

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.