



City of Kingston Live Well Kingston
Meeting Agenda
Wednesday, February 19, 2020
4:00 PM
City Hall
420 Broadway
Kingston, NY 12401

LOCATION: CONFERENCE ROOM 1, TOP FLOOR, CITY HALL

CALL TO ORDER

APPROVAL OF MINUTES

Meeting Minutes

[December 2020 LWK Meeting Minutes .pdf](#)

[20.01 January LWK Meeting Minutes .pdf](#)

ADMINISTRATIVE MATTERS

Commissioner Open Seats

Meeting Dates

REPORTS

Heal Well Focus Team

STRETCH

OLD BUSINESS

Community Agreements

[LWK Community Agreements.pdf](#)

NEW BUSINESS

Air Quality and Wood Smoke Pollution - Lorraine Farina

[Information on Woodsmoke Pollution for Live Well Kingston February 19 2020.pdf](#)

ANNOUNCEMENTS AND COMMUNICATIONS

Applied for State DOH Grant - Healthy Communities and Schools

FOCUS TEAM MEETINGS AND OTHER EVENTS - PLEASE SEE

LIVWELLKINGSTON.ORG/EVENT-DIRECTORY/ -

04 MAR RESILIENCE FILM AND PANEL DISCUSSION AT EDSON ELEMENTARY

06 MAR HEAL WELL FOCUS TEAM MEETING

*08 MAR THE 2020 KINGSTON WOMEN'S BIKE FESTIVAL
11 MAR KCSD SCHOOL WELLNESS COMMITTEE
12 MAR HEALTHY ULSTER COUNCIL MEETING
17 MAR AGE WELL FOCUS TEAM MEETING
18 MAR LIVE WELL KINGSTON COMMISSION MEETING
19 MAR LWK PRESENTATION AT GATEWAY
27 MAR PLAY WELL FOCUS TEAM MEETING*

Live Well Kingston December Meeting Minutes

Wednesday, December 18, 2019, 4 – 5:15pm, City Hall, Conference Room #1

I. Call to Order: 4:05 pm

Council Members (Voting)

Guests

a.

Anna Brett	X	Emily Flynn, Dir. Health & Wellness
Caitlin Zinsley	Absent	Sendy O'Brien, MiSN
Dylan Johanson	Absent	Lori Ferguson
Gerry Harrington	Excused	Tom McCarry, Institute for Family Health
Kathleen Rogan	X	
Melinda Herzog	X	
Stacy Kraft	X	
Tevis Trower	Excused	
Walter Woodley	Absent	
Yanna Wilson	Excused	
Open		

II. Narcan Training

a. Tom led us through a very informative Narcan training.

Overdosed deaths have increased for seven consecutive years in NYC, which is very similar to Ulster County. Ulster County had the highest rate of overdoses in NYS in 2016. Fentanyl is a dangerous synthetic, short-acting opioid, that has a higher potency 50-100 times than morphine. Naloxone gets in the way of the opioid in the receptors in the brain. There are no known negative effects for Narcan, and is very safe to use. Signs of opioid overdose include: unconscious or unresponsive, slow or stopped breathing, blue/gray/white lips and/or nails, snoring or gurgling sounds, and muscle stiffness or rigidity. A sternal rub should be used to check if the person is unconscious. Call 911 then administer the Narcan. Once the package is opened, the spray is ready to use--there's no cap to open. Put it in the nose and spray. After 2 minutes, administer the second dose if still needed. Put the person in the recovery position on their side. You can administer CPR. Replace the kit if it is after the expiration date, but it will still work after the date for a long time, so if that is all you have, still use it. You can refill the kit by returning it to IFH and any pharmacy. Family of Woodstock locations provide walk-in Narcan training.

Thank you to Tom & Stacy for all the information!

III. Approval Of Minutes

- a. We did not have a quorum and were not able to pass any of the meeting notes.

IV. Administrative Matters

- b. We welcomed two potential board members. Sendy O'Brien is a community health worker for Maternal Infant Services Network (MiSN), would like to support a connection to the spanish speaking community. Lori Ferguson is an active community member who teaches a nutrition class at the Center for Creative Education, has personal experience with spinal surgeries, diet change and weight loss and She is a registered nurse. We encouraged them to join us at our future commission meetings. We were not able to vote on accepting them as commissioners because of the lack of quorum.
- c. We reviewed the officers responsibilities. The Chair would preside over the meeting if the coordinator (Emily) wasn't available. Occasionally the chair signs a letter of support or works with the coordinator to set the agenda. The Vice-chair takes on the duties of the chair if they are not available. The Secretary is the position we need most. They take meeting notes and send them to the coordinator, who distributes them. The Treasurer is tasked with creating a budget and reporting, as needed, but we have been using the Health & Wellness budget, so have not needed this work. In January, if we have a quorum, we will nominate and elect officers.
- d. In January we will set the dates for the 2020 meetings.

