

**BOROUGH OF MOUNTAIN LAKES
COUNTY OF MORRIS, NJ**

**HEALTH COMMISSION MINUTES
September 14, 2021 Zoom Meeting**

1. CALL TO ORDER

The meeting was called to order at 5:32p.m. by Ms. O'Leary.

2. ROLL CALL

Commission members Dr. Stephen Leviss, MJ O'Leary, Katherine Roberts, Deb Shertzer, and Mark Toppel were in attendance, as well as Health Officer Mike Fitzpatrick and Board of Health Secretary Cara Fox. Commission Members Dr. Barbara Girz, Dr. Behnam Salari and Council Liaison Lauren Barnett were absent.

3. PUBLIC COMMENT

With consent of the Commission, Chairperson O'Leary opened the meeting for public comment. There were no members of the public present who wished to address the Commission.

4. APPROVAL OF MINUTES

Motion made by Ms. Shertzer, second by Dr. Leviss, to approve the Health Commission meeting minutes from May 4, 2021.

5. BOROUGH UPDATE

Ms. Fox reported that the Borough Flu Clinic will be scheduled sometime in October after the vaccine is received by the health department.

6. HEALTH OFFICER REPORT

Mr. Fitzpatrick reviewed his reports from May through August 2021. He gave an update on how the Health Department is handling the Covid-19 Pandemic. The Commission asked questions to Mr. Fitzpatrick, and he answered them.

7. COMMISSION DISCUSSION

Ms. O'Leary gave an update on what the Stigma Free subcommittee has been doing and reported the following:

- The attached posters are an evolution of the postcard created by the Morris County Stigma Free initiative. The subcommittee worked with the members of the Mountain Lakes High School LETS (Let's End The Stigma) club to identify which postcards they wanted to create as posters. The subcommittee created four separate posters, each on a different topic.
- The LETS club hung the posters in various areas around the school (bathrooms and other locations where it would be easy to make a discrete scan of the QR code). There have been 25 scans to date since they went up at the end of last school year. Ms. O'Leary provided this information to the Student Assistance Counselor, and she will continue to provide updates quarterly prior to the Health Commission meetings.
- The QR code leads to our Stigma Free Landing Page. The subcommittee will review this landing page every month or so to make sure there are no broken links.
- The Health Commission has been invited to participate in the Wellness Fair this fall. The fair will focus on mental health and the Stigma Free subcommittee will discuss how we can add value.

Ms. O'Leary also advised that she independently conducted a "Make Stress Your Friend" workshop as part of the newly created transition program for incoming freshmen at Mountain Lakes High School.

8. ADJOURNMENT

Motion made by Ms. O'Leary, second by Mr. Toppel, to adjourn the meeting at 6:06p.m. with all members in favor signifying by "Aye".



Cara Fox
Board of Health Secretary

ANXIETY

START A CONVERSATION. CHANGE A LIFE.

Are you... ?

- Feeling restless or on-edge
- Easily fatigued
- Having difficulty concentrating
- Irritable
- Experiencing muscle tension
- Worrying excessively
- Having difficulty falling or staying asleep



CALL: 1-800-662-HELP

TXT: HOME TO 741741

If you are having thoughts of suicide,
call the National Suicide Prevention Hotline at 1-800-237-TALK

HELP IS AVAILABLE

LETS
LETS END THE STIGMA

EATING DISORDERS

START A CONVERSATION. CHANGE A LIFE.

Are you... ?

- Practicing extremely restricted eating
- Exercising excessively
- Extremely thin (in others eyes)
- In a relentless pursuit of thinness
- Intensely afraid of gaining weight
- Experiencing muscle weakness
- Lethargic or sluggish
- Noticing your hair and nails are brittle
- Noticing your skin is very dry and/or yellow



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DEPRESSION

START A CONVERSATION. CHANGE A LIFE.

Are you... ?

- Often sad or anxious
- Feeling hopeless or worthless
- Irritable
- Losing interest
- Constantly fatigued
- Moving more slowly
- Having difficulty sleeping
- Lacking an appetite
- Having difficulty concentrating or making decisions



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SUBSTANCE USE DISORDER

START A CONVERSATION. CHANGE A LIFE.

Are you... ?

- Feeling that you have to use a drug daily
- Spending money on a drug you can't afford
- Not meeting school or work obligations
- Cutting back on your favorite activities
- Failing in your attempts to stop using the drug
- Having trouble with relationships
- Noticing a significant change in eating or sleeping habits
- Having intense urges for a drug that block all other thoughts
- Experiencing withdrawal symptoms when you try to stop taking the drug



CALL: 1-800-238-2333

TXT: HOME TO 741741

If you are having thoughts of suicide,
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HELP IS AVAILABLE

LETS
LETS END THE STIGMA

Borough of Mountain Lakes

BOARD OF HEALTH

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May 2021

Health Department Report

This report provides information regarding the activities of the Health Officer, Health Department and staff during the past month. Additional supplemental reports from Environmental, Nursing, Health Education and are provided.

