

DOVER

Health Reports

2010



Report of the **Board of Health**

Dr. Barbara Roth-Schechter, Chairman
Dr. Harvey George
Dr. Joseph Musto
Michael Angieri, Agent
Josef Fryer, Agent
Diane Fielding, Executive Assistant

The Board of Health's elected members and staff of consultants, agents, and inspectors are responsible for supervising and carrying out a large and increasing number of important functions in the Town. In addition to ensuring that food, water, soils, and air are protected from contamination, which would pose a threat to the health of the public, the Board is responsible for both preventing the spread of contagious disease in humans and animals and identifying and preventing the spread of tick-borne diseases.

Since 9/11 the Board has assumed large responsibility for the Emergency Preparedness Program, working with the Massachusetts Department of Public Health, the Centers for Disease Control (CDC), and other state and federal departments in ongoing training. The Board also actively maintains a Medical Reserve Corps (MRC) of volunteers for the Town.

The Board of Health is responsible for securing and organizing the town-wide administration of vaccines; for example, the seasonal flu vaccine, which was administered together with the H1N1 vaccine during fall 2010. The Board is also responsible for reducing the use of tobacco products. In 2010, two tobacco vendors were issued permits to sell tobacco in the Town of Dover. To file a complaint regarding secondhand smoke or the sale of tobacco to minors, please contact the Board of Health at (508) 785-0032, extension 232.

Environmental Health

In 2010, the Board continued to work closely with the Norfolk County Mosquito Control Project to ensure that its activities were administered in a safe manner. Any homeowner who wanted the frontage of his or her property to be exempt from mosquito control spraying could establish this by filing the proper papers with the Town Clerk prior to the first of March.

In accordance with Board of Health regulations passed in 1982, which prohibit the new installation of domestic underground oil and gasoline storage tanks and require the cessation of the use of existing tanks when they become 20 years old, the Board, with the cooperation of the Fire Department, continues to encourage and monitor the removal of the oldest

existing tanks. Over the next 20 years, the program will result in the elimination of domestic underground hydrocarbon storage in the Town and end the threat that this mode of storage poses to Dover's groundwater. Over the years the Massachusetts State Department of Environmental Protection (MassDEP) has issued several Notices of Responsibility for leaks and spills from tanks.

Food and Refreshments at Public Functions

In the recent past, the Dover Board of Health had required the issuance of Temporary Food Establishment Permits to local organizations that planned to serve or sell food at social functions. Since serving and selling food prepared in private homes at charitable events is exempt from such licensing under the Massachusetts State Sanitary Code, the Board of Health now requires such permits only for commercial vendors providing food at charitable events, or for caterers providing food for private functions. Please contact the Board of Health Office if your organization is unsure of how these regulations apply to your planned event.

Garbage Collection

Garbage is collected once a week from private homes, businesses, and public buildings. Residents should place their garbage and food scraps (not trash or foreign matter) in tightly sealed, covered containers. The container should be made readily available to the collector. Any snow covering the container should be removed. The holder of the current contract for garbage collection is George Stevens, who services more than 500 homes in Dover and recycles the food scraps and garbage (after sterilizing it) into pig feed. Requests for service or questions concerning garbage collection should be directed to the Board of Health Office.

Water Quality and Supply

Board of Health agents review plans for the location of new wells and inspect both the construction of new wells and repair to existing wells. During 2010, 22 permits were issued for new potable supply wells.

With the guidance of Agent Josef Fryer, the Board of Health has developed the Dover Well Regulations, a copy of which can be obtained from the Board of Health Office. The Board advises that all applicants for well permits and all well drillers obtain and review these regulations to ensure compliance.

