

**BOARD OF HEALTH MEETING  
MEETING MINUTES  
February 7, 2008**

Dorothy V. Fish, RN. President, called the Board of Health meeting to order at 7:30 p.m.

Members in attendance were: David Klopp, DVM; Theresa Bushman, RN; Steven Clarke, DC; Linda Brock, RN; Patricia Reineke RN; Steven Sclafani, Richard Morski, MD, Angela Musella, Health Officer NBRHC and Rudy Boonstra, Township Committee liaison

Staff in attendance: Denise Romano, Secretary

**Reading of the Open Public Meetings Act Work Session statement**

Denise Romano, Board of Health Secretary, read the Open Work Meetings Act statement: "This Regular Work Session Meeting of the Wyckoff Board of Health is now in session. In accordance with the Open Public Meetings Act, notice of this meeting appears on our Annual Schedule of meetings. A copy of said Annual Schedule has been posted on the Bulletin Board in Memorial Town Hall: a copy has been filed with the Municipal Clerk, The Record, The Ridgewood News and the North Jersey Herald and News – all newspapers having general circulation throughout the Township of Wyckoff. At least 48 hours prior to this meeting the Agenda thereof was similarly posted, filed and mailed to said newspapers.

**Approval of 01/3/08 minutes – Dr Klopp motioned, Dr. Clarke seconded all voted yes**

**Report of the President**

**CONTRACTS 2008**

**NORTHWEST BERGEN REGIONAL HEALTH COMMISSION**

The contract was approved with a 4% increase and signed.

**Rabies Clinic**

A total of 254 animals were vaccinated, 191 dogs and 63 cats. A great job was done by all involved, clerk's office, NWBRHC, Steve Clarke and Pat Reineke, Dr. Klopp and all Town Hall employees present at the Clinic.

**Maria Costa – Recess and lunch at the elementary and middle schools**

Ms. Fish introduced Mr. & Mrs. Costa to the Board of Health. They were present to explain the current situation in the schools concerning lunch and "mid day fitness" program. The Board of Health also wanted to discuss their role, if any, in this matter.

Mrs. Costa is a concerned Wyckoff parent with 2 children in the elementary and 1 middle schools. Mrs. Costa explained to the Board that currently there is a 20 minute lunch break (students can buy lunch using up much of the 20 minutes) with a 20 minute structured midday fitness program.

Last year, although lunch was 20 minutes long at Eisenhower, the remaining portion of the period (20 minutes) was used as recess. During this time the students could socialize, read a book, or play some type of game and de-stress. Now with the structured midday fitness program there is no down time for the student. Mrs. Costa said that this program is especially stressful to her 8<sup>th</sup> grade daughter. Dr. Morski concurred that his 6<sup>th</sup> grade son is rushed during his 10:30 am lunch and also does not enjoy the midday fitness program.

Physical Education is non-existent in the middle school except during a “cycle” (a cycle is a course that is given for approx. 6 weeks. A cycle might be health, cooking, computer science etc.) The midday fitness has taken the place of Physical Education. The minutes spent in the midday fitness program fulfill the time required for physical fitness. The students also have longer learning blocks of 90 minutes (English, History) as opposed to last years 40 minute classes. The students do not have any other breaks than that of lunch/midday fitness.

Mrs. Costa presented many studies from the US Dept of Education, CDC and other sources citing the importance of recess and healthy eating habits. The studies support the need of at least 30 minutes for lunch. Mrs. Costa gave the Board of Health several articles to read.

Mrs. Costa also has a petition of over 1024 signatures from other concerned Wyckoff residents requesting the return to recess, a proper lunch break and at least 2 days of physical education. This petition has been presented to the Board of Education and each month different parents attend the Board of Education meeting.

Mrs. Costa has been told that Eisenhower Middle School will extend lunch to 30 minutes. She believes this is a decision of the principal and not the Board of Education.

Mr. Boonstra, Mr. Sclafani, Dr. Reineke and Steven Clarke advised Mrs. Costa that they must address the Board of Education. The Board of Health members advised that the teachers get breaks during the day and the students deserve the same consideration. Dr. Clarke also advised to approach it as a “healthy recommendation” for the children.

Mr. & Mrs. Costa thanked the Board of Health for their time Mr. & Mrs. Costa are looking for support from different areas, the Board of Health being one source.

After Mr. & Mrs. Costa left, Mrs. Fish, Dr. Clarke and Dr. Reineke agreed to read the materials and send a letter to the Board of Education supporting proper eating habits, stress reduction methods and physical education in the school system.

## **OLD BUSINESS**

### **Order of Influenza vaccine for 2008**

The balance of the 2007 influenza vaccine was purchased by Miller’s Pharmacy for \$3500.00 paid directly to NWBRHC. The cost of the influenza vaccine for the Township in 2007 was zero dollars due to the fee of \$20.00 for residents without Medicare Part B, Medicare Part B reimbursement and the purchase of the excess vaccine by Miller’s Pharmacy.

Based on discussion during the January meeting, the Board of Health approved the purchase of 500 doses (50 vials) of influenza vaccine for 2008. Dr. Klopp made the motion and Dr. Reineke 2<sup>nd</sup> the motion. Stock of vaccine is predicted to be plentiful in 2008. Ms. Musella will be able to obtain additional quantities of vaccine if required by the Township.

#### **Thursday – Blood pressure screenings**

Ms. Bushman reported very little activity at the Blood Pressure Screening held at the Cedar Hill Christian Reformed Church. She also stated the signage is not noticeable. Discussion followed that possibly the screening should be moved to the senior meetings at the Larkin House.

#### **NEW BUSINESS**

A Food Handler's Course will be held in Wyckoff on Monday April 7, 2008 from 4:00 to 7:00 p.m. Two courses will be held in Hillsdale on Wed March 26<sup>th</sup> from 9:00 – 12:00 p.m. and on April 10 from 9-12 p.m. in Spanish. Invitation bulletins will be sent to all Wyckoff food handlers by Ms. Romano.

Ms. Brock requested that Mrs. Fish address the Ambulance Corp as to procedures to help residents that do not have family assistance or require social services. Ms. Fish said she would address the Ambulance Corp and Ms. Musella could also attend.

#### **Nominating Committee**

Steven Sclafani and Tret Bushman nominated Dorothy Fish and Dr. Morski to remain in their current positions as President and Vice President of the Board. The Board unanimously approved the nominations.

Motion to Adjourn: Steven Sclafani, Dr. Klopp 2<sup>nd</sup>

Adjournment: 9:25 p.m.