City of Kingston Live Well Kingston
Meeting Agenda
Wednesday, January 16, 2019
4:00 PM

LOCATION: CONFERENCE ROOM 1, TOP FLOOR, CITY HALL

CALL O ORDER

APPROVAL OF MINUTES

December LWK Meeting Minutes
1812 December LWK Meeting Minutes.docx

ADMINISTRATIVE MATTERS

Review Commissioner Terms

New Commissioners

Elect Officers

Set Meeting Dates

STRETCH

FOCUS TEAM UPDATES

OLD BUSINESS

NEW BUSINESS

ANNOUNCEMENTS AND COMMUNICATIONS

Agenda Item No:

Live Well Kingston Agenda Item Report

Meeting Date: January 16, 2019
Submitted by: Emily Flynn
Submitting Department:
Item Type: Informational Purposes
Agenda Section:

Subject:
December LWK Meeting Minutes

Suggested Action:

Attachments:
1812 December LWK Meeting Minutes.docx

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

Live Well Kingston December Meeting Minutes – Edited 1/3/2019

Wednesday, December 19, 2018, 4 – 5:30 pm, City Hall, Conference Room #1

I. Call to Order: __4:04___pm

a. Council Members (Voting)

Council Members (Voting)		Guests
Anna Brett	__x____	Emily Flynn – Wellness Director_____________
Brooke Pickering-Cole	_______	
Dylan Johanson	_______	
Gerry Harrington	__x____	Laurie Mozian - Eat Well co-Chair____________
Kathleen Rogan	_______	Scott Baber - guest_______________________
Marge Gagnon	__x____	Tayne Smith - guest______________________
Melinda Herzog	__x (via phone)	
Stacy Kraft	__x____	
Stephanie Hope	__x____	
Walter Woodley	_______	

II. APPROVAL OF MINUTES

a. September minutes approved by quorum - abstention Stephanie Hope
b. October minutes approved by quorum - abstention Gerry Harrington

III. ADMINISTRATIVE MATTERS

a. Replacement commissioners
   1. 3 interested board members, Tanya Smith present, 2 others could not make today's meeting
   2. Gerry Harrington wondering if any efforts have been made to recruit more diverse board members. Emily in response encourages all members to help to outreach potential board members. Marge notes that most local government boards are disproportionately white and that this is something that we need to overcome. Tayne notes that she is on the community development committee and that is about 50% minority. Tayne also suggests that we could encourage people to come to meetings when we have community outreach events. Stacy suggests that Emily could make up a sign up sheet that people could bring to networking/outreach events with language inviting people of all backgrounds to come to meetings or apply to be on the board. Emily also suggests that we make board member applications more on a rolling basis.
   3. Tanye introduced herself. She has lived in Kingston (currently in Midtown) and been involved in the community for a long time and has been involved with the mayor's office in order to get permits to teach yoga in the parks over the summer. She has a background in healthcare as a phlebotomist and in clerical support, a few years ago

became a yoga teacher and studied nutrition and herbalism.

4. A discussion ensued about ways to help people and families eat well on a budget, including Melinda talking about the NAPSACK program which is a 6-8 week course for healthy cooking on a budget - they been having difficulty filling their classes and meeting quotas.
5. Gerry motions that Tayne be suggested to the mayor as a commissioner, Anna seconds, approved by quorum.
6. Gerry motions that before our next board meeting, if it is agreed by commissioners after reviewing applications online, we will suggest the other two applicants to the mayor. Anna seconds, motion approved by quorum.
7. Questions arose about our budgeting for this past year, Emily will bring in a report at the next meeting.

b. Nominations of Officers and Focus Team Chairs
1. There will be four commissioner positions open in Jan (Amanda has already left, Stephanie, Marge, and Brooke are leaving).
2. Anna motions that slate of officers will be Chair Kathleen Rogan, Vice Chair Anna Brett, Secretary Tayne Smith (if approved as commissioner), and Treasurer Gerry Harrington. Seconded by Stacy Kraft. Approved by quorum.
3. Approval of focus chairs - all proposed to remain the same except that Heal Well will now be chaired by Theresa Widmann (instead of Stephanie Hope), to be finalized in January

IV. STRETCH

V. OLD BUSINESS

a. 2018 LWK Commission Action Plan with Status Update November
1. Stacy suggests commissioners repost LWK Social Media posts and ask organizations that we work for to do the same with their business accounts.
2. Laurie suggests that commissioners outreach to people in diverse communities to recruit new commissioners in order to fulfill our goal of encouraging health equity
3. Emily reports that our communications consultants have found someone to translate our website into Spanish and are committing to writing more Hispanic relevant content - discussion ensued about what the translator’s background is and if he is able to translate the site in a culturally relevant way (as opposed to word for word translation)
4. Stacy notes a correction on the Eat Well page that the UC Health Department has completed the task of sending restaurant qualifications
5. Laurie has an addition to the Eat Well page regarding sharing information about participating organizations - Emily will update
6. Emily announces that yesterday the City of Kingston received grant funding to create

a pedestrian bicycle master plan for the city

b. Emily presented a graphical representation of the Robert Wood Johnson of health expectancy by neighborhood demonstrating health inequity, discussion ensued about what factors are contributing to this data and how we can engage the public with this question

VI. NEW BUSINESS

a. On behalf of the commission, Emily thanks the departing commissioners (Stephanie, Marge, Brooke) for their service

VII. ANNOUNCEMENTS AND COMMUNICATIONS

XII. Adjournment: 5:**36**

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