During 2010, the Board continued to actively monitor the ongoing groundwater contamination studies being conducted on the Town well field at Church Street and at the Mobil station at 2 Walpole Street. In 1991, numerous groundwater-monitoring wells were installed at selected locations downgrade from the Mobil station and the Town Common. Groundwater quality monitoring conducted in 1994 by Mobil indicated the presence of gasoline constituents in the soils and groundwater in the vicinity of the Mobil station, the Town Common toward the American

Legion Hall, and toward the Dover Town Public Water Facility. As part of the ongoing state-mandated site investigation and remediation, Mobil removed existing gasoline storage tanks and related contaminated soils in 1991. A program to further remediate the soils and groundwater at the Mobil station continued throughout 1996. Groundwater quality monitoring was conducted throughout 1996 and 1997. The Town well field at Church Street remains closed pending the results of continuing investigations to determine the source, nature, and extent of the groundwater contamination.

Sewage Disposal

All subsurface disposal systems require proper operation and maintenance. Proper operation includes not pouring grease and oil down drains, not using garbage grinders, paying immediate attention to leaking toilet tanks and faucets (a small leak can amount to thousands of gallons of excess water into a septic system per year) and not using hazardous chemicals in your laundry. Proper maintenance includes having the septic tank pumped regularly (every year or two) by a licensed pumper who disposes the septage at the treatment facility in Medway or another approved facility.

The State Sanitary Code requires that each town provide for disposal of septage. An agreement has been executed with the Charles River Pollution Control District in Medway that our septage will be accepted at their sewage treatment facility. The resident must pay a fee to the licensed pumper. This fee is made up of a pumping charge and a disposal fee for the treatment facility.

During 2010, 10 permits were issued for new septic systems and 38 permits were issued for major and minor repairs. The Board of Health Agent witnessed 14 deep-hole and percolation tests performed on new and existing lots.

MassDEP Title V regulations went into effect on March 31, 1995, and were adopted by Dover on July 13, 1995. These regulations have become a major factor in the number of permits issued. When a house is up for sale or there is a change of footprint, a septic inspection is required by a certified Title V inspector. For more information on Title V, call the Board of Health Office.

In 2010, permits were issued for the construction of five swimming pools. Applicants for a septic system permit, swimming-pool construction permit, or well permit are encouraged to obtain and review carefully state and town regulations to ensure compliance.

Control of Zoonosis

Massachusetts Law (Chapter 140 of the General Laws) requires that every dog six months of age or older be vaccinated for rabies within one month of entering the Commonwealth and at least once each 36 months thereafter. Massachusetts Department of Public Health regulations issued in 1992 include more stringent quarantine requirements and mandate the

vaccination of all cats due to the tremendous increase in the incidence of raccoon rabies. The annual rabies clinic was held on April 3, 2010, in the Town Garage, where Dr. Holly Kelsey, a Dover veterinarian who maintains her practice at the Chestnut Street Animal Hospital in Needham, vaccinated the dogs and cats. Under state regulations, it must be assumed that dogs and cats wounded by unknown origin may have been infected by a rabid animal and must be quarantined for 45 days if their rabies shots are up to date and for six months if the animal has not been vaccinated or if their rabies shot has expired.

Eastern equine encephalitis continues to be of concern following the outbreak several years ago, which underscored the need for continued vigilance. This zoonosis is maintained in nature through a bird-mosquito cycle and is transmitted to other animals and humans by mosquito bite. Horses should be protected from both eastern and western strains of the encephalitis by annual vaccinations. Control of the transmitting mosquitoes is the responsibility of the Norfolk County Mosquito Control Project.

Animal Inspection and Quarantine

Elaine Yoke, Animal Inspector

An inspection of cattle, horses, goats, sheep, and swine and the conditions under which they are kept is conducted annually. At that time, notation is also made of the tuberculin and brucellosis testing, equine coggins testing, encephalitis vaccination, and whether the animals appear free from contagious disease. All Dover barns are also inspected.



Chickadee. Photo by Marlayne Brace, copyright © 2011 Mbrace Studios.

