

**ROCK COUNTY BOARD OF HEALTH  
WEDNESDAY, MAY 6, 2015 – 6:00 P.M.  
HEALTH DEPARTMENT – 3328 N. U.S. HIGHWAY 51  
JANESVILLE, WI 53545**

**AGENDA**

1. Call to Order
2. Adopt Agenda
3. Approval of Minutes – April 1, 2015
4. Citizen Participation
5. Unfinished Business
6. New Business
  - A. Administrative Division
    - (1) Approval of Bills/Transfer of Funds/Encumbrances
    - (2) Health Department Report
  - B. Public Health Nursing
    - (1) Depression Prevention
  - C. Environmental Health
    - (1) Town of Fulton water sampling program
7. Communications and Announcements
  - (1) Tim Banwell Award
  - (2) United Way Silver Award
8. Adjournment

*If you are unable to attend the Board of Health meeting, please contact the Rock County Health Department (608.757.5442) or Ms. Kraft at 608.751.6249. Thank you!*

**ROCK COUNTY HEALTH DEPARTMENT**  
**LIST OF BILLS FOR 5/6/15 BOARD OF HEALTH MEETING**

<u>Account No.</u>	<u>Vendor Name</u>	<u>Item(s) Description</u>	<u>\$ Amount</u>
<u>FIMR Grant</u>			
31-3031-0000-63110	Daniels Sentry Shopko	3/18/15 meeting refreshments 10 gift cards for interview incentives	12.98 250.00
<u>Health Dept. Main Budget</u>			
62119	LB Med Waste	March 2015 sharps & medwaste disposal April 2015 sharps & medwaste disposal	53.30 53.30
	Janesville Animal Med.Center	rabies specimens preparation	100.00
	Polar Refrigeration	service call on Janesville vaccine storage unit April preventive maintenance on both offices' vaccine storage	105.00 300.00
63104	Proforma Printworks	Healthy Diet brochures, English & Spanish	471.00
63200	National Government Services	Provider Enrollment Revalidation Fee	553.00
64000	McKesson School Health McKesson Kealey Pharmacy GlaxoSmithKline	1 box of 50 pregnancy tests 2 adult aneroids & 1 digital floor scale 2 cases facial tissue & 2 cases scale covers 2 adult epi-pens & 5 (10 test vials) tuberculin adult & pediatric hepatitis-A vaccine	71.68 89.57 107.75 566.90 1,094.50
64010	Culligan IDEXX North Central Laboratories	April 2015 deionizer rent quanti-cult kit for laboratory laboratory supplies & ion-plus combination probe	35.00 192.58 900.87
64200	WI Nurses Assn WI Environmental Health Assn	conference registration for Janet Zoellner 3 registrations & meals for 2015 Spring Conference	85.00 380.97
64203	Janet Zoellner	reimburse for ASQ screening kit supplies	128.37

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt
31-3000-0000-62119	OTHER SERVICES				
		P1500205	03/18/2015	JANESVILLE ANIMAL MEDICAL CENT	100.00
		P1500207	03/12/2015	LB MEDWASTE SERVICES	106.80
		P1500876	04/11/2015	POLAR RERIGERATION AND HEATING	300.00
		P1501584	03/22/2015	POLAR RERIGERATION AND HEATING	105.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	3,000.00	637.81	900.00	611.60	850.99
31-3000-0000-63104	PRNT & DUPLICATI				
		P1501422	03/24/2015	PROFORMA PRINTWORKS	471.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	6,000.00	1,068.96	0.00	471.00	4,460.04
31-3000-0000-64000	MEDICAL SUPPLIES				
		P1500192	04/06/2015	GLAXOSMITHKLINE PHARMACEUTICA	1,094.50
		P1500196	04/06/2015	MC KESSON MEDICAL SURGICAL COR	179.43
		P1500683	03/31/2015	KEALEY PHARMACY	566.90
		P1501655	04/06/2015	SCHOOL HEALTH CORPORATION	89.57
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	100,000.00	6,673.72	50,845.73	1,930.40	40,550.15
31-3000-0000-64010	LAB SUPPLIES				
		P1500195	04/03/2015	NORTH CENTRAL LABORATORIES OF	900.87
		P1500202	03/25/2015	CULLIGAN WATER CONDITIONING IN	35.00
		P1501654	04/06/2015	IDEXX LABORATORIES INC	192.58
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	12,500.00	4,502.92	0.00	1,128.45	6,868.63
31-3000-0000-64200	TRAINING EXP				
		P1501563	03/24/2015	WISCONSIN ENVIRONMENTAL HEALTH	380.97
		P1501675	04/06/2015	WISCONSIN NURSES ASSOCIATION	85.00
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	9,000.00	1,946.08	3,711.50	465.97	2,876.45
31-3000-0000-64203	EDUC MAT & SUPPL				
			04/07/2015	ZOELLNER, JANET	128.37
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	2,000.00	130.90	0.00	128.37	1,740.73
<b>HEALTH DEPARTMENT PROG TOTAL</b>				<b>4,735.79</b>	
31-3031-0000-63110	ADMIN.EXPENSE				
		P1500198	03/18/2015	DANIELS SENTRY	12.98
		P1500199	04/16/2015	SHOPKO INC #130	250.00

