

Live Well Kingston March 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 She has a food nutrition certificate, works at Outdated café, and has worked with Julia Wilson, a chiropractor.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- g. 1st Thursday at Outdated Café is "pay what you can."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