

HAMILTON BOARD OF HEALTH

MINUTES OF MEETING

January 10, 2018

Members Present: Giselle Perez, Walter Row (via telephone), and David Smith (Chairman)

Others Present: Leslie Whelan (Health Agent) and Chris Lee (Public Health Nurse).

This meeting was called to order at 7:05 pm at the Hamilton Senior Center by David Smith.

Chris Lee (Public Health Nurse) semi-annual update.

Chris Lee distributed the attachments for the Public Health Nurse Report, which included the Massachusetts Virtual Epidemiological Network (MAVEN) Events per Disease Classification and the Cancer Incidents in Massachusetts for 2009 to 2013. Ms. Lee said 390 people were vaccinated during the three flu clinics offered. Two of the clinics were held at the Council on Aging (COA) building. The third clinic held at the high school/middle school, vaccinated 30 students and 35 staff members. Ms. Lee indicated that in 2018, the school clinic would be advertised with the public clinic in an effort to increase the number of vaccine recipients. The clinic would also be held earlier in the year. Security issues at the school were noted if the clinics were listed as open to the public.

According to Chris Lee, the tuberculosis clinic at Gordon Conwell tested 20 students with three tests having been conducted separately at the Town Hall office. Clinics would be held in February for incoming students.

MAVEN communicable disease tracking was described by Chris Lee. Diseases incurred were food borne illnesses, tick diseases, and influenza. The two top suspected or confirmed diseases were lyme and flu. Flu was confirmed via a blood or nasal swab test. Suspected lyme cases were confirmed via a blood draw with definitive antibodies being present. The lyme tests were not a confirmed status even though the test was positive as it was unclear if the case was current or previously contracted. Salmonella was one of the food borne diseases discussed with a likely incubation period of two to five days. All positive tests of Hamilton residents were reported to the Town of Hamilton Public Health Nurse. Tuberculosis tests performed were skin tests and could be on the border of positive. Highly confirmed results were via x ray and symptoms. Tuberculosis needed an exposure period of 30 days.

The North Shore Mothering visiting partnership was described as a new project to combat post partum depression. Chris Lee said there were five towns, Beverly, Peabody, Gloucester, Newburyport and Hamilton, who were involved. The program included a 90 minute visit with anyone welcoming a newborn into the home. The baby would be seen within the first 12 weeks of life. According to Ms. Lee, the goal was to bring the primary care person back into the community. Complications of delivery come about from isolation, sleeplessness, as well as a lack of knowledge of existing groups to connect with in town.

Chris Lee said the program teamed up with the Hamilton Wenham Library to distribute 30 new and 30 used books written by Mo Williams. The light hearted books were for the caregiver. Pamphlets with information regarding breast feeding and diapers would be distributed as well. Ms. Lee said the group worked closely with the Jewish Family and Children Services (JFCS). Ms. Lee had experienced ten hours of training with the group as well as a two day course at Harvard with Newborn Behavior Observation (NBO). The primary focus was to help parents interpret a baby's initial reaction to light and stimulations while giving cues to the caregiver.

The baby box would be offered during the 90 minute visit, according to Chris Lee. The baby box was a Finnish tradition that suggested the safest place for a baby was within the box. Sudden Infant Death Syndrome (SIDS) rates had decreased due to using a basket or box. In the US, there was a higher SIDS rate due to the fact that the baby might end up suffocating or possibly lying on his stomach. A video would be provided with the box along with 20 questions and answers regarding proper use of the box. Once the baby grew out of the space, the box would no longer be appropriate.

Chris Lee indicated that she had met with Lisa Green and Emily Grimes, Co-Presidents of the Hamilton Wenham Mother's Club, who were very much in favor of the project. The Mother's Club would be hosting a Pediatrician 101 class and asked for a demonstration of a visit during that time.

The Cancer Incidence Report was discussed. Chris Lee said two women had approached her regarding the possible rise of breast cancer rates in town. Between 2009 and 2013, the breast cancer rate was 94 SIR, which was lower than average. 100 equaled a State average. The statistic concerning multiple myeloma was 312 SIR and the significant increase was discussed. Leslie Whelan suggested that if five men among a small town population developed the disease, it would be enough to increase the SIR significantly. The case count was 4.6 due to two or more people getting the disease. 1.6 was expected. Multiple myeloma was a blood cancer.

Giselle Perez said there was a strong link between alcohol use and a higher risk of cancer. Breast cancer had a strong familial relationship especially if the patient was younger. Possible environmental toxin decreases would be an opportunity to lessen hazards, according to Ms. Perez. The Board discussed the benefits and risks of placing statistics on the Town website.

