

Live Well Kingston June Meeting Minutes

Wednesday, June 17, 2020, 4 – 5:30pm, GotToMeeting

- I. Call to Order: 4:15
 - A. In Attendance:
 1. Commissioners: Stacy Kraft, Anna Brett, Melinda Herzog, Walter Woodley, Lori Ferguson;
 2. Guests: Emily Flynn, Freddy Garcia, Katie Sheehan-Lopez, Shahedra Ward-King, Vincent Martello, Sara Katz, Susanne Callahan, Doug Koop,
- II. Reports
 - A. Eat Well
 1. [COVID programming and response report](#)
 2. Met in April and June, 15-20 agencies called in.
 3. Maria Reidelback - Turning the Tables cookbook at Cornell Cooperative presentation.
 4. Kingston Emergency Food Collaborative, KEFC, started in Eat Well conversations.
 5. Ongoing conversations about future KEFC work.
 6. SNAP applications are increasing and the person who does SNAP recruitment has lost funding.
 7. KEFC was delivering 3K meals a day at its height. Grocery delivery is still happening. Limited meal delivery is still happening out of the Everette Hodge Community Center.
- III. Approval of Minutes - Didn't have a quorum. Will bring this up in July.
 - A. [February Meeting Notes](#)
- IV. Administrative Manners - Also moved discussion to July.
 - A. Open Commission Seat
 1. Shahedra Ward King - Goes by "Shy," Case manager at Institute for Family Health, owns a holistic business that opened in Kingston. Is in school to be an expressive art therapist. Enjoys anything that has to do with wellness and feels it is very important for communities of color.
- V. Old Business - Moved discussion to July.
 - A. [Community Agreements](#)
- VI. New Business
 - A. Potential Grow Well Focus Team - Urban Agriculture Working Group
 1. Group of organizations around farming and agriculture in the area has developed in the last month.

2. Sara Katz - Works at Farm Hub, Kingston garden bed project, working with Kingston YMCA to create and install 20 garden beds in the City and in the KCSD area. Outreach has gone out in the KEFC grocery distribution.
 3. The Urban Ag group has questions around how much control the Live Well Commission would have over their projects.
 4. Could the beds be installed at Colonial Gardens? Sara will follow up with Lori F.
 5. Live Well Kingston had a "Grow-Up" well name intended for childhood support. Could use Grow Well now for this group and come up with a new name for future projects.
- B. [Undoing Racism Training](#) - Emily has collected undoing racism training opportunities and will follow up to get training specifically for the LWK Commission. Emily will follow up with Shy, Dr. Woodyly, and Lori with the training resources.

VII. Announcements and Communications

- A. Substance abuse and suicide rates are up significantly up during COVID times. [O+ has made a mental health hotline](#). Free and confidential 24-7 conversation for managing stress and connecting to supportive resources in the Kingston area: Please call or text Coping During COVID Helpline, 24-7: 1-844-437-6856.
- B. Ulster County has changed their hotline to be a way to connect to many resources. 845-443-8888.
- C. The High Risk Mitigation Team - Ulster County pilot to support those at the highest risk of substance abuse. Includes a customized recovery plan. Connects with the DOH, sheriff, fire and police department and other organizations. Starting small. Teams would support participants at multiple points in their lives.
- D. Kingston has 40% of the overdose and only 13% of the UC population. - Vin
- E. Cultural competency is a barrier to health services.
- F. Childcare is a great need in our community. About half of the childcare options are open and many working parents are going back to work. Children will be left alone and be using screens a lot.

VIII. Focus Team Meetings and other Events

- A. 16 Jun Age Well Focus Team Meeting
- B. 18 Jun Urban Agriculture Working Group
- C. 26 Jun Play Well Focus Team Meeting
- D. 03 Jul Heal Well Focus Team Meeting
- E. 09 Jul Healthy Ulster

Meeting Adjourned: 5:13