

Wednesday, January 16, 2019, 4 – 5:30 pm, City Hall, Conference Room #1

**a. Council Members (Voting)**

## Guests

Emily Flynn, Wellness Director  
Tayne Smith, Commissioner Applicant  
Melida Dessalines  
Cindy Muro  
Theresa Widmann

a. December minutes approved by quorum – no abstentions

**a. Review Commissioner Terms**

Emily reviewed the terms of service. Gerry and Walter are reapplying for their second term, ending 12/20.

The City is working on the letter for Tayne'. The two guests were visiting to see if they are interested in applying.

A motion was made to approve the slate of officers: Chair – Kathleen, Vice-Chair – Anna, Treasurer – Gerry, and Secretary – Tayne’.

The motion was approved with no objects or abstentions.

Emily has offered, and the Commission accepted, that she will run the meeting because often she is presenting much of the content. Kathleen will keep an eye on the time and keep us on track.

Meetings will continue on the Third Wednesday of the month, 4-5:30pm at City Hall.

A motion was made to approve the slate of Focus Team Chairs of:

## Heal Well – Theresa

## Play Well – Dylan

Eat Well – Katie Sheehan Lopez and Laurie Mozian

Age Well – Marge Gagnon

Travel Well – Kristen Wilson

Review the schedule of Focus Group meetings. Emily will add the meeting times and dates to each month's agenda.

#### IV. STRETCH

#### V. FOCUS TEAM UPDATES

- a. **Play Well:** Disc Golf course being installed at Rotary Park. PW has offered to help Parks & Rec. YMCA is putting in new playground. PW will host a park clean up this spring. May or may not combine with the Clean Sweep event that happens every first Saturday in May. Walter spoke of a conversation about alternative-to-food school fundraisers that happened at the KCSD Health & Wellness Committee Meeting. Could the Clean Sweep be a fundraiser? Students could get sponsors or pledges for assisting. Stacy raised the concern about Lyme with tick bites during the Clean Sweep and offered education materials. Next PW meeting is January 28<sup>th</sup>, noon, at City Hall.
- b. **Heal Well:** Been having conversations about trauma informed care. HW may do a screening of the movie Resilience with a facilitator. May continue the Healing Salon project.
- c. **Age Well:** Emily has been meeting with the SSIP (Settled and Serving in Place) seniors that meet at the Olympic Diner, Mondays, 9:30am. Emily presented to them about how to use Uber and Lyft, the parking meters and Whoosh, the parking app.
- d. **Eat Well:** Meeting every other month now. The YMCA is opening a community kitchen and community room. Eat Well is creating a member list that will be put on the LWK website.
- e. **Travel Well:** Many construction projects are going forward. Updates can be found on the [City of Kingston website](#). Greenline projects are going forward. The Kingston Point Rail Trail Phase 1 is under construction. The Linear Park, managed by the county, is under construction.

#### VI. NEW BUSINESS

- a. **Finance Report:** Emily presented the budget for the Health & Wellness Department. Money has been allocated for Policy, Environment and Systems training for members of LWK. There is also money in the budget for some potential programming for the LWK commission and/or Focus Teams.

#### VII. ANNOUNCEMENTS AND COMMUNICATIONS

- a. Dr. Woodley mentioned the Institute for Family Health's (IFH) project to open a new facility on Pine Street. May collaborate with O+ on a community space. IFH services

everyone, regardless of ability to pay.

- b. Stacy mentioned the Take a Stand against the Tan webinar, Wed. January 30th, education for cancer prevention. Tobacco 21 passed in Ulster County but schools are still struggling with tobacco use with e-cigarettes and Juul.
- c. Kathleen mentioned there is a [suicide prevention training in Saugerties](#) on Monday, January 28<sup>th</sup>, 6-9pm.

## XII. Adjournment: 5:35