This past month we have found significant change in the level of COVID-19, due to New Jersey's decreasing cases. With the various Executive Orders and State Department of Health modifications to previous requirements, several variations of masking and distancing have been relaxed.

While these activities are useful in helping individuals understand what residents need to do moving forward they also have presented a challenge to explaining the nuances and precise meaning especially as it relates to schools: Specifically indoor and outdoor activities and activities within a classroom during instructional time. Additionally there has been new guidance that has been provided related to swimming pools and camps that we have been involved with.

Vaccine requests have been reduced and therefore the larger clinics are now being either closed or modified to a limited schedule.

We have implemented a homebound program which was successful and we believe that we have provided nearly 100% of requests through the end of May. Any additional requests will be accommodated.

At the very end of May we were approved for the shipment of the Johnson & Johnson vaccine for our communities. We have reached out to Municipal leadership in order to develop pop up clinics and programs that will help any residents who are still in need of the vaccine.

We have been in constant contact with the Superintendents of schools and nurses as needed in order to assure proper guidance and transitions are occurring. Input in regard to Graduations and other types of year end activities have also been addressed. There are still cases of COVID that are being investigated but they have been significantly reduced since last month's report.

We address COVID issues As they arise and provide guidance.

We are in receipt of a vaccination Grant that is effective July 1st and will begin to implement as we receive information from each community leaders. Our staff has sent out communication requests to determine any groups that might be in need and/or leaders in the community that may be able to direct us towards those individuals in need.

General guidance provided to businesses, schools and municipal government agencies; including opening schools and related quarantines.

E.O. 242 has lifted masking and social distancing requirements for INDOOR activities and goes into effect 5/28/21.

E.O. 241 has lifted mask mandates for most OUTDOOR activities. The outdoor gathering limit has also been lifted via E.O. 238.

ED 21-001 (revised) & corresponding memo update the visitation guidelines for Long Term Care Facilities in New Jersey.

Following the gathering limits lifted via [E.O. 238](#), updated guidance (effective 5/7/21) was issued for [Indoor Dining](#), [Outdoor Dining](#), [Sports](#), [Amusement & Recreation Activities](#), [Pools](#), and [Health Clubs/Gyms/Fitness Centers](#). As per E.O. 238's lifting of capacity restrictions to begin 5/19/21, additional guidance revisions are expected. We will provide updated guidance as it becomes available.

All individuals 12+ have become eligible to receive vaccine. Vaccine scheduling and walk-ins is easy to accomplish. Pfizer has been approved for those 12 and up.

Please see the link below for the current out of state guidance for quarantine timelines.

<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey>

We continue to participate in weekly Zoom and Teams meetings with State Department of Health, County Agencies, LINCS and Health Officers in order to best implement state guidance. Activities decreased compared to the previous months.

The Nursing Department continues to investigate COVID cases on COMM CARE and in CDRSS. Decreasing cases are occurring this month. Our nurses and local and state funded staff are continuing to contact trace outbreaks, as they occur.

Currently Mt. Lakes has 0 cases with a 7 day look back.

Activities

- Review ongoing guidance from NJDOH/CDC regarding best practices for quarantine and vaccine programs.
- Continue to provide guidance to School Superintendents and school nurses as needed on an ongoing basis for specific circumstances.
- Continued to deliver a report 3 days a week for part of the month with information regarding case numbers in the municipality, county and state and expired cases, providing guidance documents and timely information. (Effective May 13, 2021 a new format with a weekly Thursday report).
- Provided weekly report with a new format (see attached May 27 , 2021)
- Continue to inform and discuss with residents, business owners and agencies various quarantine employment issues for returning to work.
- Continue to monitor staff activities regarding public health inspections and complaints. (see environmental, health education and nursing reports)

Testing Site:

Counties continue to operate Testing Sites. Visit the county COVID website for up to date information.

Stay Well.

Respectfully Submitted,
F. Michael Fitzpatrick, Health Officer

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June 2021

Health Department Report

This report provides an informational overview regarding the activities of the Health Officer, Health Department and staff during the past month. Additional supplemental reports from Environmental, Nursing, and Health Education are provided.

This past month we have experienced continued changes in the level of COVID-19, due to New Jersey's decreasing cases. With the various Executive Orders and State Department of Health modifications to previous requirements, several masking and distancing rules have been relaxed.

