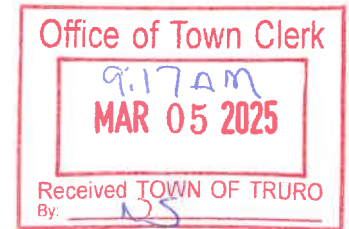




**TOWN OF TRURO**  
**BOARD OF HEALTH**  
P.O. Box 2030  
Truro MA 02666-0630



**Board of Health Meeting Minutes: January 7, 2025**

This was a remote meeting held via Zoom. **Board members present virtually:** Chair Tracey Rose, Vice Chair Jason Silva, Board Members Tim Rose, Brian Koll, and Helen Grimm; Alternate Board Member John Dundas; **Absent:** No One; **Also Present virtually:** Health Agent Emily Beebe, Assistant Health Agent Courtney Warren, and Select Board member Susan Girard-Irwin;

The meeting was called to order at 4:31 pm by the Chair, who described the remote meeting procedures and the process for public participation.

**Public Comment:** There was no public comment.

**OC Wellness:**

**Review of ARPA funded program-Town Nurse and Mental Health clinician, presented by Brianne Smith, Director of Behavioral Health at Outer Cape Health Services**

Bri Smith shared a presentation to give an update of the work that OC Wellness has been doing in Truro. The Community Resource Navigator is funded by the Town of Truro and fielded 82 referrals in Truro in 2024. These referrals come from a variety of sources and help residents with wide ranging issues including: food, financial, and housing insecurity, mental health, substance abuse, transportation, etc. A resident does not need to be a patient of OCHS to access the Navigator Program. She introduced Town therapist Cassie Baker and Town nurse Kerry Cox. Both were recently hired using ARPA grant funding to cover the four Outer Cape towns. Therapist Cassie Baker has had 19 referrals in Truro and provides short term assistance of around 10 sessions over about six months. Nurse Kerry Cox has had 11 referrals in Truro, often centering around dementia or chronic disease management. Bri Smith also described other programs offered by OC Wellness including Health/Wellness Fairs, a produce prescription program that delivers fresh produce, and support for public safety among others. She also highlighted the work of Truro Community Kitchen that delivers free meals every Tuesday totaling about 30,000 meals since 2020.

**Review of Opioid programming - presented by Alex Nelson, Network Coordinator of Outer Cape Community Solutions:** Alex Nelson presented an update on OC Wellness and a discussion on the Outer Cape Opioid Remediation Funds. OC Wellness is a coalition of the four Outer Cape Health Departments with the goal of helping residents to avoid health crises by addressing issues before they reach a critical point. The Opioid Remediation Funds are distributed to each town as settlement monies dedicated to address the opioid crisis. Stakeholders meet monthly with the Outer Cape Health Agent Team and have four focus areas: harm reduction, treatment, recovery, and prevention. An anonymous survey of the Outer Cape communities is being conducted to collect community feedback on the programming provided by this funding and to identify any gaps. The results will help inform plans for continuing use of

9:17 AM  
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By: *[Signature]*

this funding. The survey can be found here

[https://docs.google.com/forms/d/e/1FAIpQLSe0LwcUsnsTtezXB75UAF11nL9U\\_2jp0\\_0UPuaiRHHR3wqOEA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe0LwcUsnsTtezXB75UAF11nL9U_2jp0_0UPuaiRHHR3wqOEA/viewform) and hard copies are available in the Health Department. Vice Chair

Jason Silva stated that he was "impressed by how much hard work goes on behind the scenes in a small town. Everyday."

#### **Request approval from Nitrogen Credit: 19 South Highland Road**

Tim Wuestneck of Robial Engineering represented the request. An ADU is proposed to be built over the garage bringing the total bedroom count to three on a 22,500 sq ft lot. A FAST system is proposed to decrease the nitrogen loading on the lot. The Agent noted that the application was complete, and she recommended approval. The ADU will require a deed restriction with the standard language. **Motion:** Board member Brian Koll moved to approve the request for nitrogen credit as presented; **Second:** Board member Helen Grimm; **Vote:** 5-0; the motion carried.

#### **Request to Provincetown: extension of water main on Route 6 to the Walsh property**

The Agent informed the Board that a formal request has been submitted to Provincetown to extend the existing water main service line from its terminus at the school to the Walsh property for a proposed Phase 1 development. This submission enters the request into Provincetown's Growth Management By-law process. Board member Tim Rose asked if the service would be available to other properties nearby. The Agent stated that any other extension is not under consideration at this time.

#### **Water Testing in Truro:**

Chair Tracey Rose reminded residents that water testing is required for all real estate transfers, rental certificates, new construction, septic system inspection report submission, and upgrade of septic systems. These test results are valid for one year. The Agent stated that after PFAS contamination was discovered at the current DPW site, DEP has required PFAS testing in private wells that are downgradient from the site. Additionally, testing for PFAS and 1, 4 dioxane are being done in a 500' radius around the Transfer Station. This testing will be done in mid-January. The Assistant Agent explained the routine and real estate testing kits for the Barnstable County Water Quality Lab that are available for pick-up at the Health Department. PFAS analysis is more complicated and can be contracted out through either Envirotech or the county lab. Envirotech offers to do the sampling for a small extra cost. Further detail can be found on the Health Department webpage <https://www.truro-ma.gov/health-department/pages/water>. Resident Jack Riemer asked about the status of the Comprehensive Wastewater Management plan. The Agent stated that it will be released soon and will be presented to the Board of Health, the Select Board, DEP, and the public.

#### **Report of the Chair:** There was no report.

#### **Report of the Agent:**

The Agent deferred to Board Member Dr. Brian Koll to give an update on respiratory viruses including pertussis, influenza, and Covid. Dr. Koll noted that Human Metapneumovirus (HMPV), a cousin of RSV, is also circulating. Its most prominent symptom is a hacking cough and there is no vaccine. It is currently peak flu season and Dr. Koll encourages all residents to get the flu vaccine if they haven't already done so. He also noted that they now have home test

kits that test for both covid and flu. He spoke briefly about avian influenza and stated that there have been 66 cases nationwide of bird flu, mostly involving poultry workers. Two strains exist H5N1 and H7N1. Dr. Koll noted that there is also an increase in the amount of Norovirus circulating. He reminded people to wash their hands with soap and water and to wash fruits and vegetables. He also noted that alcohol-based hand sanitizers are NOT effective against Norovirus.

**Motion:** Board member Tim Rose moved to adjourn the meeting; **Second:** Board member Helen Grimm; **Vote:** 5-0, the motion carried.

The meeting was adjourned at 6:45.

*Respectfully submitted by Nora Bates.*

NB

