even though they are not sick.

Some BOH members had heard reports that the novel coronavirus could be transmitted before the patient develops symptoms. Ms. Porter replied she had heard similar reports.

Ms. Thompson asked how the novel coronavirus is transmitted. Ms. Porter replied it is transmitted through respiratory droplets.

Dr. Kiessling asked how Ms. Porter would respond to inquiries regarding the virus. Ms. Porter replied it depends on if a person is symptomatic and where the person had traveled. Mr. Waksmonski added that it also depends on if you were in close contact with an ill person.

Ms. Porter commented that the Chief of Police informed her that police departments were advised to not enforce a BOH issued quarantine of a household without a court order.

Ms. Seymour commented that the one novel coronavirus case in Boston is doing better. Ms. Porter commented that the patient did very well by calling his doctor's office before going in so that they could put on their personal protective equipment and take the necessary precautions to prevent contact with people who are not infected. He then quarantined himself.

Ms. Porter commented that she is hoping to have an intern in the department this spring or summer. She will talk with Mr. Waksmonski on a possible project for the intern to do.

Mr. Waksmonski gave an outline of his activities since his last BOH meeting visit. He has worked on permitting recreational camps for children, running flu clinics and giving other immunizations, and placing outreach calls to Lyme disease patients to try to collect data to be used to create an outreach program in the future. Mr. Waksmonski supervised the past summer interns and their projects, including the mental health survey work, coordinated inspections, taught them about local public health, and attended MA DPH meetings with them. Mr. Waksmonski has also performed several home visits, participated in communicable disease investigations, partnered with the Council on Ageing for various clinics, worked on projects promoting health, including the vaping grant and sunscreen dispensers, and attended several meetings.

Dr. Kiessling asked about Hepatitis A vaccination rates. Mr. Waksmonski replied that since Hep A is not a normally required immunization, the vaccination rate is low. Usually the vaccine is given to unstably housed people and other specific vulnerable populations.

Ms. Thompson asked about lunch nutrition at the schools. Ms. Porter replied that the BOH is part of the Wellness Council, which can discuss and make suggestions regarding school nutrition. However, the BOH does not have purview over the schools. There are regulations regarding the nutrition of the provided foods at the schools.

Mr. Waksmonski moved from a full-time to a part-time position in September 2019 in order to pursue a higher degree. He is scheduled to graduate in May. The BOH hopes he will continue to work in Bedford upon graduation.

Board of Health Fee Schedule

Ms. Porter has been working on a review of the BOH fee schedule that was initiated by the previous Town Manager and perpetuated by current Town Manager Sarah Stanton. She looked at towns similar to Bedford in population and commercial makeup. From there, she took the average between the high and low values for each type of fee. Some of the fees for Bedford increased and some new fees were added. The Selectmen approved the changes to the fee schedule and they will become applicable on July 1st.

Ms. Porter reviewed the changes made to the fee schedule. The fees increased include the burial permit fee, the frozen dessert manufacturer fee, the retail food supermarket permit fee, and the fee for the annual renewal of the hazardous material certificate of compliance. Many of the increases in fees are due to the large amount of paperwork and plan review involved in the permitting process.

There were also several new fees added to the schedule. There is now a fee if a food establishment or pool needs to be re-inspected more than once. A commercial kitchen fee and a fee for churches who want to rent their kitchens for an event were also added. A pre-demolition fee, a recreational

camp fee, and a pool and food establishment plan review fee were also added due to the large amount of paperwork involved in each of these situations. With the new body art regulations, new body art license fees were added to the schedule. Lastly, a late fee was added to incentivize establishments to turn in their paperwork on time.

Ms. Thompson asked why the fee for the construction permit for a septic system was so high. Ms. Porter replied the fee was due to the required plan review. In the time she has been with the Bedford BOH, Ms. Porter has not issued permitting for a septic system as almost 100% of the town is sewered.

