



Town of Adams

Massachusetts 01220

Board of Health Department

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Approved

Adams Board of Health – Public Meeting Minutes

1st Floor Mahogany Room in-person only

Wednesday, August 3, 2022

BOH Members Present: Chairman Dr. David Rhoads, Co-Chair Dr. Amy Oberlin, Member Jess Wilson

Others Present: Nancy Slattery-Public Health Nurse of Berkshire Public Health Alliance, Lydia Shulman- Shared Service Coordinator of Berkshire Public Alliance and VRPC, Michelle DeRose-Administrative Assistant, Howard Rosenberg-Board of Selectman Member, Gerry Garner-Building Commissioner, Brian Rhodes – iBerkshires

Call to Order: Chairman Rhoads called the meeting to order at 4:00pm and noted that the meeting is being recorded.

Approval of Minutes: July 6 Dr Rhoads requested a motion to move the minutes to the beginning of meeting. Dr. Oberlin motioned, Dr. Rhoads seconded. Both Voted Yes unanimously. The minutes are not ready and will be on next month's meeting agenda.

Presentation: Nancy Slattery, Public Health Nurse, Berkshire Public Health Alliance

Dr. Rhoads shared with the members the Public Health Nursing Cheat Sheet as to what the public health nurse role is to the Town. Ms. Slattery provided a report of the infectious diseases that they have been currently investigating in Adams (from last June to this July). The only infectious diseases from this list that do not require a full investigation are Influenza, Lyme Disease.

Adams had 2 cases of Group A Streptococcus (flesh eating bacteria) is often caused by dirty needles. There were also 2 probable cases of Hepatitis C in which was investigated as well. Most often the result of the investigations is linked to drug use. Adams is now part of the needle exchange program in which the mobile van frequents the area. Narcotic Anonymous groups are good resources to share what programs are available. Family members can do a needle exchange for the individual as well.

Anaplasmosis (higher degree of illness than Lyme disease – tick borne disease) if gone untreated, especially those over 60 years of age, end up hospitalized. There is a dramatic increase of this in the past years. It is caused from a deer tick. If you are zoned to allow a couple of chickens on your property, this may help reduce the tick in your lawn and gardens naturally. (anecdotal evidence).

Ms. Slattery explained the investigation process. There are 3 categories. Confirmed, Suspect, and Probable. Confirmed cases are the degree of infectiveness in the blood. Suspect cases are if you are just coming down with the infection, blood level titers are lower. Revoked means if the investigation finds that the symptoms did not match the infectious disease, however that is rarely the case.

Dr. Rhoads mentioned that there have been discussions on having a choke saver class here and he confirmed with Ms. Slattery is certified in CPR and can train the class. Mr. Garner will send out information to see what we get for a response for training opportunities and location of training. It is required for restaurants with 25 seats or more to have at least 1 person certified in this choke saver training. Mr. Garner said that most of the local vendors have their choke saver training. It's the outside vendors that don't have it. Dr. Rhoads said that the Ms. Slattery (Berkshire Public Health Alliance) will waive the charge for the training.

Fitness challenge public health event(s). Aim for spring (May-June). COA is a good source. Who would be benefiting from this. Mix of elders and students. Blood pressure cuffs available given away and those individuals would turn their BP around. Ticks and sun protection. Peer support as a social event – mayors challenge of N Adams is a guide.

Dr. Rhoads will share with the food vendors that a video of the food training is available. Mr. Garner stated that the requirements from town to town are the same. State to state may vary. The permit requirements may vary in municipalities.

Dr. Rhoads introduced the idea to Ms. Slattery about Mr. Rosenberg had touched upon in previous meetings of having a Fitness Challenge – Public Health events aiming for the Spring. Ms. Slattery mentioned that the Council on Aging is a great resource for outreach. Mr. Rosenberg said it will be a mix of age groups. Ms. Slattery said that there are options for free blood pressure cuffs which she found success in many cases where the individual turned their blood pressure around. Diabetes, ticks and self-protection are a few other ideas.

Mr. Rosenberg added to the fitness idea is the social aspect of having teams and the teammates supporting each other in their fitness goals. North Adams is doing a fitness challenge and will be used as a template.

Dr. Rhoads shared with the group a letter from the Dept of Public Health (DPH) stating boosting rates for Covid are low and it is recommended to get boosted. Ms. Slattery is grateful that the residents of Adams have at least gotten their 2nd vaccine. This will at least give those that have pre-existing conditions such as lung, heart disease, diabetes, a shot to survive if they contract the virus. Ms. Slattery shared that there is a more comprehensive booster vaccine that will be coming out in September (not confirmed) that will cover the Omicron. It is not known if you have been fully boosted with the 2 booster shots, if you can get this new booster as well. There may be a time frame and/or guidelines to follow.

Dr. Rhoads said that there may be mini grants available from the Berkshire Public Health Alliance for the outreach in the fitness challenge events. Deadlines for these grants are not known yet.

