

Live Well Kingston May Meeting Minutes

Wednesday, July 17, 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>
Caitlin Zinsley	<u> X </u>
Dylan Johanson	<u> X </u>
Gerry Harrington	<u> X </u>
Kathleen Rogan	<u> X </u>
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
 Janice Cyr, Institute for Family Health
 Yanna Fischer - on Phone

1. **APPROVAL OF MINUTES**

- a. Dylan Johanson made a motion to accept the June 2019 Minutes as presented. It was seconded by Caitlin Zinsley and approved by the Commissioners.

2. **ADMINISTRATIVE MATTERS**

- a. Gerry Harrington made a motion to recommend both Yanna Fischer and Tevis Trower to join the Commission. It was seconded by Anna Brett and approved by the Commissioners.

3. **OLD BUSINESS**

- a. Emily Flynn presented the 2019 Live Well Kingston Commission Action Plan with Status Update (July), and encouraged Commissioners to review the document and make it their own. Discussion followed about the role of LWK and included:
 - i. Roles and goals of LWK as a commission and the roles of the focus teams and the relationship between them
 - 1. A rolling reporting system should be implemented in which each month a different focus team leader reports on their group's work during a LWK Commission meeting.
 - 2. There should be "measurable outcomes" including both short and long term goals.
 - 3. Focus groups can send social media content to Emily Flynn for posting.

4. LWK Commission is growing and moving more into an overseeing and guiding role with the ability to recommend funding for the focus groups' projects.
 5. The Focus Teams will keep having meetings and encouraging new people to come, creating a more robust team.
 6. The Commission will review and take ownership of the Action Plan, with particular attention to measurable goals.
- ii. How to better communicate LWK's work to the public, especially through search engine optimization and ensuring a mobile-friendly website. The Communications/Roles & Goals subcommittee will meet on August 12th, 9:30am.

4. NEW BUSINESS

- a. Dr. Woodley and Anna may reach out to the school district about supporting chess in the KCSD elementary schools.

5. ANNOUNCEMENTS AND COMMUNICATIONS

- a. A chess table survey has been posted to get community input into location: <http://bit.ly/KingstonChessPlayground>
- b. Health Alliance hosts a free senior breakfast every month. They are looking for speakers, usually 24-30 people.
- c. Gerry organizes a film series called "Movies with Spirit." The next one will be at Congregation Emanuel. The film will be "Red and Tulps." 7pm Saturday.

6. ADJOURNMENT: 5:30PM

Here is list of recent and upcoming events and meetings:

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?" – August 17th, 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