

**ROCK COUNTY BOARD OF HEALTH**  
**WEDNESDAY, FEBRUARY 4, 2015 – 6:00 P.M.**  
**HEALTH DEPARTMENT – 3328 N. U.S. HIGHWAY 51**  
**JANESVILLE, WI 53545**  
**(ACROSS FROM SPORTSMAN’S PARK)**

**AGENDA**

1. Call to Order
2. Adopt Agenda
3. Approval of Minutes – January 7, 2015
4. Citizen Participation
5. Unfinished Business
6. New Business
  - A. Administrative Division
    - (1) Approval of Bills/Transfer of Funds/Encumbrances
    - (2) Health Department Report
  - B. Environmental Health
    - (1) RX Collection Program
  - C. Public Health Nursing
    - (1) Update on the fetal infant mortality team grant
7. Communications and Announcements
8. Adjournment

If you are unable to attend the Board of Health meeting, **please** contact the Public Health Department (757-5442) or Ms. Kraft at (608) 751-6249. Thank you.

**ROCK COUNTY HEALTH DEPARTMENT**  
**LIST OF BILLS FOR 2/4/15 BOARD OF HEALTH MEETING**

**2014 Budget**

<u>Account No.</u>	<u>Vendor Name</u>	<u>Item(s) Description</u>	<u>\$ Amount</u>
<u>Rx Drug Collection Grant</u>			
31-3002-0000-64900	Veolia	drug collection disposal costs	2,378.70
<u>Health Dept. Main Budget</u>			
62119	Thiele	parts & labor for vaccine storage freezer repairs	390.00
64000	Grainger	bitrex sensitivity solution for fit testing	59.60
	Grainger	fit testing solution	59.60
	Merck	50 doses shingles vaccine less credit memos	1,259.23
	Merck	50 doses shingles vaccine	8,516.30
	Pinnacle Pharmacy	tuberculin & epi-pen jrs	506.54
	Sanofi Pasteur	meningococcal & yellow fever vaccines	1,659.13
	Sanofi Pasteur	yellow fever vaccine	1,116.26
64200	Petty Cash	workshop fee for Sandy Biviano	5.00
64308	Janesville Floral	poinsettia plant for health department's medical advisor	48.45
	Petty Cash	gift card for health department volunteer	25.00
	Petty Cash	lights & batteries for tree in front of health dept north office	18.99
64604	POC Network Technologies/Transact	Medicare Part B claim transaction fees	16.50
64904	Canteen Dining	continental breakfast for 12/4/14 meeting at Blackhawk Tech	250.00
	MMPR	baby keys with RC Health Department imprint	273.82
	MMPR	business card magnets with RC Health Department imprint	116.00
	MMPR	outlet cover safety plug with RC Health Department imprint	186.00
	MMPR	reusable cold packs with RC Health Department imprint	508.00

**2015 Budget**

<u>Account No.</u>	<u>Vendor Name</u>	<u>Item(s) Description</u>	<u>\$ Amount</u>
62119	LB Med Waste Thiele	sharps & medwaste disposal vaccine freezer service call & repair	51.75 140.00
63100	Taylor Technologies	pool testing reagents	156.34
63200	Janesville Gazette	52 week subscription renewal	299.00
64010	Culligan	January 2015 deionizer rent	35.00
64200	WI Child Welfare Professional Dev.	Conference registration fee for Jessica Weimert	200.00
64203	Nutrition Graphics	100 of Nutrition Guide for Pregnant Women	68.95

