



**Town of Middleton  
Massachusetts Board of Health  
Minutes of the Meeting  
Wednesday January 6<sup>th</sup>, 2016**

The Middleton Board of Health held a Board Meeting on Wednesday, January 6<sup>th</sup>, 2016 at the Flint Public Library Meeting Room, One South Main Street, Middleton, Massachusetts at 7:00 pm

**Board Members Present:**

Robert Ambrefe, Chair  
Paul LeBlanc  
Matthew Greenfield  
George Demeritt  
Ray Cryan

**Others Present:**

Derek Fullerton, Public Health Director

The meeting was called to order at 7:00 pm. Chairman Ambrefe asked if there were any additions or changes to the Minutes of the September 9<sup>th</sup> 2015 meeting. Mr. Demeritt motioned to accept as written, Mr. Cryan seconded the motion and the Minutes were unanimously accepted by the Board.

**Request for Local Upgrade Approvals for 1 Lindberg Avenue, Map 13 Parcel 79 as follows:**

- (1) 310 CMR 15 212 to allow a reduction in the minimum vertical separation distance between the bottom of the soil absorption system and the estimated seasonal high groundwater from four feet (4) to three feet (3) with a recorded percolation rate of more than two minutes per inch.

Mr. Chris Sparages, a Professional Engineer from Williams & Sparages, 189 North Main Street, Middleton, addressed the Board regarding the subsurface sewage disposal system upgrade at the above address. He explained that the property is located at the intersection of Metcalf Avenue and Lindberg Avenue. The owners had plan on selling the property and it has failed the Title 5 Inspection. The existing cess pool is located in the backyard. This is a corner lot which is square and measures 160 ft x 160 ft, equaling 25,600 ft in area and is approved for the existing two bedroom home. The house has been remodeled recently, but the septic system was not upgraded. This lot is serviced by a private well. Mr. Sparages explained that the design was drawn to ensure that the septic is positioned more than 100 ft from the existing the well. Two test holes were dug and soil samples were sent off for sieve analysis. According to laboratory data this property is restricted to 140 gallons per acre per day (nitrogen loading) into the ground, but the lot area could support up to 281 gallons per day in accordance with title 5 and this meets the requirement for a 2 bedroom house. Mr. Sparages said a solution was to use an innovative alternative passive septic system, called Cultec chambers, which allows a small reduction of the system and a short retaining wall to make up the grade difference. Mr. Sparages said that the

reason he is here before the Board is to seek local upgrade approval to reduce the groundwater separation from 4 ft to 3.2 ft.

***Mr. Le Blanc made a motion to approve the local Upgrade Approvals for 1 Lindberg Avenue, Map 13 Parcel 79 as above, with the condition that the drawing is updated, and includes a stipulation that this is for a 2 bedroom property. Mr. Demeritt seconded the motion and all were in favor.***

Mr. Fullerton introduced Andrew Sheehan, the new Town Administrator to the Board members.

**Tobacco Prevention: Updates and Recommendations from Regional Tobacco Control Officer, Ron Beauregard** – Mr. Ron Beauregard, addressed the Board and said that he has held this position since January 2001. Two years ago the local Tobacco Regulations were revised which led to the Town of Middleton becoming one of the first communities to ban the sale of tobacco from pharmacies. The Tobacco industry is one of the fastest changing industries and there have been many advancements in tobacco prevention over the last two years. Mr. Fullerton recommends that the Board consider updating the current regulations to fall in line with the regulations that local communities are using. Mr. Beauregard gave the Board members information on changes that have occurred over the last two years which include minimum legal sales age, limiting the amount of retail outlets that can sell tobacco based products, making dedicated areas for smoking e-cigarettes and introducing new language for selling cigars. The Board had a discussion regarding the legal sales age and Mr. Fullerton said four violations regarding under age sales have been reported over the past year. Mr. Fullerton stated that the proposed revised regulations have been sent out to Board for them to make any suggestions, additions or deletions and once the regulations have been updated and agreed upon, they will be presented at a public meeting.

