



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

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

APPROVAL OF MINUTES

Approval of Minutes
[1906 June LWK Meeting Minutes.docx](#)

ADMINISTRATIVE MATTERS

Potential New Board Members

STRETCH

OLD BUSINESS

Review 2019 Action Plan
[2019 LWK Commission Action Plan with Status Update July.docx](#)

NEW BUSINESS

ANNOUNCEMENTS AND COMMUNICATIONS

FOCUS TEAM MEETINGS AND OTHER EVENTS -

Age Well - July 17th, 1pm

Play Well Pot Luck - July 25th, 5:30pm, at Forsyth Park, Stay for Music in the Parks, 6:30pm

Play Well Meeting - July 26th, noon, City Hall

Resilience Film Screening - July 29th, 2pm, U.C. Dept. of Mental Health, Golden Hill

Heal Well - August 2nd, noon, City Hall

Bringing Agencies Together - August 6th, 9am, Kingston Library

Eat Well - August 7th, 10am-noon, Cornell Cooperative Extension

"Who Are the Streets For?" - Emily will be on a panel discussion about complete streets in Hudson, 6pm, Hudson Area Library

Live Well Kingston - August 21st, 4-5:30pm, City Hall

Travel Well - No standing meeting at this time

Live Well Kingston Agenda Item Report

Meeting Date: July 17, 2019

Submitted by: Emily Flynn

Submitting Department:

Item Type: Informational Purposes

Agenda Section:

Subject:

Approval of Minutes

Suggested Action:

Attachments:

[1906 June LWK Meeting Minutes.docx](#)

MINUTES

June 19, 2019

Live Well Kingston Commission

In attendance: Anna Brett, Gerry Harrington, Dylan Johanson, Stay Kraft and Caitlin Zinsley.

Guests: Emily Flynn, Director of Health and Wellness
Susanna Callahan, Heal Well Focus Group
Marge Gagnon – Age Well Focus Group
Yanna Fischer – Potential Board Member
Tevis Trower – Potential Board Member

The meeting was called to order at 4:03 pm by Emily Flynn, Director of Health and Wellness. Introductions were done by all people present.

Minutes – Dylan Johanson made a motion to accept the May 2019 Minutes as presented. It was seconded by Anna Brett and approved by the Commissioners.

Administrative Matters

There were two potential board members present, Yanna Fischer and Tevis Trower. They were given the opportunity to introduce themselves and members present were able to ask questions.

Old Business

Emily Flynn presented a Marketing Report that she put together with information from our marketing company, *Kingston Creative*. Emily Flynn gave a background as to how the Live Well Kingston Commission was formed and how we came to use *Kingston Creative*. There was much discussion about marketing issues that included:

- Discussion about blog posts
- Use of independent guest writers
- Marketing for low-literacy, senior and non-English speaking populations
- Options as to Marketing approaches
- Establishing a theme for blog posts – “Unsung Heroes”

Emily Flynn will create a list of marketing options with the help of Yanna Fischer and Tevis Trower. Emily Flynn will also investigate marketing companies with a

budget in mind. It was suggested that the focus for the next month be “seasonally” appropriate – “7 Things to do this Summer”.

Announcements/Communications

- Age Well Focus Group needs a new chair. Marge Gagnon needs to step down
- Empire Trail – Pedestrian/Bike Route – a sidewalk will be installed on Rote 32 leading to the Institute of Family Health
- Stacy Kraft announced that the Public Health Department has posted on their website information about the new vaccine law
- New Cement Plant that is to be constructed in one of the open spaces in the Town of Ulster – it was suggested to write a letter of opposition. Tevis Trower will put the letter together and the Commission will review it. Emily Flynn will consult with Mayor Noble regarding this letter

Meeting was adjourned at 5:36 pm.

