



MEETING MINUTES

City of Melrose
City Hall
562 Main Street
Melrose, MA 02176

Committee/Board: Board of Health

Meeting Day/Date/Time: Thursday, October 17, 2024

Location: Melrose City Hall, 562 Main Street
Basement Conference Room

Call to Order: Frank Brincheiro
Second by: Lillian Kelly

Time Called: 6:30 PM

In Attendance/Roll Call:

Board Members: Frank Brincheiro, Lillian Kelly

Health Department: Administrative Assistant Christy Bolduc

Approval of Minutes for May 23 and August 15, 2024, Meetings:

Lillian Kelly made a motion to accept the minutes from the August 15th meeting and table the May 23rd meeting.

Frank Brincheiro second the motion

Further Discussion: None

Frank Brincheiro – Yes

Carol Ann Licitra – Absent

Lillian Kelly – Yes

PASSED 2-0-1

Nitrous oxide whip cream chargers discussion:

The Board read through Meghan McDonough's and Maureen Buzby's email.

Copy of emails attached

Lillian Kelly questions why smoke shops would sell culinary products and inquired about New York's recent law that passed to keep N2O whipped cream chargers out of the hands of minors. She also questions how the chargers are being sold

Public Comment:

Frank Brincheiro made a motion to open public comment

Lillian Kelly second the motion

Frank Brincheiro– Yes

Carol Ann Licitra – Absent

Lillian Kelly – Yes

PASSED 2-0-1

Public Comment Opened at 6:37 PM

Meghan McDonough – 185 Main St, explains how the whip cream chargers are put together. Without the whip cream added it ends up as a tank full of gas. Also, how the public may be misled to think the gas is unharful as it is available at dental offices. The gas is not only unhealthy for neurological reasons but also because it may contain heavy metal. She first noticed the cartridges selling at West Wyoming Market but now there is an online delivery service that will deliver in less than an hour to communities in and around the Boston area. The website has cartoon characters geared toward kids with the intention of binging as it refers to get more after 10 minutes. Meghan is also concerned how hard it is to recognize the symptoms of a youth being high on the gas as it only lasts 10 minutes with no visible side effects. There is also no paraphernalia besides empty cartridges and perhaps credit card charges for parents to flag misuse.

Frank Brincheiro questions how police are cracking down on whippets in NY

Meghan McDonough replied that NY has assigned an age limit to purchase. Meghan also has worked in the food industry and has always preordered whip cream chargers from her caterer or kitchen supply provider never from the corner store.

Lillian Kelly states this is going to take a full discussion with the whole Board and will need an education piece around it. It is hard to just regulate one single product. The Board of Health will need to come up with public awareness for parents as this is an issue that can't be ignored.

Frank Brincheiro agrees and adds that this looks like a much bigger issue than one store in the City of Melrose.

Lillian Kelly replies that we need to do more research and suggests tabling the topic until the whole Board can discuss along with Anthony Chui.

Public Comment:

Frank Brincheiro made a motion to close public comment

Lillian Kelly second the motion

Frank Brincheiro– Yes

Carol Ann Licitra – Absent

Lillian Kelly – Yes

PASSED 2-0-1

Public comment closed at 7:00 PM

Next BOH Meeting in Melrose is November 21, 2024

Frank Brincheiro made a motion to adjourn the meeting at 7:05 PM

Lillian Kelly second the motion to adjourn the meeting.

Further Discussion: None

Frank Brincheiro– Yes

Carol Ann Licitra – Absent

Lillian Kelly – Yes

PASSED 2-0-1

Meeting Adjourned at 7:05 PM



CITY OF MELROSE

HEALTH AND HUMAN SERVICES DEPARTMENT

Board of Health

Frank Brincheiro, MD

Lillian Kelly R.N.

Carol Ann Licitra, L.M.H.C.

Health Director

Anthony Chui, MPH

City Hall, 562 Main Street
Melrose, Massachusetts 02176

Telephone - (781)979-4130
health@cityofmelrose.org

October 15, 2024

Re: September/October 2024 Regional Public Health Nurse's Report

Melrose Communicable Diseases - confirmed, probable cases for August 15, 2024-October 15, 2024

3 Cases	Calcinivirus/Norovirus	Confirmed
3 Cases	Campylobacteriosis	Confirmed
1 Case	Lyme disease (not tracked)	Probable
71 Cases	COVID-19 (not tracked)	Confirmed
3 Cases	COVID-19 (not tracked)	Probable
3 Case	Pertussis (and other Bordetella species)	Confirmed
1 Case	Shigellosis	Confirmed
1 Case	Hepatitis C	Probable
1 Case	Giardiasis	Probable
1 Case	Group B Strep	Confirmed
1 Case	Influenza	Confirmed
1 Case	Shiga Toxin	Confirmed
2 Cases	TB	Confirmed

Review of Melrose MAVEN cases and support/coverage for Stoneham and Wakefield. Stoneham public health nurse is becoming more experienced as a MAVEN user.

