

Healthy Ulster Council Meeting Notes
(Formerly Chronic Disease Prevention Council)
239 Golden Hill Office Building, Kingston, BNY 124501
February 11, 2016

Kristen Wilson opened the meeting and asked attendees to introduce themselves and share one healthy thing they've been doing for themselves. Responses ranged from eating more fruits and vegetables to practicing yoga and walking more.

First presenter was **Joanne Bell**, from Catskill Love, INC who spoke of her organization that coordinates with all local churches and has recognized the need for help in the homeless community. They help families to "get on their feet" by coordinating donated furniture, linens, etc., and transporting to their new homes. At present, they are helping over 70 families. Joanne stressed that there are a lot of resources in the community and they work to coordinate those resources. Catskill Love, INC is a national organization, yet each one is operated on an individual community need.

<https://sites.google.com/site/catskillmtnloveinc/how-we-help-churches>

Cari Watkins-Bates from Scenic Hudson, second presenter, shared a slide show, illustrating how Scenic Hudson has preserved more than 50 parks and preserves along the Hudson River, since its establishment in the 1960's. Data collected in 2012 showed 4,125 farms and 630,000 acres in the Hudson Valley corridor. The average age of a farmer is 58 years old. This indicates a need for younger generation farmers in order to conserve the foodshed. Red Hook has the distinction of having 60% of their farmland "protected".

Break: Attendees participated in a short Yoga break, performing stretches while sitting in their chairs, to the instruction of a brief video shown by Kristen.

Vin Martello announced that Ulster County is now one of 42 finalists out of 500 applications that were submitted to the Robert Wood Johnson Foundation in competition for a \$25,000 prize.

They are working on the next part of the application, as finalists. He then presented a slide show illustrating the Prevention Agenda for Healthy Ulster.

He defined "culture of Health" as changes that will enable all in our diverse society to live healthier lives. This will include where and how we live and work, safety of surroundings and connectivity of families and community. Ulster County ranks first in New York State as net carbon neutral.

<http://ulstercountyny.gov/news/executive-press-releases/ulster-county-only-county-new-york-state-recognized-united-states>

Kristen distributed the Draft Strategic Plan for Healthy Ulster 2016 and spoke about coalition building and how all Council members will work together; she will send out a survey regarding: development, tools and resources.

Breakout Groups: Attendees gathered at three sites to discuss their areas of interest: Healthy Eating, Active Living, and Family & Social Support and their steps forward.