Report of the **Lyme Disease Committee**

Dr. Barbara Roth-Schechter, Chairman

Marlayne Brace

William Herd

Jim Palmer, Lyme Disease Agent (LDA)

George Guinta, Lyme Disease Agent (LDA)

Tim Holiner, Conservation Commission Appointee

Dr. Stephen Kruskall

Matthew Schmid

Paul Tedesco

The mission of the Lyme Disease Committee (LDC) is to assess the impact of the Lyme disease problem on Dover's residents and environment and to recommend management remedies to the Board of Health, with the expectation that Town will act expeditiously on these recommendations.

The Board of Health appoints the LDC chairman, who in turn appoints five members and two Lyme Disease Agents (LDAs) to the Committee. The Conservation Commission appoints one additional member. Committee meetings are held in the Town House. The meeting schedule is posted on the Dover Meeting Calendar, which, along with the Committee's meeting minutes, can be found on the Town's website at <http://www.doverma.org>.

Based on substantial research over the past several years, two surveys taken of Dover residents, and a Lyme disease forum held in Dover in November 2009, the Board of Health declared Lyme disease a health threat to residents. To manage this threat, the LDC recommended, and the Board of Health implemented, a three-pronged approach for 2010 that included:

- Continuing education of adults and schoolchildren on personal protection from tick bites, including the dissemination of such materials as tick identification cards and Lyme disease advisories with instructions administered through the Town website and school information channels.
- Continuing education of residents and organizations on creating tick-safe zones on private and recreational Dover properties, and which includes the distribution of materials and instructions through the Town's website and the office of the Board of Health.
- Responsible management of the deer population through the progressive reduction of deer density to be achieved through a pilot deer-management plan that allows strictly regulated and monitored bow-hunting on specific Town land and private properties with the owner's approval.

With unanimous approval by the Board of Selectmen, the LDC developed a deer-management plan for open Town land involving a pilot hunting program for the 2010 Massachusetts hunting season (October 18 to December 31, 2010) on six properties: the Gregg property (Dover Land Conservation Trust), Snow Hills Reservation and Claybrook Road property (Conservation Commission, with approval by the Board of Selectmen), the Chase Woodlands, the Peters Reservation, and Powisset Farm (all properties of The Trustees of Reservations). Approximately 200 acres were identified as being suitable for hunting.

The regulated hunting program was developed based on MassWildlife experience and guidance along with Dover-specific rules and regulations (see minutes from the LDC meeting on July 29, 2010, and the Board of Health meeting on August 9, 2010). Extensive signage warning of the program was placed along trails and at entrances to the selected properties.

As of December 31, 2010, a total of 19 deer were culled: 16 does and 3 bucks. No injuries or complaints were reported to the Police Department, the Board of Health, or the LDAs, although two letters of concern about the concept of killing deer were sent to the Board of Health prior to the beginning of the hunting season. In addition, several authorized hunters discovered evidence of illegal hunting on Town land, but were unable to identify any subjects. Illegal tree stands were also removed from various locations.

There are potential opportunities for collaboration with adjacent towns to ultimately expand the Dover deer-management plan into a regional program. Dover is located in Massachusetts Wildlife Management Zone 10 and has one of the highest incidence rates of Lyme disease in the state and a deer population of 24 to 26 deer per square mile. A healthy deer population density is considered to be 6 to 8 deer per square mile.

The Dover Board of Health and its Lyme Disease Committee believe that the three-pronged approach to managing increasing Lyme disease incident rates will ultimately be successful. We expect the controlled hunt program to progressively reduce Dover's deer density to a reasonable population number, which will in turn benefit the Town through a reduced deer tick density, fewer vehicle-deer collisions, an overall healthier deer population, and a better ecological balance of natural and introduced vegetation.

Report of the **Norfolk County Mosquito Control Project**

John J. Smith, Director

The operational program of the Project integrates all proven technologies into an Integrated Pest Management (IPM) system of mosquito control and vector management that is rational, environmentally sensitive, and cost effective.