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt
31-3000-0000-62119	OTHER SERVICES				
		P1500206	01/14/2015	THIELE HEATING AND AIR CONDITI	140.00
		P1500207	01/12/2015	LB MEDWASTE SERVICES	51.75
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	3,000.00	0.00	1,200.00	191.75	1,608.25
31-3000-0000-63100	OFC SUPP & EXP				
		P1500688	01/13/2015	TAYLOR TECHNOLOGIES INC	156.34
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	10,500.00	0.00	84.00	156.34	10,259.66
31-3000-0000-63200	PUBL/SUBCR/DUES				
		P1500810	01/12/2015	JANESVILLE GAZETTE INC	299.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	5,888.00	0.00	0.00	299.00	5,589.00
31-3000-0000-64010	LAB SUPPLIES				
		P1500202	01/01/2015	CULLIGAN WATER CONDITIONING IN	35.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	12,500.00	480.00	0.00	35.00	11,985.00
31-3000-0000-64200	TRAINING EXP				
		P1500898	01/20/2015	WISCONSIN CHILD WELFARE PROFES	200.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	9,000.00	0.00	5,000.00	200.00	3,800.00
31-3000-0000-64203	EDUC MAT & SUPPL				
		P1500644	01/05/2015	NUTRITION GRAPHICS	68.95
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	2,000.00	0.00	0.00	68.95	1,931.05
<b>HEALTH DEPARTMENT PROG TOTAL</b>				<b>951.04</b>	
31-3031-0000-63110	ADMIN.EXPENSE				
ENC		R1500971	01/13/2015	KING CONSULTING	10,000.00
ENC		R1500972	01/13/2015	HARRIS,LATRIA S	150.00
ENC		R1500973	01/13/2015	KILGORE,MARILYN E	150.00
ENC		R1500974	01/13/2015	ANDERSON,LAHOMA	150.00
ENC		R1500975	01/13/2015	YOUNG,KEVIN	150.00
ENC		R1500976	01/13/2015	HYDE-PULLIAM,CARMELA	150.00
ENC		R1500977	01/13/2015	WALKER,MIKE	150.00
ENC		R1500978	01/13/2015	STACKHOUSE,STACY	150.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	0.00	0.00	0.00	11,050.00	(11,050.00)

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt
	FETAL INFANT MORTALITY GRANT PROG TOTAL				11,050.00

I have examined the preceding bills and encumbrances in the total amount of **\$12,001.04**  
Claims covering the items are proper and have been previously funded. These items are to be treated as follows:  
A. Bills and encumbrances over \$10,000 referred to the Finance Committee and County Board.  
B. Bills under \$10,000 to be paid.  
C. Encumbrances under \$10,000 to be paid upon acceptance by the Department Head.

Date: **FEB 04 2015**

Dept Head \_\_\_\_\_

Committee Chair \_\_\_\_\_

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt
31-3000-0000-62119	OTHER SERVICES				
		P1400025	12/31/2014	THIELE HEATING AND AIR CONDITI	390.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	4,500.00	1,803.66	0.00	390.00	2,306.34
31-3000-0000-64000	MEDICAL SUPPLIES				
			11/13/2014	MERCK AND CO INC	(7,257.07)
		P1400010	12/18/2014	GRAINGER	119.20
		P1400016	11/17/2014	MERCK AND CO INC	16,672.60
		P1400020	12/31/2014	PINNACLE PHARMACY	506.54
		P1403961	12/17/2014	SANOFI PASTEUR	1,116.26
		P1403962	12/16/2014	SANOFI PASTEUR	1,659.13
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	155,000.00	141,820.02	0.00	12,816.66	363.32
31-3000-0000-64200	TRAINING EXP				
		P1400019	05/22/2014	ROCK COUNTY PUBLIC HEALTH DEPT	5.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	14,000.00	10,726.33	4.99	5.00	3,263.68
31-3000-0000-64308	REC SUPPL & EXP				
		P1400019	11/20/2014	ROCK COUNTY PUBLIC HEALTH DEPT	43.99
		P1403977	12/31/2014	JANESVILLE FLORAL COMPANY	48.45
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	200.00	0.00	0.00	92.44	107.56
31-3000-0000-64604	PROGRAM EXPENSE				
		P1401180	12/31/2014	POC NETWORK TECHNOLOGIES INC	16.50
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	1,500.00	850.50	0.00	16.50	633.00
31-3000-0000-64904	SUNDRY EXPENSE				
		P1403757	12/31/2014	MMPR	1,083.82
		P1403936	12/04/2014	CANTEEN DINING SERVICES	250.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	5,000.00	3,243.41	0.00	1,333.82	422.77
<b>HEALTH DEPARTMENT PROG TOTAL</b>				<b>14,654.42</b>	
31-3002-0000-64900	OTHER SUPPL/EXP				
		P1404006	12/30/2014	VEOLIA ES TECHNICAL SOLUTIONS	2,378.70
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	4,500.00	2,277.65	2,272.64	2,378.70	(2,428.99)
<b>PRESCRIPTION DRUG COLLECTION PROG TOTAL</b>				<b>2,378.70</b>	

