

Leanne Jasset, Chair
Noreen Guilfoyle, Vice Chair
Bernadette Chirokas, Member

Kylee Sullivan, Director
Mavis Stephany Lopez Silva,
Office Manager



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TOWN OF DEDHAM BOARD OF HEALTH

Meeting Minutes of Tuesday, May 9, 2023

Location: Town Hall (450 Washington Street) Room 304

The following Board of Health Members were present:

Noreen Guilfoyle, Chair
Bernadette Chirokas, Vice Chair
Leanne Jasset, Member

The following staff were present:

Kylee Sullivan, Health Director
Mavis Stephany Lopez Silva, Office Manager

Meeting is called to order Tuesday, May 09, 2023, at 5:30PM

Discussion & Vote Reorganization Election of Officers

The Board voted and reorganized their officers. Noreen Guilfoyle was nominated as chair as motioned by Bernadette Chirokas and seconded by Leanne Jasset. Noreen Guilfoyle was elected chair with a unanimous 3-0 vote. Bernadette Chirokas was nominated as vice chair as motioned by Leanne Jasset and seconded by Noreen Guilfoyle. Bernadette Chirokas was elected vice chair with a unanimous 3-0 vote.

Discussion & Vote: 04/11/2023 Meeting Minutes

Member Leanne Jasset motioned to accept the minutes as written, seconded by Vice Chair Bernadette Chirokas. The Board voted 3-0 unanimously to accept the minutes as written.

Discussion & (Possible Vote): Restore Wellness Cryogenic Chamber Therapy Variance Requests

Restore Hyper Wellness recently opened in Legacy Place. With over 215 locations across the nation, including in Hingham and Newton, the business provides health-related services through various wellness modalities including saunas, facials, compression therapy, and more. The business also applied for a cryogenic chamber therapy permit. Restore's application for cryogenic chamber therapy included employee training guides, an AED user guide, copies of the Board's required signage, an employee CPR certification, a cryogenic chamber operating manual, and floor plans.

Restore requested variances from the following Cryogenic Chamber Therapy Regulations requirements:

1. The video requirement in section C.2.: "Prior to participating in a cryogenic chamber therapy session, customers must be provided with a full description of the cryotherapy process along with a short video of explanation which clearly states there are no proven medical benefits to cryotherapy."
2. Oxygen sensors and associated automatic shut off in section D.6-8.: "(6) An oxygen deficiency monitor in good working order must be present for each cryogenic chamber. (7) Oxygen deficiency monitors shall be tested periodically in accordance with manufacturer instructions, but no less than

four (4) times in a twelve (12) month period. The owner or operator shall maintain a record of testing for each oxygen deficiency monitor. (8) Cryogenic chambers must have an automatic shut-off when oxygen levels fall below 20%.”

3. BLS/CPR and defibrillator training for all employees, owners, and operators in section E.1.: “All employees, employers, owners, and operators must have proof of valid Basic Life Support CPR and defibrillator class-based training.”
4. All persons receiving cryogenic chamber therapy must be 18 years or older in section B.1.: “Customers seeking Cryogenic Chamber Therapy must be 18 years or older.”

Director Sullivan visited Restore in April to learn more about their policies. She reported that each new patient has a health screening to determine if they are eligible to receive cryogenic therapy. They are also required to sign a waiver, and there is signage posted near the cryogenic chamber about health and medical concerns. She also reported that the machines rely on electricity, not nitrogen gas, to operate. It is a business policy to always have a registered nurse on staff, and the average customer to staff ratio is 1:1. After visiting this cryogenic therapy establishment, Director Sullivan reached out to local cryogenic therapy establishments in the surrounding area to determine average age requirement limits. It was found that the average age requirement limits range from 11-14 years of age.

Shannon McLaughlin, Restore President and owner, was present at the meeting. Ms. McLaughlin offered additional information and details supporting the variance requests, beginning with the first request to be relieved from having to show a video to all clients explaining cryotherapy process. Ms. McLaughlin stated that in addition to the registered nurse that is always present, there is also an MD that oversees patients for all locations. Ms. McLaughlin explained the store’s thorough screening process and tele-med sessions before clearing customers to receive cryotherapy. Individuals are screened upon entry and safety checks are performed at different points before their therapy. Ms. McLaughlin reviewed the establishment’s procedures and provided pictures of safety practices, machines, and cryotherapy areas. Ms. McLaughlin stated that an additional video requirement would be onerous to their practices and may not add value to the ones already in place. The Board requested clarification on staffing and their placement in the establishment during the therapy sessions as well as information on the waivers that are signed. Ms. McLaughlin clarified that there is always someone monitoring the cryogenic chamber when in use, and that they conduct checks with customers during their therapy sessions.

