

**ROCK COUNTY BOARD OF HEALTH**  
**WEDNESDAY, SEPTEMBER 4, 2013 – 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 – August 7, 2013
4. Citizen Participation
5. Timothy R. Gillitzer appealing the denial of a Sanitary Permit
6. Unfinished Business
7. New Business
  - A. Administrative Division
    - (1) Approval of Bills/Transfer of Funds/Encumbrances
    - (2) Health Department Report
    - (3) Resolution-Accepting additional Community Transformation Grant Funding and amending the 2013 Rock County Health Department Budget.
  - B. Environmental Health
    - (1) No Report
  - C. Public Health Nursing
    - (1) Common Questions about the Federal Health Exchange
8. Communications and Announcements
9. 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 9/4/13 BOARD OF HEALTH MEETING**

<u>Account No.</u>	<u>Vendor Name</u>	<u>Item(s) Description</u>	<u>\$ Amount</u>
<u>Rx Drug Collection Grant</u>			
31-3002-0000-64600	Grainger	Ten 30-gallon fiberboard drums	400.60
<u>STI Prevention Grant</u>			
31-3017-0000-63110	UW Stevens Point	2 registrations for WI State Prevention Conference	360.00
<u>Community Transformation Grant</u>			
31-3161-0000-63110	UW Stevens Point Angela Flickinger	5 registrations for WI State Prevention Conference reimburse Farm2School conference meals & lodging	785.00 563.24
62119	Janesville Animal Medical Center Occupational Health Center	fee for rabies specimen preparation  respirator fit testing for dept staff person	30.00  49.00
63100	Daniels Sentry Taylor Technologies LaMotte Company	refreshments for 8/7/13 Bd of Health meeting pool testing reagents pool testing reagents	30.45 50.90 60.21
63104	Proforma Printworks	500 Health Department brochures	139.50
63200	Bookworld	Bright Futures pocket guide for public health nurse	14.95
63500	School Health	calibration of audiometer & new audiometer head phones	193.11
64000	Medline Dickson Company	2 cases medium nitrile gloves charts for vaccine temperature recorders (6 boxes total)	156.00 264.00
64010	Culligan North Central Laboratories	August 2013 deionizer rent  3 packs 50 ml plastic beakers for laboratory Nitrate ion-plus combination probe, nitrate standards, Ammonium sulfate for laboratory	35.00  72.77 836.01
	IDEXX	2 boxes of 200 each colisure for water testing	2,284.01
64200	PESI HealthCare	Updated Motivational Interviewing: Evidence-Based Skills To Motivate Clients Toward Change dvd	106.94

64200	Mercy Emergency Medical Services	CPR certification for 10 nurses	500.00
	March of Dimes	conference registrations for 3 public health nurses	750.00
64904	Menards	Healthy Homes items (safety gates, cabinet locks, door knob covers, blind cord wraps, smoke alarms, etc.)	348.12

