

ROCK COUNTY BOARD OF HEALTH
WEDNESDAY, OCTOBER 5, 2011 – 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 – September 7, 2011
4. Citizen Participation
5. Unfinished Business
6. New Business
 - A. Administrative Division
 - (1) Approval of Bills/Transfer of Funds
 - (2) Stray Animal Meeting Report – Dr. Peterson
 - (3) Health Department Report
 - B. Environmental Health
 - (1) Holding Tank Variance Request – Hanover Wastewater Treatment Plant
 - (2) Rabies Prevention Program
 - C. Public Health Nursing
 - (1) Public Health Nursing Collaboration with Rock County Service Providers
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) 884-4761. Thank you.

ROCK COUNTY HEALTH DEPARTMENT
LIST OF BILLS FOR 10/5/11 BOARD OF HEALTH MEETING

| <u>Account Number</u> | <u>Vendor Name</u> | <u>Item(s) Description</u> | <u>\$ Amount</u> |
|-----------------------|--|--|--|
| 62119 | Mercy Hospital OB Dept Jsvl. Animal Medical Ctr | prenatal classes for client sacrifice of wild animal & animal head removal | \$ 35.00 125.95 |
| 62503 | MBV World Rene Bue Belem Gonzalez Belem Gonzalez | translation of Rx drop box brochure interpreter services 9/1-9/8/11 interpreter services 8/23-9/8/11 interpreter services 8/25-9/16/11 | 16.00 136.25 505.00 575.00 |
| 63101 | Petty Cash | UPS charges for paternity samples | 8.78 |
| 63500 | School Health | calibration of vision & hearing equipment | 567.85 |
| 64000 | Welders Supply Medline School Health McKesson Pinnacle Pharmacy Crucell Vaccines Merck Petty Cash Petty Cash | carbon dioxide refill 9/6/11 2 cases medium nitrile gloves digital floor scale with BMI disposable scale covers, 1" safety glide needles, isopropyl alcohol tuberculin, 3 epi-pens oral typhoid vaccine (30 doses) pneumonia vaccine less credit & discount incentives (fruit juice & fruit snacks) to help child take TB medications incentives to help child take TB medications | 45.32 109.25 137.50 446.34 486.04 1,020.00 5,873.69 6.59 20.05 |
| 64010 | Culligan | deionizer rent 9/11 | 35.00 |
| 64200 | Janet Zoellner Holiday Inn Stevens Pt Dale Carnegie Training | reimburse for 8/15/11 registration fee Janet Zoellner lodging 8/15/11 registration fee for Sancee Siebold | 30.00 70.00 1,595.00 |
| 64900 | Lab Safety Supply | 12 fiberboard drums for Rx collection | 454.92 |
| 64904 | Menards Bookworld | Home Safety items Books for Babies books (Target Grant) | 145.49 2,000.00 |

