

ALLENDALE

Minutes of the Board of Health

April 4, 2013

ROLL CALL: A regular meeting of the Allendale Board of Health was held in the Municipal Building on the above date. The meeting was called to order at 8:00 p.m. by Robin Iversen, President.

The following members were present: Robin Iversen, Nadine Benoit, Susan Toron, Linda Morgan, Maria Crean, Bruce Beck and Christopher Martin. Also present was Linda Quinn. Also attending our meeting was Margaret Mantello from Bergen County Department of Health Services and Social Worker, Carol Parker.

APPROVAL OF MINUTES:

The March 2013 Minutes were accepted with a motion to approve by Maria Crean and seconded by Bruce Beck.

SECRETARY/REGISTRAR'S REPORT

Adult Health Clinic – The Adult Health Clinic will be held the end of this month.

Child Health Clinic - No children attended.

Vital Statistics – 1 Birth, 2 Deaths, 0 Marriages

Receipts - \$84.00 in Marriage Licenses, \$225.00 in Retail Food, \$80.00 in certified copies, \$20.00 in miscellaneous totaling \$409.00 of which \$39.00 was subtracted for deposit slips.

COMMUNICATIONS/CORRESPONDENCE

County AIDS WALK is scheduled for Sunday May 5th, 2013.

HEALTH OFFICER/SANITARY REPORT

-Northern Highlands had issues with their refrigeration. It was being turned off when they left the school and put back on in the morning when they returned. When I reinspected them, the problem was abated and the kitchen was satisfactory.

-Attended a Sushi seminar in Atlantic City and one important item mentioned was that all of the Sushi meters have to be collaborated with a buffer solution. When checking the establishments in Allendale, no one had this meter and will be obtaining them.

-Inspected Brookside School and they were found satisfactory.

-Inspected Masa Sushi and after checking his Ph meter and found that it had no buffer. Advised the owner to get a letter from his fish wholesaler and a buffer for the ph meter. Upon reinspection they were satisfactory.

-Reinspected Angelo's Pizza and found no roaches anywhere in the establishment, or on the glue boards. His exterminator will be coming again shortly and is very thorough.

-Asian Cuisine ordered a PH meter and upon inspection was satisfactory.

-Inspected Noshier Rye was clean, using proper gloves, and was satisfactory.

OLD/NEW BUSINESS

-Discussed the Medicine Drop-Off issue with with John Mattiace who feels our current method is satisfactory. However, this will be pursued further.

-Meg Mantello is our public health nurse who introduced Carol Walker, the social worker who gave a brief overview of this new program. She is working at the County and is the coordinator of the take control of your health program called the Chronic Disease Self Management Program. It is an evidenced- based program developed by Stanford University. This community-based program runs for six consecutive weeks, 2-1/2 hours a session. It is for adults that are 18 years and older with any type of chronic condition as well as care givers of individuals that have a chronic condition themselves i.e. diabetes, hypertension, cancer, heart disease and disabilities. This program has successfully run at senior and community centers. This program is co-facilitated by peer leaders to help people better manage chronic conditions. Residents will learn self-management skills that can benefit every aspect of life, including but certainly not limited to recovery. Learned skills can be applied in promoting an improvement of residents' quality of life and ability to function in the community.

The group takes control of their own health because it is group dynamics, and they are empowered to discuss ways they can better manage their condition . One way is by getting a good night's sleep which helps toward having a better quality of life. They discuss such things as difficult emotions, and follow up with an action plan. There is no cost at all to the participant and there is a confidentiality statement that is read right before the session.

They would like to get 12-15 participants to register and would not conduct a group with less than 10 attendees.

This program has been proven to reduce hospital time and emergency room visits.

One board member suggested partnering with the library who has put on different programs with good responses.

Depending on the time of the program, a continental lunch or healthy breakfast would be provided.

-The Adult Health Clinic was also discussed in an attempt to get a better turnout. Different days, times and more advertising was suggested. Since most of our seniors are already taken care of by their physicians, what the Board is attempting to do is attract the younger, middle-aged group who may be unaware they have high blood pressure. Since this program is being underutilized, instead of having the residents come to us, we are trying to be where they are.

- Spoke to Nicki Lisella regarding the Farmer's Market. Advised her that a list of vendors was necessary, in addition to a list of food that will be sold. She mentioned things like nut breads and wherein we told her that we must know where they are coming from since they cannot make it at home. Another question was what will be done insofar as rest room facilities. Whatever will be sold will have to be prepackaged and not a potentially hazardous food that would be sitting in the sun. Bathroom facilities will have to be provided for vendors who will be there for four to five hours a day. Trash disposal is another issue as is the charge for food licensing.

PRESIDENT'S REPORT

-Nothing new to report.

MEETING OPENED TO THE PUBLIC

-No one came forward.

A motion to adjourn was made by Maria Crean and seconded by Bruce Beck. The meeting adjourned at 9:10 p.m.

Respectfully submitted,

Jean Manus, Secretary
Allendale Board of Health

