



# HEALTHY ULSTER COUNCIL MEETING

November 12, 2020

# YOUR MEETING HOSTS

## Melinda Herzog

Healthy Communities Program Leader  
Cornell Cooperative Extension of Ulster County  
Coordinator of the Healthy Ulster Council

## Stacy Kraft

Public Health Education Coordinator  
Ulster County Department of Health and Mental Health

## Karri Paul

RAPP Coordinator  
Cornell Cooperative Extension of Ulster County

**AUDIO**– Join by computer or phone (NOT both), once you join the icon turns into a microphone, click to mute/unmute



**VIDEO**: We would love to see you! (a few guest visitors are ok too)



**Participants**: You can use this to give thumbs up, thumbs down, applause etc.



**CHAT Box**: Please put your name



**VIEW**: You can select if you split the screen, see speakers etc. Play with it.



Chayna Russo



End Meeting

# HOUSEKEEPING

1

Please say hello by typing your Name and Organization in the Chat Box.

2

Please stay muted throughout the presentation.

3

Ask your questions in the Chat Box. They will be read aloud and answered.

# MEETING AGENDA

Healthy Ulster Council Zoom Meeting  
November 12, 2020  
2:00-3:30pm

2:00-2:05	<b>Introductions</b>
2:05-2:30	<b>"Cancer Navigation at IFH"</b> <i>Presenter: Katie Bierlein Regional Director of Care Coordination; &amp; Sean Campbell; Cancer Navigator Institute for Family Health <a href="http://institute.org">institute.org</a></i>
2:30-2:55	<b>The Center</b> <i>Presenter: Kevin Keaveny Executive Director/Program Manager The Hudson Valley Center for Veteran Reintegration <a href="http://hvcvr.org">hvcvr.org</a></i>
2:55-3:00	<b>5 Minute Break: Office Yoga by <del>Beyoutifulliving</del></b>
3:00-3:25	<b>Facilitated Networking Session</b> <i>Share Your Organization's Upcoming Program or Event</i>
3:25-3:30	<b>Closing</b>

# PRESENTATION



## *Cancer Navigation at IFH*

Presented by Katie Bierlein

*Regional Director of Care Coordination &  
Sean Campbell*

*Cancer Navigator*

*Institute for Family Health*

[institute.org](http://institute.org)

# PRESENTATION



## *The Center*

Presented by Kevin Keaveny  
Executive Director &  
Gavin Walters  
Program Manager  
The Hudson Valley Center  
for Veteran Reintegration

[hvcvr.org](http://hvcvr.org)



<https://www.bing.com/videos/search?q=5+min+yoga+beyoutifulliving&docid=608051074666005511&mid=11FB086BAFDA376E4D5D11FB086BAFDA376E4D5D&view=detail&FORM=VIRE>

# MOVEMENT BREAK

**5 Minute Break  
Office Yoga  
by Beyoutifulliving**



# HEALTHY ULSTER GOOGLE GROUPS

- Join our Healthy Ulster Google Group to share and receive the latest research briefs, program updates, and professional development opportunities.
- The platform also allows for collaborating in Google Docs and Google Spreadsheets.
- Accept your invite to join or send an email request to be added to Melinda Herzog at: [mmh62@cornell.edu](mailto:mmh62@cornell.edu)

