City of Kingston Live Well Kingston
Meeting Agenda
Wednesday, September 19, 2018

LOCATION: CONFERENCE ROOM #1, TOP FLOOR, CITY HALL

CALL TO ORDER

APPROVAL OF MINUTES

July's Meeting MInutes
Live Well Kingston Minutes 7.18.18.pdf

ADMINISTRATIVE MATTERS

Commissioner's First Term Preferences
Suggested Action: Discuss first term preferences and next steps.

Replacement Board Member
Suggested Action: Decide on replacement board member suggestion for the Mayor.

STRETCH

OLD BUSINESS

2018 Action Plan Updated

Endorsement System for Legislature or Letters of Support

NEW BUSINESS

Rewrite LWK Mission Statement
Mission Edits Proposed by Gerry.docx

FOCUS TEAM REPORTS

ANNOUNCEMENTS AND COMMUNICATIONS

Live Well Kingston Agenda Item Report

Meeting Date: September 19, 2018
Submitted by: Emily Flynn
Submitting Department:
Item Type: Informational Purposes
Agenda Section: Approval of Minutes

Subject:
July's Meeting MInutes

Suggested Action:

Attachments:
Live Well Kingston Minutes 7.18.18.pdf

Live Well Kingston Commission
420 Broadway
Kingston, NY, 12401
845-334-3909

Live Well Kingston July Meeting Minutes

Wednesday, July 18, 2018, 4 – 5:30 pm, City Hall, Conference Room #1

I. Call to Order: __4:03___pm

a. Council Members (Voting)

Anna Brett	__x____
Brooke Pickering-Cole	__x____
Dylan Johanson	__x____
Gerry Harrington	________
Kathleen Rogan	__x____
Marge Gagnon	__x____
Melinda Herzog	__x____
Stacy Kraft	__x____
Stephanie Hope	__x____
Walter Woodley	__x (via phone)

Guests

Katie Sheehan-Lopez
Emily Flynn

II. Approval of Minutes

Motion to accept – Kathleen, seconded – Brooke Pickering-Cole

III. Focus Team Reports

a. Age Well – Marge Gagnon – looking for committed volunteers; ribbon cutting ceremony for Cyber Seniors (24 graduates); creating a directory of resources; bringing hard copies of event lists to senior housing locations; potential new project – assistance in reapplying for section 8 housing via banking portal; another potential project via Heal Well – health portal for seniors; still having difficulty with transportation for seniors picking up food from Community Action; seniors having difficulty with new car meter systems; seniors having difficulty with bus signage and ability to read bus schedules; city of Kingston needs to have a senior center

b. Heal Well – Stephanie Hope – has been meeting monthly and has developed an action plan; first Healing Salon was in April at the Lace Mill, was well attended, discussions in progress as to how to adjust and to replicate; feedback has been given for the Heal Well resources map on the Live Well website; discussing how to use existing and upcoming surveys to obtain quantitative data for needs assessment; need to make more progress on helping healthcare providers to provide non-pharmacological solutions

c. Eat Well – Katie Sheehan-Lopez – at last meeting presentation about an app to connect food surplus suppliers with food distributers; healthy vending – meeting next week to discuss compliance with the policy; need identified to get food pantry information better publicized

d. Play Well – Dylan Johanson – monthly meetings, some difficulties with the parks and rec survey, project in progress – repair fitness stations at Kingston Point Park, feedback given for Play Well map, identified at this meeting – using RCAL data on ADA accessibility of parks to add to website

- **e.** Travel Well – Emily Flynn – there have been monthly breakfast meetings between Bike Friendly Kingston, complete Streets Advisory Council, and Greenline Committee (subcommittee of Kingston Land Trust) especially around shared marketing; Kingston Point Rail trail has gone out to bid (Rondout Savings Bank to Garraghan drive); Bike Friendly Kingston still having successful weekly slow rides