Ms. Thompson also asked about the ice rink air quality fee. Ms. Porter replied that the fee is for ice rinks that use gas powered equipment to smooth the ice rink. Currently, the only ice rink operating in Town is The Edge on Hartwell Road and they use electric powered equipment. The main reason for the fee is for inspection to ensure public safety and confirm carbon monoxide and nitrogen dioxide levels as these two toxic gases can be found in the indoor air if the establishment uses gas powered equipment.

Ms. Raj asked about the RN screening service fee. Ms. Porter replied this was on the fee schedule to cover tuberculosis screening and readings.

Ms. Thompson asked if the late fee would be implemented weekly after the paperwork due date. Ms. Porter replied the late fee would be charged one time after due date as a way to remind establishments to turn in their paperwork on time. There are several establishments that are late with their paperwork, this causes a bottleneck in the operational flow of the office and Ms. Porter hopes this late fee will end that practice.

Dr. Kiessling asked about the expiration date noted next to some of the fees. Ms. Porter replied that those dates refer to when permit applications and fees are due.

Ms. Thompson asked about the beaver removal permit fee. Ms. Porter replied that beaver removal falls under the BOH as beaver dams can cause flooding, which could affect well water. This permit is meant for emergent beaver removal.

Dr. Kiessling asked if there were other fees that towns have that Bedford does not have on their schedule. Ms. Porter replied there were some other fees, like more detailed fees for septic systems, that do not apply for Bedford.

Ms. Thompson asked about any fees for nail salons. Ms. Porter replied the BOH does not regulate nail salons. The State regulates these establishments and would take care of the necessary fees.

Ms. Raj moved to approve the updated BOH fee schedule. Dr. Brunkhorst seconded the motion. The updated BOH fee schedule was approved with a vote of 5-0-0.

Remote Participation in BOH meetings by BOH members

Ms. Porter recently attended a meeting hosted by Bedford's Town Counsel regarding the Open Meeting Law. During the meeting, the topic of remote participation was discussed. The Selectmen have approved a policy allowing for remote participation to be used in their meetings, but each

department needs to discuss and vote on the issue. Participating remotely is meant to be used for extenuating circumstances and a physical quorum is still needed for any votes to take place.

Ms. Porter commented that if the BOH approves the use of remote participation, the proper technological setup would need to be determined. Dr. Kiessling commented that iPhones would work well in such a case.

Ms. Thompson asked about the handouts given to attendees at each meeting. Ms. Porter replied that these files are already sent electronically.

Ms. Raj made the motion: "I move that the Board of Health vote to adopt the Selectmen's policy on remote participation for Board of Health meetings for extreme circumstances where a member's physical presence is not possible." Dr. Brunkhorst seconded the motion. The use of remote participation for BOH meeting was approved with a vote of 5-0-0.

Board of Health Action Items – Old and New Business

Several members of the BOH attended the Open Law Meeting presentation with Ms. Porter. Dr. Brunkhorst commented one of the helpful reminders during the presentation was to send agenda items directly to Ms. Porter to avoid any sort of discussion and opinion expressing before the meeting. Information can be sent to department members, but no discussion about the information can take place outside the meeting setting.

Ms. Porter and Ms. Schwartz commented that "reply all" should never be used when emailing the department or among BOH Members.

Another interesting piece of information from the Open Law Meeting presentation was that the public can record a meeting, as well as the interior of an office or other public spaces, after notifying the people present. However, the person can't film children.

Ms. Porter commented that the Open Meeting Law has been updated and every other year staff needs to participate in training on the law. Ms. Porter will ask HR if the BOH members are required to take the training on the same schedule.

Ms. Seymour attended the Youth and Family Services Committee meeting. The new social worker, Mr. Chris Bang, attended the meeting as well to meet the department.

Ms. Porter gave an update regarding the installation of bus stop shelters. A second bus stop shelter has been purchased and is scheduled to be delivered in the spring. It will be installed on Town land across from the CVS on Loomis Street. However, she had no update regarding the third bus stop shelter that would hopefully be placed near the Stop and Shop shopping area. Dr. Kiessling commented that she will be able to attend a MBTA meeting regarding bus stop routes.

