

**Regular Meeting of the Franklin Lakes Board of Health
April 4, 2016 – 7:00 PM**

The regular meeting of the Franklin Lakes Board of Health was called to order by Olivia Voellmicke at 7:05 A.M. in the Municipal Building.

Mrs. Voellmicke read the Sunshine Law Statement.

Roll Call:

Present: Michael Goldberg
Susan Tillsley
Olivia Voellmicke
Joan Murray, Alternate #1
Marjorie Vanacore, REHS Inspector
Nancy Yarish, Secretary/Registrar
Ann Swist, Council Liaison

Absent: June Linz
Rajan Melwani

Also present Henry Wasserstein, Chairman of the Franklin Lakes Municipal Alliance

Minutes:

Approval of the November 2, 2015 minutes will be voted on at the next Board of Health meeting when all the attending members are present.

On a motion by Mrs. Murray, seconded by Mrs. Voellmicke, and unanimously carried, the minutes from the January 4, 2016, meeting were approved. On voice vote, all in favor.

On a motion by Mrs. Voellmicke, seconded by Dr. Goldberg, and unanimously carried, the minutes from the February 2, 2016, meeting were approved. On voice vote, all in favor.

Reports:

On a motion by Mrs. Voellmicke, seconded by Dr. Goldberg, and unanimously carried, the sanitarian's inspection report for the months of December 2015 and January 2016 were approved. On voice vote, all in favor.

Vouchers:

On a motion by Mrs. Voellmicke, seconded by Dr. Goldberg, and unanimously carried, the following vouchers were approved: TYCO Animal Control \$1,075; 2016 Bergen/Passaic Registrars Association membership \$30; 2016 New Jersey Registrars Association membership \$75; 2016 office equipment maintenance agreement with Office Business Systems \$109.

New Business:

Old Business:

Ann Swist reported on the mental health program she attended on March 31, 2016 in Englewood, NJ. The program was sponsored by Englewood Municipal Alliance and Stigma Free Task Force. The venue included vendors who offered their services to the public. It also included a keynote speaker who has mental illness and was able to explain his recovery along with the help he received. Council Liaison Swist would like to have a program in Franklin Lakes that would not be as in depth, but more of an introduction on the issue of mental health and inform the residents of the mental health services that are available in Bergen County.

Olivia Voellmicke updated the Board on the drug abuse awareness initiative. Mrs. Voellmicke distributed a draft of a tri-fold brochure that Rajan Melwani, Greg Hart and Henry Wasserstein are working on. It was recommended that it should be placed in an envelope to get more attention than in flyer form. Another option would be a two-sided document on card-stock paper of high quality with the valuable information listed on one side. It was agreed that the contact information is the most important aspect of the mailing. Dr. Goldberg recommended that the Suburban News publish the information also.

Further discussion ensued and it was decided that a follow-up meeting with Mr. Hart to fine-tune the mailing would be needed.

Olivia Voellmicke reported on her meeting with Donna Kurdock of the Franklin Lakes Library to discuss programs relating to drug abuse awareness and mental health. On May 18th at 7:00 P.M. Nancy Graham will be conducting a program on eating disorders called ***Body Image and the Media ...When Did We Learn to Hate our Bodies?*** If the topic is applicable for Franklin Avenue Middle School students, the Board of Health could invite the presenter to speak to the students. Ms. Kurdock also a program a medical-based Quigon program May 12th and a integrative wellness program on June 7th. There is a certified drug recovery coach in October that will discuss drug abuse awareness. Susan Tillsley recommended that if the programs at the Library are applicable to the middle school students we should bring it to FAMS; especially, the program on eating disorders.

Henry Wasserstein commented that Franklin Avenue Middle School (FAMS) is holding a ***Living Lessons*** all day program on May 19th; and Chris Heron will be doing a presentation on October 3rd and 4th and we do not want a conflict with those dates.

Michael Goldberg reported on the communication to the local medical community. He would like to see the drug abuse awareness brochure edited to read “*all health providers*” instead of “*practicing dental and medical community*”. Also, he would like to include the oral cancer risk of smokeless tobacco which is equivalent to skin cancer and also leads to other addictions. An effort to prohibit the sale of these products to minors should be an initiative in Franklin Lakes. Public awareness of the dangers of smokeless tobacco would be advantageous and he would like to see it incorporated in the brochure.

Further discussion ensued regarding physicians over prescribing pain medication which leads to addiction. There is now a national campaign to encourage physicians to be informed of the number of prescriptions a patient has and limit the amount of pain pills they prescribe. The State of New Jersey is pro-active and it is a mandate to not over prescribe medication.

Joan Murray reported that Most Blessed Sacrament Church is very interested in assisting with the drug abuse initiative. The other houses of worship in Franklin Lakes will also be contacted.

Susan Tillsley has contacted the Superintendent of Schools and will report back when she talks with her.

Olivia Voellmicke spoke with Kathy Furman of the Franklin Lakes Recreation Department and they will put something together for the coaches to support the drug abuse initiative. Councilman Joe Kelly is also working with the Recreation Department with talking points for coaches.

Henry Wasserstein reported that the *Hidden in Plain Sight* program held at Indian Hills High School was well attended and a success. He attributed this to getting the word out early and because it was a Bergen County Health Department event it was well publicized. There were approximately twenty resource booths set up as you entered the building which was beneficial in getting information distributed. The evaluations of the program were extremely positive. It was recommended that feedback from the Police Department regarding positive results of people participating in this program would be beneficial.

Michael Goldberg has been in dialogue with Indian Hills High School recommending a program be held to inform the students of the oral cancer and addiction dangers of smokeless tobacco; in particular, chewing tobacco. This would be beneficial if the Board of Health would like to sponsor this event. The consensus was that the Board of Health would like to consider this in the near future.

Olivia Voellmicke also commented that Rajan Melwani recommended sponsoring a presentation on Seasonal Affective Disorder (SAD) which is a type of depression that is related to changes in seasons. The program could be held at the Franklin Lakes Library and Donna Kurdock agreed that this would be a great idea. Mrs. Voellmicke will speak with Rajan Melwani about coordinating a program.

Michael Goldberg asked for a brief description of the heroin addiction awareness program entitled H.A.P.P.Y. Henry Wasserstein explained that the program was formulated by Stephanie Reifman a New Jersey high school student. Ms. Reifman has developed a film montage of famous people who have died of drug abuse. She next interviews a recovering drug addict and a parent of child who died of a drug overdose. Mr. Wasserstein stated that the programs have been extraordinarily successful because she is talking to her contemporaries.

After a lengthy discussion, the consensus of the Board was to make an effort to communicate to the public information and help that is available with regards to mental illness and drug abuse; in addition, work with the Franklin Lakes Library in promoting education and services.

Open the Time for Public Comment:

Motion to open the time for public comment was made by Mrs. Voellmicke, seconded by Susan Tillsley. On voice vote, all in favor.

No comment from the public.

Motion to close the time for public comment was made by Mrs. Voellmicke, seconded by Dr. Goldberg. On voice vote, all in favor.

Adjournment:

On a motion by Mrs. Voellmicke, seconded by Susan Tillsley, and unanimously carried, the meeting was adjourned at 7:50 P.M.

Respectfully submitted,

Nancy Yarish
Secretary/Registrar, Board of Health