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt
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I have examined the preceding bills and encumbrances in the total amount of **\$17,033.12**

Claims covering the items are proper and have been previously funded. These items are to be treated as follows:

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Date: **FEB 04 2015**

Dept Head \_\_\_\_\_

Committee Chair \_\_\_\_\_

## ROCK COUNTY HEALTH DEPARTMENT

### North Office

P.O. Box 1088  
Janesville, WI 53547-1088  
608-757-5440  
608-758-8423 (fax)  
www.co.rock.wi.us



### South Office

61 Eclipse Center  
Beloit, WI 53511  
608-364-2010  
608-364-2011 (fax)

## January "Healthful Hint" Monthly Health News Column

### *Resolve to be Healthy*

Have you made a New Year's resolution? Resolution means "to make a firm decision to do something or not to do something." Maybe you have made a resolution and are well on your way to achieving your goal. Maybe you have secretly made a resolution, not wanting to exclaim it to the world, just in case you don't follow through with it. Maybe you already broke your resolution. Or maybe you are still debating if you should begin a resolution or just wait until next year. Any way, if your New Year's mission is to get healthy, here are some resolution tips to help you along the way and to stick with your goal.

- **Be Realistic-** Make a goal that you can reach and is manageable. Don't set yourself up for failure. For instance, telling yourself that you are never going to eat your favorite food again is setting yourself up to fail. Instead, strive for a goal such as avoiding your favorite food item more often. Remember small steps add up.
- **Make a Plan In Advance-** Don't wait for each day to come to see if you feel like following your resolution. Your mindset can change from day to day. Plan ahead. Planning ahead enables you to see an attainable path to your goal. Some suggestions to stick to your goal are to plan out weekly meals ahead of time and decide what forms of weekly exercise you will do.
- **Outline Your Plan-** Have a schedule of how you will accomplish your goal and stick to it. If you get tempted to fall back into your old ways, talk to a friend, practice positive thinking or use self-talk to motivate you. Also, there are great online wellness coaches and resources to help encourage and give you the extra push to keep going.
- **Make a "Pros" and "Cons" List-** Get a piece of paper and write down a list of why you want to achieve your goal. Keep this list nearby and refer to it often. It will remind you of all the reasons you are keeping your resolution.
- **Talk About It-** Don't be afraid to let others know what your resolution is and how you are progressing. Find family and friends that are supportive. You may even get them to join you!
- **Reward Yourself-** Celebrate your successes by treating yourself to something special that you enjoy. It doesn't mean eating an entire chocolate cake. Instead reward yourself with a new outfit or go to the movies with a friend.
- **Track Your Progress-** Keep track of every success and set several short-term goals. Short-term goals are easier to stick with and each accomplishment will allow to you stay motivated. Over time these short-term goals will add up and by next year you will be



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surprised at how far you've come. For example, if your goal is to lose 20 pounds focus on losing the first five. Then tack your progress by keeping a food journal, weigh yourself weekly and track your fitness regimen.

- **Get Back on Track-** If you get off track, don't beat yourself up about it. Just get back to your routine as soon as possible.
- **Stick to It-** Research show that it takes 21 days for a new activity to become a habit. And it takes six months to become part of your personality. So don't give up, take it one day at a time and keep patient.
- **Keep Trying-** Don't be afraid to recommit yourself to your goal or program if it falls by the wayside. Resolve to restart!

Remember it is never too late to make a healthy resolution. You don't have to wait until next New Year's Day to begin. Make the commitment now and celebrate that you took the first step.

Alison Chouinard is the Health Educator for the Rock County Health Department. If you would like to ask Alison a health-related question to be answered in a future column, e-mail her at [chouinar@co.rock.wi.us](mailto:chouinar@co.rock.wi.us). The Rock County Health Department reserves the right not to answer any questions deemed unsuitable.