

# CEHA WINTER NEWSLETTER

2022 – 2023

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## PRESIDENTIAL ADDRESS WINTER 2022

Welcome to my first presidential address.

I remember fondly reading the various missives from our esteemed past president Marco Palmeri and realizing that this job can be fun, if you let it. (Marco and I went to SUNY Cobleskill Ag and Tech back in 1983, you can put that in your CEHA trivia toolbox, maybe you'll need it someday.) The point is, Marco always added some levity to his messages and if I had to find some relatable president, he would be it. Not that I can match wits with him, but at least I know you can get away with a little humor and still get the job done. Within one of the many iterations of my acceptance speech, I opened with or included the term “welcome to the bottom of the barrel”.

## PRESIDENTIAL ADDRESS (*cont.*)

My loving and wise wife made me take it out each time and she kept asking why I was putting myself down like that. I wasn't, I was trying to refer to the fact that I was now one of the elders in this club and they had finally gotten down to me, hiding at the bottom of the proverbial barrel hoping to go unnoticed. Well, I've been found and I promised to do my best. But back to the barrel, the point I was trying to make was how this organization has a parallel universe to our profession; the old guard is getting, well, old, and we need to include and promote those who are destined to follow in our footsteps. Work Force Development is going to take on a big presence in 2023 and beyond as money from the State is finally being funneled to this worthy cause. The coursework at SCSU is being considered for modernization as well and the result will hopefully be an influx of eager young minds wishing to become public health officials. (Heaven forbid they should want to be Sanitarians, but that is a rant for another time, maybe spring.) We as a profession need to self-promote so folks know who we are and what we do for them on a daily basis. We rarely make the front page, and for the most part that is a good thing, but maybe we should. Maybe we need a billboard "did you thank your health department today?"

Maybe I'm nuts.

In the two months since becoming your president (with only 10 more to go!) I have been contacted by several of the big names at DPH seeking our involvement, our opinion etc. We have a seat at the WFD roundtable being created, and as I write this, two representatives from subsurface sewage were requested to review the final draft of the 2023 Technical Standards and the water committee is wrestling with PA 22-58 and all of its wackiness. Thank you to them and all the committees for their dedication and hard work. We have mostly filled our Executive Board with the exception of Secretary, please consider helping out by filling this position, as you might have discovered, you can't hide in the barrel forever, eventually somebody digs deep.

The publishers have asked me for my goals, what made me decide to become president and a little about myself. Maybe later. If I tell you my goals now, and I can't produce a result, what would you all think of me? If, by some miracle I accomplish something in one short term in office, I'll be glad to tell you that that was my goal all along. That is politics and apparently, I'm a politician now. Thanks a bunch.

Enjoy the winter, it is one of my favorite times of the year and thank you for this opportunity, I am proud to be your president. My "door" is always open.

Tom Stansfield, CEHA President 2023

# CEHA Executive Board

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Tom Stansfield, President

Chris Buter, Past-President

Anton Trojanowski, President-Elect

Brianna Britos-Swain, Vice President

Scott Cook, Treasurer

*VACANT* - Secretary

Elizabeth Kavanah, Legislative

Maryam Hosseini, Membership

Phyllis Amodio, Nominations/Elections

Erica Mikulak, Scholarships/Awards

Dia Dihan, Education

Lisa Yu, Michelle Blackall & Pam Solis, Publicity

Steven Yenco & Katie Baldwin, Food

Kristen Amodio, Housing/Lead

Brian Falkner, Body Arts/Personal Services

Jeff Polhemus, Subsurface Sewage

Brianna Britos-Swain & Alyssa Brochu, Workforce Development

Don Kendrick, Private Well



Connecticut Environmental  
Health Association

# CEHA Annual Meeting

## November 2022

The CEHA annual meeting was held on Friday November 4, 2022 at St. Clements Castle in Portland, CT.

CEHA would like to thank all of our presenters for taking time out of their busy schedules to come and talk to our members!

*Matt Payne*, CT Food Protection Program did a presentation and offered contact hours for certified food inspectors.

*John F. Kerwinn III*, Housing Prosecutor Supervisory Assistant to the State's Attorney Office did a great presentation on how to go about housing cases.

*Steve Nattress*, FDA Retail Food Specialist updated CEHA on the FDA Retail Food Standards.