Surveillance

Surveys, inspections, and monitoring in support of our program include GIS mapping of breeding areas, collecting larval and adult specimens, and conducting fieldwork evaluations, leading to better water management. West Nile virus and eastern equine encephalitis have been active in Norfolk County over the past several years, resulting in an expansion of the surveillance program in collaboration with the Massachusetts Department of Public Health (DPH) State Laboratory Institute. The Massachusetts DPH has requested that the Norfolk County Mosquito Control Project expand mosquito surveillance across the county for the purpose of detecting viruses in collected mosquitoes as an early warning system for county residents. Considerable manpower has been reallocated to these efforts and is not reflected in this report.



Chickering Farm. Photo by Pat Dacey.

Water Management Activities

An important component of our IPM approach is the management of shallow, standing, or stagnant water, and the maintenance of existing flow systems that, if neglected, can contribute to mosquito breeding. Important aspects of this program include site visits; pre- and post-treatment monitoring; photographic documentation; survey measurements; flagging; accessing assessors information; paperwork and electronic forms maintenance; communication or onsite meetings with residents and town, state, and federal officials; and maintaining regulatory compliance.

In addition to performing normal drainage system maintenance, Project personnel advise residents on the removal of water-holding artificial containers that are present on their property to eliminate potential West Nile virus mosquito-breeding habitats.

- Drainage ditches checked/cleaned: 3,600 feet
- Culverts checked/cleaned: 22
- Intensive hand-clearing and brush-cutting of severely degraded drainage systems or streams: 1,300 feet

Mosquito Larvae Control

Treatment of mosquito larvae during aquatic development is the next most effective control effort. These applications were conducted after devoting many hours to collecting larval data, which is used for targeting purposes, as well as for determining the efficacy of these applications. The products used during these applications were *Bacillus thuringiensis israelensis* (Bti) and methoprene.

- Aerial larvicide applications: 514 acres
- Larval control—briquette and granular applications by hand: 2.7 acres
- Rain basin treatments—briquettes by hand (West Nile virus control): 118 basins

Adult Mosquito Control

The suppression of flying adult mosquitoes becomes necessary when they are numerous, annoying, or threaten public health. These applications are conducted based on complaints by residents, as well as by analyzing adult-mosquito population data collected from light traps. Additional applications may have occurred following the identification of mosquito-borne viruses such as West Nile virus and eastern equine encephalitis. The product used during these applications was sumithrin.

- Adult control aerosol applications from trucks: 514 acres

Report of the Animal Control Officer

Elaine M. Yoke

Type of Call	# Calls
Dogs Picked Up	98
Dogs Returned to Owners	98
Lost Dogs Reported	87
Dogs Hit by Motor Vehicles	5
Dog Bites	6
Other Animal Calls	253
Deer Hit or Killed	39
Total	586
Citations Issued	144



Llama. Photo by Pat Dacey.

Report of Reach Out, Inc.

Jane Biagi, Director

Reach Out, Inc., is a community-based human service organization that focuses on substance abuse prevention. It was established by the residents of Dover and Sherborn in 1970, and its office is located in the Dover-Sherborn Regional School Administration Building on Farm Street in Dover. Jane Biagi has served as its director since September 1991. Her position was funded jointly by the Dover and Sherborn Boards of Health up until June 30, 2010, when Sherborn ended its funding of the program. As of July 1 2010, services are provided only to the Town of Dover, with limited hours.

Reach Out provides community education and outreach, information, referrals, prevention awareness, and consultation. Its primary focus is on the prevention of alcohol, tobacco, and other drug abuse through education, information, and intervention. Ms. Biagi works with the health teacher at Pine Hill School to deliver programs that include discussions, interactive exercises, and displays for all students in all grades, twice each spring. She also works the Dover School Resource officer to offer substance-free events for students, such as the sixth-grade Halloween Party, and, up until the end of June, worked with the Sherborn DARE (Drug Abuse Resistance Education) officer. Ms. Biagi is advisor to an extremely active SADD chapter (Students Against Destructive Decisions) and plans programs for students on the prevention of under-age use of alcohol, seatbelt safety, safe-driving skills, and on making healthy decisions.

