



City of Kingston Live Well Kingston
Meeting Agenda
Wednesday, October 16, 2019
4:00 PM
City Hall
420 Broadway
Kingston, NY 12401

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

REPORTS

Eat Well Focus Team Report

STRETCH

APPROVAL OF MINUTES

August Minutes

[1908 August LWK Meeting Minutes.pdf](#)

[1909 September LWK Meeting Minutes.pdf](#)

ADMINISTRATIVE MATTERS

Commissioners Updates

OLD BUSINESS

Review Membership Categories and Commissioner Term Limits

NEW BUSINESS

ANNOUNCEMENTS AND COMMUNICATIONS

FOCUS TEAMS AND OTHER EVENTS -

Play Well Focus Team, Oct. 18, 1pm, City Hall

VeganFest, Oct. 19 & 20, BSP

Travel Well Focus Team, Oct. 21, 2-3pm, City Hall

Office for the Aging Public Hearings, Oct. 22, Senior Hub

Kingston City School District School Wellness Committee, Oct. 23, 3-4:30pm, High School Library

Weaving the Waterfront, Mega-Public Meeting, Oct. 26, 11am-4pm, the Kingston Waterfront

Age Well Focus Team, Oct. 28, 2-3pm, Senior Hub

Heal Well Focus Team, Nov. 1, 12-1pm

Live Well Kingston Tabling at the Farmer's Market, Nov. 2, 9-2pm

Emily Visits SSIP, Nov. 4, 9:30am, Olympic Diner

Eat Well Kingston, Nov. 6, 10-12pm, Cornell Cooperative Ext.

Emily goes to NESAWG Food Systems Conference, Nov. 7-9

Healthy Ulster Council, Nov. 14, 2-4pm, UC Health Dept.

Integrated Ulster, Nov. 18, 10:30 – 12pm. UC Health Dept.
Trauma Informed Care Collaborative, Nov. 19, 9:15, UC Health Dept.
Live Well Kingston Commission, Nov. 20, 4-5:30pm, City Hall

Live Well Kingston August Meeting Minutes

Wednesday, August 21, 2019, 4 – 5:30 pm, City Hall, Conference Room #1

I. CALL TO ORDER: 4:00 PM

a. Council Members (Voting)

Anna Brett	<u> X </u>
Caitlin Zinsley	Excused
Dylan Johanson	Excused
Gerry Harrington	<u> X </u>
Kathleen Rogan	On Phone
Melinda Herzog	<u> X </u>
Stacy Kraft	<u> X </u>
Tayne' Smith	<u> </u>
Walter Woodley	<u> X </u>
Vacant	<u> </u>
Vacant	<u> </u>

Guests

Emily Flynn, Director of Health & Wellness
 Theresa Widmann, Chair of Heal Well

II. APPROVAL OF MINUTES

- a. Gerry Harrington made a motion to accept the July, 2019, Minutes as presented. Melinda Herzog seconded and there was one abstention. The motion was approved by the Commissioners.

III. ADMINISTRATIVE MATTERS

- a. There was discussion about distinction between excused and unexcused absences. According to Rule #1 in our Live Well Kingston Commission Rules of Procedure – “Absence from three consecutive regular meetings, without excuse, shall automatically vacate the office of any member.” We will include excused/unexcused notations in our official Commission minutes.
- b. New commissioners still being approved.

IV. OLD BUSINESS

- a. Emily Flynn presented the 2019 Live Well Kingston Commission Action Plan with Status Updates (August). She recorded the edits and will update the Action Plan.

V. REPORTS

- a. Theresa Widmann, Chair of the Heal Well Focus Group, went over the details of their last meeting which was held at the beginning of August. The big initiative of the Heal Well Focus Group was to screen the film “Resilience” to bring about more trauma awareness. It was screened in May at George Washington School including a panel discussion with about 70 – 80 people in attendance. The group also wants to continue with their original project of assessment. They may develop focus groups at Health Care is a Human Right to find out community needs.
 1. E. Flynn suggested that Heal Well collect assessments from community organizations and the UC Health Department to start the baseline view of community health.

2. Dr. Woodley suggested to find an issue or challenge that is really important to the City of Kingston to help make a focus.
- b. Communication Committee Report

G. Harrington gave a report for the meeting on August 20, 2019. The Committee would like to share a message about what health means to our community. The Live Well Kingston Commission needs to do more about health awareness. The statement that Live Well Kingston (LWK) means all things wellness in Kingston was discussed. The Committee is “pitching” each other with marketing ideas. There was much discussion. The importance of hospitals was discussed with a statement that “Communities are healthier with great hospitals”.
- c. Eat Well Focus Group – M. Herzog gave a report about Eat Well
 1. The Kingston Land Trust is interested in coordinating community gardens.
 2. Kingston Food Co-op will be presenting in Oct. 2nd, and Farm to Institution NYS will be presenting November 7, 2019
- d. Next month, we will hear from the Play Well Focus group.

VI. NEW BUSINESS

- a. Gerry initiated a conversation about the language in the Rules of Procedure, Rule 1, bullet 1, that reads “Non-voting members” to change to “Guest observers.” Emily will do some research on this. Tabled until next month.

