

Healthy Ulster Council Minutes
May 9, 2019

Attendance: Melinda Herzog (CCEUC), Emily Flynn (City of Kingston), Marge Gagnon (Rose Women's Care Service), Tara Kleinhans (CCEUC), Stacy Kraft (UCDOH), Lauren Camporese (IFH), Kelsey Vanetten (UC Habitat for Humanity), Krista Mason (HV Community Services), Jennifer Clarke (Edible Independence), Katie Sheehan-Lopez (CCEUC), Sendy O'Brien (MISN), Christine Noble (Office for Aging), Adam Billingslea (Health Alliance), Maria Cecilia Deferarri (CCEUC), Christine Brady-LaValle (UC Habitat for Humanity), Susanne Callahan (IFH), Mike Malloy (SUNY New Paltz), Gloria Valdez (Hitch), Katrina Williams (UCDMH), Kara Tucker (UCDMH)

Intro – *Melinda Herzog*

Live Well Kingston – *Emily Flynn*

- “We want the healthy choice to be the easy choice.”
- Started at Cornell Cooperative Extension of Ulster County in 2010 and then was endorsed by the City of Kingston. It then became a Commission and has since received funding through NoVo.
- Building coalitions: In 2018 there were 37 local organizations coming together at 40 meetings
- 5 Focus Teams:
 - Play Well (looks at public spaces) Disc Golf now at Kingston Point Park, park surveys, applied for an AARP grant for chess tables
 - Travel Well: Complete Streets Advisory Council (safe routes to school and traffic control policies), Kingston Greenline (network of trails throughout the City of Kingston); Bike-friendly Kingston (free bike repair; Slow Rides on Thursdays, 6pm at the YMCA; advocacy; bicycle and pedestrian count; Women's Bike Fest)
 - Heal Well: Walk and Talk with a Doc, Healing Circle, Resilience – the biology of stress and the science of hope on May 16 at 6 pm at GW Elementary School, MiSN Community Baby Shower
 - Eat Well: Marketing Seminar, Healthy Food Options Map, Food Insecurity Awareness, Members of the KCSD Health and Wellness Committee
 - Age Well: Cyber Seniors, Settled and Serving in Place (SSIP), AARP Chess Tables grant, AARP Age-friendly City
- Communications: Promoting the great things in the community on Facebook, Instagram, blog posts and website
- Join us!

Ulster County Habitat for Humanity – *Christine Brady-LaValle and Kelsey Vanetten*

- Owning an affordable home prevents mental health and developmental problems, lead and asthma poisoning, stunted growth, unnecessary hospitalizations, and food insecurity.
- We do not give houses away, we provide affordable housing
- We are always looking for volunteers, donations, and partners
- 3 Qualifications for Partnership: need - paying too much for rent, overcrowding, and unsafe conditions; income - to pay back an affordable mortgage; willingness to partner – sweat equity,

100 hours volunteer time done on build site, 2 people or more requires 400 hours, half of which can be done on the site and the rest can be done by family, friends, relatives, etc.

- Example: If your making around \$40k, 30% of income (around 12,000) is given, so \$1k/month, insurance is covered, so you can afford around \$115k on a house.
- ReStore retail store supports the program and is located on Route 28
- The education about home ownership teaches new home owners how to take care of the home and be a good neighbor.
- Blitz-build: Habitat specific term meaning a build in 4 days, great for publicity.

Updates:

- Marge Gagnon: Thai Chi classes are continuing and flourishing. New programs starting in Hurley and Walker Valley.
- Stacy Kraft: Plastic Bag Ban starts in July.
- Katrina Williams: wholistic approach to mental health. New initiative called Integrated Ulster to address issues; Youth mental health first aid training on June 7
- Lauren Camporese: Health coach at IFH working in Kingston and NP- started a yoga program in Ellenville that is open to patients and the public on Thursday at 4 pm.
- Kelsey Vanetten: May 11 Earth Day Fair, May 18 My Kingston Kids Fest
- Gloria Valdez: New open position posted on indeed; they have expanded to Dutchess county and are still looking for more opportunities to give presentations
- Krista Mason: nutrition programming living with HIV and aids, outreach programming for applying for SNAP benefits, WIC Health NY Program and Hunger Solutions Program providing outreach to help enroll people into WIC programming
- Adam Billingslea: Mental Health Awareness is a grant funded mission to give trainings to individuals in Ulster and Delaware counties. In the next 3 years hope to train 2100 individuals in youth mental health. Increasing awareness towards adverse childhood experiences. See 'Resilience' film. Partnering with Kingston Yellow mental health awareness campaign. Trainings on May 18,24, and 25 at the YMCA. June 7 at the UCDOH training for youth leaders. It's an 8 hour training that comes with a 200 page manual. Risk training, warnings, approaches, etc.
- Christine Noble: lunch and learns through office for aging and live, laugh, learn program – 24 different workshops for seniors held at SUNY Ulster
- Sendy O'Brien: community health worker serving Ulster. Organizing community baby shower in August for pregnant mothers to 6 month olds.
- Kara Tucker: UCDMH – human services coalition bi-monthly meetings, children meetings from 10 to 12 at Vape Escape room and In Plane Sight is an education mock-bedroom where scenarios are played out
- Katie Sheehan-Lopez – education for SNAP eligible populations, 6 week program open to the public and the school wellness committee meeting in Kingston is coming up on the 21st.
- Jennifer Clarke: non-income based food delivery program. That works with SNAP and other programs throughout the HV. One-time per week delivery. Veterans discounts and private pay. Short-term, no contracts, etc. Purchased 4 houses to rehab to be "aging in place smart homes."
- Maria Cecilia: RAPP Program outreach providing fun, stress relief and support to relative caregivers and their children

- Melinda Herzog: EFNEP Program for low-income families across the county. 6 to 8 week program that teaches healthy eating, budgeting, and wellness, free for low-income families.
- Go to the Healthy Ulster County website and add your agency's health promoting events to the website: <https://healthyulstercounty.org/> Click on the Community Tab to see the meeting minutes.