



City of Kingston Live Well Kingston
Meeting Agenda
Wednesday, August 19, 2020
4:00 PM
VIRTUAL

LOCATION: VIDEO CALL - Live Well Kingston
Wed, Aug 19, 2020 4:00 PM - 5:30 PM (EDT)

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CALL TO ORDER

REPORTS

Travel Well Report

HealthAlliance Update

Suggested Action: Updates on: construction, community efforts, diversity initiatives, COVID and behavioral health from Freddy Garcia, Regional Director for Diversity, Inclusion, & Community Engagement

APPROVAL OF MINUTES

Meeting Minutes

[20.02 February LWK Meeting Minutes.pdf](#)

[20.06 June LWK Meeting Minutes.pdf](#)

[20.07 July LWK Meeting Minutes.pdf](#)

ADMINISTRATIVE MATTERS

Open Commission Seats

OLD BUSINESS

Community Agreements

[LWK Community Agreements.pdf](#)

NEW BUSINESS

Remote Motions -

https://docs.google.com/document/d/1H5cbvGrjWwYjYFTq4N1hYD_mUMZiAFYuJFIV3Z2aYok/edit?usp=sharing

ANNOUNCEMENTS AND COMMUNICATIONS

FOCUS TEAM MEETINGS AND OTHER EVENTS - -

12 Aug Complete Streets Advisory Council Meeting

13 Aug Bike Friendly Kingston Slow Rides

18 Aug Age Well Focus Team Meeting

19 Aug Live Well Kingston Commission Meeting

20 Aug Bike Friendly Kingston Slow Rides

27 Aug Bike Friendly Kingston Slow Rides

28 Aug Play Well Focus Team Meeting

03 Sep Bike Friendly Kingston Slow Rides

10 Sep Ulster County Farm To School Working Group

10 Sep Bike Friendly Kingston Slow Rides

16 Sep Live Well Kingston Commission Meeting

17 Sep Bike Friendly Kingston Slow Rides

24 Sep Bike Friendly Kingston Slow Rides

Live Well Kingston February Meeting Minutes

Wednesday, February 19, 2020, 4 – 5:30pm, City Hall, Conference Room #1

I. Call to Order: 4:05 pm

In Attendance: Commissioners: Stacey Kraft, Anna Brett, Melinda Herzog, Tevis Trower (by phone), Walter Woodley, Caitlin Zinsley, Gerry Harrington, Lori Ferguson; Guests: Emily Flynn, Theresa Wideman (Heal Well Kingston), Freddy Garcia (by phone, Health Alliance Hospital), Elizabeth Winn (intern, SUNY New Paltz Geography Department), Lorraine Farina (Climate Action Committee Kingston)

II. Administrative Manners

- Yanna stepped down in order to give her seat to someone who is able to be more present in person
- We have one open seat
- Emily will revamp and circulate an info sheet on being a commissioner on LWK

III. Approval of Minutes

- Anna: Motion to approve minutes of December 2019. Seconded: Melinda.
 - Passed unanimously
- Stacey: Motion to approve minutes of January 2020. Seconded: Anna
 - Passed unanimously

IV. Meeting Dates

- Emily sent out a doodle poll to see if the meeting time is the best for the commissioners
- The current day and time had the most available attendees. Meeting day and time will stay the same.

V. Heal Well Focus Team Report

- Presented by Therese Widemann
- Last year Heal Well focused on trauma
- They are working out their goal for this coming year
 - An ongoing survey is helping to narrow down goal
 - Exploring a partnership project with AHEC in which college students would work on a community project and the focus team would support them
 - Looking into collaborating with Healthcare is a Human Right, which has regular community clinics

- Working on defining who HWK is trying to serve - who doesn't have access to information on trauma and healing or knowledge of these subjects or programs of support.

VI Discussion on Community Agreements

- We are going to add "and vice versa" to the second to last agreement
- Discuss next meeting

VII Presentation on Air Quality and Woodsmoke Pollution

- Lorraine Farina presented on her research of the dangers of woodsmoke pollution and is seeking the Committee's help in disseminating the information and ways of effectively reaching people.
- See handouts.
- Committee discusses the scope of woodsmoke pollution, agrees to not post independently on the topic at this time, agrees that promoting clean energy goes hand in hand with this effort.