Submitted by
Anna M. Brett

Live Well Kingston Agenda Item Report

Meeting Date: July 17, 2019

Submitted by: Emily Flynn

Submitting Department:

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Subject:

Potential New Board Members

Suggested Action:

Attachments:

Live Well Kingston Agenda Item Report

Meeting Date: July 17, 2019

Submitted by: Emily Flynn

Submitting Department:

Item Type: Informational Purposes

Agenda Section:

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Review 2019 Action Plan

Suggested Action:

Attachments:

[2019 LWK Commission Action Plan with Status Update July.docx](#)

2019 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 social media policy. Fill vacant commission seats.	Have welcomed Tayne and Caitlin as commissioners.	Setup social media policy workgroup.
Increase knowledge of the LWK Commission	Continue communications, partnerships and media opportunities	Review previous communications and revisit marketing plan. Make plan for communications going forward.	Presented to the Healthy Ulster Council 5/9. FB post about Healthy Ulster Week reached 3,600 people. Emily went on Healthy Ulster Radio 6/25. Setting up Communications committee.	Send out 5 newsletters in 2019. FB - Ask other pages like parks & rec and the Andretta Pool to share about LWK. Hire additional marketing for 2019-2020.
Encourage health equity	Ask Focus Teams to report on their progress about health equity	Research and share info about health equity in a culturally competent manner	Discussions on this topic are happening in Heal Well. Resilience Film screen supports the discussion. UC starting Trauma task force.	
		Translate key documents into Spanish	Did some research into website plug-ins but it broke the CSS (look) of the website.	Add Spanish translation to website.

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.	There was a conversation about surveying Eat Well members. Will find out more at next Eat Well.
		Continue to promote locations where residents can get free or low-cost healthy food regardless of income		
		Create other nutrition education media		Create short LWK videos, one for each focus team, like how to read a nutrition label, what is the difference between serving size and portion. Find info at myplate.gov
	Increase transportation options for residents to healthy food	Advocate for bus merger	Went to bus merger public meeting. Promoted information about the meeting and merger. Bus Merger happened 7/1.	

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	Manage and push forward the Pedestrian and Bicycle Master Plan	Work on DEC contract with the City. Emily is participating more with the Complete Streets Advisory Council.	Create contract with State
	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. City held traffic safety forum 5/13/19. City considering a lower speed limit.	
		Improve sidewalk walkability in winter	Meet with City government like DPW, the Mayor or other partner organizations	Emily will set up meetings
		General walking/biking encouragement	Emily made pedestrian/bicycle rights/rules flyer that KPD posted on social media 5/1/19. Attended Hodge 100mile walking bus celebration 6/17/19. BFK Slow Rides, every Thursday. BFK meetings irregular. Tour de Kingston support and marketing 6/23/19.	
	Support the vision of the Kingston Greenline	Liaison with the Kingston Land Trust and support transportation, land, and trail projects	Emily has been participating in regular meetings between the City and the KLT. Created updated map and working on a brochure. Helped host cleanup for opening of KPRT Phase 1, June 1 st . Working on bridge beautification.	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	Continue to liaison with SSIP. Consider applying to be an AARP Age Friendly City.	Emily has visited SSIP: 2/4, 3/4, 4/1, 5/6, 6/3. UC has opportunity for Age-Friendly Application.	Set meeting with SSIP
	Enhance senior communications	Develop LWK communications.	Collected AARP and other Senior literature. Went to senior conference 6/11/19.	
	Improve access to transportation	Support Travel Well initiatives	Bus Merger has happened.	
		Increase participation of volunteers in the UC Office for the Aging transportation volunteer program and the Community Action driver program		Post more about it Write blog post about it?
	Support the development of a senior center	Continue to bring this up at community meetings.	Office for the Aging has started a Senior Hub at DSS.	

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 and participation has been robust.	
		Support the Chess Tables project and the parks clean-up day	Helped at park clean up. Applied for AARP grant for chess tables. Got grant for 11K!	Select placement of tables. Work with DPW for installation. Order tables, benches, shade structure. Has to be done by 11/4/19.
	Support the City's Parks and Rec Department	Identify next project from Parks and Rec Master Plan	KC came to Play will ideas for "Hero" fun run. Construct Disc Golf sign and donate to P&R? Dylan improved t-off areas.	
		Advocate for safe routes and inviting accessible entrances to public spaces	Advocated for bus stops at parks – bus will go to beach on Saturdays.	
		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 if they go forward with a public screening of <i>Resilience</i>	Showed Resilience May 16 th with KCSD and IFH. 80 attendees.	Decide next project. UC starting Trauma Task Force.
	Increase community knowledge about health options and access	Enhance health services communications	Communications committee to meet.	
	Support the HAHV & Ulster County Health assessment. Review the assessments when complete.		Been going to CHA/CHIP meetings. Submitting Travel Well/Built Environment projects to CHA/CHIP.	