IV. Administrative Matters

- **a.** All commissioners were appointed to a 2 year term. In the resolution and by-laws it was stipulated that half the members were supposed to be appointed for one year (first full year will end in December).
  - Solution proposed by Emily – in December half members could sign up for another 2 year term starting in January (so their service would be 3 years)
  - Motion by Kathleen - At our September meeting, all commissioners will express their preference for the end date of their service, December 2018 (one year), December 2019 (2 years), or December 2020 (1 year with 2 year re-appointment) for the purpose of staggering participation in the commission, recognizing the intention in the resolution that half of the commissioners complete a 2 year term ending on December 2019.
    - (a) Seconded by Dylan
    - (b) Voted in favor by quorum
- **b.** Emily – six applications for board member, though one application was rescinded, Emily will scan in applications and email to commissioners for review
- **c.** Emily will be away in August – commissioners present electing to cancel August meeting

V. Old Business

- **a.** Action Plan with status updates
  1. Agenda for next month: developing next steps under encouraging health equity – Stacy suggests looking at Robert Wood Johnson roadmaps website that could lead to ideas
  2. Next step on smoking policy for play well – make sure it is on the communication strategy for social media postings
  3. As commissioners review the action plan (of other focus groups), they will identify objectives and strategies and work with Emily to move forward progress
  4. Heal Well – conversation was started about establishing portals for seniors, the Institute for Family Health expressed interest – will be added to next steps for Heal Well goals
- **b.** Endorsement system for legislature or letters of support
  1. Should there be a system for the commission to decide what kinds of things they would like to support (or not)?
     - Melinda – one possibility is if it aligns with the mission the Chair and Coordinator can approve it, or we could create a rubric for approval – added as new business for next meeting

- Specific request for six Consolidated Funding Applications from City of Kingston to NYS agencies and one application to NYSDOT for infrastructure and planning projects
  - (a) Motion – Melinda – LWK offers letters of support for the following CFA applications: Safe and Accessible Flatbush and Foxhall Project (there are two letters for this project to the NYSDEC and NYSDOT), Kingsotn Pedestrian and Bicycle Master Plan, Rondout Riverport Shoreline Stabilization Project Phase 1, Kingston Midtown Parking Lot Green Infrastructure Upgrades, Kingston Hasbrouck CSO Sewershed Phase 1 Stormwater Separation
    - (i) Seconded by Stacey
    - (ii) Voted in favor by quorum

VI. Announcements/Communications

XI. Adjournment: 5:44

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Agenda Section: Administrative Matters

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Commissioner's First Term Preferences

Suggested Action:
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Attachments:

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Live Well Kingston Agenda Item Report

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Item Type: Informational Purposes
Agenda Section: Administrative Matters

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Replacement Board Member

Suggested Action:
Decide on replacement board member suggestion for the Mayor.

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Subject:
Rewrite LWK Mission Statement

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Live Well Kingston Commission
420 Broadway, Kingston, NY 12401
LiveWellKingston.org
845-334-3909

Re-write LWK's Mission

Live Well Kingston's Current Mission:

Live Well Kingston brings partners and residents together to facilitate policy, environmental, and systems changes that result in a healthy and active community.

Gerry says:

"I'd like us to consider reworking the Live Well Kingston Commission's mission statement so the key points are at the front of it rather than at the end. For example, the revised mission statement could read, "The Live Well Kingston Commission creates a healthy and active community by bringing partners and residents together to facilitate policy, environmental and systems changes."

The beauty of putting the end goal -- "creates a healthy and active community by" -- at the start of the mission statement rather than at any other place is that all the focus teams can then complete the statement with their own sub-missions. So the Heal Well statement would say, "The Heal Well Kingston focus team creates a healthy and active community by . . ." and then we would explain how we do it. The same thing would be done by all the other teams.

Doing a mission statement this way gives us all the same starting point and gets all the focus teams working toward the same goal through their own sub-missions."