



City of Kingston Live Well Kingston
Meeting Agenda
Wednesday, April 17, 2019
4:00 PM

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

APPROVAL OF MINUTES

January Minutes

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

[1903 March LWK Meeting Minutes.docx](#)

ADMINISTRATIVE MATTERS

New Commissioners

STRETCH

OLD BUSINESS

Focus Teams Quarterly Reports

NEW BUSINESS

ANNOUNCEMENTS AND COMMUNICATIONS

FOCUS TEAMS MEETINGS/EVENTS -

Age Well – April 17th, 1pm, Location TBD

Bike Friendly Kingston -- April 18th, 6pm, Broadway Lights Diner

Play Well – April 26th, City Hall

Disc Golf Grand Opening - April 27th, 11am

Heal Well – May 3rd, noon, City Hall

Eat Well – June 5th, 10am, Cornell Cooperative Extension

Travel Well – No standing meeting at this time

Complete Streets Advisory Council -- June 20th, 4pm City Hall

Tour De Kingston -- June 23rd, All Day, Forsyth Park

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

- | | | | |
|----|--------------------------|-------------------|---|
| 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

Live Well Kingston January Meeting Minutes

Wednesday, March 20, 2019, 4 – 5:30 pm, City Hall, Conference Room #1

I. Call to Order: 4:05 pm

a. Council Members (Voting)

Anna Brett	<u> x </u>
Tayne' Smith	<u> </u>
Dylan Johanson	<u> </u>
Gerry Harrington	<u> </u>
Kathleen Rogan	<u> x </u>
Open	<u> </u>
Melinda Herzog	<u> </u>
Stacy Kraft	<u> x </u>
Open	<u> </u>
Walter Woodley	<u> </u>

Guests

Emily Flynn, Wellness Director
Caitlin Zinsley
Adam Billingslea, HAHV
Rachel Jarvis
Marge Gagnon, Chair, Age Well
Brandon Bogert, UCDOH

II. APPROVAL OF MINUTES

- a. January minutes were not approved because of lack of quorum.

III. ADMINISTRATIVE MATTERS

a. New Commissioners

Caitlin Zinsley has applied to be commissioner. She has a food nutrition certificate, works at Outdated café, and has worked with Julia Wilson, a chiropractor. Any voting on this matter will have to wait until we have quorum at the next meeting.

IV. STRETCH

V. OLD BUSINESS

- a. 2019 Action Plan: Reviewed a draft 2019 Action Plan and made suggestions and edits to the living document.

VI. NEW BUSINESS

- a. Sidewalk Accessibility: Kathleen brought up her concerns for sidewalk accessibility in the winter. Could there be a program where youth clear sidewalks? Could it part of the YMCA Farm Project/Youth landscaping beautification project? Emily suggested that we could organize a few people to meet with the Mayor, DPW or other community organizations to emphasize the need for more passable sidewalks. Emily mentioned the City's new 311 system where you can report sidewalks that are not clear.

VII. ANNOUNCEMENTS AND COMMUNICATIONS

- a. Women's Bike Festival, March 31st, 10am - 4pm.
- b. Youth Mental Health First Aid training at the hospital, April 25th
- c. Vape webinar and fact sheets: <http://www.upstate.edu/poison/news/pp-week2019.php>
- d. Integrated Ulster, March 25th
- e. Robert Wood Johnson Foundation's County Health rankings are updated
- f. Concerns about cannabis legalization
 1. NYSAHO's Press Release on regulated marijuana was picked up by Times Union.
<https://www.timesunion.com/news/article/County-health-departments-against-legal-pot-13475688.php>
 2. NIDA info.: <https://teens.drugabuse.gov/drug-facts/marijuana>
<https://www.drugabuse.gov/publications/drugfacts/marijuana>
- g. 1st Thursday at Outdated Café is "pay what you can."

XII. Adjournment: 5:35