| Account Number | Name | Yearly Prct Appropriation Spent | YTD Expenditure | Encumb Amount | Unencumb Balance | Inv/Enc Amount | Total |
|------------------|----------------------------------|------------------------------------|--------------------|--------------------------------|---------------------|-------------------|----------|
| 3130000000-62119 | OTHER SERVICES | 15,000.00 76.5% | 8,908.01 | 2,575.27 | 3,516.72 | | |
| | P1101229-PO# 10/01/11 -VN#021628 | | | MERCY HOSPITAL | | 35.00 | |
| | P1103179-PO# 10/01/11 -VN#039687 | | | JANESVILLE ANIMAL MEDICAL CENT | | 125.95 | |
| | | | | CLOSING BALANCE | 3,355.77 | | 160.95 |
| 3130000000-62503 | INTERPRETER FEES | 19,000.00 0.0% | 12,665.85 | -12,665.82 | 18,999.97 | | |
| | P1100364-PO# 10/01/11 -VN#039062 | | | BUE, RENE | | 136.25 | |
| | P1100367-PO# 10/01/11 -VN#017809 | | | GONZALEZ, BELEM | | 1,080.00 | |
| | P1103106-PO# 10/01/11 -VN#051244 | | | MBV WORLD | | 16.00 | |
| | | | | CLOSING BALANCE | 17,767.72 | | 1,232.25 |
| 3130000000-63101 | POSTAGE | 11,000.00 88.9% | 8,875.74 | 912.09 | 1,212.17 | | |
| | P1100361-PO# 10/01/11 -VN#015715 | | | ROCK COUNTY PUBLIC HEALTH DEPT | | 8.78 | |
| | | | | CLOSING BALANCE | 1,203.39 | | 8.78 |
| 3130000000-63500 | R&M SUPPLIES | 650.00 0.0% | 0.00 | 0.00 | 650.00 | | |
| | P1103235-PO# 10/01/11 -VN#019293 | | | SCHOOL HEALTH CORPORATION | | 567.85 | |
| | | | | CLOSING BALANCE | 82.15 | | 567.85 |
| 3130000000-64000 | MEDICAL SUPPLIES | 91,000.00 57.7% | 44,031.06 | 8,489.74 | 38,479.20 | | |
| | P1100360-PO# 10/01/11 -VN#038065 | | | PINNACLE PHARMACY | | 486.04 | |
| | P1100361-PO# 10/01/11 -VN#015715 | | | ROCK COUNTY PUBLIC HEALTH DEPT | | 26.64 | |
| | P1100365-PO# 10/01/11 -VN#017191 | | | WELDERS SUPPLY CO-BELOIT INC | | 45.32 | |
| | P1100368-PO# 10/01/11 -VN#014540 | | | MERCK AND CO INC | | 5,873.69 | |
| | P1100370-PO# 10/01/11 -VN#042626 | | | MC KESSON MEDICAL SURGICAL COR | | 446.34 | |
| | P1100374-PO# 10/01/11 -VN#047555 | | | CRUCCELL VACCINES INC | | 1,020.00 | |
| | P1102648-PO# 10/01/11 -VN#019293 | | | SCHOOL HEALTH CORPORATION | | 137.50 | |
| | P1103180-PO# 10/01/11 -VN#014513 | | | MEDLINE INDUSTRIES INC | | 109.25 | |
| | | | | CLOSING BALANCE | 30,334.42 | | 8,144.78 |
| 3130000000-64010 | LAB SUPPLIES | 6,500.00 57.2% | 5,187.78 | -1,463.45 | 2,775.67 | | |
| | P1100359-PO# 10/01/11 -VN#010140 | | | CULLIGAN WATER CONDITIONING IN | | 35.00 | |
| | | | | CLOSING BALANCE | 2,740.67 | | 35.00 |
| 3130000000-64200 | TRAINING EXP | 10,000.00 35.3% | 3,531.49 | 0.00 | 6,468.51 | | |
| | 10/01/11 -VN#021655 | | | ZOELLNER, JANET | | 30.00 | |
| | P1102601-PO# 10/01/11 -VN#043877 | | | HOLIDAY INN STEVENS POINT | | 70.00 | |
| | P1103146-PO# 10/01/11 -VN#051303 | | | DALE CARNEGIE TRAINING | | 1,595.00 | |
| | | | | CLOSING BALANCE | 4,773.51 | | 1,695.00 |
| 3130000000-64900 | OTHER SUPPL/EXP | 20,713.00 1.9% | 1,238.92 | -838.91 | 20,312.99 | | |
| | P1100373-PO# 10/01/11 -VN#013988 | | | LAB SAFETY SUPPLY COMPANY | | 454.92 | |
| | | | | CLOSING BALANCE | 19,858.07 | | 454.92 |