Mr. Beauregard gave a presentation to the Board which included information on e-cigarettes, Hookah lounges, vapor shops/lounges and flavored tobaccos. He explained that flavored tobaccos have increased dramatically in popularity recently and he showed Board members examples of the range of flavors that are available. These products are currently legal and the market for these is extremely fast growing. He also explained that the FDA are currently looking at updating and making changes to federal regulations regarding using flavored tobaccos as a cessation device.

**FDA National Voluntary Retail Food Standards Program Grant Award to Middleton Board of Health**

Mr. Fullerton addressed the Board and said that this is a voluntary program that towns can enroll in, in order to become more standardized in food safety and food inspections. Middleton enrolled in this program in 2010. Mr. Fullerton said that they were going to apply for three grants as follows:

- 1) Self-assessment – Every five years a self-assessment has to be completed. The grant would enable a food consultant to be hired to do the assessment.
- 2) Training – This will enable specialized training in food hazard analysis.
- 3) Software System – This will provide funds for a software system to do food inspections based on the new 2013 food code. The major benefit in doing this electronically is that data collection will be more easily available.

**FY2016 Budget Forecast for BOH** – Mr. Fullerton addressed the Board and said that he will be promoting two things in the budget:

- 1) The purchase of an alarmed commercial vaccine refrigerator.
- 2) Changes to the Health Service Line budget to increase purchase of flu vaccine.

Mr. Fullerton explained that over the last few years the Massachusetts Department of Public Health has restricted giving public vaccine to uninsured persons. The Finance Committee and Selectmen had

previously given the Health Department \$10,000 within this budget line. Monies from this fund have funded the purchase of private vaccine but now the budget needs to be increased to enable the purchase of more vaccine because of increased restrictions which do not match our historical target population. Last year 230 doses were received from the State for uninsured, but the number of uninsured persons has reduced, which means that private vaccines have to be purchased and used. The town required that the health services line be reduced by 50% due to fiscal state aid reductions to the local budget in FY 2010. Respectively this line item has not returned from \$5,000 to \$10,000. Since then, the health department has been limited on their ability to purchase and hold shingles or pneumonia vaccine clinics. The town receives more money than it expends related to vaccination programs. For instance, vaccines are purchased at \$13 +/- a dose and reimbursement is at a rate of \$30 per dose. This money is deposited into the General Fund and not into the Health Services Line.

**Innovative/Alternative Septic System Training by Presby Environmental Inc. in Middleton. Projected date in February or Early March** – Mr. Fullerton said that this training will not be run exclusively by Presby, but they will be involved because they have a new technology to introduce. The concept is to invite vendors to train local Contractors, Installers and Engineers on any new systems that are being used in our Community. Mr. Fullerton will assess other vendors to participate with.

**Community Health Assessment Survey Update** – Mr. Fullerton addressed the Board and said that this survey was started in November and is still in its infancy. 150 responses have been received to date. We have applied for an intern from DPH and are awaiting a response. The goal for the intern will be to market the survey, go out into community, ask people to participate and collate the data.

**Massachusetts Association of Health Boards Mass in Motion Grant 2016** – Mr. Fullerton said that last year a grant was received for Mass in Motion for a Community Health Design Forum which took place at Angelica's. This year there is a Mass in Motion grant round administered by the Mass Association of Health Boards. Middleton is interested in applying in order to focus on a health chapter which will be built into the Town's master plan revision. If the grant is awarded, the work will need to be completed by the end of June and the goal is to hire a consultant who is familiar with the healthy design tool kit and building it into a master plan.

The next meeting will be held on March 2<sup>nd</sup> at 7pm.

***Mr. Demeritt made a motion for adjournment. Mr. Cryan seconded the motion and all were in favor. The meeting was adjourned at 8:40pm.***

Respectfully submitted,

*Julie Roscoe*

Recording Secretary