

**MINUTES OF THE  
CRANBURY TOWNSHIP  
BOARD OF HEALTH MEETING**

**February 1, 2021**

**TIME AND PLACE OF MEETING**

The regular meeting of the Board of Health of the Township of Cranbury was held on February 1, 2021 at 7:00 pm by remote access videoconferencing in response to COVID-19 and the updated Open Public Meeting Act guidelines.

**CALL TO ORDER**

With a quorum present, Dr. Laura Zurfluh, Chair, called the meeting to order at 7:00 p.m., and Jean Golisano acted as Recording Secretary of the meeting and announced the meeting was being recorded.

**STATEMENT OF ADEQUATE NOTICE**

Pursuant to the Sunshine Law, adequate notice in accordance with the Open Public Meetings Act (N.J.S.A. 10:4-6) was provided on January 8, 2021 of this meeting's date, time and place, and the agenda was mailed to the news media, posted on the Township bulletin board, mailed to those requesting personal notice, and filed with the Municipal Clerk.

**MEMBERS IN ATTENDANCE**

Roop Grewal, Wes Markham, Maureen Rafferty and Laura Zurfluh were present. Gene McDermott arrived at 7:16.

**NON-MEMBERS IN ATTENDANCE**

Dr. Barbara Rogers, Township Committee Liaison  
Natalie Bujalski, Middlesex County Health Official

**MINUTES**

Upon a motion by Mr. Markham, seconded by Ms. Rafferty, with all members present in agreement, the motion to adopt the January 11, 2021 minutes was passed.

**HEALTH REPORTS**

The members reviewed the January 2021 Middlesex County Board of Health Reports. Ms. Bujalski described to the members the inspection process and risk levels for retail food facilities.

**ENVIRONMENTAL REPORTS**

The members reviewed the December 2020 Environmental Reports. At the last meeting Mr. Markham inquired if the E-coli testing at Brainerd Lake was routine, and Ms. Bujalski confirmed this evening that it was a routine inspect of samples.

## OLD BUSINESS

Licensing – Ms. Golisano reported as of January 11, there were 298 dogs and 46 cats licensed for 2021.

## NEW BUSINESS

### Mayor's Wellness Campaign

Dr. Zurfluh reported the logistics of the Board of Health monthly informational Zoom meetings have been worked out, and stated Mr. Ken Jacobs, Recreation Director, will assist in running the programs. The first information session on Nutrition and the Immune System will be held on the fourth Wednesday, February 24<sup>th</sup>. Ongoing programs will then be scheduled for the third Wednesday of each month. Zoom Wellness Seminars:

**Feb. 24** – Nutrition (Sodexo Dietetic Interns) - Eating Your Way to a Strong Immune System: We will be discussing basics of the immune system, immune support vs. boost, some of the nutrients that support immune health and their food sources, as well as nutrition-related behaviors that can support immune and overall health. We will review meal and snack ideas that are easy and healthful. We will open the presentation with some thought-provoking statements and conclude with some questions that will test the information provided and open the floor for a Q&A.

Zoom:

<https://us02web.zoom.us/j/88644232399?pwd=VHBFWW1XUnFsY054NVNBbGUvK2JTdz09>

**Mar. 17** – Feldenkrais Awareness Through Movement (Catherine Claarebout): With a quieter nervous system, the brain can open up to new patterns of movement and the body moves with more ease and pleasure.

We will move gently, with care, slowly, increasing attention on self, and decreasing effort.

<https://us02web.zoom.us/j/2508196159?pwd=M3pleTkxVFMrNThkQ2l1R1ZyLzNTUT09>

**April 21** – Chair Yoga for Computer Users - (Nancy Sheehan and Rachel Weiss) – All level stretch and relax upper body muscles that are fatigued or achy from the computer. Please have a sturdy chair and towel or yoga strap. We'll feel good in our bodies as we move in the world.

Cranbury Therapeutic Massage promotes lasting improvements in health, balance and awareness.

<https://us02web.zoom.us/j/82149887832?pwd=aC9VRUgrazl1RHVQVHBOK2V3bU8wZz09>

Scheduled Wellness Dates: May 19, June 16, July 21, Aug 18, Sept. 15, Oct. 20, Nov. 17 and Dec. 15.

Offers to present classes: Joanne Charwin, yoga; Connie Bauder – exercise; and Debbie Rifkin - jazzercise

## MISCELLANEOUS

### COVID-19 Vaccinations

There was discussion about the eligibility and availability of the COVID-19 vaccines. Ms. Bujalski provided the following contact information for vaccines: NJ Hotline 1-855-568-0545 and COVIDVaccine.nj.gov

## **PUBLIC COMMENT**

There was no public comment this evening.

## **ADJOURNMENT OF MEETING**

There being no further business, the meeting was thereupon adjourned at 7:21 p.m. on a motion by Mr. Markham and seconded by Ms. Rafferty. All present were in favor, and the motion carried unanimously.

## **CERTIFICATE OF SECRETARY**

I, the undersigned, do hereby certify that I am the duly appointed Secretary of the Cranbury Township Board of Health, and that this document, consisting of three (3) pages, constitutes a true and correct copy of the minutes of the monthly meeting held on February 1, 2021. IN WITNESS WHEREOF, I have hereunto subscribed my name this 9th day of March, 2021.

Jean Golisano  
Jean Golisano  
Board of Health Secretary