

Live Well Kingston May Meeting Minutes

Wednesday, September 18, 2019, 4 – 5:30 pm, City Hall, Conference Room #1

1. CALL TO ORDER: 4:07 PM

1. Council Members (Voting)

Guests

Anna Brett	<u> X </u>
Caitlin Zinsley	Excused
Dylan Johanson	Excused
Gerry Harrington	Excused
Kathleen Rogan	<u> </u>
Melinda Herzog	Excused
Stacy Kraft	<u> X </u>
Tayne' Smith	<u> </u>
Walter Woodley	<u> X </u>
Tevis Trower	Excused
Yanna Wilson	On Phone

Emily Flynn, Director of Health & Wellness

1. APPROVAL OF MINUTES

- a. The August minutes could not be approved without a quorum present

2. ADMINISTRATIVE MATTERS

- a. Discussion was held concerning board membership.
 - i. Tevis and Yanna have filled the previously empty board seats. The commission will always actively be seeking and accept applications since turnover is inevitable.
 - ii. The current by-laws allow a lifetime limit of two terms per board member. We discussed proposing a change to allow a board member to serve again, after taking time off. This will be discussed in October.
- b. All members are asked to reach out to Emily with their intentions at this time as far as continuing board service. The terms of Ana, Dylan, Kathleen, Stacy, Melinda and Walter all expire in December. These board members are eligible to reapply for another term and must fill out the application once again.

3. OLD BUSINESS

No report was given from the Play Well Team but it was mentioned that the action plan has been amended to reflect more than support for the Parks and Rec department. It was changed to better reflect its mission statement encompassing all forms of recreation. Emily provided a Chess Table update. There will not be a pavilion but there is a shade tree present in the site.

The communications team has been looking at having a city wide event as well as a theme for posting and communications for the coming year. Some type of community participation event is under consideration that would encourage residents to engage in all forms of healthy activities.

4. NEW BUSINESS

- a. A letter was presented in response to a proposed concrete business on route 28. Those present discussed and clarified the boundaries of the Commission's interest and that those boundaries are within the City of Kingston, as we are a city commission. The commission might respond if a future project had a direct effect on residents. Responding to issues outside those boundaries presents the subjective issue of "how far out is too far?"
- b. The Novo foundation invited the city to apply for another 2 year grant which funds the city position of Director of Health and Wellness.
- c. Stacy shared information about tick safety (twice a year, ticks are sampled from sites around the county) and that through the state, tick warning signs are available from the Board of Health. It was decided we should work with the parks and rec department to identify areas where new signs should be placed or worn signs could be replaced. Dr. Woodley brought up the need for a buffer zone on the new trails being developed between the trails and brush and that these buffers should be recommended to those responsible for trail maintenance. Dr. Woodley asked if poison ivy awareness signs exist and might we be able to place some of those as well. Large areas of poison ivy have been seen along the trail connecting Hannaford to midtown and they are right off the gravel.

5. ANNOUNCEMENTS AND COMMUNICATIONS

- a. Discussion was held about revisiting the concept of an "everyone reads one book" program with the library perhaps working with us to select several titles each period, so that all ages can participate.
- b. Discussion was held concerning the concept of libraries and laundromats, Dr. Woodley was aware of the concept and it is used internationally as well as in Chicago. Kathleen thought this concept was worth exploring and that if target laundromats could be identified, perhaps the Junior League would consider placement of "Free Little Libraries" at these sites. Although the programs in existence elsewhere have actual libraries with programming, the availability of books might be a first step.
- c. The Eat Well Team will be requested to present an update at the next meeting.

6. ADJOURNMENT: 5:30PM