*Larry Ramdin*, CEHA 2nd National Vice President gave an empowering and motivating speech on what it means to be in our line of work.

*Frank Greene*, Department of Consumer Protection, Food and Standards Director presented on cannabis in food products.

*Thank  
you!*



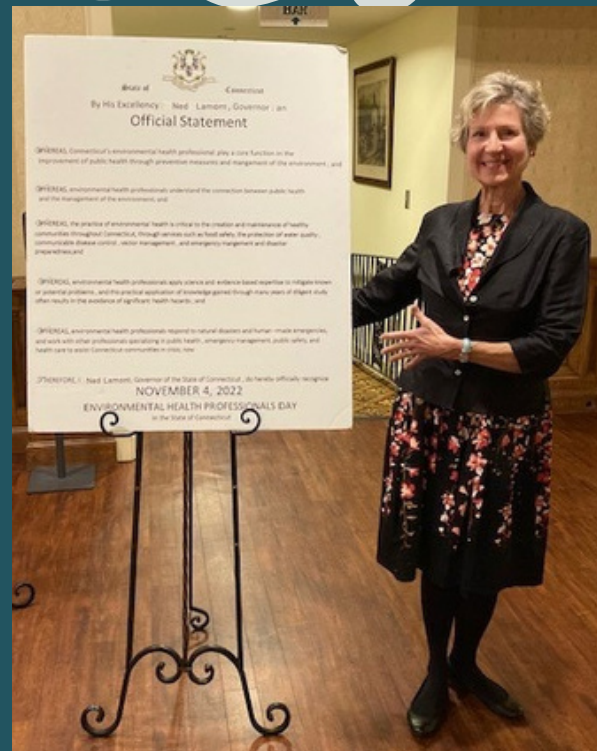
# PHOTOS FROM THE ANNUAL MEETING



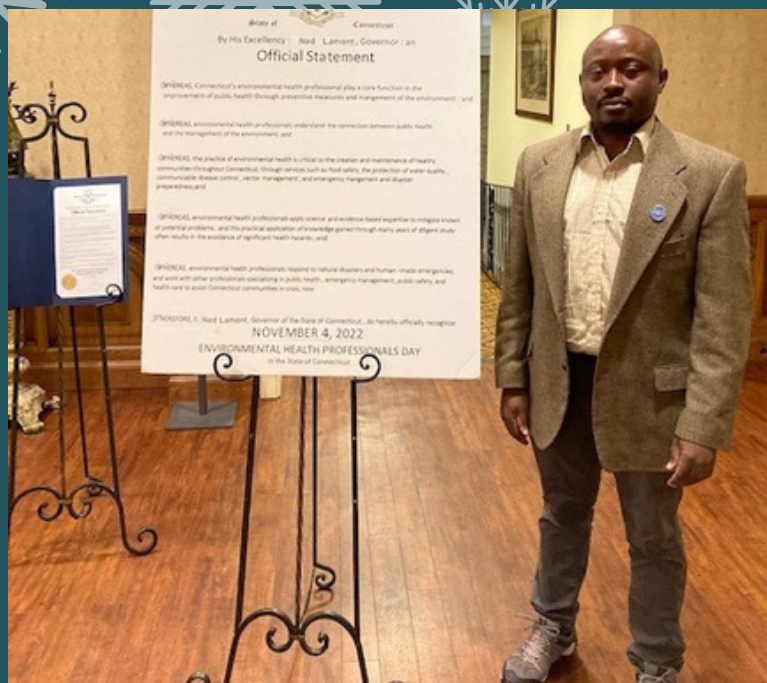








## The Governor's Official Proclamation that November 4, 2022, was Environmental Health Professional's Day





# Raymond Brunelle Jr. Award: *Sanitarian of the Year*

This year's 2022 Sanitarian of the Year award went to **Brian Falkner!**

Brian completed his undergraduate degree in Biology from Central Connecticut State University. After graduating, Brian began his career as an Environmental Hygienist Consultant in the lead and asbestos field. During this time, he worked for several firms including Enviro Science and Eagle Environmental where he honed his inspector skills and developed an understanding of regulatory oversight while monitoring various large abatement projects throughout the state. Brian has been with the City of New Britain Health Department for over 15 years. As one of the most senior staff members and a Registered Sanitarian he often provides assistance to junior staff advising on array of technical aspects of the role for both health and housing disciplines. Brian's knowledge in the field of body and arts has made him one of the foremost authorities throughout Connecticut often counseling other jurisdictions on the safe and sanitary application. Over the past several years, Brian has been a guest lecturer for the Southern Connecticut State University Environmental Health Training Program. His lecture on the regulation of the tattoo industry has become an essential part of the program, bringing modern techniques to new sanitarians. He has also conducted presentations on Body Arts for the Connecticut Environmental Health Association. Brian has been a member of CEHA since 2008 and is currently the chair position of CEHA'S Personal Services Technical Committee. He also served as the chair of Housing and Lead committee and is also a member of the Connecticut Association of Housing Code Enforcement Officials. Brian's knowledge of environmental health is matched with his willingness to serve the community and ensure that the public health is protected. Well deserved Brian!

**CONGRATULATIONS, AGAIN!**





# SCHOLARSHIPS

## Marvin L. Smith Scholarship Recipient

Congratulations to this year's 2022 Marvin L. Smith Scholarship recipient, **Ariana Rajae**! Ariana is currently an undergraduate student at Wheaton College where she is double majoring in Public Health and Sociology and Economics. Ariana has earned Dean's List every semester and is also part of the Volleyball Team at Wheaton College where she was named captain for the 2022-2023 season.



During the Spring 2022 semester, Ariana was interning at Rhode Island Hospital in the position as a Financial Analyst in Pediatrics.