According to Chris Lee, Hamilton was the host town for the tick and mosquito bite lab. The lab explained the life cycle of ticks and mosquitoes, tips on how to prevent being bitten, and how to remove a tick. The focus was on knowledge. Lice was reported in the classroom but not to the Public Health Nurse as there was no disease associated with lice.

Stop the bleed training developed in response to mass shootings. Tourniquet use or putting pressure on the wound should be used prior to emergency response systems to eliminate the potential of a person “bleeding out” before help arrived.

Chris Lee discussed the opioid epidemic and recalled having heard. Ruth Potee, who had spoken in Ipswich in November. Ms. Potee reportedly discussed alcohol, drug, and marijuana use in the adolescent brain and encouraged delaying the experimentation until the brain finished growing at 25 years old. The adolescent brain was reportedly open to the absorption of drugs. Adolescents with sports injuries or wisdom tooth extractions should consider ice or massage for pain relief.

Chris Lee described the Still Face Experiment as seen on You Tube, where a mother interacted with her baby and then disregarded the child. The changes in the child’s demeanor were noted and it was discussed how the effects of a depressed or addicted mother would change the child. Ms. Lee also described the incident when a new born baby responded to a father’s voice.

Sunblock Dispensers

Leslie Whelan noted the acquisition costs of dispensers to be \$70 and poles to be \$100. Dispensers could also be put on posts or walls. A case of sunscreen would cost \$150.00. Ms. Whelan said the company estimated using two cases of sunscreen per dispenser per season. Giselle Perez noted the total cost would be about \$1000 for a summer. Ms. Whelan suggested asking to see if the Town would pay for it during the next budget season or ask a local dermatologist to donate the material as there would be a 4” x 6” advertisement area on the dispenser. David Smith noted Arbella Insurance donated \$25,000 to the Melanoma Foundation in Chatham and Harwich for the dispensers. Ms. Whelan said Beverly Hospital might donate money. Ms. Perez added it would be a great addition to public areas.

Leslie Whelan said the dispenser needed to be cleaned once a week with refilling and reordering needing to be done. Batteries would need to be replaced. The Parks and Recreation Department as well the Board of Health in Harwich would be contacted to determine funding. Giselle Perez suggested speaking with the Board of Health in Wenham. David Smith suggested starting with the pool and said that he would take the topic as an action item to pursue management and funding of the concept. Chris Lee said residents needed to be taught to allow time for having the sunscreen dry before jumping into the pool. Ms. Whelan added that the sunscreen was not good for the pool as the chemicals would attack the oils of the sunscreen rather than the bacteria. Ms. Perez suggested having the dispenser away from the pool entry.

Update on the proposed Nuisance By-law.

David Smith recalled his conversation with the COA Director and Board of Directors, who had significant concerns and issues. The main concern was if a property that fell within the By-law was owned by a senior who was impaired or unable to update their property. Mr. Smith added that the newest edition of the By-law had replaced the vacant aspect and that the new version stated a property could qualify for action if vacant as defined, if unsafe as defined, or dilapidated

as defined. Mr. Smith noted that he had attended the Selectmen's meeting and offered an update, which prompted mixed feelings as to whether they wanted to be named in the By-law as a party that would decide on cases or not. The Director of Planning and Inspections may join the Building Inspector or Town Manager in the decision making process. The difference noted included having the decision based on an appointed or elected official. The By-law would involve the single largest asset a resident might have and might require the Selectmen being involved as the final arbiter due to the magnitude of assets involved.

David Smith said there were eight properties that were currently under the jurisdiction of the By-law. Mr. Smith recalled that the COA was concerned how many defendants were going to be elderly people who were financially, physically, or mentally unable to do anything about the problem. According to Mr. Smith, the By-law procedure explicitly indicated that once filed, the situation of the guilty party would be assessed. The COA would be involved in the process of handling the complaint. Mr. Smith added that in all current cases, not one of the eight had an elderly owner who was indigent or mentally or physically impaired.

