



City of Kingston Live Well Kingston
Meeting Agenda
Wednesday, May 15, 2019
4:00 PM

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

APPROVAL OF MINUTES

April's Meeting Minutes
[1904 April LWK Meeting Minutes.pdf](#)

ADMINISTRATIVE MATTERS

STRETCH

OLD BUSINESS

2019 Action Plan

NEW BUSINESS

ANNOUNCEMENTS AND COMMUNICATIONS

FOCUS TEAM MEETINGS AND OTHER EVENTS - *Age Well – May 15th, 1pm, City Hall*
Bike Friendly Kingston – May 2nd, 6pm,
Kingston City School District Health & Wellness Committee – May 21st, 3pm, Carnegie Building
Play Well – May 24th, City Hall, Academy Green Trustees will join us.
Eat Well – June 5th, 10am, Cornell Cooperative Extension
Heal Well – June 7th, noon, City Hall
Kingston Kayak Festival – June 8th, 11am, Kingston Beach
Town of Ulster Library Bicycle Festival – June 8th, 11am
Complete Streets Advisory Council -- June 20th, 4pm City Hall
Tour De Kingston -- June 23rd, All Day, Forsyth Park
Travel Well – No standing meeting at this time

Live Well Kingston Agenda Item Report

Meeting Date: May 15, 2019

Submitted by: Emily Flynn

Submitting Department:

Item Type: Informational Purposes

Agenda Section:

Subject:

April's Meeting Minutes

Suggested Action:

Attachments:

[1904 April LWK Meeting Minutes.pdf](#)

Live Well Kingston April Meeting Minutes

Wednesday, April 17, 2019, 4 – 5:30 pm, City Hall, Conference Room #1

I. Call to Order: __4:05__pm

a. Council Members (Voting)

Anna Brett	__x__
Tayne' Smith	__x__
Dylan Johanson	__x__
Gerry Harrington	__x__
Kathleen Rogan	on phone
Open	_____
Melinda Herzog	__x__
Stacy Kraft	_____
Open	_____
Walter Woodley	_____

Guests

Emily Flynn, H&W Director
 Theresa Widmann, Chair, Heal Well
 Diane Dintruff
 Tanya Garment
 Brandon Bogert, UCDOH

II. APPROVAL OF MINUTES

- a. A motion to approve January and March's meeting minutes was made by G. Harrington, M. Herzog seconded. Motion Passed.

III. ADMINISTRATIVE MATTERS

a. New Commissioners

Anna Brett made a motion to recommend Caitlin M. Zinsley to be a Live Well Kingston Commissioner to the Mayor. M. Herzog seconded. Motion passed.

IV. STRETCH

V. OLD BUSINESS

a. Focus Teams Quarterly Reports

1. Heal Well

- **"Resilience" Film Screening:** Heal Well is planning a screening of the film "Resilience, the biology of stress and the science of hope," May 16th, 6pm, at GW Elementary School Auditorium, with a panel discussion after. It is a film about childhood trauma and they will have resources in the room.
- **MiSN Community Baby Shower:** The HAHV midwives and a maternal health coalition is working with Emily to host a community baby shower with community resources for women and children at the Hodge Community Center, June 9th, 1-3pm.
- **Integrated Ulster:** Ulster County is working on an initiative called Integrated

Ulster that builds health coalitions and increases communications between agencies.

2. Play Well

- **Disc Golf Course and Clean Up:** Play well helped do a park cleanup of the new Disc Golf course that has a grand opening April 27th, 11am.
- **Chess Tables:** Age Well and Play Well collaborated to apply for an AARP Community Challenge Grant for two chess tables, four benches, a shade structure and support for monthly chess meet-ups.

3. Eat Well

- L. Mozian is no longer at HAHV. Katie Shehan-Lopez will still chair the team.
- Conversations have been about how to communicate community about resources more. During the government shut-down multiple Eat Well member organizations sent out parallel press releases about food insecurity resources.
- Kingston Food Co-op will present at next Eat Well meeting, June 5th, 10am.

4. Age Well

- **Cyber Seniors Program:** moving toward installing another set of computers at the Stuyvesant Rupco building. Age Well is still having great success partnering high school students with the seniors for computer help.
- **Age Friendly Kingston:** Age Well is considering applying to be an AARP Age-Friendly City. The County has been hosting focus groups about community services. Transportation and a senior center are still major concerns for this focus team.

5. Travel Well:

- **Bike Friendly Kingston:** Kicking of Summer Slow Rides in May, will be every Thursday, 6pm at YMCA. Tour De Kingston, June 23rd. Bike Fest at Town of Ulster Library, June 8th. Women's Bike Fest was huge success.
- **Complete Streets Advisory Council:** Is creating a draft procedure of Traffic Control devices.
- **Greenline System:** Kingston Point Rail Trail Phase 1 is under construction.
- **Bus Merger:** The bus merger passed the Ulster County legislature and is going forward. UCAT is holding a public meeting, April 25th, 5:30-7:30pm, at UCAT, 1 Danny Circle. Comments will be accepted no later than April 28th. Buses will be free for 6 months.
- **311:** The City has launched the 311 system that can be used to report sidewalks that haven't been cleared.

VI. NEW BUSINESS

a. No new business.

VII. ANNOUNCEMENTS AND COMMUNICATIONS

- a. Innate Movement Parkour's new session is open for registration.
- b. Health Alliance will be showing "American Nurses" during nurse's week, May 8, 9, 10. HAHV has new telemedicine for neonatal center for newborns.
- c. Emily will be presenting at the next Health Ulster meeting about Live Well Kingston on May 9th, 2-4pm.

XII. Adjournment: 5:30

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