

ALLENDALE

Minutes of the Board of Health

September 5, 2019

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 Nadine Benoit.

The following members were present: Susan Toron, Linda Morgan, Robin Iversen, Heidi Askin, Maria Crean, Nadine Benoit and Christopher Martin. Also present was our sanitarian, Kristin Caperino.

APPROVAL OF MINUTES:

The June 2019 Minutes were accepted with a motion to approve by Heidi Askin and seconded by Robin Iversen.

SECRETARY/REGISTRAR'S REPORT

Adult Health Clinic

June – No one attended.

July/August – No clinic was held.

Child Health Clinic – June/July/August – No children attended.

Vital Statistics – June - 3 Births, 4 Deaths, 0 Marriages.

July – 2 Births, 5 Deaths, 0 Marriages.

August- 2 Births, 4 Deaths, 0 Marriages.

Receipts – **June-** \$28.00 in Marriage Licenses, \$475.00 in Retail Food, \$20.00 in certified copies and \$150.00 in Miscellaneous, totalling \$673.00.

July - \$80.00 in Certified Copies.

August- \$20.00 in Certified Copies and 100.00 in Miscellaneous, totalling \$120.00.

COMMUNICATIONS/CORRESPONDENCE

-None was received.

HEALTH OFFICER/SANITARY REPORTS

-Nirvana had issues with food storage and cross contamination. They also had chemicals stored where they kept their dry storage. After speaking to them, they did comply. They posted satisfactory the next time they were inspected.

Allendale Bar and Grill – saw some rodent activity on the glue boards that were still alive in the kitchen area. Pest control was called in to rectify the situation.

-Masa Sushi – they were better than in the past but they still were conditional. They did not keep their HACCP* logs and their cold holding was out. This is important because of Sushi as it is not cooked and is served raw. They also were not documenting the acidity of the rice.

*HACCP stands for Hazard Analysis & Critical Control Point. It is an internationally recognized system for reducing the risk of safety hazards in food. Potential hazards are identified and controlled at specific points in the process. This includes biological, chemical or physical hazards. This system is taught in the Food Handler's Course.

-Acme Supermarket – outdated dairy was discovered i.e. yogurt. We conferred with the manager and all products were removed from the shelf.

We encourage the public to be diligent and check the dates and should there be an issue, report it to the Board of Health.

-Inspected foods being served at the 100th Anniversary of the Holiday Observer Celebration which was held on Saturday, September 7, 2019.

-The Whitney Pool was conditional. There was no working telephone and chemical logs were not being kept. We did follow up and violations were abated.

Retail Food Inspections are categorized as follows:

RISK ONE – are prepackaged foods i.e. Rite Aid, etc.

RISK TWO – Minimal prepping of food – ie. Dunkin Donuts where they just heat it and serve it to the public right away to the public.

RISK THREE – Most restaurants where food is being cooled. For example – if they are making soup it must be cooked, cooled and reheated. This is a Risk Three.

RISK FOUR – would be Sushi or foods vacuum sealed. Asian cuisine would be a Risk Four i.e. Masa Sushi.

-The Senior Flu Clinic date was changed from October 3, 2019 to October 29, 2019.

OLD/NEW BUSINESS

-Nothing new to report.

PRESIDENT'S REPORT

-I have asked Dr. Robin Iversen, Pain & Palliative Medicine at Valley Hospital, to speak regarding the Medical Aid in Dying Law. Dr. Iversen stated that New Jersey has joined about fifteen other States in this Medical Aid in Dying Law which would allow someone who has a terminal illness to go to a physician and ask for a lethal dose of medicine. The requirements are that the patient has to be terminally ill; this must be confirmed by two separate physicians. This must be requested twice verbally, fifteen days apart, and done by written request. It has to be witnessed by two people - one of the people may not be a relative; may not be someone who has a stake in the patient's estate; or the owner of the facility the patient is at. The attending physician has to determine that they definitely have a terminal illness with less than six months to live. They must be capable of making a decision, that they do not have a mental illness, and if they do, they must be sent to a psychiatrist or seek professional help. The second doctor must corroborate the first doctor's opinion, who is the consulting physician, and that doctor reviews the records, sees the patient and agrees. They are then counseled by both doctors regarding Hospice, Palliative treatments and other alternatives.

The patient has to self administer the medication. If it is somebody with ALS they have to decide to do this sooner than later before they can't physically do this any longer. The patient does not have to tell anyone they are doing this as it is totally confidential although they are encouraged by the physician to tell the family or next of kin. The only thing they are not allowed to do is administer the lethal dose of medicine in a public place. Once the physician receives the written request, that has been witnessed, he has to wait 48 hours and they then will write the prescription for the medication. They also have the right to rescind their decision or request at any time. There are a few other things that have not been well addressed yet, basically, the Pharmacy Society does not know anything about this; the pharmacists have not decided, and many facilities are opting out i.e. Valley Hospital, Hackensack Hospital. One of the things it is missing is that nowhere does it require that the patient be a "do not resuscitate". So you can be confidential, not tell anyone you are doing this, then someone comes to visit you, finds you passed out, and calls the police. Think about that. Now we have resuscitated someone who wanted to die.

There are a lot of things that have not been identified as yet.

President Benoit mentioned the following –

- The death certificate will not say suicide but will say death by terminal illness so there will be no issues regarding insurance.
- Physician participation is completely voluntary.
- A lot of the hospitals are taking neutral positions.....not going either way.

- This is only for someone over eighteen years of age.
- Does Medicare or insurance cover this?
- These medications can be used in long term care, assisted living or your home.
- We encourage the public to speak to their doctor with further questions.

-Lead in water has been a big topic in Newark. Allendale's water provider is Suez. Should anyone want to discuss their water situation to see if their lead pipes are safe, please contact the Customer Call Center at 1 800 422-5987. More information is available on the Bergen County Department of Health website www.co.bergen.nj.us, MySuezWater.com.

- I also went on the CDC Website www.cdc.gov because they always give the hot topics and have interesting articles. There are interesting articles on Back to School and are doing a lot of suicide behavior, high risk teen suicide and the role of families. They explain what the CDC is doing and what they are funding having the money trickling down to the local health department levels.

-In the September NIH Newsletter (NewsInHealth.nih.gov) they talk about teen suicide and preventing falls in our aging population. They give very concrete measures on how to protect our home and loved ones from fall risks.

-Perhaps sometime in the future the Board of Health will sponsor a program jointly with the schools on Vaping. I will reach out to the school nurse to see if this can be arranged.

OPENED TO THE PUBLIC

No one came forward.

A motion to adjourn was made by Robin Iversen and seconded by Maria Crean. The meeting adjourned at 8:35 p.m.

Respectfully submitted,

Jean Manus, Secretary
Allendale Board of Health