



City of Kingston Live Well Kingston
Meeting Agenda
Wednesday, March 20, 2019
4:00 PM

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

APPROVAL OF MINUTES

January Minutes

[1901 January LWK Meeting Minutes.docx](#)

ADMINISTRATIVE MATTERS

New Commissioners

STRETCH

OLD BUSINESS

2019 Action Plan

[2018 LWK Commission Action Plan with Status Update December.docx](#)

NEW BUSINESS

ANNOUNCEMENTS/COMMUNICATIONS

LIVE WELL KINGSTON MISSION -

The Live Well Kingston Commission promotes the advancement of a healthy and active community by bringing partners and residents together to facilitate policy, environmental and systems changes.

FOCUS TEAMS MEETINGS/EVENTS -

Ulster County Midtown Linear Park: Public Information Meeting, March 20, 2019 at 7 – 9 PM, Restorative Justice Center, 733 Broadway, Kingston

Play Well – March 22nd, Noon, City Hall

Women's Bicycle Festival - March 31st, 10-4pm, Everette Hodge Community Center

Eat Well – April 3rd, 10am, Cornell Cooperative Extension

Heal Well – April 5th, Noon, City Hall

Age Well – April 17th, 1pm, Governor Clinton Apartments

Travel Well – No standing meeting at this time

Live Well Kingston Agenda Item Report

Meeting Date: March 20, 2019

Submitted by: Emily Flynn

Submitting Department:

Item Type: Informational Purposes

Agenda Section:

Subject:

January Minutes

Suggested Action:

Attachments:

[1901 January LWK Meeting Minutes.docx](#)

Live Well Kingston January Meeting Minutes –

Wednesday, January 16, 2019, 4 – 5:30 pm, City Hall, Conference Room #1

I. Call to Order: 4:01 pm

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|----|--------------------------|-------------------|---|
| a. | Council Members (Voting) | | Guests |
| | Anna Brett | <u> x </u> | Emily Flynn, Wellness Director |
| | Open | <u> </u> | Tayne Smith, Commissioner Applicant |
| | Dylan Johanson | <u> x </u> | Melida Dessalines |
| | Gerry Harrington | <u> </u> | Cindy Muro |
| | Kathleen Rogan | <u> x </u> | Theresa Widmann |
| | Open | <u> </u> | <u> </u> |
| | Melinda Herzog | <u> x </u> | <u> </u> |
| | Stacy Kraft | <u> x </u> | <u> </u> |
| | Open | <u> x </u> | <u> </u> |
| | Walter Woodley | <u> </u> | <u> </u> |

II. APPROVAL OF MINUTES

- a. December minutes approved by quorum – no abstentions

III. ADMINISTRATIVE MATTERS

- a. Review Commissioner Terms
Emily reviewed the terms of service. Gerry and Walter are reapplying for their second term, ending 12/20.
- b. New Commissioners
The City is working on the letter for Tayne'. The two guests were visiting to see if they are interested in applying.
- c. Elect Officers
A motion was made to approve the slate of officers: Chair – Kathleen, Vice-Chair – Anna, Treasurer – Gerry, and Secretary – Tayne'.
The motion was approved with no objects or abstentions.
Emily has offered, and the Commission accepted, that she will run the meeting because often she is presenting much of the content. Kathleen will keep an eye on the time and keep us on track.
- d. Set Meeting Dates
Meetings will continue on the Third Wednesday of the month, 4-5:30pm at City Hall.
- e. Approve Focus Team Chairs
A motion was made to approve the slate of Focus Team Chairs of:
Heal Well – Theresa
Play Well – Dylan

Eat Well – Katie Sheehan Lopez and Laurie Mozian

Age Well – Marge Gagnon

Travel Well – Kristen Wilson

Review the schedule of Focus Group meetings. Emily will add the meeting times and dates to each month's agenda.

