

The Health Council of Marin

Minutes of Regular Meeting: Tuesday, August 25, 2020

Meeting via Zoom; the meeting was recorded

Members Present: Sandy Ross (President), Roberta Anthes, Connie Barker, Sandra Fish, Kevin Hogan, Ginger Souders-Mason, Bobby Moske, Christopher Murphy, Jennifer Rienks, Sandy Ross, Derice Seid Tao, Barbara Wientjes

Members Absent: None.

Guests: Toril Jeltra, MD (speaker), Kathy Koblick (HHS), Loretta Rogers (Secretary)

Handouts: *Agenda*

1. **Call to Order:** President Sandra Ross called the meeting to order at 7:00 pm.
2. **Public Comment Time:** None.
3. **Introduction of new consumer member, Ginger Souders-Mason:** Before the meeting, Loretta Rogers administered the loyalty oath to new member, Ginger Souders-Mason. Ginger introduced herself, stating that she is a retired medical technologist. During her career, she has working in Laos, Puerto Rico and in various labs in Indiana, Kansas and California. She had previously been a member of the HCM but left due to family and other concerns. She is currently president of the board of directors of Pesticide Free Zone. She has specialized knowledge of the food supply through her work with PMRI and Good Earth. She has been part of a crew to produce live TV at CMCM.tv. Then, all the other members and attendees of the meeting introduced themselves.
4. **Approval of Agenda:** Bobby Moske moved to approve the agenda. Roberta Anthes seconded the motion. The motion passed unanimously.
5. **Approval of Minutes of the July 28, 2020, Health Council of Marin Meeting.** Bobby Moske moved to approve the minutes. Roberta Anthes seconded the motion. The motion passed unanimously.
6. **Update from Kathy Koblick from Health & Human Services:** Kathy Koblick reported the following:
 1. The statewide flavored tobacco ban passed the state Assembly and is now being considered by the state Senate. All jurisdictions in Marin except Mill Valley have already banned flavored tobacco.
 2. Regarding RxSafe Marin, Kathy advised that Maureen De Nieva-Marsh has transferred to another position within the County. She did great work and we wish her well in her new position. Bobby Moske has stepped in after Maureen left and we thank him. He has done great work. There has been an uptick in opioid use in Marin County. Jennifer Ng is working to get naloxone distributed more widely, particularly among the homeless. We had two homeless overdoses last week. In addition, the RxSafe Marin has a lot of specific action plans and is doing a lot of amazing work.
 3. The Nutrition Wellness Program is part of the County's prevention program. Kathy attended a conference on nutrition as medicine. They have identified patients with chronic conditions who may be helped by improved nutrition. This is a national best practice. There is data on outcomes.
 4. Our staff is stretched very thin, so we have to prioritize tasks.
 5. Regarding testing, Color.com, a contractor, has taken over the drive-through testing site at 10 Avenue of the Flags. Patients must be over 18 years old and must fill out an on-line form and get an appointment to be tested there. Testing without an appointment, on a walk up basis for all ages, is done at MCC, six days a week. Marin City does testing one day a week. There is a testing site in Novato as well. We also go into skilled nursing facilities to do testing.

6. Regarding the re-opening of schools, elementary schools can apply for a waiver so that they can do in-person teaching. Twelve have applied and been reviewed so far and four have been sent back to be revised. Most of those applying are private schools.
 7. Marin County is on the state's "watch list." This is based on cases per 100K of population. Currently, we are at 107 cases per 100K of population, so we are close to getting off the list. That may change with schools opening.
 8. Regarding turn-around time for test results, this has been a problem. The labs have been jammed. However, turn-around times have now improved. Results can be obtained in one to three days.
 9. Regarding the outbreaks at the post-acute, the number of new cases has leveled off. Kevin Hogan reports that he has 25% of his staff tested each week.
7. **Committee and Member Updates:**
1. Ginger Souders-Mason reported on a presentation done by Neil G. Miller, a researcher in vaccines. Dr. Peter Avery also presented and made the point that the sequence in which vaccines are given to children makes a difference.
 2. Sandy Ross reported on a political vaccine study by the Silicon Valley Health Institute. She reported that it showed that mercury is still used in some vaccines. Some have aluminum to which some people react. Vaccines that are only 30% effective can just result in the virus mutating more quickly. Vitamin D and A are good for boosting immunity.
 3. Roberta Anthes reported that on July 5th a decision was handed down from the Ninth Circuit Court of Appeals regarding wireless service which favored the FCC. This is a loss for our side.
8. **Presentation by Toril Jelter, MD on EMF Sensitivity:**
1. Barbara Wientjes introduced Dr. Toril Jelter, a pediatrician who works out of Mt. Diablo Integrate Wellness Center in Walnut Creek. She was born in Oslo, Norway and speaks fluent Norwegian and English. She moved to the United States in 1989 and trained to become a pediatrician at Overlook Hospital in Summit New Jersey, an affiliate of the Columbia School of Physicians and Surgeons. After completing her residency, she joined Robert Wood Johnson University Hospital and St. Peters Hospital and worked in a wide range of clinical settings from private practice to HMO's. Currently, she no longer provides general pediatric services but offers phone consultations for specific problems related to metal hypersensitivity and electromagnetic (EMF) sensitivity.
 2. Dr. Jelter gave a PowerPoint presentation on EMF Sensitivity, specifically about how wireless radiation can affect Marin residents, particularly, children, pregnant women, the elderly and people with chronic illnesses. She reviewed the types of radiation, how it can be measured and how people can protect themselves. There are two types of radiation: (1) Ionizing radiation, found in X-rays, CAT scans and radio activity; and (2) Non-ionizing radiation, found in smart phones, cell towers, baby monitors, WiFi routers, SMART meters and cordless DECT phones. It can be measured by meters obtainable at Safe Living Technologies. She reviewed the various professional medical organizations that have expressed concern about the effects of EMF and made specific recommendations for people to protect themselves, such as limiting screen time on computers and cell phone use. She also cited various studies which proved the negative health effects of EMF. Some of these effects include:
 1. Breast cancer promotion
 2. Sperm damage
 3. DNA damage
 4. Brain tumors
 5. Childhood leukemia
 6. Addiction
 7. Autism
 8. Memory loss

She reported how an individual could test whether or not they were being affected now and listed symptoms of exposure to EMF, such as anxiety, depression, chest tightness,

irritability, fatigue and others. She stated that a physician should consider an EMF diagnosis if symptoms vary depending on time and location. People can do a lot to protect themselves as 90% of exposure is often in a person's own home. An EMF specialist or building biologist can be very helpful in locating exposure and eliminating it. She had suggestions for protecting oneself and a list of resources. After her presentation, she answer questions from the members.

9. **Adjournment:** The meeting was adjourned at 8:45 pm.