Milano Center BP Screenings 6-8 residents/session. Debbie Powers, RN provides BP screenings on alternate weeks for roughly 8-10 residents/session. Individual health counseling provided.

Drafted Health website language on West Nile Virus risk for all 3 communities. Provided mosquito and tick display and educational materials for 2 weeks to all 3 senior centers. Edited Pertussis PSA to provide to school administration. Sent food product recall posting to Melrose Communications.

2024 Flu vaccines arrived for all sites. Fewer doses ordered because vaccine volume at local pharmacies has increased due to flexible/weekend hours, coupons, advertising and earlier vaccine availability. More difficult to recruit vaccinators and scribes than in prior years. Scheduled Clinics: September – Wakefield 2, Stoneham 1. October - Melrose 4, Stoneham 3 and Wakefield 4. November/December-Weekly Walk-In hours and Home visits offered. Working with school nurses to vaccinate school staff in all 3 locations. Volunteered as a vaccinator at a Medford senior clinic.

Respectfully submitted,

Melissa Lowry, MS, RN

Spent significant time working with Rising Star Basketball and BEHN Basketball Camps on the review of required documents, development of policies and procedures and ensuring health care competencies to comply with MDPH Camp Regulations. These sports camps run in multiple towns for 4-5 days each. It may take several years to bring these camps into full compliance. It has come to our attention that there may be multiple programs which meet the state definition of a camp but may not be aware of the camp regulations and have never applied for a camp permit.

Provided written notification to all three towns of a West Nile Virus Case confirmed in Middlesex County to be posted on each town's website.

Met with nurses to begin regional vaccine clinic master planning schedule.

Respectfully submitted,

Melissa Lowry, MS, RN

Bolduc, Christy

From: Buzby, Maureen
Sent: Thursday, October 17, 2024 3:27 PM
To: Bolduc, Christy
Subject: FW: Inhalants & Smoking Device

Here is the state law that we think prohibits products similar to the whippets that we have seen recently in local vape shops. Share with the Board if you want.

Chapter 270, Sect. Section 18: Substance having property of releasing toxic vapors

"No person shall intentionally smell or inhale the fumes of any substance having the property of releasing toxic vapors, for the purpose of causing a condition of intoxication, euphoria, excitement, exhilaration, stupefaction, or dulled senses or nervous system, nor possess, buy or sell any such substance for the purpose of violating or aiding another to violate this section.

This section shall not apply to the inhalation of anesthesia for medical or dental purposes.

Whoever violates the provisions of this section shall be punished by a fine of not more than two hundred dollars or by imprisonment for not more than six months, or both.

Any person who is discovered by a police officer or special police officer in the act of violating this section may be arrested without a warrant by such police officer or special police officer, and held in custody, in jail, or otherwise, until a complaint is made against him for such offense which complaint shall be made as soon as practicable and in any case within twenty-four hours, Sundays and legal holidays excepted."

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Bolduc, Christy

From: Meghan.McDonough <meghan.mcdonough@protonmail.com>
Sent: Thursday, September 19, 2024 10:48 AM
To: Health
Subject: Nitrous Oxide Whipped Cream Chargers sold in Melrose

Dear Board of Health,

Thank you to Christy Boldec for talking with me this morning. Thank you for letting me bring to your attention that Nitrous Oxide whipped cream chargers being sold by at least one corner store here in Melrose. Although they can be used to make whipped cream at home, youth and adults use them for recreational use by inhaling the contents often as a binge activity and using them until they have reached a euphoric state that can also culminate with the user passing out. They have become a popular item at designated Smoke Shops but as Corner Stores are offering more and more Smoke Shop items, I hope to flag this for your awareness as a Public Health concern.

When the item is sold right next to the cigarettes and the lotto, it appears to be a quick consumption item and not a culinary item. If the item is sold in a grocery store, that would be a whole other tone and youth would appear much more awkward going in to buy the chargers in quantity.