The presentation concluded and Ms. Slattery and Ms. Shulman left the meeting.

Public Comment:
none

Public Hearing:

none

Code Enforcement Officer:

Dr. Rhoads asked Mr. Garner of the status of the position. He said he is aware that there is a Select Board meeting tonight in which there is a ratification request on the agenda. Mr. Garner said that it is best to await the completion of that process before speaking further on it as there is always a possibility that the ratification may not take place. Mr. Rosenberg agreed with Mr. Garner's statement. Dr. Rhoads mentioned that the name is noted on the Select Board agenda should anyone want to search for it.

Old Business:

- **Review of board's coronavirus message (posted on town website)**

Dr. Rhoads will update the message and will post the letter from the Dept of Public Health. It is already noted to contact your primary care professional should you contract Covid for next steps and if you are eligible for medication.

- **Status of new members, business cards, training/orientation opportunities, (BOH role in emergency planning), email lists (HHAN, BCBOHA, DPH Local & Regional Public Health etc.)**

Business cards were distributed to the members. Dr. Rhoads asked the members of the status of being added to the necessary contact lists. They will follow up with those that had not heard back from. They will request to be added to the BCBOHA list as well.

- **Promoting public health in town: scope, timing, budgetary aspects (possibility of a BPHA mini-grant)**

Dr. Rhoads had talked with Chair John Duval and Mr. Rosenberg has brought the subject to the Select Board. There is an interest in this idea. Since this idea is new this year, there are no funds appropriated for this fiscal year. Mr. Rosenberg said we would be looking at grant options. He's working with a program manager who is involved in wellness/fitness programs. The idea is to work with local businesses and form teams supporting each other in their wellness goals. It will be social and fun. It's expected to be a 90 day challenge because that is the time period it takes to make lifestyle changes. Dr. Rhoads had a suggestion to start small and work up. Mrs. DeRose provided an option of perhaps doing 30 day challenges of one program, 30 days of another, etc. to see what program/exercise would work for that individual. Mr. Rosenberg said it would be up to the individual to set their own goal. ie: weight loss – there is more than one way to lose weight. It does not need to be scripted.

The end game is to have individuals be aware of how their behavior effects their health and quality of life. The social piece to this also plays a factor in healthier lifestyle as we have seen year after year that there is more social isolation and Covid increased it.

Ms. Wilson inquired about the education opportunity in this program. Mr. Rosenberg agreed that education is key and people will be more willing to educate themselves if it's coming from a larger program and become more aware of the resources that are available to them.

Ms. Wilson stated that there is not awareness or individuals don't know how to find out what's available to them. Dr. Oberlin inquired about the playground at the old Youth Center and if it could be moved to another location. Mr. Garner said this was looked into and is not cost effective to move it. Ms. Wilson said if there were more active things to do at a visible location such as the

Town Common, then it may promote others to get involved. Dr. Rosenberg stated that when applying for grants to fund this project, they will provide information on how we can make it more active. An option can be to provide signage around town promoting health and wellness, similarly to how ProAdams did for restaurants and key locations.

Dr. Rhoads will have this subject continued to the next meeting to report progress. Ms. Wilson suggested a task schedule be set up. Mr. Rosenberg will follow up with that. Mr. Rosenberg left the meeting upon conclusion of this segment.

New Business:

- **Review draft private waste hauler regulations**

Dr. Rhoads provided a background. The state would like to reduce waste by a certain percentage and recycle as much as possible. Ms. Wilson suggested making this part of the wellness challenge because this is an opportunity to educate the community on how important it is to recycle and what to do with the waste. A healthy community leads to a healthy lifestyle. Old Stone Mill Center is a zero waste maker in Adams. Dr. Rhoads has been in contact and they are willing to come and talk and perhaps provide a tour to give us ideas on how to promote this.

Dr. Rhoads said that Dept of Environmental Protection (DEP) wants the Board of Health to create a rigid structure for waste/recycling pick up for haulers, household waste, and documenting and be sure home owners are not putting recycling items in the waste. He worked with Linda Cernik (Northern Berkshire Solid Waste Management District) to edit the current Rules & Regulations for Removal, Transport, and Disposal of Solid Waste or Recyclables (2022 proposed draft) based on current and upcoming waste bans. The haulers would be requested to notify their clientele with the information. The haulers would not be expected to police everything they haul, but should they see anything out of the ordinary, they should leave a sticker with the bag to notify the customer and then notify the Board of Health.

Dr. Rhoads provided a list of requirements the hauler would need for the permitting application. Mr. Garner said that the online permitting system (Permit Eyes) already has these requirements. He inquired as to what insurance Dr. Rhoads referred to as the only requirement Board of Health permitting has is to provide Workmen's Comp insurance. It is presumed that the company would have vehicle insurance that would cover property, personal damage so we do not request that. The application does require that they are signing off on all the qualifying affidavits that they need.

