

Sudbury Board of Health Virtual Meeting

October 15, 2025

Attendees: Carol Bradford - Board Chair, Linda Huet-Clayton – Board Member, Susan Sama – Board Member, Vivian Zeng – Health Director, Katie Betts – Public Health Nurse, Nina Lurie - Health Social Worker, Kirstin Wilcox – Health Social Worker, Shaun Jeffery – Health Inspector, Beth Porter – Health Coordinator, Kaleigh Watson – Health Intern, Rachel Markowitz – Social Work Intern, Cliff MCG

5:00 PM Carol Bradford read Open Meeting Law

5:01 PM: Public Comment – None

Katie Betts – Public Health Nurse Update:

1 Suspected case of hepatitis B. It was determined by health professionals that the test results produced a false negative. This is a frequent occurrence with specific demographics.

Scabies – Reported at one of the long-term care facilities in Sudbury. It was determined that they came from a visitor and the patient and roommate were treated. There was no threat of spread once contained.

Complaint about potential micro needling treatment being conducted at a Sudbury Spa. The complaint was investigated and the PH nurse found that none of the staff members were practicing micro needling at the spa. This procedure takes blood from the client, the blood is processed thru a centrifuge and the blood is re-injected into specific facial areas.

Respiratory Season: low incidences of COVID, RSV and Flu have been reported so far this season.

Flu Clinics: Were very successful this season. The Senior and Town Wide Clinics went smoothly. Katie Betts thanked everyone for their assistance in setting up and partaking in the clinics. A special thank you to Carol Bradford for volunteering to vaccinate residents.

Social Worker Update:

Kirstin Wilcox:

Scholarships – for afterschool activities have been obtained and distributed to Sudbury school aged children.

Events that have been organized in collaboration with the Social Work Office are: Thrift Shop, Coat Drive and Tulip Planting.

Longfellow Glen: Several housing issues reported by residents. Working closely with residents and management to get issues resolved.

Collaboration with Sudbury Fire Dept: Helping residents and getting referrals.

Training in Somatic Trauma Integration to create programs with children and teens.

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Social Worker Update Continued:

Nina Lurie:

Transportation Committee: Nina continues to work on the committee to offset any interruptions that have occurred after the recent defunding of transportation programs. These vital programs provided rides to residents that have no means of transportation.

Transportation Fair: October 16th at the Senior Center. This event will promote awareness of the program, its operations and benefits.

Planning for the Upcoming Holiday Season: Trying to anticipate the needs of the residents this holiday season. Gift cards and programs that offer assistance, for those in need, are being utilized.

Many calls coming in from residents who are concerned about the potential impact of federal and state programs being cut due to government shut down, layoffs and defunding. The Social Work Office is working with residents to provide them with resources that will meet their needs.

Collaboration with Fire and Library: to work together as a team to help unhoused individuals. Getting people on housing wait lists.

Shaun Jeffery: Health Inspector Update:

Assisted team with Flu Clinic(s) set up and take down to ensure smooth transition.

Housing Inspections at Longfellow Glen with Social Worker. Several housing complaints have been registered with the Health Department. Inspections, communication and re-inspections have been necessary.

Food Truck Inspections for Sudbury events. Collaborating with Fire for dual inspections on trucks that cook with propane.

Food Inspections: Working on completing inspections with the schools for the calendar year. Shaun will be holding training for school kitchen employees so that they are up to date with current food code. Inspections at Long term care facilities are almost complete for the calendar year.

Shaun Worked with the Health Director, Regional Health Inspector and State Inspectional Trainers on difficult septic inspections/installations. Notably 35 Willis Rd, 250 Raymond Rd. and 11 Massasoit Ave. have all proven to be difficult locations, with uneducated contractors (and in some cases bad actors) that created the need for inspections and re-inspections. For these installations there has been a time line documenting mis steps that led to a significant amount of supervision by the Health Inspectors to ensure properly installed septic systems. Linda Huet-Clayton expressed concern over installers who are doing septic work without following protocol, or pulling the required permits. The Health Dept. remains vigilant in requiring 3 active Massachusetts municipal septic installer licenses and 3 referrals from Massachusetts Health Professionals that the perspective installers have worked with in the current year.

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Vivian Zeng – Health Director Update:

Flu Clinics: Vivian was very proud of the Health Team in how they all pulled together to make a very smooth event. We increased the number of vaccinations over the 2024 Flu season. An overall success. Human Resources featured one of the clinics in its quarterly employee report.

Transportation Fair: will be held at Senior Center on October 16th. Nina Lurie has helped in coordinating this event.

Plans for Regional Health Staffing: Contractors will be hired to work on regional inspections for camps, septs, food, housing, etc.

Grant Updates: PHE Grant will submit its tri annual financial report to the state at the end of October. The application for the 2026 FDA Grant was approved. Opioid Financial reporting is complete for the first quarter.

Atkinson Pool: Skimmers were the source of the Dive Pool leaking. The skimmers have been replaced and pressure tested. The seals and concrete have been applied. The tiles and grout are currently being installed.

Food: Working to improve and prioritize safety inspections. Long term care facilities will be inspected quarterly and non-perishable establishments (gas stations) will only require one inspection annually. The non-perishable establishments are considered low risk. This will afford more time for the high risk establishments.

Online Applications: Currently working on getting food permit applications online for the 2026 calendar year. We are close to implementation.

Senior Center Kitchen: is close to opening. They are waiting for the appliances to be installed and inspected. Once permitted, the kitchen would like to start lunch service once a month. The staff has had food training and certification. Vivian has cautioned the team to start slow and keep realistic expectations.

Formosa Market: Has requested from the landlord at Sudbury Crossing that they increase the septic flow so that they can engage in food prep and cooking. Vivian will work on revising the facility plans.

Pinspiration: has been permitted and is now open.

Sudbury Farms: Construction continues and is ongoing. Walk-ins and meat coolers are being installed this week.

Noise Complaint: At the Sudbury BMW Dealership carwash. The residents that abut the property filed a complaint. Vivian took a decibel reading and found that the levels did not meet or exceed state regulatory pure tone or decibel limits.

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Pump Chambers: Many properties have been installing septic systems that require pump chambers because the topography of the lots do not allow for gravity fed systems. The current Sudbury septic regulations (that date back to the 1980's - 1990's) require a Board of Health variance. Vivian asked that the board allow the health agents to approve pump chambers where it is appropriate and needed.

VOTE:

Susan Sama motioned to allow health agents to authorize septic pump installation variances without board approval. Controversial installations are to be brought before the board for approval. Linda Huet-Clayton seconded the motion. Motion passed 3-0-0.

Mosquito Surveillance: has concluded for the season. Vivian Zeng and Kaleigh Watson (health intern) recently visited the East Middlesex Mosquito Control headquarters to tour the facility. The team members demonstrated how mosquitos are trapped and which traps are used to for specific species. It was a highly educational experience.

Linda Huet-Clayton motioned to approve August 25th and September 23rd Board of Health Meeting minutes as edited. Susan Sama seconded the motion. Motion passed 3-0-0.

Meeting adjourned at 6:03 PM.