Meeting Adjourned 5:35.

Live Well Kingston June Meeting Minutes

Wednesday, June 17, 2020, 4 – 5:30pm, GotToMeeting

- I. Call to Order: 4:15
 - A. In Attendance:
 - 1. Commissioners: Stacy Kraft, Anna Brett, Melinda Herzog, Walter Woodley, Lori Ferguson;
 - 2. Guests: Emily Flynn, Freddy Garcia, Katie Sheehan-Lopez, Shahedra Ward-King, Vincent Martello, Sara Katz, Susanne Callahan, Doug Koop,
- II. Reports
 - A. Eat Well
 - 1. [COVID programming and response report](#)
 - 2. Met in April and June, 15-20 agencies called in.
 - 3. Maria Reidelback - Turning the Tables cookbook at Cornell Cooperative presentation.
 - 4. Kingston Emergency Food Collaborative, KEFC, started in Eat Well conversations.
 - 5. Ongoing conversations about future KEFC work.
 - 6. SNAP applications are increasing and the person who does SNAP recruitment has lost funding.
 - 7. KEFC was delivering 3K meals a day at its height. Grocery delivery is still happening. Limited meal delivery is still happening out of the Everette Hodge Community Center.
- III. Approval of Minutes - Didn't have a quorum. Will bring this up in July.
 - A. [February Meeting Notes](#)
- IV. Administrative Manners - Also moved discussion to July.
 - A. Open Commission Seat
 - 1. Shahedra Ward King - Goes by "Shy," Case manager at Institute for Family Health, owns a holistic business that opened in Kingston. Is in school to be an expressive art therapist. Enjoys anything that has to do with wellness and feels it is very important for communities of color.
- V. Old Business - Moved discussion to July.
 - A. [Community Agreements](#)
- VI. New Business
 - A. Potential Grow Well Focus Team - Urban Agriculture Working Group
 - 1. Group of organizations around farming and agriculture in the area has developed in the last month.

2. Sara Katz - Works at Farm Hub, Kingston garden bed project, working with Kingston YMCA to create and install 20 garden beds in the City and in the KCSD area. Outreach has gone out in the KEFC grocery distribution.
 3. The Urban Ag group has questions around how much control the Live Well Commission would have over their projects.
 4. Could the beds be installed at Colonial Gardens? Sara will follow up with Lori F.
 5. Live Well Kingston had a "Grow-Up" well name intended for childhood support. Could use Grow Well now for this group and come up with a new name for future projects.
- B. [Undoing Racism Training](#) - Emily has collected undoing racism training opportunities and will follow up to get training specifically for the LWK Commission. Emily will follow up with Shy, Dr. Woodyly, and Lori with the training resources.

VII. Announcements and Communications

- A. Substance abuse and suicide rates are up significantly up during COVID times. [O+ has made a mental health hotline](#). Free and confidential 24-7 conversation for managing stress and connecting to supportive resources in the Kingston area: Please call or text Coping During COVID Helpline, 24-7: 1-844-437-6856.
- B. Ulster County has changed their hotline to be a way to connect to many resources. 845-443-8888.
- C. The High Risk Mitigation Team - Ulster County pilot to support those at the highest risk of substance abuse. Includes a customized recovery plan. Connects with the DOH, sheriff, fire and police department and other organizations. Starting small. Teams would support participants at multiple points in their lives.
- D. Kingston has 40% of the overdose and only 13% of the UC population. - Vin
- E. Cultural competency is a barrier to health services.
- F. Childcare is a great need in our community. About half of the childcare options are open and many working parents are going back to work. Children will be left alone and be using screens a lot.