Mr. Garner asked about the paragraph at the bottom of page 3 of the suggested rules and regulations where it states "Upon receipt of a complete permit application, the Board of Health shall have thirty (30) days to rule on the granting of the permit to operate within the Town of Adams." Is it the Board of Health that will be reviewing and approving the 22 applications/renewals each year? Mr. Garner said this statement should be modified to state that the Code Enforcement Office will review and approve. The only time it should come to the Board of Health is if there is an issue or problem. Dr. Rhoads said he would change to the Board of Health Agent. Mr. Garner clarified that we do not have a Board of Health Agent, we have a Code Enforcement Officer. They are 2 different roles.

Ms. Wilson inquired if there is an incentive for haulers to do offer recycling. Mr. Garner said that it costs more for haulers to offer recycling as it requires separate hauling. We may see that they drop out of hauling in Adams. Dr. Rhoads said that recycling is State mandated and it is Town Code. There is no incentive to offer. There is a concern that we will see more dumping in woods or back roads. The Town is providing the information from MassDEP to the haulers on what needs to be done. It is the responsibility of the haulers to inform their clients accordingly.

Dr. Oberlin inquired if the Town could be placed on a Town collection of waste/recycling and pay for this service with their taxes. The Town could contract this service. Mr. Garner said the Town doesn't have the manpower and would not want to remove the 22 haulers from the Town.

Dr. Rhoads will revise and Mrs. DeRose will send to the waste haulers and invite them to the next meeting.

- **FDA grant update (grant aims, note on FDA's tracking process)**

Dr. Rhoads communicated with Jay Green (Town Administrator) and Atty. St. John (Town Counsel) regarding the FDA grant. He explained that it is through BRPC (Berkshire Regional Planning Commission) and any Town that signs on as a beneficiary has resources available to them. The grant provides money for BRPC to hire inspector/trainer and resources. BRPC was working with the previous Code Enforcement Officer regarding the alignment of FDA food code standardization and will be in touch with the new Code Enforcement Officer going forward. The audit is based on how well BRPC is doing their job and noting checklist to be followed for the food establishments and documenting for the FDA in where we are in those practices and process. Mr. Garner said he was not privy to the previous Code Enforcement Officer's activities regarding this. This FDA grant was not fully explained to Dr. Rhoads or Mr. Garner by the previous Code Enforcement Officer.

Local & County Updates:

- **Adams Street Fair: Reflections on tabling & free sunglasses**

Dr. Oberlin commented that a tent would be beneficial. Dr. Rhoads said he purchased a tent for future events. Dr. Oberlin inquired about possible individual sunscreen packets available for sharing for those that may need it. Dr. Rhoads will look into.

- **BCBOHA Dinner: Reflections on the presentation (after Action Report & honoring area stand-outs)**

The members were happy to attend and meet everyone. There was discussions about neighbor to neighbor disputes. The Board of Health should not get involved in civil matters.

- **988 suicide prevention call center has launched, available by phone or text**

Dr. Rhoads said that the 988 suicide prevention call center has launched. It is staffed locally. Mrs. DeRose suggested that this information be placed on the Town website – Board of Health page. Dr. Rhoads will discuss with the Town Clerk.

- **Other?**

None

Upcoming Events:

- **August 10: Harm Reduction van** Dr. Rhoads said that the van will be in front of Adams Memorial Building from 10am-12pm on August 10

- **Other?** Dr. Rhoads shared that the bulky waste collections will be September 17 in Lanesborough and October 8 in Clarksburg. You do not need to have a permit, you just need to be a resident of one of the member towns. There will be fees involved for the different bulky items to be discarded.

Review Mail:

- **Webinar on opioid settlement August 21 (7/15/22 email announcement circulated to BOH, TA, BOS, Community Development**

Dr. Rhoads has circulated the email notification about the webinar to the members of the Board of Health, Select Board, Town Administrator and Community Development. He is not sure of the cost and the Alliance may be requesting funds from the towns.

The Public Health Excellence Grant is awaiting Charlie Baker to sign and the Legislation has passed it unanimously. Dr. Rhoads will share as more information comes in.

For the Good of the Order

Dr. Rhoads received a letter regarding Monkey Pox symptoms. It seems to be confined. Be watchful for updates. Also, there was a notice about Polio virus in the Pittsfield water and there are a couple cases.

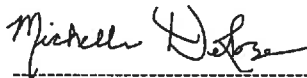
Schedule Next Meetings: September 7 (Thoughts on next informational session)

Dr. Rhoads requested that Mrs. DeRose include Town Counsel on invitation to the next meeting.

Adjournment:

Dr. Oberlin motioned to adjourn. Ms. Wilson seconded. All voted Yes unanimously. Adjourned at 5:43pm

Respectfully Submitted,



Michelle DeRose
Administrative Assistant

11/4/2022

Date