Ms. Porter also gave an update regarding the fencing project being done by the DPW. So far, a fence has been installed along the edge of the field near the entrance to Springs Brook Park on Springs Road. The fence that is to be installed as part of a tick barrier on the soccer fields on South Road will hopefully be installed in the spring after filing paperwork with the Conservation Commission.

Staff Reports

Ms. Porter is participating in the search for the new Superintendent of Schools. She met with the consultant working with the School Committee and had a good discussion on how the schools and the BOH work together. Ms. Porter also mentioned the Interface Referral System as the BOH and the School budgets will be sharing the program's cost.

Ms. Porter reported that the BOH and YFS budgets, including the new interface referral system, passed through the Finance Committee. The next step is to have the budget passed at the Annual Town Meeting next month.

Ms. Porter announced that the National Alliance on Mental Illness will be doing a presentation in March.

Ms. Porter added that Ms. Joani Geltman will be doing a presentation this spring to talk about kids and substance abuse. The talk is to help parents learn how to talk to their children regarding substance abuse and the reasons not to do it.

Ms. Porter attended a the School Committee meeting where Healthy Bedford Coordinator Carla Olson and the state Safe Routes to School Program Coordinator presented on the Bedford program activities over the past several years with hopes of garnering support for continued program and grant application efforts. It was well received. Ms. Porter asked for school support for more responses from parental surveys and for the schools to get more involved with the program.

Ms. Porter reported that the DPW intended to apply to a state-wide trails group for funding to build a trail leading from the bike path across Concord Road and behind the Lutheran Church to Davis School. Ms. Schwartz asked if the proposed tunnel under Concord Road would help. Ms. Porter commented that it doesn't hurt to have multiple crossings, but she is waiting to see how the project develops.

Ms. Porter attended a meeting of the Building Inclusive Communities in Bedford, a new collaborative aimed at building inclusive communities starting with young children, aged 0 to 6. The goal is to talk to parents of preschoolers to make sure their kids are prepared to be in the inclusive school environment. The school and Mr. Bang will be working on the program together. Ms. Porter is planning to reach out to the Bedford Family Connection as this non-profit group focuses on activities for this age group.

Ms. Porter reported that the BOH was awarded a \$5000 grant from Lahey Hospital to cover the transportation costs for Bedford residents to their mental health services and medical appointments. Data on use of the project will also be collected in the hope that future funds could come from the Town.

Ms. Porter gave an update on the vaping grant. Two vaping detectors have been ordered for the High School and will be placed in two restrooms in the building. There will also be outreach involved with the detectors to inform students and their parents about them and what happens in the case a student is caught vaping.

Ms. Porter worked with the Facilities Department regarding installing dispensers for free feminine hygiene products in some Town public restrooms. School nurses have them available upon request.

Ms. Porter attended a DPH Eastern Equine Encephalitis (EEE) listening session. The department is looking at different vectors for the transmission of the disease as some mosquito species bite both birds and mammals. Dr. Brunkhorst asked if there was discussion bringing the efforts against the disease to the State level. Ms. Porter replied that there was discussion for at least surveillance of the mosquito population. The commission is looking into a new larvicide as the EEE-carrying mosquito population winter in the root system of the white cedar trees, which is difficult to impact with traditional spray applications.

Ms. Porter, Ms. Dagle, and Mr. Bang, along with representatives from Police, Fire, and COA, met with managers of Residential Property complexes in Bedford. The meeting was mostly to gather contact information, allow the managers to meet the new Social Worker, and to inform the managers of available services.

Ms. Porter announced that a new Eliot part-time counselor started today to help alleviate the long wait time for mental health clinical services at the Youth and Family Service office. The new counselor will work 20 hours a week, including late on Mondays to help service families and residents who work full-time.

Ms. Dagle reported that she performed several inspections and re-inspections, as well as one complaint inspection in Bedford Food Establishments during January 2020.

Ms. Dagle announced that Continental Resources opened their newly designed kitchen. Minuteman Diner also opened for business. Ms. Dagle added that the Rainbow Adult Program will re-submit their kitchen plans once they decide on the final menu.