This position helped her understand the roles inside of a hospital and focusing on quality improvement while also aiming to improve efficiency.

The project that Ariana had throughout her internship was aimed at improving wait times and patient visit times on the lower level of the hospital within the ER.

Ariana also observed patient flow and interviewed staff to see how the space and patient experience could be improved while also gathering and analyzing data on these issues.

After graduating, Ariana will be pursuing a Master Degree in Public Health with a concentration on focusing on population health.

Ariana is excited to learn about the barriers and possibilities for others while being able to bring more knowledge to the work she is involved in especially creating and building healthier communities and quality of life. Like mother like daughter, Ariana plans on following the same footsteps as her mother Maryam Hosseini in the field of Public Health.

**CONGRATULATIONS AGAIN, ARIANA!**

# Joseph Hock Yankee Scholarship Recipient

Congratulations to this year's 2022 Joseph Hock Yankee Scholarship recipient, **Mindy Chambrelli**!

Mindy was born and raised in Kansas and studied at the University of Kansas and also Wichita State University as an undergraduate prior to transferring to Southern Connecticut State University. Mindy graduated in 2003 with a degree in Public Health and a minor in Biology.

After graduating, Mindy obtained employment with the West Haven Health Department and became involved in grant programs that supported public health emergency preparedness by preparing and responding to a bioterrorism event. One of the highlights of this position was training at the FEMA Center of Domestic Preparedness in Anniston, Alabama. Eventually, while working through many grant funded programs and engaging with local health department responsibilities Mindy shifted into the field of Environmental Health.

Mindy worked to complete the necessary certifications to serve as a sanitarian in Connecticut and then passed the Registered Sanitarian (RS) exam with the state and also has her REHS certification as well.

After the last several years Mindy has worked for different health departments but has been with Darien Health Department for 9 years as a registered sanitarian and in 2020 assumed the title of Acting Director of Health.

Mindy became of member of CEHA in 2011 and joined the executive board in 2018 advocating to the board and state leadership to implement formal licensing of nail and eyelash technicians and estheticians. In 2020, Mindy served as president of CEHA and also was awarded Sanitarian of the Year. Mindy was accepted into the University of New England's College of Graduate and Professional Studies in 2020 to continue to work towards her Master's Degree in Public Health. She has a cumulative GPA of 3.86 and will be graduating with her MPH Degree in 2023.

**CONGRATULATIONS AGAIN, MINDY!**

# publicity committee update

Hi there! My name is Pam Solis and I'm one of CEHA's newest Publicity committee folks!