Its not the N2O that you get at the Dentist because the Dentist has medical grade N2O made for human consumption. This is food grade N2O and may contain heavy metals from the containers and is not intended for inhalation and can even lead to bodily damage and even death from sudden death sniffing syndrome.

New York also recently passed a law to keep the N2O whipped cream chargers also known as "Whippets" out of the hands of minors.

www.nysenate.gov/newsroom/press-releases/2022/joseph-addabbo/addabbo-hopes-confusion-over-new-law-will-shine-light

Nitrous Oxide/Whippits-Induced Thoracic Spinal Cord Myelopathy and Cognitive Decline With Normal Serum Vitamin B₁₂

www.ncbi.nlm.nih.gov/pmc/articles/PMC9148417/

Thank you,
Meghan McDonough

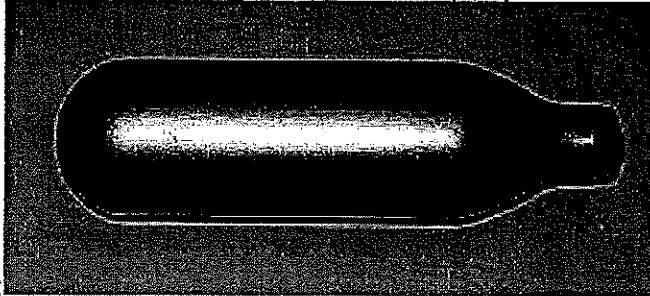
Sent with [Proton Mail](#) secure email.

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Hello,

I wrote to you about seeing N2O chargers available at a corner store in Melrose and about some of the health dangers. When I went last night to West Wyoming Market the clerk said that adults and children are both buying the 50 pack boxes of chargers.

I am now aware via Facebook ads that there is a 60min delivery service where they will bring whipped cream food grade N2O tanks to your home address. They contain 650g per tank where a single bullet charge in a 50 pack case over the counter is 7.8g or under 8g. This is food grade not meant for consumption not medical grade used by physicians and it can contain heavy metals.

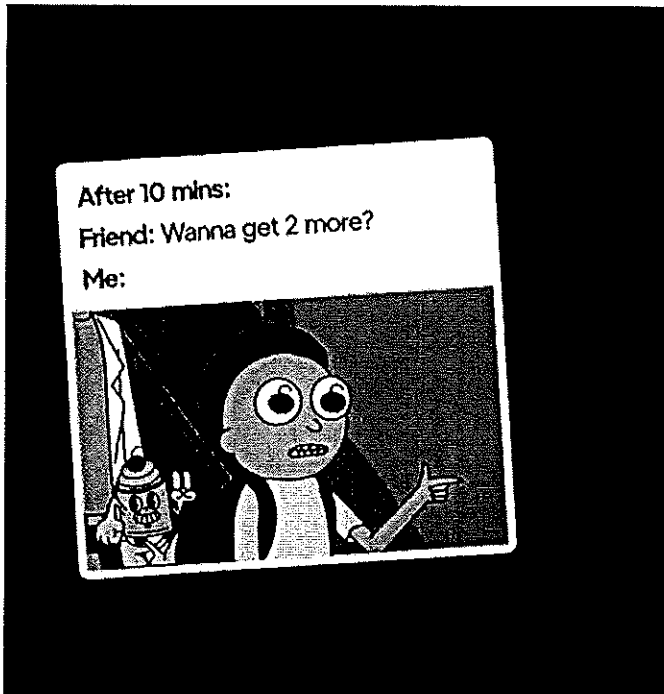


Single bullet:

https://en.wikipedia.org/wiki/Whipped-cream_charger

This delivery service in Greater Boston that serves Melrose is called www.whippertise.com

This site very obviously is offering the 650g tanks for recreational drug use and targeting youth. Binging is part of the consumption pattern when used inappropriately. Here is an image that they use:



They also offer a disclaimer:

But be careful...

It is a misdemeanor to be deliberately high on N₂O unless it is prescribed by a licensed physician for dental, surgical, or medical care. Selling or giving laughing gas to individuals under 18 is unlawful unless done by a licensed physician or in whipped cream. Previously popular at parties and raves, laughing gas use often went unchecked by police. Recently, however, state and federal authorities have begun cracking down on its illicit use. In some US regions, the sale of nangs is restricted to adults, and there are limits on the number of cylinders a consumer can purchase in one transaction. These are the extent of the current regulations.

It looks like you can also order them on Amazon and by Instacart.

I will try to attend your meeting tonight.

Thank you so much for wanting to look into this,

Meghan McDonough

781.658.4269