II. Announcements and Communications

- a. The Ulster County Board of Health is looking for members. They meet once a month on the 2nd Monday, at 6:30 pm, at 239 Golden Hill Lane, Kingston. See BoardofHealth.docx for specific info.

III. Adjournment: 5:15pm

IV. LWK Focus Teams and Other Events

Please see <http://livewellkingston.org/event-directory/> for updates and details.

03 Jan Heal Well Focus Team Meeting
 08 Jan KCSD School Wellness Committee, HS Library
 09 Jan Live Well Kingston Presentation at Human Services Coalition
 13 Jan Resilience Film and Panel Discussion at Miller Middle School
 16 Jan Resilience Film and Panel Discussion at Bailey Middle School
 21 Jan Age Well Focus Team Meeting, Senior Hub
 24 Jan Play Well Focus Team Meeting, City Hall
 31 Jan Black History Month Kingston Community Dinner, YMCA
 05 Feb Eat Well Focus Team Meeting, Cornell Cooperative Ext.

Live Well Kingston Meeting Minutes

Wednesday, January 15, 2019, 4 – 5:31pm, City Hall, Conference Room #1

I. Call to Order: 4:05 pm

Council Members (Voting)

Guests

a.

Anna Brett	X	Emily Flynn, Dir. Health & Wellness
Caitlin Zinsley	X	Sendy O'Brien, MiSN
Open		Lori Ferguson
Gerry Harrington	X	Sam Wilo
Kathleen Rogan	X	Tanya Garment
Melinda Herzog	X	
Stacy Kraft	X	
Tevis Trower	On Phone	
Walter Woodley	Absent	
Yanna Wilson	On Phone	
Open		

II. Approval Of Minutes

- A. A motion was made by Gerry to approve August's meeting minutes. Seconded by Anna. Abstentions: Caitlin. Motion Passed.
- B. A motion was made by Anna to approve September's meeting minutes. Seconded by Stacy. Abstentions: Gerry, Melinda, Caitlin, Tevis. Motion passed.
- C. A motion was made by Gerry to approve October's meeting minutes. Seconded by Stacy. Abstentions: Anna, Caitlin, Melinda, Tevis. Motion passed.
- D. A motion was made by Melinda to approve November's meeting minutes. Seconded by Melinda. Abstentions: Caitlin, Gerry, Tevis. Motion passed.
- E. The December's meeting minutes were tabled until February. Emily will edit the notes to be certain that Stacy is listed as co-presenter.

III. Administrative Matters

- A. We welcomed guests and potential commissioners. Lori is a dietitian working with Center for Creative Education and has a passion for supporting others to eat healthily.

Sendy is a community health worker who is connected with the spanish-speaking population in Kingston. Sam works in solar energy and is interested in Travel Well.

- B. Gerry made a motion to go into executive session to discuss commissioner recommendations to the Mayor. Melinda seconded. Motion passed.
- C. Gerry made a motion to recommend Sendy O'brien to be a commissioner to the Mayor. Melinda seconded. Motion passed.
- D. Anna made a motion to recommend Lori Ferguson to be a commissioner to the Mayor. Caitlin seconded. Motion passed.
- E. The commision went back to normal session and Lori volunteered to take the 2-year seat and Sendy will take the 1-year seat.
- F. A slate of officers was proposed of: Chair will be Gerry, Vice-chair will be Stacy, Co-secretaries of Yanna and Caitlin and treasurer will be Anna.
- G. Kathleen made a motion to approve the slate of officers. Melinda seconded it. Motion passed.
- H. Meeting times: Emily will send out a doodle poll of a few other meeting times options including days at the end and beginning of the week and times a little before and after. Next month, the commission will still meet February 19th.

IV. Stretch

V. Old Business

- A. Community Agreements. Emily presented the community agreements as a code of conduct for meetings. We would ask the Focus Teams to read it once a year at their meetings. Emily asked the commission to adopt these agreements. Emily will make edits and will be presented again in February.

VI. New Business

- A. Communications Committee: Emily spoke of the need for help with communications and presented a rough chart of needs. The Commission decided to have the communications subcommittee meet quarterly to provide feedback and direction. Gerry, Kathleen, Yanna & Tevis will again be on the committee. Stacy asked for there to be a way of letting her and others know when posts are made so they can amplify them on their networks.