Ms. Dagle was present at Virsa De Punjab, along with the Sheriff's Department, when the business had their gas service shut off by National Grid. The owner of Virsa De Punjab should have notified the BOH that they would be closed for lunch, but then re-open for dinner. An inspection is required before the restaurant could re-open. The owner should have also notified the BOH regarding the interruption of the gas service. Ms. Dagle discussed these concerns with the owner and will also send the owner a letter. Ms. Dagle was able to perform the required inspection after the gas service was restored and before dinner service started.

Ms. Dagle reported that Short Stop Cafe notified the BOH that they would be closed for a few weeks. They are repairing the damage done by a car impact. They plan to re-open late February.

Ms. Dagle gave an update regarding the property under construction at 272 South Road. During construction, the basement stairs were removed as part of mold remediation. Ms. Dagle performed

a re-inspection to ensure that the opening to the basement was now closed off. She will do another re-inspection once the floors are finished.

Ms. Dagle reported that there were two noise complaints made against Minuteman Volkswagen (MVW) regarding the emptying of their dumpsters. Dumpsters are not to be emptied before 6 AM. Police were able to verify one of the complaints and MVW was fined \$100. MVW had received a verbal warning in January 2018 and a written warning January 2019. MVW has indicated that the contract with the contractor emptying their dumpsters states collection of their trash is to occur after 7 AM.

Ms. Dagle received a dumpster complaint at Bedford Village, as well as a trash complaint on a property on Wheeler Drive, which is also owned by Bedford Village. Both instances were addressed by the owner.

Ms. Dagle also received some housing complaints. The owners of the first property, 52 Neillian Street, were sent an Order to Correct to address the violations found during an inspection. The second complaint came from an occupant of a group home located at 20 Railroad Avenue. However, the occupant did not want to continue with an inspection. The occupant's information was then given to Mr. Bang to follow-up on the situation.

Ms. Dagle reported that the Barn Book was submitted to the State. There were 19 animal inspections, seven for animals on farms, and twelve under the Keeping of Animals regulations.

Ms. Thompson asked about coyote activity. Ms. Dagle replied there have been no attacks in Bedford. A Public Service Announcement was prepared by the BOH staff regarding coyote safety was submitted to the media for distribution.

Ms. Dagle announced that two mobile food truck festivals will take place this year, one in June and the second in October.

Ms. Dagle attended a meeting for the regional Household Hazardous Waste Committee. The contract with the current hazardous waste contractor was extended for one year, but terms will need to be re-negotiated next year. Ms. Porter added that the collection dates have been decided for the upcoming year.

Ms. Dagle met with the pool operator of the Doubletree to make sure their pool was in compliance ready for the upcoming season. Last summer, the pool was inspected by the DPH after a near-drowning occurred there.

Ms. Dagle participated in Stop the Bleed training. Ms. Porter commented that more training sessions will be offered.

Ms. Dagle and Ms. Porter met with the Fire Department and Code Enforcement regarding the plan review process for food establishments. There was a focus on new food establishments to make sure those owners understand the plan review process and timelines.

Ms. Dagle attended a follow-up meeting regarding the Bedford tree lighting. It reviewed how the tree lighting went this year and discussed any improvements to implement next year.

Ms. Dagle and Ms. Porter found out today that Edible Arrangements has closed.

Lastly, Ms. Dagle performed a septic decommissioning inspection at 1 Overlook Drive.

At 9:03 p.m., Ms. Raj moved to adjourn the meeting of January 6, 2020. Dr. Brunkhorst seconded the motion. The motion was approved unanimously.

Documents and Exhibits Used During this Meeting

Posto Summary

Report from Community Health Nurse Mark Waksmonski, RN

BOH Fee Schedule

Remote Participation Summary

Staff Reports – Director of Health and Human Services and Assistant Health Director

The next meetings of the Board of Health will be March 2nd, April 13th, May 11th, and June 8th.

Mary Seymour, Chair

Beatrice Brunkhorst

Sarah Thompson, Vice-Chair

Ann Kiessling

Anita Raj