

**REGULAR MEETING OF THE MAYWOOD BOARD OF HEALTH**  
**MINUTES**  
**April 20, 2023**

Adequate notice of this meeting has been provided by inclusion thereof on the schedule of meetings posted and distributed as provided by law.

The meeting was called to order at 7:30pm by President Anne Lalumia. Those present included Leah Zamechek, Deborah Taylor, Erin Natale and Thomas Lindenau. Councilperson Danyel Cicarelli and REHS Lisa Nassor were also present.

**MINUTES OF PREVIOUS MEETING**

The March 16, 2023 minutes were accepted. Erin Natale made a motion to accept the minutes and Leah Zamechek seconded the motion. All eligible members in attendance voted in favor and the motion carried.

**PUBLIC HEARING**

There was none.

**GUEST SPEAKER**

There was none.

**REPORT OF THE STANDING COMMITTEES**

There was none.

**REPORT OF THE SPECIAL COMMITTEES**

There was none.

**REPORT OF HEALTH OFFICER**

There was none.

**REPORT OF REGISTERED ENVIRONMENTAL HEALTH SPECIALIST**

The report for March was reviewed and discussed. Thomas Lindenau made a motion to approve the report. President Anne Lalumia seconded the motion. All in attendance voted in favor and the motion carried.

**REPORT OF THE SECRETARY**

The report for March was reviewed and discussed. Leah Zamechek made a motion to accept the report. President Anne Lalumia seconded the motion. All in attendance voted in favor and the motion carried.

**COMMUNICATIONS**

Communications received during March through April to-date were reviewed.

**OLD BUSINESS**

- a) 2023 Maywood Wellness Challenge 8-Week Walking Program
  - 1) Start date of Wednesday, 4/12/23 and end date of Tuesday, 6/6/23
    - (1) Goal of 19 million steps
  - 2) Theme week schedule:
    - (1) Week 1 (4/12/23-4/18/23): Welcome to Wellness Launch
      - (a) 74 walkers participated logging 333,000 steps
    - (2) Week 2 (4/19/23-4/25/23): Local Government Week-Walk with Your Elected Officials
      - (a) 67 walkers participated logging 301,500 steps

- (3) Week 3 (4/26/23-5/2/23): Arbor Day (4/28/23) with the Shade Tree Commission (Free Tree Seedling Distribution)
- (4) Week 4 (5/3/23-5/9/23): Maywood is Stigma Free with the Maywood Municipal Alliance
- (5) Week 5 (5/10/23-5/16/23): Volunteer for Maywood with Maywood Volunteer Advisory Board
- (6) Week 6 (5/17/23-5/23/23): Run for Remi (5/20/23)
- (7) Week 7 (5/24/23-5/30/23): Community Cleanup
- (8) Week 8 (5/31/23-6/6/23): Final Walk: Stepping into Summer
- 3) CHIP provides a \$400 budget for t-shirts
  - (1) Heather Dark Chocolate Brown t-shirts were ordered and delivered
  - 4) Whole Foods Paramus Tour with Registered Dietician Nutritionist Tuesday, 5/2/23 at 6:30pm
- b) Free COVID-19 Rapid Antigen Tests for Maywood Residents
  - 1) Limit of 10 tests per household
- c) New Store Card Issued
  - 1) None
- d) Upcoming Temporary Events
  - 1) #2023-02 Tastefully British 3/11/23 American Legion Post 142

**NEW BUSINESS**

- a) 2023 Bergen County Department of Health Services Public Health Shared Services Agreement with Borough of Maywood
- b) New Store Card Issued
  - 1) #1274 Beauty & Grace Salon
- c) Upcoming Temporary Events
  - 1) # 2023-03 Boy Scout Troop 1200 4/29/23 Spaghetti Dinner

**ADJOURNMENT**

With no further business to discuss, Deborah Taylor made a motion to adjourn. Erin Natale seconded the motion. All in attendance voted in favor and the meeting adjourned at 7:52pm.

Respectfully submitted,

Tara Grunstra, Secretary