The Board moved on to review the variance request regarding the regulations on BLS/CPR requirements. Ms. McLaughlin expressed concern that it would be burdensome to require these certifications for all their staff and owners. Their employees switch between locations, and the store always has a registered nurse on site. Ms. McLaughlin clarified that some of the owners do not even work in the store, therefore requiring them to be certified in BLS/CPR would not add to the safety of their business. Chair Noreen Guilfoyle expressed concerns about emergency situations where more than one patient may require medical attention. There was additional discussion between the Board and applicant on the store’s practices and the regulations.

Member Leanne Jasset made a motion to grant the first variance request contingent upon Restore Hyper Wellness adding an acknowledgment for customers to sign about the medical contraindications as stated in section C.1 of the regulations upon their initial visit and maintaining these files on site. Vice Chair Bernadette Chirokas seconded the motion. The Board voted 3-0 to approve this variance request.

Vice Chair Bernadette Chirokas made a motion to grant the variance request regarding the automatic shut off for oxygen sensor, specific to the 2COOL cryogenic chamber machine because it is electric. Member Jasset seconded the motion, and the Board voted 3-0 to approve the variance request.

Shannon McLaughlin requested to update the original third variance request and change it to allow for only operating staff of the cryogenic chamber to require BLS/CPR training. Member Leanne Jasset made a motion to grant this new amended variance request, which was seconded by Vice Chair Bernadette Chirokas. The Board voted 3-0 to grant the new amended variance request.

Vice Chair Bernadette Chirokas motioned to allow persons aged 14 and up to receive cryogenic therapy with parental/guardian consent and age of the minor be documented. Member Leanne Jasset seconded this motion and the Board voted 3-0 to approve this request.

Updates from Health Director:

14 Arbor Lane

Director Sullivan will be going to 14 Arbor Lane, a condemned property, with Building Commissioner Ken Cimeno to meet with a receiver to determine the necessary repairs that will then require court approval.

127 Curve Street

Town Council notified the Health Department that the Court ordered the estate of 127 Curve Street to remedy all violations on the property within seven days of being notified. Director Sullivan will visit the property after seven days to confirm if the property has been brought into compliance with health regulations. If the violations have not been remedied, then the Health Department will work with Town Counsel to request the court to authorize a contractor to place a lien on the property or appoint a receiver and determine next steps.

Biotech and rDNA Regulations

The City of Cambridge will be hosting a virtual Biosafety forum about Biotech/rDNA facilities. Director Sullivan plans on attending the forum.

13 Lewis Farm Road

13 Lewis Farm Road, a condo unit, experienced water damage and has been undergoing repairs. Due to the projected extent of these repairs and active construction work affecting the ability for water to be available in the unit, the property was condemned. Director Sullivan will continue to communicate with the property owner for updates.

Opioid Settlement

There was discussion at mini-Town Meeting regarding the opioid settlement funds the Town will be receiving. The discussion focused on creating frameworks to define how the funds will be used to supplement and strengthen resources available to the community for substance use disorder prevention, harm reduction, treatment, and recovery. Director Sullivan is hoping for feedback from the Board to create sustainable programming using funds. Director Sullivan will keep the Board updated as new information becomes available.

Old/New Business

New Business

Vice Chair Bernadette Chirokas informed the Board that the Manor Group hosted a State Water Management Group. The water table in the Manor has been steadily rising over the last number of

years. This has contributed to several homes being affected by frequent flooding and sewage back up. Town Manager, Leon Goodwin, has been involved. Member Bernadette Chirokas is hoping the Board can be involved in communications for remediation to help address these issues.

Public Comment:

No public was present for comment.

A motion to adjourn the meeting was made by Vice Chair Bernadette Chirokas at 6:40 PM. The motion was seconded by Member Leanne Jasset. The Board voted unanimously 3-0 to adjourn the meeting at 6:40 PM on Tuesday, May 9, 2023.

This is to certify that the above is a true and accurate record of the minutes of the Board of Health's Meeting held on May 9, 2023, which minutes were approved on June 20, 2023.

Noreen Guilfoyle – Chairman