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt
31-3000-0000-62119	OTHER SERVICES				
		P1301732	07/19/2013	JANESVILLE ANIMAL MEDICAL CENT	30.00
		P1302694	07/02/2013	OCCUPATIONAL HEALTH CENTER	49.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	3,500.00	1,571.60	0.00	79.00	1,849.40
31-3000-0000-63100	OFC SUPP & EXP				
		P1300306	08/07/2013	DANIELS SENTRY	30.45
		P1302552	07/24/2013	LAMOTTE COMPANY	60.21
		P1302553	07/24/2013	TAYLOR TECHNOLOGIES INC	50.90
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	8,500.00	6,485.02	220.19	141.56	1,653.23
31-3000-0000-63104	PRNT & DUPLICATI				
		P1302813	08/12/2013	PROFORMA PRINTWORKS	139.50
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	6,000.00	3,279.62	0.00	139.50	2,580.88
31-3000-0000-63200	PUBL/SUBCR/DUES				
		P1302764	08/13/2013	BOOKWORLD	14.95
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	5,100.00	3,139.26	66.00	14.95	1,879.79
31-3000-0000-63500	R&M SUPPLIES				
		P1302319	07/29/2013	SCHOOL HEALTH CORPORATION	193.11
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	600.00	0.00	0.00	193.11	406.89
31-3000-0000-64000	MEDICAL SUPPLIES				
		P1302532	07/24/2013	MEDLINE INDUSTRIES INC	156.00
		P1302576	07/29/2013	DICKSON CO,THE	264.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	100,000.00	40,662.52	49,219.02	420.00	9,698.46
31-3000-0000-64010	LAB SUPPLIES				
		P1300302	07/25/2013	CULLIGAN WATER CONDITIONING IN	35.00
		P1300309	07/22/2013	NORTH CENTRAL LABORATORIES OF	908.78
		P1302628	07/31/2013	IDEXX LABORATORIES INC	2,284.01
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	12,500.00	5,955.80	172.00	3,227.79	3,144.41
31-3000-0000-64200	TRAINING EXP				
		P1301260	08/15/2013	MARCH OF DIMES	750.00
		P1302251	06/18/2013	PESI HEALTHCARE	106.94
		P1302773	08/14/2013	MERCY EMS TRAINING CENTER	500.00

COMMITTEE APPROVAL REPORT

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	10,000.00	2,663.89	1,045.00	1,356.94	4,934.17
31-3000-0000-64203	EDUC MAT & SUPPL				
<b>ENC</b>		R1302919	08/08/2013	AMAZON.COM	57.33
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	2,000.00	409.37	0.00	57.33	1,533.30
31-3000-0000-64904	SUNDRY EXPENSE				
		P1300301	08/07/2013	MENARDS	348.12
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	3,306.00	0.91	0.00	348.12	2,956.97
<b>HEALTH DEPARTMENT PROG TOTAL</b>				<b>5,978.30</b>	
31-3002-0000-64900	OTHER SUPPL/EXP				
		P1300314	07/30/2013	GRAINGER INDUSTRIAL SUPPLY INC	400.60
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	12,988.00	0.00	0.00	400.60	12,587.40
<b>PRESCRIPTION DRUG COLLECTION PROG TOTAL</b>				<b>400.60</b>	
31-3017-0000-63110	ADMIN.EXPENSE				
		P1302692	08/20/2013	UNIVERSITY OF WISCONSIN STEVEN	360.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	45,664.00	23,915.61	280.00	360.00	21,108.39
<b>STI PREVENTION GRANT PROG TOTAL</b>				<b>360.00</b>	
31-3161-0000-63110	ADMIN.EXPENSE				
			06/26/2013	FLICKINGER,ANGELA	563.24
		P1302640	08/13/2013	UNIVERSITY OF WISCONSIN STEVEN	785.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	450,000.00	246,089.74	560.00	1,348.24	202,002.02
<b>COMMUNITY TRANSFORMATION GRANT PROG TOTAL</b>				<b>1,348.24</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 **\$8,087.14**  
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: **SEP 04 2013**

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

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

RESOLUTION NO. \_\_\_\_\_

AGENDA NO. \_\_\_\_\_

# RESOLUTION

## ROCK COUNTY BOARD OF SUPERVISORS

Board of Health  
INITIATED BY



Geri Waugh, Account Clerk II  
DRAFTED BY

Board of Health  
SUBMITTED BY

August 26, 2013  
DATE DRAFTED

### Accepting Additional Community Transformation Grant Funding and Amending the 2013 Rock County Health Department Budget