IV. STRETCH

V. FOCUS TEAM UPDATES

- a. Play Well: Disc Golf course being installed at Rotary Park. PW has offered to help Parks & Rec. YMCA is putting in new playground. PW will host a park clean up this spring. May or may not combine with the Clean Sweep event that happens every first Saturday in May. Walter spoke of a conversation about alternative-to-food school fundraisers that happened at the KCSD Health & Wellness Committee Meeting. Could the Clean Sweep be a fundraiser? Students could get sponsors or pledges for assisting. Stacy raised the concern about Lyme with tick bites during the Clean Sweep and offered education materials. Next PW meeting is January 28th, noon, at City Hall.
- b. Heal Well: Been having conversations about trauma informed care. HW may do a screening of the movie Resilience with a facilitator. May continue the Healing Salon project.
- c. Age Well: Emily has been meeting with the SSIP (Settled and Serving in Place) seniors that meet at the Olympic Diner, Mondays, 9:30am. Emily presented to them about how to use Uber and Lyft, the parking meters and Whoosh, the parking app.
- d. Eat Well: Meeting every other month now. The YMCA is opening a community kitchen and community room. Eat Well is creating a member list that will be put on the LWK website.
- e. Travel Well: Many construction projects are going forward. Updates can be found on the [City of Kingston website](#). Greenline projects are going forward. The Kingston Point Rail Trail Phase 1 is under construction. The Linear Park, managed by the county, is under construction.

VI. NEW BUSINESS

- a. Finance Report: Emily presented the budget for the Health & Wellness Department. Money has been allocated for Policy, Environment and Systems training for members of LWK. There is also money in the budget for some potential programming for the LWK commission and/or Focus Teams.

VII. ANNOUNCEMENTS AND COMMUNICATIONS

- a. Dr. Woodley mentioned the Institute for Family Health's (IFH) project to open a new facility on Pine Street. May collaborate with O+ on a community space. IFH services

- everyone, regardless of ability to pay.
- b. Stacy mentioned the Take a Stand against the Tan webinar, Wed. January 30th, education for cancer prevention. Tobacco 21 passed in Ulster County but schools are still struggling with tobacco use with e-cigarettes and Juul.
 - c. Kathleen mentioned there is a [suicide prevention training in Saugerties](#) on Monday, January 28th, 6-9pm.

XII. Adjournment: 5:35

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Agenda Section:

Subject:

New Commissioners

Suggested Action:

Attachments:

Live Well Kingston Agenda Item Report

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2019 Action Plan

Suggested Action:

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[2018 LWK Commission Action Plan with Status Update December.docx](#)

2018 Live Well Kingston Commission Action Plan with Status Update

General Goals for the Commission

Goal	Objective	Strategies	Status	Notes/Next Steps
Develop LWK Commission	Work with Coordinator to develop commission	Develop Rules of Procedure, Project/Initiative Criteria, Policies	6/18 Rules of Procedure, Project Criteria, 2018 Action Plan all passed by the commission. 9/18 System for endorsement created.	Still need to develop: social media policy.
Increase knowledge of the LWK Commission	Theme, marquee event or advertising campaign	For event or campaign: define demographic and desired outcome. Could be a public service announcement or health encouragement campaign	Have decided to not push this forward at this time.	Created LWK tabling banners. LWK has tabled at the Midtown Make a Difference Day (6/16/18) and Bike Well Fair at Peoples Place (7/11/18). Emily presented about LWK at the HAHV volunteer luncheon (5/15). Was highlighted in the Kingston Visitor's Guide. Emily has been on 6 radio shows talking about LWK. <i>Toward a Healthier Kingston</i> was an article in the Kingston Times (9/13/18). Articles on the LWK website have been getting attention on social media (8/18). Emily has represented LWK at Bringing Agencies Together, Health Ulster Council, KCSD H&W Committee and Settled and Serving in Place. Traffic to the LWK website is up 221% since July when marketing company content started. Home page visits went from 358 to 765 as of 11/18.
Encourage health equity	Ask Focus Teams to report on their	Research and share info about health equity in a culturally competent manner	Discussions on this topic have been started in Heal Well	What more can we do? What are the next steps? Will add to next month's agenda and will review the Robert Wood Johnson website .

	progress about health equity	Translate key documents into Spanish	6/18 Have hired marketing company to do this	
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Goals for the Commission related to Eat Well

Goal	Objective	Strategies	Status	Notes/Next Steps
Healthy and affordable food available to all residents	Enhance communications about available healthy food	Design a system for capturing regular updates about Eat Well-related initiatives happening in Kingston	Have not made progress on formal system. Currently, Emily is attending the Eat Well meetings and connecting with stakeholders casually.	Eat Well is developing a member survey. Responses will be put on website and may feed into social media posts.
		Use LWK website and social media to promote locations where residents can get free or low-cost healthy food regardless of income	5/18 Have created a healthy food map at http://livewellkingston.org/healthy-food/	Need to formalize endorsement qualifications. UC Health Dept. will send their restaurant qualifications.
	Increase transportation options for residents to healthy food	Advocate for an improved busing plan for more access to healthy food.	Waiting on next stage of the busing plan merging the county and city bus systems.	6/18 There was a failed project to get a business to donate the use of a van to pick up seniors and bring them to Community Action. The barrier was the insurance wouldn't cover non-employees riding in the van.

