Meeting Minutes
Winthrop Board of Health
September 30, 2026, at 4:00 pm
Harvey Hearing Room, Town Hall

Call to Order: 4:00 pm

Roll Call: Co-Chairs Lisa Sefano and Heidi Fantasia; member Jeanne Maggio were present

Review of Minutes for August 25, 2026: Unanimously accepted.

Commissioner of Inspectional Services Update: Sharon Sicurella unable to attend; She sends her regrets and provided an email summary to the BOH:

1. Sharon has been in email contact with Nikki Connors who is in the process of establishing an esthetics business on Crest Ave. Ms. Connors is working with the State regarding licensing issues and there may be more correspondence forthcoming. Inspectional Services and the BOH will wait to hear back and address issues if they arise.
2. Food inspections in the town are in process. To date, all the Winthrop schools have been inspected.
3. A food vendor in town was shut down for a day while conditions were addressed. The vendor has now reopened.
4. Two homes have been inspected for their Cottage Food Applications. Both passed inspection without any issues.
5. Inspectional Services has received a number of complaints regarding rodents in the area of Read St. Baits were set and a resident was assisted with cleaning the outside area of their property. There have been no further complaints.
6. Inspectional Services also received complaints about rodent activity in the vicinity of Veteran's Road near the Temple and the apartments. A resident in the area was feeding the ducks and birds but has stopped since speaking with Inspectional Services.

Matthew Rodes, Director, Council of Aging: Unable to join today and sends his regrets. Will attempt to reschedule for a future meeting.

Director of Public Health and Clinical Services Update: Meredith Hurley provided an update regarding public health activities and initiatives in the town:

1. Influenza (flu) vaccines for children age 2+, adults, and senior citizens (high dose influenza) are available at the Winthrop Department of Public Health and Clinical Services, 1st floor, EB Newton, 45 Pauline Street on Tuesdays from 9am-6pm. Residents may also contact the Public Health Department for an appointment. Other vaccines, including RSV, pneumonia, and COVID are available to homebound residents only and can be scheduled with the Public Health Department. Dr. Fantasia signed the standing vaccine orders for the town.

2. August 31st was International Overdose Awareness Day. From 8am-8pm empty chairs were set up in public locations throughout the community as a remembrance to those lost due to the opioid epidemic.
3. On September 16th the 5th annual Recovery Event was held from 6-8:30pm. The event took place on the lawn of the Winthrop Town Hall and a recovery vigil was held. The event went very well and featured 4 speakers who discussed their personal recovery.
4. An update was provided on Project Safety Net. This is a radio-frequency tracking device that can be used for nonverbal children with autism, people with dementia, cognitive decline, or those with cognitive impairment who may wander from home or get disoriented or lost if outside alone. It is good for a radius of 1.5 miles. The devices are funded through the Commission on Disabilities. Training was held with the police department. Individuals using this device are not monitored or tracked 24/7. The device is only activated if the individual is reported missing. The state police air wing has a transponder on a helicopter that is used for search and rescue. The health department will help enroll eligible individuals and track battery life. The device is activated after a 911 call which will send information to local police. Outreach planned for the Senior Center, housing and individuals can also contact the health department.
5. Blood pressure screenings are done at the health department and the senior center. Individuals who want their blood pressure checked can contact the health department and arrange with the public health nurse or check the senior center schedule for availability.
6. The Department of Public Health works closely with Boston University and public health students. Student interns held 2 listening sessions with youth and members of CASA regarding health and community needs. Meredith will present the results of those sessions once they have been analyzed.
7. Used needles can be disposed of at the Department of Public Health.
8. Unused or unneeded medication can be disposed of at the police station.

North Suffolk Public Health Collaborative: Winthrop is part of the North Suffolk Public Health Collaborative (NSPHC) which includes Winthrop, Revere, and Chelsea. Heidi Fantasia will join their advisory board representing the Winthrop Board of Health. Moving forward, Dr. Fantasia will provide updates to the Board of Health after NSPHC meetings.

Dog waste: Concerns presented to the Board of Health regarding dog waste not being picked up by dog owners, especially in the area around Ingleside Park and along the beaches. This is a public health issue due to the possibility of disease transmission. All dog owners and walkers are reminded to please pick up after your dog and dispose of waste properly. Do not leave dog waste bags on the sidewalk, in the gutter, or place in storm drains.

Alcohol nip disposal: Concerns were presented to the Board of Health regarding nip bottles being discarded in various locations in the town, including the beaches. The Board of Health wants to clearly state that there is no proposal or discussion to ban the

sale of nip bottles in the Town of Winthrop. We address citizen complaints as they are received. The Board of Health encourages all citizens to dispose of their trash properly. The complaint to Board of Health was made during the summer, there could be a seasonal pattern with more people being outside, using the beaches, and attending outdoor events.

Public Comment: Aaron Williams, Precinct 1, representing Swett's Liquors; Paul Lucerto, Precinct 4, former owner Sweet's Liquors, Elvis Tran, representing Magee's Corner Liquors

Aaron Williams, Swett's Liquors: Many products are discarded such as coffee cups, lottery tickets, other trash. One product, such as nips, should not be singled out as the sole contributor to trash in the town of Winthrop. There needs to be an ongoing conversation regarding keeping the town clean.

Paul Lucerto, former Swett's Liquors: Discarded nips represent a broader problem. People may be drinking prior to events, nips are small and easy to conceal from others. Need to change culture of trash disposal. Referenced other Massachusetts towns and states that had "Nip it in the Bin" campaigns as part of anti-litter initiatives. If nips are banned in Winthrop people will go to surrounding towns to purchase.

Elvis Tran, Magee's Corner Liquors: Even with trash barrels available, people can still choose to throw trash on the ground. This is more of an issue related to trash than related to businesses.

All individuals who contributed to the public comment encourage the Board of Health to consider the complaint regarding discarded nip bottles in the broader scope of trash and litter in the town. The Board will invite a representative from the DPW to a future meeting to continue this discussion.

Next Board of Health Meeting: Wednesday October 28th at 4pm.

Adjournment: 3:45 pm

Respectfully submitted,

Heidi Fantasia
Lisa Stefano

Co-Chairs, Winthrop Board of Health