- 1 WHEREAS, Rock County has been identified as a county with significant health concerns; and
- 2
- 3 WHEREAS, Rock County Health Department is a member of the Transform Rock County Coalition,
- 4 an organization whose goal is to improve the health of Rock County citizens; and
- 5
- 6 WHEREAS, Rock County Health Department was awarded a Community Transformation Grant in the
- 7 amount of \$450,000 in 2012 from the Transform Wisconsin Program to transform the health of Rock
- 8 County citizens; and
- 9
- 10 WHEREAS, Rock County Health Department has been awarded additional funds in the amount of
- 11 \$3,500 to implement activities that address preventing exposure to second hand smoke, improving school
- 12 nutrition, and increasing physical activity in communities.
- 13
- 14 **NOW, THEREFORE BE IT RESOLVED**, that the Rock County Board of Supervisors duly
- 15 assembled on this \_\_\_\_\_ day of \_\_\_\_\_, 2013 does hereby authorize the Rock
- 16 County Health Department to accept the additional Rock County Community Transformation Grant funds
- 17 and amend the 2013 Rock County Health Department Budget as follows:

<u>Account/Description</u>	<u>Budget</u>	<u>Increase</u>	<u>Amended</u>
<u>Source of Funds</u>	<u>8/26/13</u>	<u>(Decrease)</u>	<u>Budget</u>
31-3161-0000-42100			
Federal Aid	\$450,000	\$3,500	\$453,500
<u>Use of Funds</u>			
31-3161-0000-63110			
Administrative Expense	\$450,000	\$3,500	\$453,500

Respectfully submitted,

BOARD OF HEALTH

\_\_\_\_\_  
Sandra Kraft, Chair

\_\_\_\_\_  
Louis Peer, Vice Chair

\_\_\_\_\_  
Richard Bostwick

\_\_\_\_\_  
Mike Rundle

\_\_\_\_\_  
Vacant

\_\_\_\_\_  
Dr. Dean Peterson, DVM

\_\_\_\_\_  
Dr. Connie Winter, DDS

\_\_\_\_\_  
Judith Wade

\_\_\_\_\_  
Eric Gresens

**Accepting Additional Community Transformation Grant Funding and  
Amending the 2013 Rock County Health Department Budget**

Page 2

FINANCE COMMITTEE ENDORSEMENT

Reviewed and approved on a vote of

\_\_\_\_\_

\_\_\_\_\_  
Mary Mawhinney, Chair

FISCAL NOTE:

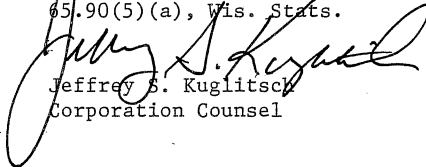
This resolution authorizes the acceptance and expenditure of \$3,500 in additional Community Transformation grant funding. No County matching funds are required.



Sherry Oja  
Finance Director

LEGAL NOTE:

The County Board is authorized to accept grant funds pursuant to sec. 59.52(19), Wis. Stats. As an amendment to the adopted 2013 County Budget, this Resolution requires a 2/3 vote of the entire membership of a County Board pursuant to sec. 65.90(5)(a), Wis. Stats.



Jeffrey S. Kuglitsch  
Corporation Counsel

ADMINISTRATIVE NOTE:

Recommended.



Craig Knutson  
County Administrator



**Accepting Additional Community Transformation Grant Funding and  
Amending the 2013 Rock County Health Department Budget**

**EXECUTIVE SUMMARY**

Rock County Health Department is a member of the 'Transform Rock County' coalition, and was awarded a Transform Wisconsin grant in 2012 in the amount of \$450,000

The three main focus areas of the grant are: 1) reducing exposure to secondhand smoke in multi-unit housing; 2) improving school nutrition for children; and 3) increasing the opportunities for physical activity in our communities.

Salary and benefits for the project manager, all supplies, equipment, mileage, training, and miscellaneous expenses are being reimbursed by the grant. The grant allows for mini-grants or subcontracting to coalition members who will assist in meeting the goals of the grant.

The grant began on August 1, 2012 and continues until September 30, 2014. Rock County Health Department has been awarded an additional \$3,500 for this grant, needing to be spent by September 30, 2013.