Wind River Environmental Title 5 Inspection Reports

Leslie Whelan referred to the letter forward to the owners of septic systems inspected by Wind River in Board, which was located in member packets. Ms. Whelan recalled that she had received the report for 64 Cunningham Drive with many errors. There had been problems with the inspector in the past. According to Ms. Whelan, the regional manager, who said he would work with the inspector to improve the reports, was no longer involved. Over the previous 12 months, Ms. Whelan had received four bad reports in Rockport. Ms. Whelan thought Wind River was a poorly run company that did not support their inspectors, which was not fair to residents as projects were being stuck in limbo. Local regulations gave the Board authority to revoke a license to do work in Hamilton. Ms. Whelan said there were more than enough reasons to revoke Rob Herrick's license to do work after holding a public hearing as the inspector had a right to come in and be heard. Ms. Whelan and David Smith agreed that the issue was systemic enough to revoke the license of the entire company.

Health agent update

Leslie Whelan indicated that 15 Walnut was no longer on probation. The Board of Health had received two FDA grants \$2,000 for Verification Audit for Standard 1 and \$2,100 to send two employees to the MHOA Conference.

Leslie Whelan said the department had not received any reporting from Essex Septic since October until the day before the meeting when Mike Roy brought in his application for an annual renewal as well as reports for December. November reports were still missing. Ms. Whelan said she sent him an e-mail requesting the November reports. David Smith noted the constant monitoring required and suggested the issuance of fines, which would be discussed at the next meeting. Mr. Smith suggested approving Mike Roy's pumping license contingent upon November reports being submitted and recalled the August letter, which noted the license

renewal being contingent upon reporting. Ms. Whelan said she would hold off until the November situation was assessed.

Licenses were discussed. Leslie Whelan said Carl Hendrickson's clients were in the process of finding an alternative to his company.

Leslie Whelan recalled the housing inspection at Gordon Conwell for daytime temperatures that were not reaching 68 degrees. According to Ms. Whelan, the temperature was about 60 degrees. The head of facilities at Gordon Conwell reportedly said they had spent tens of thousands of dollars to replace the system and when design calculations were done for the entire space, it was determined that the calculations were based on an outdoor temperature of 32 degrees. The system was not designed to do what was needed when temperatures dipped below freezing. At the time of the meeting, the indoor temperature was at 61 and 62 degrees. Ms. Whelan was waiting for confirmation from the complainant and would return to confirm when the temperatures were 20 degrees.

Another housing complaint was in regard to a home where on-site owners were renting a couple of rooms out to an elderly couple and their daughter caretaker. Water was on the day of the meeting, according to Leslie Whelan. The bathroom needed a heating unit to stay warm. Ms. Whelan was under the impression that the owners were evicting the renters who were previously friends.

There had been one rotten egg odor complaint from a home on Sharon Road about a month ago. It was the first odor complaint in at least one half of a year. Nancy Stevens contacted Brick Ends Farm and learned that they had no activities that could explain the odor.

Leslie Whelan referred to the list of future projects and said she would approach one at a time as time allowed.

Giselle Perez said she presented a discussion on stress resiliency for high school juniors and seniors regarding risk factors in terms of stress. The Board of Health in Wenham was trying to do stress awareness promotion and Ms. Perez wondered if Hamilton would take any action. Ms. Perez noted the high levels of stress from academics, sports, and parent as well as the rates of anxiety and depression. Ms. Perez suggested aligning with what Wenham was doing. David Smith said he would ask the Wenham Board what they were up to and how Hamilton could participate.

957 Bay Road Title V inspection was noted. Leslie Whelan would reach out to the inspector again.

The Incidence of Cancer information on the website was discussed. Residents would be directed to the Department of Public Health for further information when requested. The study was over

a five year period. David Smith would take action on the item as to how to respond to questions regarding the posting.

Unanticipated items/announcements.

List of documents and exhibits reviewed.

Massachusetts Epidemiological Virtual Network (MEVN) Events per Disease Classification.

Cancer Incidents in Massachusetts for 2009 to 2013.

The Cape Cod Chronicle Article: "Health: Chatham and Harwich to Receive New Sunscreen Dispensers, July 6, 2016.

Draft, dated 12/8/2017 of the Vacant and Dilapidated Buildings By-law.

Letter, dated 12/6/17 to Patrick Wallace, 64 Cunningham Drive regarding Wind River Environmental's Title 5 Report.

Letter, dated 8/25/2017 to Michael Roy regarding hearing dismissal and potential fines.

Health Agent Update, dated January 10, 2017

Meeting minutes of November 29, 2017.

Review Minutes dated, November 29, 2017.

Motion made by David Smith to approve the minutes of November 29, 2017.

Seconded by Giselle Perez.

Vote: Unanimous in favor.

Adjournment

Motion made by David Smith to adjourn at 8:42pm.

Seconded by Giselle Perez.

Vote: Unanimous in favor.