Account Number	Account Name	PO#	Inv Date	Vendor Name	Inv/Enc Amt
	Budget	YTD Exp	YTD Enc	Pending	Closing Balance
	150,000.00	63,560.74	9,113.00	262.98	77,063.28
<b>FETAL INFANT MORTALITY GRANT PROG TOTAL</b>				<b>262.98</b>	

I have examined the preceding bills and encumbrances in the total amount of **\$4,998.77**

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: **MAY 06 2015**

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

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

PURCHASE ORDER NUMBER P1500063 PEID 052519

### PRE-APPROVED ENCUMBRANCE AMENDMENT FORM

This form must be used when adding funds to or changing an account number of a previously approved encumbrance. Please complete this form and e-mail to Susan Balog in Accounting ([balog@co.rock.wi.us](mailto:balog@co.rock.wi.us)), Cheryl Mikrut in Accounting ([mikrut@co.rock.wi.us](mailto:mikrut@co.rock.wi.us)) **and** Jodi Millis in Purchasing ([jodi@co.rock.wi.us](mailto:jodi@co.rock.wi.us)). Susan or Cheryl will forward on to your governing committee for approval. The Encumbrance and Purchase Order will be updated upon approval of all necessary committees and County Board (if amendment is over \$10,000).

DATE 4/21/15

DEPARTMENT Rock County Health Department

COMMITTEE Board of Health

VENDOR NAME JP Morgan Chase

ACCOUNT NUMBER 31-3000-0000-63200

FUNDS DESCRIPTION Publications/Subscriptions/Dues

AMOUNT OF INCREASE \$ 553.00

INCREASE FROM \$ 5,550.00 TO \$ 6,103.00

ACCOUNT BALANCE AVAILABLE \$ 3,627.00 SB 04/21/15

REASON FOR AMENDMENT Medicare revalidation application fee of \$553 needs to be paid online via credit card by 5/14/15.

### APPROVALS

GOVERNING COMMITTEE \_\_\_\_\_  
Chair \_\_\_\_\_ Date \_\_\_\_\_

FINANCE COMMITTEE \_\_\_\_\_  
(If over \$10,000) Chair \_\_\_\_\_ Date \_\_\_\_\_

COUNTY BOARD \_\_\_\_\_  
(If over \$10,000) Resolution # \_\_\_\_\_ Adoption Date \_\_\_\_\_

## 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)

### April "Healthful Hint" Monthly Health News Column

#### *Water is Essential for Life*

Drinking water is important for survival. It is a basic building block of life. Did you know that the human body is made up of approximately 60% water? Water makes up more than two-thirds of the weight of the human body. A person can only go a few days without drinking water. Water is needed to carry oxygen and nutrients to our cells and to flush waste out of our bodies. People are constantly losing water through breath, sweat, urine and human waste. Without water, our bodies will not function properly. Many people are not drinking enough water and don't realize the effects it has on the body.

Below are ten reasons to drink more water:

1. Regulates body temperature
2. Decreases fatigue and increases energy
3. Protects the heart
4. Helps burn fat
5. Prevents constipation
6. Maintains the balance of body fluids
7. Flushes toxins out of the body
8. Lubricates joints
9. Keeps skin looking youthful
10. Fights dehydration

Here are some ways to include more water into your daily routine:

- Drink water before every meal. This will help you to eat less.
- Drink a glass of water when you wake up and before you go to bed.
- Keep track of your water intake. Measure the amount of water you drink (in ounces). If you want to drink more water, use a larger container. Refill it several times throughout the day.
- Infuse water with fruits, vegetables and herbs. Try sliced oranges, lemons and limes, berries, cucumbers or mint.
- Bubbles. Try drinking carbonated and sparkling water.
- Limit the amount of sugary drinks you consume. Drink water instead of soda, juices, sweetened ice tea and specialty coffee drinks.

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According to *Mayo Clinic*, "For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water." So how much fluid should an average, healthy adult drink per day? "The Institute of Medicine determined that an adequate intake for men is roughly 13 cups of total beverages a day. The adequate intake for women is about 9 cups of total beverages a day."

And what about the advice to drink 8 glasses a day? Everyone has heard, "Drink eight 8-ounce glasses of water a day." This isn't too different from what the Institute of Medicine recommends. "Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember. Just keep in mind that the rule should be reframed as: "Drink eight 8-ounce glasses of fluids a day," because all fluids count toward the daily total."

Simply put, you need water to live. So drink up! Water is good for you!

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

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### Data Resource:

Vorvick, Linda J. "Water in diet." Medline Plus. 19 Aug. 2013. Web. 5 March 2015.  
<http://www.nlm.nih.gov/medlineplus/ency/article/002471.htm>

Mayo Clinic Staff. "Water: How much should you drink every day?" Mayo Clinic. 5 Sept. 2014. Web. 5 March 2015. <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256>