VII. Announcements and Communications

- A. The public is invited to the MTC Community Center, 61 Academy St. in Margaretville, from 8:30 a.m. to 3 p.m. Jan. 24, a week from tomorrow, to listen to and offer ideas at a free, four-county summit about how to deter opioid misuse in the Catskills and how to help people deeply touched by the crisis. The involved counties are Delaware, Ulster, Sullivan and Greene. The summit will also look into methamphetamine, or crystal meth,

fast on the rise and, in some communities, replacing opioids as the No. 1 killer recreation drug. To register for the summit, please call Margaretville Hospital at 845-586-2631, ext. 3114, or sign up at catskillsaddictioncoalition.org.

- B. HealthAlliance senior breakfasts are every 3rd Wednesday of the month. January's presenter was an Ophthalmologist. Gerry will send Emily information about these events so they can be added to the LWK events.
- C. Stacy mentioned the Ulster County Dept. of Health rabies vaccination clinic. Friday, January 31st, 10am-12pm at the UCSPCA, 20 Wiedy Road, Kingston, NY.
- D. Stacy mentioned the Workplace Wellness conference, Friday, January 31, 8:30-3:30pm, Mary's Ave Campus Auditorium. <https://ulsterww2019.eventbrite.com/>
- E. Tanya invited people to go to a UCAT Public Meeting Regarding City of Kingston Proposed Base Fare, 5:30 p.m. to 6:30 pm on Monday, February 10, 2020 at Ulster County Area Transit, 2nd floor training room, located at 1 Danny Circle in the Golden Hill Complex in Kingston. She is part of a group called [Friends of Kingston Public Transit Riders](#) which is a Facebook Group.

VIII. Adjournment: 5:31pm

IX. LWK Focus Teams and Other Events

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 09 Jan Live Well Kingston Presentation at Human Services Coalition
 13 Jan Resilience Film and Panel Discussion At Miller Middle School
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 21 Jan Age Well Focus Team Meeting
 24 Jan Play Well Focus Team Meeting
 31 Jan Black History Month Kingston Community Dinner
 05 Feb Eat Well Focus Team
 10 Feb Travel Well Focus Team
 12 Feb Complete Streets Advisory Council
 14 Feb Heal Well Focus Team
 19 Feb Live Well Kingston Commission

LWK Guiding Agreements

Anytime people gather as a group we form both a community and a culture. Live Well Kingston seeks a community and culture that is respectful, comfortable, open, curious, and kind. Community Agreements help us identify concrete ways to create that culture and to talk about and through conflict. Using these practices and tools we can challenge ourselves and each other while still recognizing we're all coming from different places of knowing and transforming.

Be Curious, Open, and Respectful - Call in, not out/throw sunshine, not shade

No one knows everything - Together we know a lot

We can't be articulate all the time – Don't assume, give the benefit of the doubt and ask questions

We take care of ourselves - Stretch, eat, drink, use restroom, rest, etc.

Confidentiality - Don't speak for others without explicit permission, don't share something communicated in a private or safe space

One mic - One voice at a time

Take Space/Make Space - If you are usually quiet, challenge yourself to take more space, and if you usually talk a lot, be mindful to leave room for quieter voices

Avoid Jargon, Acronyms, and Industry language - Use inclusive language that is accessible for people with varying inside knowledge

Be aware of time - Enough let's move on (ELMO), means if what you wanted to say has already been said, don't say it

Speak from your own experience - Use "I" statements rather than generalizations

Be conscious of intent vs. impact - No matter your intention, be aware that your behavior has an impact

Avoid using isms - Without explaining what you mean by them

Special thanks to [NESAWG](#) for the inspiration and content.

Information on Woodsmoke Pollution for Live Well Kingston
February 19, 2020

-link to Radio Kingston broadcast with Hillary Harvey (explains the basics of the topic):

<https://radiokingston.org/en/broadcast/source-hillary-harvey/episodes/interview-lorraine-farina-wood-smoke-pollution>

-American Lung Association position paper on woodsmoke and health, including some of the components of woodsmoke, and the information that PM 2.5 is so dangerous that everyone is at risk from this type of pollution:

<https://www.lung.org/our-initiatives/healthy-air/indoor/indoor-air-pollutants/residential-wood-burning.html>

<https://www.lung.org/our-initiatives/healthy-air/outdoor/air-pollution/particle-pollution.html>

-City of Kingston CAC Air Quality website:

<https://kingston-ny.gov/airquality>

And brochure:

https://kingston-ny.gov/filestorage/8399/8491/8495/10452/Wood_burning_brochure_FINAL_updated_April_2018.pdf

-Yale physicians' recent report on residential woodburning and health, through the EHHI Journal:

<https://www.ehhi.org/woodsmoke-exposures.pdf>

-Doctors and Scientists Against Woodsmoke Pollution:

Physician-run website and clearinghouse for peer-reviewed studies on the subject:

<https://woodsmokepollution.org/>