Goals for the Commission related to Travel Well

Goal	Objective	Strategies	Status	Notes/Next Steps
All users are able to safely and easily navigate Kingston's streets on foot, on bicycle, or in a wheelchair	Support Complete Streets practices	Research and become an advocate for complete streets philosophy and practices	Applied for a Bicycle Master Plan (7/18) Managed a bicycle and pedestrian count at four locations, during three days on Broadway (9/18) Supported the repeal of an unused bicycle registration law (4/18)	Provide the commissioners with resources about Complete Streets philosophy
	Support a culture of walking and biking	Support sidewalk improvement districts policy	Waiting on Sidewalk District project development	
		Support the consideration of pedestrians and cyclists in all transportation projects	LWK members have been involved in and supporting transportation projects	
	Support the vision of the Kingston Greenline	Liaison with the Kingston Land Trust and support transportation, land, and trail projects	Coordinator participating in regular meetings between the City and the KLT. The KPRT will be under construction fall '18 or spring '19. People spoke in support of Greenline projects at the Common Council and the County Legislature (9/18). Helped host a public meeting about construction of phase 1 of the KPRT (11/1), sent out letters to neighbors.	Continue to support the projects when needed.

Goals for the Commission related to Age Well

Goal	Objective	Strategies	Status	Notes/Next Steps
Senior citizens have ample, accessible opportunities for physical activity, healthy eating and social interaction.	Become aware of Senior issues	Research and become aware of senior issues in our community	Emily is visiting Settled and Serving in Place (SSIP) every first Monday. Emily will be presenting about Uber/Lyft and parking infrastructure at SSIP next month.	Have Age Well focus team update at next LWK Commission meeting.
	Enhance senior communications	Develop LWK communications	6/18 Have hired marketing company 4/18 Have developed a senior calendar at KingstonHappenings.com 5/18 Have created cheap phone service research page	Discuss and work on this in Age Well
	Improve access to transportation	Support Travel Well initiatives	6/18 There was a failed project to get a business to donate the use of a van to pick up seniors and bring them to Community Action. The barrier was the insurance wouldn't cover non-employees riding in the van.	
		Increase participation of volunteers in the UC Office for the Aging transportation volunteer program	Have posted to social media about it	Post more about it Write blog post about it?
	Support the development of a senior center	Talk with Mayor and interested parties and develop action plan	There has been some conversations about a senior space at the upcoming "Medical Village" at HAHV's Broadway campus	

Goals for the Commission related to Play Well

Goal	Objective	Strategies	Status	Notes/Next Steps
Kingston's parks and play spaces are safe and attractive to all ages of people	Support the Play Well Focus Team	Encourage membership and regular meetings of the Play Well Focus Team	Play Well has been meeting regularly. Attendance has been spotty.	A simple accomplishment may draw more attendees
		Support the Play Well parks survey	6/18 Survey has been completed one full time	Have decided the survey was not the best way to collect data about parks.
	Support the City's Parks and Rec Department	Identify next project from Parks and Rec Master Plan	Have started brainstorming about this	Will set up a park clean-up date in Spring '19.
		Advocate for safe routes and inviting accessible entrances to public spaces	No progress	
		Research history of, increase communications about, and encourage compliance of the smoke-free parks policy	No progress	Make sure it is on the communication strategy for social media postings

Goals for the Commission related to Heal Well

Goal	Objective	Strategies	Status	Notes/Next Steps
All Kingston residents have access to health services	Support and grow Heal Well Focus Team	Support Heal Well to develop action plans	3/18 Heal Well has made an action plan	Stephanie will no longer be able to be chair. Will need to find a new chair.
		Support Heal Well's Healing Salon	4/26/18 LWK commission members attended the pilot event	
	Increase community knowledge about health options and access	Enhance health services communications	7/18 Created http://livewellkingston.org/health-services/ 12/18 Meeting with Dr. Bloch, Chair, OGYN, HAHV about future birthing center	Discussion about health portals has continued and we have learned the rate of usage of seniors at IFH.
	Encourage health providers to use non-medical solutions to combat obesity and lifestyle chronic disease		10/18 Wrote blog post about IFH & Y Farm Project prescription for food at the Farm stand 12/18 HAHV Care Navigator spoke about her position at Heal Well Mtg	
	Support the HAHV & Ulster County Health assessment projects. Review the assessments when complete.		Emily provided the HAHV with an update.	