VII. ANNOUNCEMENTS AND COMMUNICATIONS

- a. G. Harrington announced that on October 11, 2019, there will be an International Conference on Migrants and Mental Health at SUNY New Paltz.
- b. S. Kraft handed out a Tick/Tick Removal Information Card.

VIII. ADJOURNMENT: 5:40PM

Here is list of recent and upcoming events and meetings:

Age Well - Next meeting to be determined
 Emily is guiding an O+ Walk, Aug. 22nd, 6pm, Outdated Lite, Downs St.
 Play Well, August 9th, noon, City Hall, Conference Room 1
 Emily will be on Medical Monday with Gerry on WGHQ
 Heal Well, Sept. 6th, noon, City Hall, Conference Room 1
 Kingston Point Rail Trail Grand Opening, Sept. 4pm, Jansen Ave. Trailhead
 Midtown Make a Difference Day, Sept. 7th, 11-3pm, Franklin St.
 Community Baby Shower, Sept. 8th, 1-3pm, at Catholic Charities, hosted by MiSN
 Pedestrian & Bicycle Count, Sept. 11, 12, 4-6pm & 14, 12-2pm. I Need volunteers!
 Live Well Kingston Commission, Sept. 18th, 4-5:30pm, City Hall
 Complete Streets Advisory Council, Sept. 19th, 4-5:30pm, City Hall
 Greenline Block Party, Sept. 21st, 4pm, Jansen Ave Trailhead
 Travel Well is working on setting up a meeting.

Live Well Kingston May Meeting Minutes

Wednesday, September 18, 2019, 4 – 5:30 pm, City Hall, Conference Room #1

1. CALL TO ORDER: 4:07 PM

1. Council Members (Voting)

Guests

Anna Brett	<u> X </u>
Caitlin Zinsley	Excused
Dylan Johanson	Excused
Gerry Harrington	Excused
Kathleen Rogan	<u> </u>
Melinda Herzog	Excused
Stacy Kraft	<u> X </u>
Tayne' Smith	<u> </u>
Walter Woodley	<u> X </u>
Tevis Trower	Excused
Yanna Wilson	On Phone

Emily Flynn, Director of Health & Wellness

1. APPROVAL OF MINUTES

- a. The August minutes could not be approved without a quorum present

2. ADMINISTRATIVE MATTERS

- a. Discussion was held concerning board membership.
 - i. Tevis and Yanna have filled the previously empty board seats. The commission will always actively be seeking and accept applications since turnover is inevitable.
 - ii. The current by-laws allow a lifetime limit of two terms per board member. We discussed proposing a change to allow a board member to serve again, after taking time off. This will be discussed in October.
- b. All members are asked to reach out to Emily with their intentions at this time as far as continuing board service. The terms of Ana, Dylan, Kathleen, Stacy, Melinda and Walter all expire in December. These board members are eligible to reapply for another term and must fill out the application once again.

3. OLD BUSINESS

No report was given from the Play Well Team but it was mentioned that the action plan has been amended to reflect more than support for the Parks and Rec department. It was changed to better reflect its mission statement encompassing all forms of recreation. Emily provided a Chess Table update. There will not be a pavilion but there is a shade tree present in the site.

The communications team has been looking at having a city wide event as well as a theme for posting and communications for the coming year. Some type of community participation event is under consideration that would encourage residents to engage in all forms of healthy activities.

4. NEW BUSINESS

- a. A letter was presented in response to a proposed concrete business on route 28. Those present discussed and clarified the boundaries of the Commission's interest and that those boundaries are within the City of Kingston, as we are a city commission. The commission might respond if a future project had a direct effect on residents. Responding to issues outside those boundaries presents the subjective issue of "how far out is too far?"
- b. The Novo foundation invited the city to apply for another 2 year grant which funds the city position of Director of Health and Wellness.
- c. Stacy shared information about tick safety (twice a year, ticks are sampled from sites around the county) and that through the state, tick warning signs are available from the Board of Health. It was decided we should work with the parks and rec department to identify areas where new signs should be placed or worn signs could be replaced. Dr. Woodley brought up the need for a buffer zone on the new trails being developed between the trails and brush and that these buffers should be recommended to those responsible for trail maintenance. Dr. Woodley asked if poison ivy awareness signs exist and might we be able to place some of those as well. Large areas of poison ivy have been seen along the trail connecting Hannaford to midtown and they are right off the gravel.

5. ANNOUNCEMENTS AND COMMUNICATIONS

- a. Discussion was held about revisiting the concept of an "everyone reads one book" program with the library perhaps working with us to select several titles each period, so that all ages can participate.
- b. Discussion was held concerning the concept of libraries and laundromats, Dr. Woodley was aware of the concept and it is used internationally as well as in Chicago. Kathleen thought this concept was worth exploring and that if target laundromats could be identified, perhaps the Junior League would consider placement of "Free Little Libraries" at these sites. Although the programs in existence elsewhere have actual libraries with programming, the availability of books might be a first step.
- c. The Eat Well Team will be requested to present an update at the next meeting.

6. ADJOURNMENT: 5:30PM