Vaccine requests continue to reduce; therefore, the mass clinics are limited or closed. Several options are available on a smaller scale – pharmacies, urgent care clinics and pop-up clinics.

Our Homebound Program was successful, any additional requests are being accommodated, as we receive referrals to our department.

We still have Johnson & Johnson vaccine available for our communities. We are planning clinics and programs that will help any residents who are still in need of the vaccine, (18 and over J&J).

We have been in constant contact with the Superintendents of schools and nurses, as schools were closing with final activities reviewed for guidance. There were cases of COVID in schools were investigated however they have leveled off since last month's report.

We are moving forward with planning around the Vaccination Grant that is effective July 1st and will begin to implement as we receive information from community leaders. Our staff sent out communication requests to determine any groups that might be in need and/or leaders in the community that may be able to direct us towards those individuals in need.

General guidance provided to businesses, schools and municipal government agencies.

With the termination of the public health emergency effective 7/4/21, masking, social distancing, and other health and safety protocols originally set forth in [E.O.192](#) will no longer be mandatory across businesses and facilities, regardless if they are open to the public or not.

- Employers and entities overseeing worksites and other facilities are permitted to craft more restrictive policies that require masking and social distancing, and which continue the implementation of health and safety protocols.
- As per CDC requirements, masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S.

transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance.

- Masking requirements also remain in effect in certain state-regulated settings, including child care facilities, camps, long-term care facilities, other healthcare settings, homeless shelters, and prisons as per [E.O. 242](#).

NJDOH & NJDOE released the new guidance document "[The Road Forward: Health & Safety Guidance for the 2021-2022 School Year](#)". As additional guidance from the CDC and NJDOH is made available, we will work with our superintendents and school nurses to advise and guide planning for the upcoming school year. We anticipate additional CDC guidance to be released in early July.

- Governor Murphy announced that barring any significant changes in community spread of COVID, masks will no longer be required in schools but schools will have the option to institute/enforce mask policies, particular in reference to local COVID conditions.
- *Recommendations from the guidance document include:*
 - Maintaining physical distance between students to the extent practicable. This recommendation must not prevent a school from offering fulltime in-person learning; districts should implement physical distancing only to the extent they are equipped to do so while still providing regular in-person school operations.
 - Interventions to aid with social distancing include facing desks in the same direction and avoiding group seating arrangements.
 - Putting procedures in place to identify and respond to a student or staff member who becomes ill with COVID-19 symptoms.
 - Maintaining close communication with local health departments to share information and resources on COVID-19 transmission, prevention, and control measures and to establish procedures for notification and response to illness. Schools should also maintain transparent and ongoing communication, as appropriate, with their staff, students, and caregivers regarding school operations and health and safety information.

- [E.O. 246](#) ends the moratorium on utility shutoffs as of 7/1/21 and establishes 6-month grace period for all customers

All individuals 12+ have become eligible to receive vaccine. Vaccine scheduling and walk-ins is easy to accomplish. Pfizer has been approved for those 12 and up.

Please see the link below for the current out of state guidance for quarantine timelines.
<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey>

We continue to participate in weekly Zoom and Teams meetings with State Department of Health, County Agencies, LINCS and Health Officers in order to best implement state guidance. Activities decreased compared to the previous months.

The Nursing Department continues to investigate COVID cases on COMM CARE and in CDRSS. Our nurses along with local and state funded staff are continuing to contact trace cases, as they occur.

Currently Mt. Lakes has 0 cases with a 7-day look back.

Activities

- Review ongoing guidance from NJDOH/CDC regarding best practices for quarantine and vaccine programs.
- Provided weekly Covid report each Thursday with State updates and Charts.
- Continue to inform and discuss with residents, business owners and agencies various employment questions and issues they have.
- Continue to monitor staff activities regarding public health inspections and complaints. (see environmental, health education and nursing reports)

Testing Site:

Counties continue to operate Testing Sites. Visit the county COVID website for up to date information.

Stay Well.

Respectfully Submitted,
F. Michael Fitzpatrick, Health Officer

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July

Health Department Report

This monthly report provides a narrative overview of Health Officer, Health Department and staff activities during the past month. Additional supplemental reports from Environmental, Nursing, and Health Education are provided.

This past month we have experienced continued changes in the level of COVID-19, due to New Jersey's decreasing cases in the beginning of the month and increases near months end. Various Executive Orders and State Department of Health modifications to previous requirements such as several masking and distancing rules have been relaxed or extended.

Vaccine requests are very low at the present time. We are in the process of offering clinics either free standing or in conjunction with other programs such as back to school programs. We are also in the process of discussing with the school system any needs they may have for vaccination for return to school.