| Account Number | Name | Yearly Prcnt Appropriation Spent | YTD Expenditure | Encumb Amount | Unencumb Balance | Inv/Enc Amount | Total |
|------------------|----------------------------------|-------------------------------------|--------------------|------------------|---------------------|-------------------|----------|
| 3130000000-64904 | SUNDRY EXPENSE | 7,000.00 | 42.8% | 3,208.42 | -209.11 | 4,000.69 | |
| | P1100369-PO# 10/01/11 -VN#014534 | | | MENARDS | | 145.49 | |
| | P1103138-PO# 10/01/11 -VN#020599 | | | BOOKWORLD | | 2,000.00 | |
| ENC | R1103586-PO# 09/22/11 -VN#036201 | | | AMAZON.COM | | 985.01 | |
| | | | | CLOSING BALANCE | | 870.19 | 3,130.50 |
| | HEALTH DEPT. | | | PROG-TOTAL-PO | | 15,430.03 | |

I HAVE EXAMINED THE PRECEDING BILLS AND ENCUMBRANCES IN THE TOTAL AMOUNT OF \$15,430.03 INCURRED BY HEALTH DEPARTMENT. 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 COUNTY BOARD.
- B. BILLS UNDER \$10,000 TO BE PAID.
- C. ENCUMBRANCES UNDER \$10,000 TO BE PAID UPON ACCEPTANCE BY THE DEPARTMENT HEAD.

BOARD OF HEALTH COMMITTEE APPROVES THE ABOVE. COM-APPROVAL _____ DEPT-HEAD

OCT 05 2011

DATE _____ CHAIR

ROCK COUNTY HEALTH DEPARTMENT

North Office

P.O. Box 1143
Janesville, WI 53547-1143
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)

“Healthful Hints” Monthly Health News Column

Protecting Yourself from Injury This Fall

One of the reasons I love living in Wisconsin is seeing the changing colors outside every fall. There’s nothing like autumn in the upper Midwest. Soon, however, the temperatures won’t be the only things falling. That’s right! Leaves, snow, and yard work, oh my! With all the extra work that comes every fall and winter, you may discover muscles you never knew you had!

Raking and snow shoveling require a lot of bending, twisting, reaching and lifting which could stress your muscles and joints, primarily in your back, neck and shoulders. It can be especially tough on your lower back if you’re not careful. In fact, 76,000 people are treated annually in hospital emergency rooms, doctors’ offices, clinics and other medical settings for injuries related to non-powered garden tools, including raking and snow shoveling. If you do get injured while doing yard work this fall, it’s important to stop working and see your doctor.

The following tips, provided by the American Association of Orthopedic Surgeons, offer ways to prevent injuries this fall while doing yard work:

- **Warm up your body before you start.** Taking a short walk before you begin your work will help to get your body in the swing of things.
- **Use the strong leg muscles, not the weak back muscles!** Bend at the knees, rather than the waist, to pick up items. Also, don’t twist your body while raking or shoveling. Throwing leaves or snow over the shoulder or to the side can strain your back muscles.
- **Take your time.** Don’t try to rush through your work to get it done. Since raking is an aerobic activity, you may need to slow your pace if you don’t frequently exercise. Remember to take short breaks!
- **Wear gloves** to prevent blisters on your hands. Invest in a properly sized rake for your height and strength.
- **Drink water!** As with any exercise, make you drink plenty of fluids to keep yourself hydrated.
- **Stretch!** This is the step that most people miss. You want to stretch not only *before* you start your yard work, but even *after* you’re finished. This will help to relieve the tension in your muscles and get you back to normal quicker.

ROCK COUNTY HEALTH DEPARTMENT

North Office

P.O. Box 1143
Janesville, WI 53547-1143
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)

Raking and shoveling snow are both great ways to get some exercise outdoors. By taking the time and effort to prevent injuries, you'll be able to enjoy the fun and excitement that comes with the changing seasons.

Laura Fadrowski is the Health Educator for the Rock County Health Department. If you would like to ask Laura a health-related question to be answered in a future column, e-mail her at fadrowsk@co.rock.wi.us. The Rock County Health Department reserves the right not to answer any questions deemed unsuitable.