



City of Kingston Live Well Kingston
Meeting Agenda
Wednesday, September 16, 2020
4:00 PM
City Hall
420 Broadway
Kingston, NY 12401

LOCATION: VIDEO CALL - Wed, Sep 16, 2020 4:00 PM - 5:30 PM (EDT)

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CALL TO ORDER

REPORTS

Age Well Report

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](#)
[20.08 August LWK Meeting Minutes.pdf](#)

ADMINISTRATIVE MATTERS

Open Commission Seats

Remote Motions
Suggested Action:
https://docs.google.com/document/d/1H5cbvGrjWwYjYFTq4N1hYD_mUMZiAFYUjFIV3Z2aYok/edit?usp=sharing

OLD BUSINESS

NEW BUSINESS

ANNOUNCEMENTS AND COMMUNICATIONS

FOCUS TEAM MEETINGS AND OTHER EVENTS -

15 Sep Age Well Focus Team Meeting
16 Sep Live Well Kingston Commission Meeting
17 Sep Bike Friendly Kingston Slow Rides
24 Sep Ulster County Farm To School Working Group
24 Sep Bike Friendly Kingston Slow Rides
26 Sep Kingston Chalk the Walk
01 Oct Bike Friendly Kingston Slow Rides
03 Oct Kingston Community Bike Ride
07 Oct Eat Well Focus Team Meeting

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

Live Well Kingston August Meeting Minutes

Wednesday, August 19, 2020, 4 – 5:30pm, GotToMeeting

I. Call to Order: 4:04

A. In Attendance:

1. Commissioners: Anna Brett, Dr. Woodly, Stacy Kraft,
2. Guests: Emily Flynn, Dough Koop, Freddy Garcia, Katherine Keegan-Twombly, Adam Billingsly,

II. Reports

A. [Travel Well Report](#)

B. HealthAlliance Update - Freddy Garcia, Regional Director for Diversity, Inclusion, & Community Engagement

5,500 meals have been donated to staff during COVID times.

1. Construction is happening at the St. Mary's Ave (formerly the Benedictine Hospital) site. Timeline - 2-year project that started fall 2019. Should end around Fall 2021. Emergency room and services will all move to the St. Mary's ave. Offices and suites will all be renovated.
2. Community efforts
3. Diversity initiatives - Starting this September: 3 types of training for staff. Unconscious bias within healthcare, How to be an ally, Passed LGBTQ policy last fall and will be incorporated into a training.
4. COVID - Has been supporting testing at Grand st. Looking to develop mobile testing especially trying to do outreach at farms.
5. Behavioral Health - HealthAlliance moved Behavioral Health beds to Mid-Hudson Regional in Dutchess County as a way to free up space for COVID. HA still does outpatient mental health but doesn't have inpatient beds in Ulster County. If needed, they go to Dutchess County. Looking to hire a clinician in B.H. Don't know if it will come back.
6. Just received: American Heart Association/American Stroke
7. Association's Get with the Guidelines® – Stroke Gold Plus Quality Achievement Award. The award recognizes each hospital for its commitment to, and success in, ensuring stroke patients receive excellent care based on the latest evidence-based scientific guidelines.
8. Anyone can reach out and connect with or ask Freddy questions.
Freddimir.Garcia@hahv.org | (845) 334-4916

III. Approval of Minutes - No quorum.

A. [February Meeting Notes](#)

- B. [June Meeting Notes](#)
 - C. [July Meeting Notes](#)
- IV. Administrative Manners - No quorum.
 - A. Open Commission Seat. [Here is the link to apply.](#)
- V. Old Business - No quorum.
 - A. [Community Agreements](#) - postponed until the next meeting because of a lack of quorum.
 - B. Undoing Racism Trainings - Still a priority. The People's Institute is very busy and we may not be able to do it in the near future.
- VI. New Business
 - A. Remote Motions - [Voting remotely document](#)
- VII. Announcements and Communications
 - A. HealthAlliance Youth Mental Health First Aid is still being offered in small virtual groups. It is a self paced 2-hour webinar that has been updated with new content that is culturally responsive and includes ACEs (Adverse Childhood Experiences that have health consequences). Just need 5 people at a time to take the class. Contact Adam.Billingslea@hahv.org to sign up.
 - B. Healthy Ulster Council Meeting, Sept. 10, 2-4, on Zoom. Speaker from Hospice. Email melinda to get emails: mmh62@cornell.edu .
 - C. Healthy Ulster Radio is looking for participants. The next topics are opioid support, Circle of Friends for the Dying support group, Unshattered opioid group, and a Climate Cookbook.
- VIII. Focus Team Meetings and other Events
 - A. 12 Aug Complete Streets Advisory Council Meeting
 - B. 13 Aug Bike Friendly Kingston Slow Rides
 - C. 18 Aug Age Well Focus Team Meeting
 - D. 19 Aug Live Well Kingston Commission Meeting
 - E. 20 Aug Bike Friendly Kingston Slow Rides
 - F. 27 Aug Bike Friendly Kingston Slow Rides
 - G. 28 Aug Play Well Focus Team Meeting
 - H. 03 Sep Bike Friendly Kingston Slow Rides
 - I. 10 Sep Ulster County Farm To School Working Group
 - J. 10 Sep Bike Friendly Kingston Slow Rides
 - K. 16 Sep Live Well Kingston Commission Meeting
 - L. 17 Sep Bike Friendly Kingston Slow Rides
 - M. 24 Sep Bike Friendly Kingston Slow Rides

Meeting Adjourned: 4:57