## 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)

### **“Healthful Hint” Monthly Health News Column**

#### ***Beat the Summer Heat and Hydrate!***

There are many safety precautions you take in the summer, such as wearing sunscreen, helmets, and insect repellent. One thing you should also remember in the summer is drinking enough fluids to stay hydrated. Water makes up 1/2 to 2/3 of the human body. Even under normal temperatures, you lose fluids each day through breathing, sweating, and elimination. As temperatures rise, you need to pay more attention to your fluid needs. Water plays many vital roles in your body such as regulating temperature, transporting oxygen and nutrients to cells, and providing a cushion to protect tissues and organs.

If you lose more water than you take in, you may suffer from dehydration. If you wait to drink fluids until you feel thirsty, you may already be on your way to becoming dehydrated. Look for these signs to prevent dehydration:

- **Mild Dehydration:** thirst, headache, constipation. Normal urine should be clear to lemonade-colored. With dehydration, urine becomes dark like the color of apple juice. Cool down by moving to a shaded or air-conditioned area, remove excess clothing and apply a wet towel. For mild dehydration, push fluids such as ice chips, sips of water or popsicles.
- **Severe Dehydration:** dizziness, dry skin, decreased sweat, fever. Do not attempt to push fluids, which can make the condition worse. Seek immediate medical attention if you are suffering from one or more of these symptoms.

You’ve probably heard the rule of thumb to drink 8 glasses of water each day. This is a general rule to remind you to continue drinking fluids. The amount of fluid you need each day depends on your age, gender, physical activity level, and climate. When it is hot outside, drink more fluids regardless of your activity level. Fluids come from beverages as well as the foods you eat. The average diet consists of 80% fluid from beverages and 20% from foods. Aim for foods high in water content such as fruits and vegetables. Avoid drinks with caffeine, sugar, and alcohol, because they can actually cause you to lose more body fluid. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. Also, avoid very cold drinks, which can cause stomach cramps. A sports beverage can replace the salt and minerals you lose in sweat. For a personalized amount of water you should drink, follow this easy rule: drink half your body’s weight in ounces of fluid each day. For example, a 150 pound person should aim to drink at least 75 ounces (9 cups) of fluids daily.

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Remember, taking in too little or too much fluids can be dangerous. Keeping the balance of fluids is the key to having a safe, fun summer!

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

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## **“Healthful Hint”** Monthly Health News Column

### *Be Prepared!*

Would you be ready if there was an emergency? An emergency can happen at any time, and the likelihood that you and your family will recover often depends on the planning you do ahead of time. September is National Preparedness Month, so now is a great time to make a plan and take steps to be prepared in the future!

These four basic steps from the Centers for Disease Control and Prevention (CDC) are a great way to start preparing for an emergency:

- 1) **Get a Kit** of emergency supplies
- 2) **Make a Plan** for what you will do in an emergency
- 3) **Be Informed** about what might happen
- 4) **Get Involved** in preparing your community

Another great way to be prepared is to make an emergency kit with basic supplies you might need. Start by checking off items on the list and add to the list as needed:

- Water: 1 gallon per person per day, for at least 3 days, for drinking and sanitation
- Food: at least a 3 day supply of non perishable items
- Pet food, extra water, and supplies for your pet
- Battery-powered radio
- Flashlight
- First aid kit
- Moist towelettes for sanitation
- Manual can opener for food
- Any personal prescription medications

Other tips to consider when preparing for an emergency include:

- Make an emergency contact list
- Watch television and listen to the radio for official instructions
- Have an emergency plan for your pets
- Prepare enough supplies for three days

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- Talk to your children's school and your employer about emergency plans
- Include warm clothes and blankets
- Have your vehicle's gas tank at least ½ full at all times

You never know when disaster could strike. Being prepared ahead of time will only benefit you in the case of an emergency. For more great resources on National Preparedness Month, visit [Ready.gov](http://Ready.gov). You can never be prepared enough!

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