The Dover-Sherborn High School Peer Helping Program trains first-year peer helpers in acquiring helping, leadership, and listening skills. These students, along with second- and third-year peer helpers, provide activities to help freshmen with the transition to high school. Activities include six freshmen seminars on different aspects of high school life, tours of the high school, and a Welcome Day in late summer. Ms. Biagi co-led this program up until September 2010, at which time the program underwent a reduction in services.

Ms. Biagi serves on SPAN-DS (the Substance Prevention and Awareness Network, the Massachusetts Interscholastic Athletic Association's (MIAA's) Partners in Prevention group, and the Massachusetts Peer Helpers' Association, for which she is vice-president. She is involved in the Norfolk County School Partnership, in conjunction with the Norfolk County District Attorney's office, and the National Association of Peer Programs.

Ms. Biagi meets frequently with police, parents, school personnel, and other concerned citizens, and she can provide connections for referrals, support groups, treatment programs, websites, and other resources. Reach Out's phone number is (508) 785-1065 and its e-mail is reachoutinc@rcn.com.



Wylde Woods. Photo by Alex Adamczyk.

Report of the Walpole Area Visiting Nurse Association

Board Officers

Sheila Ahmed, President
Margaret LaMontagne, Vice-President
Callum Maclean, Treasurer
Cathy Buckley, Secretary

Management

Barbara E. Cade, Executive Director, Board of Health Appointee
Robert P. Bois, Financial Manager
Lucinda C. Williams, Systems Manager

Clinical Supervisors

Shelly Thoms, R.N., Nursing Supervisor
MaryAnn Sadowski, P.T., Rehabilitation Supervisor
Rachel Hanson, R.N., Home Health Aide Supervisor

The Walpole Area Visiting Nurse Association (VNA) is a Certified Medicare and Medicaid Agency. The quality of care it provides is reflected in client satisfaction surveys and letters of appreciation from patients. A recipient of consecutive Pinnacle awards for excellence in patient satisfaction, the VNA is consistently ranked in the top 10% of benchmark agencies nationwide. The association's major strength continues to be its competent, professional, and highly committed staff.

The VNA completed a successful year of service for 2010. Although the prevalence of the H1N1 influenza provide challenging to the association and the Board of Health during the early part of the year, the two organizations worked well together to plan and efficiently administer the H1N1 vaccine to targeted groups by holding several flu clinics at various times and locations. The practice and knowledge gained from these clinics was applied to the seasonal flu clinic later held in November.

The VNA also provides programs in health promotion to all age groups in addition to traditional home health services. The four major components of the Health Promotion Program are:

Health Maintenance for the Elderly promotes good health and maximum functioning for all residents over 60 years of age. Elderly residents who are homebound with multiple chronic illnesses or conditions, but do not qualify for skilled care in the Home Health Program, are visited

periodically by a nurse. The goal of the program is to assess any changes in physical condition and to prevent complications or unnecessary hospitalizations. Ambulatory residents are seen for physical assessment and health counseling at the senior citizen clinics held at the Dover Town House on the fourth Friday of each month.

Maternal/Child Health promotes the health and stability of the family during the periods of reproductive maturation, pregnancy, childbirth, the postpartum period, and the child-rearing years. Services are provided through home visits by a maternal/child health nurse specialist and a lactation consultant.

Communicable Disease promotes the prevention and control of communicable disease through case-finding, education, and the provision of follow-up care that is consistent with public health practice.

Public Health promotes health awareness for the prevention of serious illness. Hypertension, diabetes, and body-fat screenings are held periodically at the clinics and in the community.

2010 Public Health Statistics for Dover

Service	Visits
Home Visits/Health Maintenance	1
Maternal/Child Health Visits	0
Communicable Disease Follow-Ups	91
Senior Citizen Clinics	26
Flu Vaccines	200
Pneumonia Vaccines	0