



Town of Adams ■ ***Massachusetts 01220***

TOWN HALL
8 Park Street, Suite 203
Tel (413) 743-8300 EXT. 179
FAX (413) 743-8316

APPROVED

Adams Board of Health – Public Meeting Minutes 1st Floor Mahogany Room (in-person only) Wednesday, March 15, 2023

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

BOH Members Not Present: None

Others Present: Howard Rosenberg-Board of Selectman Member, Gerry Garner – Building Commissioner, Michelle DeRose-Administrative Assistant, Attorney St. John-Town Counsel

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

Public Comment: none

Approval of Minutes: February 15: Ms. Wilson motioned to approve with edits. Dr. Oberlin seconded. All approved unanimously.

Public Hearing (4:10 pm): Recycling at apartment buildings

The public did not respond to or attend the meeting upon the public notices that were posted in iBerkshires and the Berkshire Eagle. Dr. Rhoads explained the process and guidelines of a public hearing to the members. The Chair would inquire if anyone planned to speak during the public hearing. He would then motion to open the public hearing. Depending upon the number of speakers, they will be allowed specified time to comment. After the public has spoken, the Chair would summarize and close the hearing. Once the hearing is closed, the public can make no further comment. The Board would decide to deliberate at that time or postpone for another time.

New Business:

- **Consideration of strategies to facilitate recycling at apartment buildings**

Dr. Rhoads mentioned since there were no attendees to the public hearing, he had obtained some information informally; Holly Stetson from REDPM, and Don Sommer from Greylock Apartments along with Ms. Wilson's information that she gathered previously. Dr. Rhoads will gather up the information and put together a resource piece. Dr Rhoads stated that he had had conversations with Town Administrator, Jay Green and Linda Cernik of Northern Berkshire Solid Waste Management District about recycling and could provide more insight on how to use recycling funds from the state of Massachusetts.

Code Enforcement Officer:

- **Report:** Ms. Lesure is unable to attend the meeting. Nothing to report at this time.

Old Business:

- **Program update & grant expectations: *Up & Adams Wellness Initiative 2023***

Dr Rhoads requested a program update from Up & Adams Wellness Initiative representative Howard Rosenberg. Mr. Rosenberg shared that the objectives are to inspire and motivate people to change their health behaviors through peer support. Life expectancy in the United States has declined. They need to be their own health advocate. In the Tuesday night Up & Adams meetings, they are finding that those attending, are leaving 'jazzed up'. People are feeling less stressed and relieved after attending the classes.

Dr. Rhoads inquired about family and friends attending? Mr. Rosenberg responded that invitations were initially targeted to the schools which in turn, word of mouth communication went to their friends and families. This is a pilot program currently to see how much response they would have as well as funding is limited.

Dr. Rhoads inquired how is the program is expandable in future years? Mr. Rosenberg mentioned with a larger budget, there would be more public announcements made and the word of mouth is a big part of the expansion. Mr. Rosenberg also stated that zoom meetings could help expand class sizes to accommodate 200+ people.

Dr. Rhoads then asked how the program measures the success of the program? Mr. Rosenberg said that the key success factor of the program, is when people have completed the program, has their behavior and mindset changed for the betterment of their health? With the relationships gained through the program, participants are upfront and honest about the lifestyle changes they are making.

Dr. Rhoads asked how is The Town of Adams will be kept informed of their progress? Mr. Rosenberg said that after action reports will be presented. He has also been keeping the Select Board apprised of the progress of the program. Once there is more data to present to the Select Board, then there may be more information to be able to collaborate with the Board of Health.

Dr. Rhoads asked about the goal for future funding for the program? There is currently \$7,000 for the program for this year. Mr. Rosenberg said that the majority of the funding is going to the teachers and the project manager. Dr. Rhoads inquired what an estimate budget cost would be for around 350 participants. Mr. Rosenberg guesstimated around \$20,000 and would require a redesign of the program.

Dr. Oberlin did a rough calculation that the current program is around \$200 per person. With the possible redesign of the program, Mr. Rosenberg foresees the cost per person dropping to about \$80 or \$70 a person. The recruitment efforts were spearheaded by the Project Manager for the program. To try and cut down on costs of the program, Mrs. DeRose suggested volunteer opportunities for current members to hold a class. Ms. Wilson asks about the relationships built during the program. Mr. Rosenberg stated that one of the goals of the program is for people to form a relationship within the class to help expand on a healthy lifestyle.

Dr. Rhoads mentioned that the next BOH meeting will be April 5 or 12. He requested a written notice to the community publicly to inform the Town of this program and its possible growth. Dr. Oberlin mentioned that it may not make sense to do this now since the program is currently at full capacity. The notice could go out after the pilot to further recruitment efforts for next year's program.

- **FY2024 budget request (status)**

Dr. Rhoads stated that the Select Board is meeting tonight and more meetings will be next week. He proposed that one of the BOH members attend the meeting.

