

Live Well Kingston Meeting Minutes

Wednesday, January 15, 2019, 4 – 5:31pm, City Hall, Conference Room #1

I. Call to Order: 4:05 pm

Council Members (Voting)

Guests

a.

Anna Brett	X	Emily Flynn, Dir. Health & Wellness
Caitlin Zinsley	X	Sendy O'Brien, MiSN
Open		Lori Ferguson
Gerry Harrington	X	Sam Wilo
Kathleen Rogan	X	Tanya Garment
Melinda Herzog	X	
Stacy Kraft	X	
Tevis Trower	On Phone	
Walter Woodley	Absent	
Yanna Wilson	On Phone	
Open		

II. Approval Of Minutes

- A. A motion was made by Gerry to approve August's meeting minutes. Seconded by Anna. Abstentions: Caitlin. Motion Passed.
- B. A motion was made by Anna to approve September's meeting minutes. Seconded by Stacy. Abstentions: Gerry, Melinda, Caitlin, Tevis. Motion passed.
- C. A motion was made by Gerry to approve October's meeting minutes. Seconded by Stacy. Abstentions: Anna, Caitlin, Melinda, Tevis. Motion passed.
- D. A motion was made by Melinda to approve November's meeting minutes. Seconded by Melinda. Abstentions: Caitlin, Gerry, Tevis. Motion passed.
- E. The December's meeting minutes were tabled until February. Emily will edit the notes to be certain that Stacy is listed as co-presenter.

III. Administrative Matters

- A. We welcomed guests and potential commissioners. Lori is a dietitian working with Center for Creative Education and has a passion for supporting others to eat healthily.

Sendy is a community health worker who is connected with the spanish-speaking population in Kingston. Sam works in solar energy and is interested in Travel Well.

- B. Gerry made a motion to go into executive session to discuss commissioner recommendations to the Mayor. Melinda seconded. Motion passed.
- C. Gerry made a motion to recommend Sendy O'brien to be a commissioner to the Mayor. Melinda seconded. Motion passed.
- D. Anna made a motion to recommend Lori Ferguson to be a commissioner to the Mayor. Caitlin seconded. Motion passed.
- E. The commision went back to normal session and Lori volunteered to take the 2-year seat and Sendy will take the 1-year seat.
- F. A slate of officers was proposed of: Chair will be Gerry, Vice-chair will be Stacy, Co-secretaries of Yanna and Caitlin and treasurer will be Anna.
- G. Kathleen made a motion to approve the slate of officers. Melinda seconded it. Motion passed.
- H. Meeting times: Emily will send out a doodle poll of a few other meeting times options including days at the end and beginning of the week and times a little before and after. Next month, the commission will still meet February 19th.

IV. Stretch

V. Old Business

- A. Community Agreements. Emily presented the community agreements as a code of conduct for meetings. We would ask the Focus Teams to read it once a year at their meetings. Emily asked the commission to adopt these agreements. Emily will make edits and will be presented again in February.

VI. New Business

- A. Communications Committee: Emily spoke of the need for help with communications and presented a rough chart of needs. The Commission decided to have the communications subcommittee meet quarterly to provide feedback and direction. Gerry, Kathleen, Yanna & Tevis will again be on the committee. Stacy asked for there to be a way of letting her and others know when posts are made so they can amplify them on their networks.

VII. Announcements and Communications

- A. The public is invited to the MTC Community Center, 61 Academy St. in Margaretville, from 8:30 a.m. to 3 p.m. Jan. 24, a week from tomorrow, to listen to and offer ideas at a free, four-county summit about how to deter opioid misuse in the Catskills and how to help people deeply touched by the crisis. The involved counties are Delaware, Ulster, Sullivan and Greene. The summit will also look into methamphetamine, or crystal meth,

fast on the rise and, in some communities, replacing opioids as the No. 1 killer recreation drug. To register for the summit, please call Margaretville Hospital at 845-586-2631, ext. 3114, or sign up at catskillsaddictioncoalition.org.

- B. HealthAlliance senior breakfasts are every 3rd Wednesday of the month. January's presenter was an Ophthalmologist. Gerry will send Emily information about these events so they can be added to the LWK events.
- C. Stacy mentioned the Ulster County Dept. of Health rabies vaccination clinic. Friday, January 31st, 10am-12pm at the UCSPCA, 20 Wiedy Road, Kingston, NY.
- D. Stacy mentioned the Workplace Wellness conference, Friday, January 31, 8:30-3:30pm, Mary's Ave Campus Auditorium. <https://ulsterww2019.eventbrite.com>
- E. Tanya invited people to go to a UCAT Public Meeting Regarding City of Kingston Proposed Base Fare, 5:30 p.m. to 6:30 pm on Monday, February 10, 2020 at Ulster County Area Transit, 2nd floor training room, located at 1 Danny Circle in the Golden Hill Complex in Kingston. She is part of a group called [Friends of Kingston Public Transit Riders](#) which is a Facebook Group.

VIII. Adjournment: 5:31pm

IX. LWK Focus Teams and Other Events

Please see <http://livewellkingston.org/event-directory/> for updates and details.

08 Jan KCS D School Wellness Committee
09 Jan Live Well Kingston Presentation at Human Services Coalition
13 Jan Resilience Film and Panel Discussion At Miller Middle School
16 Jan Resilience Film and Panel Discussion At Bailey Middle School
21 Jan Age Well Focus Team Meeting
24 Jan Play Well Focus Team Meeting
31 Jan Black History Month Kingston Community Dinner
05 Feb Eat Well Focus Team
10 Feb Travel Well Focus Team
12 Feb Complete Streets Advisory Council
14 Feb Heal Well Focus Team
19 Feb Live Well Kingston Commission