

**Meeting of Montvale Board of Health
Conference Room #1
12 DePiero Drive, Montvale, NJ 07645
September 8, 2025 /Meeting Time: 7:00pm**

President Cohen called the meeting of the Board of Health to order. Adequate notice of the meeting was provided to *The Record* informing the public of the time and place, according to the Provisions of the Open Public Meeting Law (Chapter 231, P.L. 1975). The Sunshine Law is in effect. Meeting Open to the Public.

Roll Call Attendance (P= Present & A= Absent)

MEMBERS	Jan.	March	May	June	Sept.	Nov.	Dec.
Joyce Cohen	P	P	P	P	P		
Gail Clark	P	P	P	P	P		
Monica Danna	P	P	P	A	P		
Joyce Jacobson	P	P	A	P	P		
Joel Landzberg	P	P	P	P	P		
Patricia Lennon	P	P	P	P	P		

Non- Members: Council Liaison Cudequest (P) & Secretary K. Ciborowski (P)

Contracted Professionals:

N. Reddy, Northwest Bergen Regional Health Commission Health Officer (P)

Carol Tyler, Tyco Animal Control Services (A)

Meeting dates (meetings start at 7:00PM): January 6, March 3, May 5, June 2, September 8, November 3 & December 1. Attendance is important, if you are unable to attend, please email the Board's President & Secretary.

The meeting information was posted on the website & Sunshine Law is in effect. Meeting open to the public. President Cohen asked for motion to open meeting to the public. J. Landzberg made the motion. J. Jacobson seconded the motion. All in favor.

President Cohen asked for a motion to approve the June 2025 minutes. P. Lennon made a motion to approve the minutes and J. Landzberg seconded it. The minutes were approved on a roll call vote. The minutes will be posted on Borough website.

President Cohen informed the Board that there will not be a Fall flu clinic in 2025. Valley Health has booked all their available flu clinic slots for the year and cannot accommodate Montvale at a mutually convenient time. In addition, advanced registration is required. Local pharmacies are inoculating on a walk-in basis. Dr. Reddy stated that many municipalities are cancelling. She stated the Borough should be able to schedule a clinic next year and will coordinate with Valley Health to plan a 2026 clinic that does not require preregistration.

President Cohen informed the Board about efforts to create an ordinance to define and regulate body art in the Borough of Montvale. However, after further discussion with the Borough Administrator, it was clarified that there are currently no zones in Montvale where body art is permitted. As a result, the administration concluded that creating an ordinance to prohibit body art would be unnecessary, since it is already not allowed under existing zoning laws.

President Cohen informed the Board that a new sauna and cold plunge business, Sweathouz, has recently opened in Montvale. N. Reddy explained that the state is in the process of developing specific regulations for saunas with cold plunge pools. In the meantime, Sweathouz qualifies to be licensed as a recreational plunge pool. Therefore, they must apply for an annual pool license through the Board of Health and undergo the necessary health department inspections.

Council Liaison Theresa Cudequest informed the Board that the Borough of Montvale will be one of the first municipalities in Bergen County to install a "Buster Box." This initiative, sponsored by Children's Aid and Family Services, will provide free access to naloxone, a potentially lifesaving medication that reverses opioid overdoses. The box will be located outside the Montvale Fire House and available to individuals in need.

President Cohen reminded the Board that the 2025 rabies clinic is scheduled for Saturday, November 1, from 9:30 a.m. to 11:00 a.m. and that volunteers are needed.

Reports:

NW Bergen Reg. Health Commission Report: N. Reddy read the July report.

Registrar & Vital Statistics Report- M. Danna read the May, June, July and August reports.

Tyco Animal Control Report- M. Danna read the May, June, July and August reports.

Child Health Conference Report- No report.

Council Liaison Report- T. Cudequest

[Adjournment](#)

Meeting closed to the public. A motion to adjourn at 8:15PM was made by J. Landzberg, second by J. Jacobson. All in favor. Meeting adjourned.