



Live Well Kingston December Meeting Notes

Wednesday, December 20th, 2017, 4 – 5:30 pm, Mayor's Conference Room, City Hall

Call to order: 4:06 pm

I. Director, Commissioners and Guests Introductions

a. In attendance

1. Council Members (Voting)

- Amanda Stromoski
- Anna Brett
- Brooke Pickering-Cole
- Kathleen Rogan
- Marge Gagnon
- Stacy Kraft
- Stephanie Hope (conference call)

2. Guests (Non-voting)

- Emily Flynn, Director of Health and Wellness, Staff Coordinator for LWK
- Laurie Mozian (Eat Well co-chair), Community Health Coordinator, HealthAlliance Hospital
- Kristen Wilson, Grants Manager, City of Kingston
- Katie Sheehan-Lopez (Eat Well co-chair), CCEUC
- Theresa Lyn Wildman (conference call), Anahata Yoga
- Maria Elena, Health Alliance, Athena Network
- Riley Johndonnell, The Happy Spot

- b. Motion to accept minutes from previous meeting made by Kathleen, seconded by Stacy and unanimously approved

II. Designation of Note Taker for the Meeting

- a. Amanda designated note taker for meeting

III. Old Business

- a. LWK Website updates: Still some missing bios/photos; please send to Emily
- b. Ad-hoc articles of collaboration revision taskforce meeting on January 9th. Let Emily know if you would like to participate.
- c. Updates from focus team chairs:
- Eat Well update:

Sent letter to department heads about compliance to healthy vending machine policy.
City hall vending machines are in compliance, but many in the city still are not // Plans



for Healthy Medical Village at HealthAlliance, with a “community kitchen” facility // Kingston School Wellness committee has been reinstated and meeting will happen in January; let Katie know if you want to be on an email about it. // WIC has moved to Golden Hill; can farm stand be moved there so people can use vouchers for free veggies? Previous landlord would not allow it.

- Age Well update:

2 computers have been installed at Gov. Clinton housing and 20 seniors have been trained and can now independently use the computers. 2nd computer going in at Yasmin Towers the week of December 20. Stacy suggested calling WKZE and making this a “good news story.” // Live streaming: Kale at Evolving Media is interested in making this happen but follow-up is needed. AARP grant was applied for but not received. // Transportation issue: Uber & Lyft too pricy and too smartphone-dependent; other communities have created a special number seniors can call to be connected with an Uber or Lyft dispatcher. UCAT provides 1 shopping trip plus 1 medical trip a week but those can take 3 hours. Is Community Action (for free market) not on the senior bus route? Bus systems should soon merge but that’s not a guarantee. Medicaid cab system is notoriously bad. Do we need to advocate at the state level for a change? // Seniors don’t understand new parking kiosks; can’t find them in the lots.

- Travel Well update:

Complete streets advisory council is still down two members. // Midtown Linear Park got a boost as the county voted unanimously to proceed with the rail trail development. // Kingston Point Rail Trail is waiting on authorization // City is looking for a sidewalk consultant for Henry Street project; also just received a grant for Franklin Street sidewalks // Construction docs are in the works for Hasbrouck Delaware Parklet and sidewalks on Cornell Street // Hudson Promenade-Empire State Trail is going out to bid this winter, with a new grant to pave a portion of the trail. // Kingston Green Line is now meeting weekly and becoming very active // Grants recently received for municipal composting plan and for city tree inventory (not Travel Well but brought up by Kristen)

IV. New Business

- a. Goals for the commission: Emily is working on these. // Should we have a mayor’s initiative? One issue per year that can include a marquee event; something the Commission becomes known for. Suggested theme: Partnerships, working together. // Create project criteria for future projects. Kristen has a draft from previous iteration of LWK. Will send to Emily to review and send out to commission. // Bulletin boards where people can sign up to find friends/buddies/assistance in different areas (exercise, ride shares, etc.) // Ask focus teams



what they need support in to be able to move ahead with their individual goals // Better communication and better access to website & social media

V. Announcements/Communications/Events/Updates

- a. HealthAlliance/Happy Spot project: Riley proposes an event starting March 20 and ending in May for mental-health awareness month. "Paint the Town Yellow," similar to what was done in Madison, NJ. Color Broadway with yellow banners, ask local businesses to hang artwork, use yellow in other ways. There is funding for adolescents with mental health issues but very little for adults, who make up a larger part of the patient population in need. A meeting with the mayor is needed soon and a steering committee should be formed.
- b. Update from Marge: Ulster County is now a member of the NY State Senior Action Council; there is a meeting January 26 in Esopus from 1-3 pm.
- c. Update from Kristen: Downtown Revitalization Initiative forum on January 4 at 6 pm; email went out to local business owners with a survey of how DRI can help local businesses.

VI. Meeting adjourned 5:29 pm