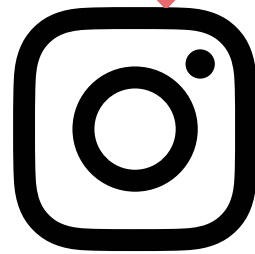
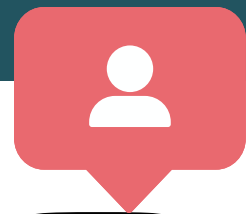
I started my job as a full time health inspector for Stamford Health Department in February 2022 and before that, I worked part time with Westbrook Health Department in 2019.

I graduated from Southern Connecticut State University with a Bachelor's of Science in Public Health in 2018.

I wanted to be more involved with public health on a more social and creative approach, particularly when it comes to raising awareness on what we do on the field, why we do the things that we do, how we can get everyone outside our positions more involved, what we can do to incite action and spread education, ensure the safety of individuals, etc. (after all, public health *is* a broad subject that everyone speculates about, and yes, what we do goes beyond that Spongebob Health Inspector episode).

That being said, I am very excited to be collaborating with everyone here at CEHA! I'll be copiloting the newsletter with Michelle and Lisa as well as our newly formed Instagram page (which, *if you haven't yet*, you should come follow!)

If you'd like to see share any 'Gram-worthy posts, send me your pictures (or Boomerangs) and captions to: **[psolis@stamfordct.gov](mailto:psolis@stamfordct.gov)**



Instagram

**CT.EHA**

## GET TO KNOW ME!

1. I recently picked up the violin (because why not, you know?)
2. I'm a video game streamer on Twitch
3. I dislike heights and celery (yes, you read that correctly)
4. I currently run the **CT.EHA** Instagram page so feel free to send me a hello over there!



# CEHA NEEDS YOU!

THE TIME TO GET INVOLVED  
IS NOW

We are looking for the support of our Membership to  
immediately fill the  
**SECRETARY Executive Board** position.

This is an opportunity for both new and experienced  
Sanitarians in CT to contribute and further your  
professional expertise.

**The monthly CEHA meetings are virtual and recorded.**

This would allow the new Secretary to transcribe the  
minutes from the meeting at their convenience.

If you are interested in joining the CEHA Executive  
Board or nominating a colleague for  
the Secretary position  
please contact me with any questions at:

***phyllisamodio@bristolct.gov*** or (860)584-7682

*Thank You*

PHYLLIS AMODIO, NOMINATIONS & ELECTIONS CHAIR





# JOB OPPORTUNITIES



- Director of Health- QVHD
- Chief Sanitarian- Town of Monroe
- Public Health Manager- City of Middletown
- Sanitarian- City of Middletown
- Regional Preparedness Coordinator- Chesprocott Health District
- Emergency Response Coordinator- Chesprocott Health District

Apply now at: [ceha.wildapricot.org](http://ceha.wildapricot.org)



**EXTRAS**

# WHAT ARE YOUR 2023 GOALS?

"...to obtain my certifications, be more adept in environmental health, tackle on leadership opportunities that'll arise, and be more involved in our community."

-Albert G., Inspector 1

**City of Stamford Health Dept.**

"Meet submission deadlines for all reports and try not to grow any more gray hairs!"

-Zach F., MPH, RS, Director of Health

**Westbrook Health Dept.**

- Promote healthier environments and to improve health through policy and system improvement.
- Improve community engagement through outreach
- Raise environmental awareness
- Take leadership on emerging environmental health issues

-Ebrima J., MPH,  
Director of Health & Environmental  
Inspections

**City of Stamford Health Dept.**

**In The Mood for  
Something Healthy?  
Check Out These Recipes!**

## Go-To Breakfast:

1/4 cup of oatmeal  
1/4 cup of walnuts  
handful of pepitas  
1/2 an apple  
1 banana  
1/2 cup of blueberries  
1 Tbsp of chia seeds  
1 Tbsp ground flax seeds  
1/2 to 3/4 cup of water

-Shirley M., RS, *Sanitarian*  
**Guilford Health Dept.**

## THE ORGANIC VIBRANT SMOOTHIE:

2 bananas  
2 cups of frozen blueberries  
1 cup of frozen strawberries  
2 cups of frozen pineapple  
1 apple  
1/2 avocado  
1 cup Greek yogurt  
Some high quality water (up to your discretion on this)

-Zach F., MPH, RS, DOH  
**Westbrook Health Dept.**