- **Solid Waste Advisory Committee (to meet with TA Green next month, seeking volunteers)**

Dr. Rhoads awaiting to meet with Jay Green next month.

- **Public Health Nursing contract: signed & submitted; current report pending as of 3/7/23**

Dr. Rhoads stated that this 3-year contract has been signed by Jay Green.

New Business:

- **Private waste haulers: publishing the permitted list on our website?**

Dr. Rhoads said Linda Cernik suggested to post the permitted haulers on the website so that people can confirm that the hauler they choose is currently permitted. Missing from the list is Stanley's Lumber. They have a dumpster program but the permit status is unknown at this time. The list for 2023 haulers can be listed on BOH page under Waste Disposal Resources.

Ms. Wilson needed to leave at 5pm. Dr. Rhoads reviewed the Racial Equity 101 Training before she left (see below agenda item)

- **Annual Report: review draft, offer recommendations**

Dr. Rhoads reviewed the draft. A few edits were provided and Dr. Rhoads will finalize once all the data from the BOH permits/inspections have been provided from the Code Enforcement Officer. A picture of the board members was taken for the report.

- **Racial Equity 101 Training**

Dr. Rhoads mentioned that the Department of Public Health is requiring all public health employees have this training, but as elected officials the training is optional. Dr. Rhoads is planning to attend the 3-hour training. The calendar for April is not available at this time.

- **"No Smoking" signs on the Ashuwillticook Rail Trail**

Dr. Rhoads after communicating with DCR members, people are not allowed to smoke on DCR property. Dr. Rhoads has given Dr. Oberlin's contact information to communicate directly with her regarding enforcing no smoking on the trail. Dr. Rhoads will check with Tim Cota to put "no smoking" signs up and will reach out to DCR to get the signs.

- **Northern Berkshire Solid Waste Management District: Earth Day kick-off (see town website) Household hazardous waste collection, April 22 (pre-register April 3-21)**

Bulky & electronic waste collections: Adams (6/24), Lanesborough (9/16), Clarksburg (10/7)
Paper shredding / Zero waste day: Lanesborough (9/16)
Earth Machines available for \$25 while supplies last
Dr. Rhoads stated that the Adams Street Fair and the Bulky & Electronic Waste Collections are on the same day of June 24th.

Local & County Updates:

- **National Council on Aging grant to promote vaccine access for hard-to-reach populations**
Dr. Rhoads had written a support letter to be sent out to BRPC.
- **Food Security Infrastructure Grant program, Exec. Off. of Energy & Env. Affairs, support letter sent**
Dr. Rhoads mentioned this allows BRPC can do an assessment of the county with the grant.
- **Other?** Dr. Rhoads stated that the new process on ChokeSaver is hitting the choking individual 5 times on the back. There were discussions with the attendees that this process may be more detrimental to the choking individual as it may lodge the object deeper. Most everyone agreed that the Hemlich Maneuver has been successful in their experiences. Dr. Rhoads will investigate this further.

Upcoming Events:

- **3/23: BPHA Governing Board meeting, 5-7 PM; Presentation on DPH Capacity Assessment (Hybrid)**
Dr. Rhoads will be presenting the meeting. There will be 2 speakers from DPH at the meeting.
- **3/25: Thunderfest – Anyone up for a BOH booth?**
Dr. Oberlin suggested that the BOH not attend and everyone agreed.
- **3/30: BCBOHA Spring Dinner; see letter (sign-up via EventBrite)**
Dr. Oberlin signed up for this.
- **6/17-6/18: Adams Faerie Fest – Anyone up for a BOH booth?**
Dr. Rhoads will not be able to attend.
- **6/24: Adams Street Fair, Saturday Noon-6 PM; application for a BOH booth submitted 3/9/23**
Dr. Rhoads will have more information as the Street Fair gets closer.

Review Mail:

- **BCBOHA calendar for March:** calendar is out.

For the Good of the Order:

Dr. Rhoads noted that Bonnie Heiple was named the new DEP head. Bonnie is a litigation, environmental, and energy lawyer.

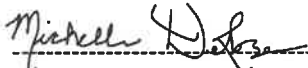
Dr. Rhoads also made note that the Adams MassSave program received a \$60,000 community grant for infrastructure work.

Dr. Rhoads further emphasized trying to expand the BOH in hopes to have a “website specialist” to help maintain the BOH website. A Town Meeting approval in 2024 would be required to expand.

The State of Massachusetts has declared the termination of the Public Health Emergency due to Covid-19 on May 11.

Schedule Next Meeting: April 5, 2023

Adjournment: Dr. Oberlin motioned to adjourn. Dr. Rhoads seconded. All members voted Yes unanimously. Adjourned at 5:17pm.



Michelle DeRose
Administrative Assistant

4/13/2023

Date