VIII. Focus Team Meetings and other Events

- A. 16 Jun Age Well Focus Team Meeting
- B. 18 Jun Urban Agriculture Working Group
- C. 26 Jun Play Well Focus Team Meeting
- D. 03 Jul Heal Well Focus Team Meeting
- E. 09 Jul Healthy Ulster

Meeting Adjourned: 5:13

Live Well Kingston July Meeting Minutes

Wednesday, July 15, 2020, 4 – 5:30pm, GotToMeeting

I. Call to Order: 4:11

A. In Attendance:

1. Commissioners: Melinda Herzog, Lori Ferguson, Anna Brett
2. Guests: Emily Flynn, Dough Koop, Katrina Light

II. Reports

A. [Play Well Action Plan](#) has been updated.

1. Met in June
2. Reviewed the status of available programming and parks
3. Chess table programming has been put on hold.
4. Identified communications topics
5. Kingston Library Sidewalk Course/treasure hunt project

B. Kingston Emergency Food Collaborative Update

1. Katrina Light, Hudson Valley Farm Hub

KEFC started in early March when around 15 agencies came together to provide food when the KCSD closed due to COVID. March 18th 175 meals from the Everette Hodge were delivered. Created a hotline. No restrictions on food, anyone could get food. The next week or so Project Resilience (an Ulster County project) started purchasing meals and adding them to our delivery system. Meal delivery increased rapidly over the next couple of months. Meal support is still happening. 77,617 prepared meals have been delivered. At our peak we were delivering 3K meals a day. The YMCA was the main meal distribution point. Soon after meals, groceries from People's Place delivery started. Groceries last longer and are more sustainable. 4,800 grocery deliveries have been made. Partnered with Community Action and Catholic Charities to do more grocery delivery. Served over 1,200 families, 4300 people. 305,000 total meals (includes meals and groceries) have been delivered. This was possible because of the partnerships between the different organizations. Over 600 volunteers were managed. Food insecurity is still continuing and the Collaborative is having long-term conversations. Hodge meals will end August 14th. Catholic Charities will be ending their deliveries in August but People's Place is planning to continue. The KEFC is hoping that they won't have to ramp back up in the fall in response to an increase in COVID.

2. The KEFC had a procurement team that pulled together groceries from the Farm Hub and other sources that were used to supplement the food pantry resources. Volunteers are still needed to support this work.
 3. Follow up survey for recipients? How can we find out what is needed in the community and still preserve confidentiality.
- III. Approval of Minutes - postponed until the next meeting because of a lack of quorum.
 - A. [February Meeting Notes](#)
 - B. [June Meeting Notes](#)
 - IV. Administrative Manners - postponed until the next meeting because of a lack of quorum.
 - A. Open Commission Seat
 - B. Are we able to vote by email? Emily will look into this.
 - V. Old Business
 - A. [Community Agreements](#) - postponed until the next meeting because of a lack of quorum.
 - B. Urban Ag/Grow Well Update - Still considering being a Focus Team of Live Well. No official request yet.
 - C. [Undoing Racism Training](#) - Emily has ordered 25 copies of *So You Want to Talk About Race, Ijeoma Oluo*, and will be distributing to the Commission and any Focus Team Members who expressed interest. Emily will continue to look for trainings for the commission.
 - VI. New Business
 - A. Wood burning in Kingston - A pizza restaurant in Kingston has been burning wood in Uptown and the smoke is going into nearby buildings.
 - VII. Announcements and Communications
 - VIII. Focus Team Meetings and other Events
 - A. 09 Jul Bike Friendly Kingston Slow Ride
 - B. 10 Jul Heal Well Focus Team Meeting
 - C. 14 Jul Age Well Focus Team Meeting
 - D. 15 Jul Live Well Kingston Commission Meeting
 - E. 16 Jul Bike Friendly Kingston Slow Ride
 - F. 23 Jul Bike Friendly Kingston Slow Ride
 - G. 30 Jul Bike Friendly Kingston Slow Ride
 - H. 05 Aug Eat Well Focus Team Meeting
 - I. 06 Aug Bike Friendly Kingston Slow Ride
 - J. 12 Aug Complete Streets Advisory Council Meeting
 - K. 13 Aug Bike Friendly Kingston Slow Ride
 - L. 19 Aug Live Well Kingston Commission Meeting
 - M. 20 Aug Bike Friendly Kingston Slow Ride
 - N. 27 Aug Bike Friendly Kingston Slow Ride

Meeting Adjourned: 4:49

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, and vice versa

Avoid using isms - Without explaining what you mean by them

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