We have been in continued contact with the Superintendents of schools and nurses, during the summer months with summer activities reviewed for guidance.

We are planning the details of the Vaccination Grant that was effective July 1, 2021 and will begin to implement as we receive information from community leaders.

General guidance provided to businesses, schools and municipal government agencies.

- The CDC made changes in its recommendations for masking in areas of the country with "high" or "substantial" transmission in an effort to slow the spread of the Delta variant.
 - "To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission." This advice applies to both unvaccinated AND fully -vaccinated individuals over the age of 2.
 - As per the CDC, Essex and Union counties are identified as areas of "substantial" transmission; Morris county is still in the "moderate" category.
- Governor Murphy and NJDOH Commissioner Persichilli announced the recommendation that both vaccinated and unvaccinated residents wear masks in indoor settings when there is increased risk.

Examples of such situations include:

- Crowded indoor settings
 - Indoor settings involving activities with close contact with others who may not be fully vaccinated
 - Indoor settings where the vaccine status of other individuals in the setting is unknown
 - Where an individual is immunocompromised or at increased risk for severe disease
- Also, the CDC changed its [recommendation for mask-wearing in schools](#). It is now recommending universal masking in all K-12 schools, regardless of vaccination status. NJDOH assures us that the updated K-12 guidance documents are in final review. We anticipate that the NJ guidance will reflect the CDC recommendation shift, but it is unclear whether masks in K-12 schools will be mandated like last year.

All individuals 12+ have become eligible to receive vaccine. Vaccine scheduling and walk-ins is easy to accomplish. Pfizer has been approved for those 12 and up.

Please see the link below for the current out of state guidance for quarantine timelines.

<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey>

We continue to participate in weekly Zoom and Teams meetings with State Department of Health, County Agencies, LINCS and Health Officers in order to best implement state guidance. Activities decreased compared to the previous months.

The Nursing Department continues to investigate COVID cases on COMM CARE and in CDRSS. Our nurses along with local and state funded staff are continuing to contact trace cases, as they occur.

Currently Mt. Lakes has 0 cases with a 7-day look back.

Activities

- Review ongoing guidance from NJDOH/CDC regarding best practices for quarantine and vaccine programs.
- Provided weekly COVID report each Thursday with State updates and Charts.
- Continue to inform and discuss with residents, business owners and agencies various employment questions and issues they have.

- Continue to monitor staff activities regarding public health inspections and complaints. (see environmental, health education and nursing reports)
- Begin to monitor increased Delta Variant virus transmission

Testing Site:

Counties continue to operate Testing Sites. Visit the county COVID website for up to date information.

Stay Well.

Respectfully Submitted,

F. Michael Fitzpatrick, Health Officer

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August Health Department Activity Report – 2021

This monthly narrative provides an overview of the Health Officer, Health Department and staff activities during the past month. Additional supplemental reports from Environmental, Nursing, and Health Education are forwarded to clarify activities.

Vaccine requests are very low at the present time. We are in the process of offering clinics either free standing or in conjunction with other programs such as back to school programs. We are also in the process of discussing with the school system any needs they may have for vaccination for return to school.

We have been in continued contact with the Superintendents of schools and nurses, during this month in preparation for school opening.

General guidance provided to businesses, schools and municipal government agencies.

Please see the link below for the current Executive Order requiring school staff to be vaccinated:

<https://nj.gov/infobank/eo/056murphy/pdf/EO-253.pdf>

All individuals 12+ are eligible to receive Pfizer vaccine.

Please see the link below for the current out of state guidance for quarantine timelines.

<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey>

We continue to participate in weekly Zoom and Teams meetings with State Department of Health, County Agencies, LINCS and Health Officers in order to best implement state guidance.

The Nursing Department continues to investigate COVID cases on COMM CARE and in CDRSS. Our nurses along with local and state funded staff are continuing to contact trace cases, as they occur.

This past month we have experienced continued increases in the level of COVID-19 activity.

Currently Mt. Lakes has 2 cases with a 7-day look back.

Activities

- Review ongoing guidance from NJDOH/CDC regarding best practices for quarantine and vaccine programs.
- Provided weekly COVID report each Thursday with State updates and Charts.
- Continue to inform and discuss with residents, business owners and agencies various employment questions and issues they have.
- Continue to monitor staff activities regarding public health inspections and complaints. (see environmental, health education and nursing reports)
- Begin to monitor increased Delta Variant virus transmission

Testing Site:

Public and private testing sites continue to operate throughout Northern NJ.

Stay Well.

Respectfully Submitted,

F. Michael Fitzpatrick, Health Officer