healthylustercouncil@googlegroups.com

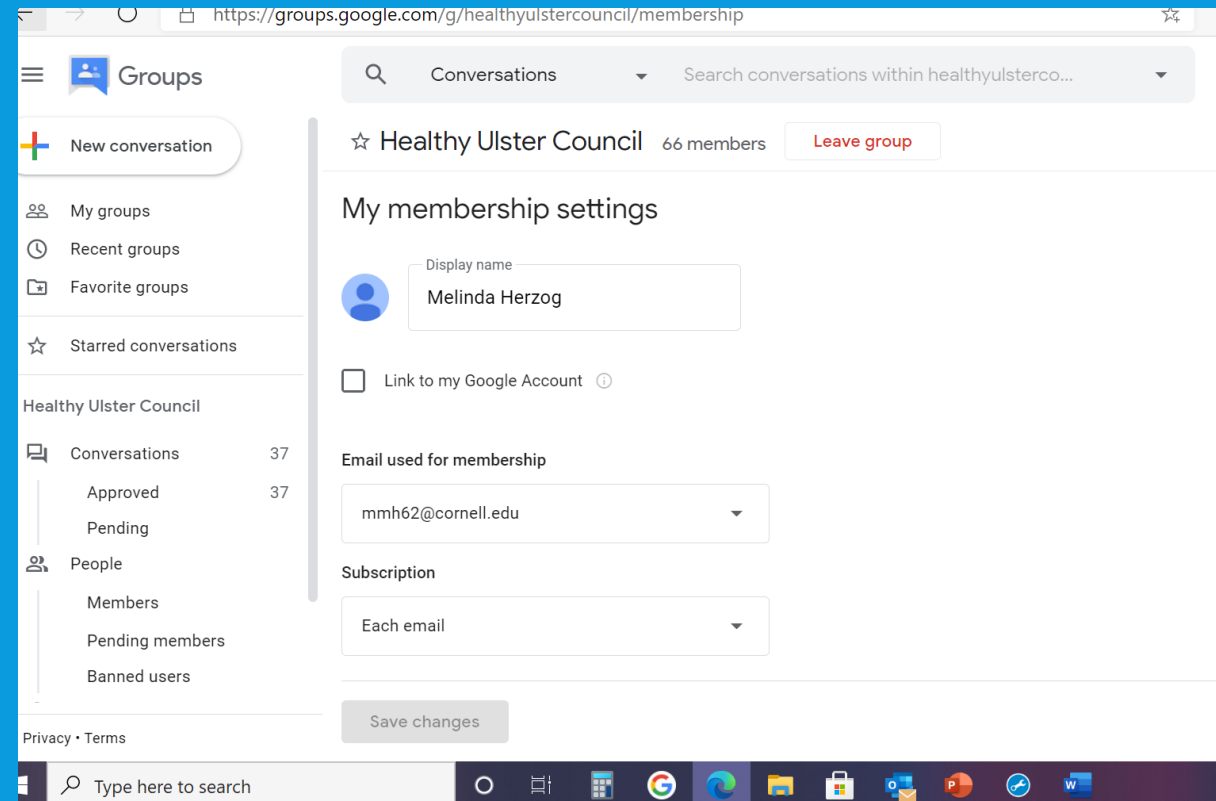
The screenshot shows the Google Groups interface for the 'Healthy Ulster Council' group. The left sidebar contains navigation options: 'New conversation', 'My groups', 'Recent groups', 'Favorite groups', 'Starred conversations', and 'Healthy Ulster Council' (with sub-items for 'Conversations' (37), 'Approved' (37), and 'Pending'). The main content area displays a welcome message and a list of recent conversations. The top navigation bar includes a search bar, a 'Conversations' dropdown, and a search scope selector set to 'Search conversations within healthylustercouncil.com'. The group name 'Healthy Ulster Council' and member count '66 members' are visible at the top of the main content area. The list of conversations includes:

Member	Conversation Title	Date	Star
Melinda Herzog	Reminder to Register for the November 12, 2020 Healthy Ulster Council Zoom Meeting – Jo	Nov 6	☆
Melinda Herzog	Register for the November 12, 2020 Healthy Ulster Council Meeting – Join Us! for an Onlin	Oct 29	☆
Stacy Kraft	COVID Alert NY-Halloween-CDSM-Caregiver Support-Vote- Inclusive Communications-He	Oct 22	☆
Stacy Kraft	Impact of COVID-19 on Disability Service Organizations Survey and MAT Waiver Training f	Oct 13	☆
Stacy Kraft	Domestic Violence / Combating Hate – Tune in this weekend to Healthy Ulster Radio! 📻 T	Oct 9	☆
Stacy Kraft	Nuvance Health seeking volunteers for COVID-19 blood plasma prevention and study inte	Oct 7	☆
Katie M Sheehan-Lopez	Nutrition workshops with SNAP-Ed in October – Hello Ulster County agencies! SNAP-Ed h	Oct 5	☆

# MANAGE YOUR GOOGLE GROUP MEMBERSHIP SETTINGS

## Under Membership Settings

- Change Your Display Name
- Link to Your Google Account
- Change Your Email
- Adjust Your Subscription
- Leave the Group



# NETWORKING

- 
- Briefly Share Your
- Organizations Upcoming
- Program or Event

FACILITATED  
DISCUSSION

# NETWORKING RULES OF ENGAGEMENT

1. The Facilitator will call upon you to share
2. State your name and organization
3. Briefly share an upcoming event or program that you would like everyone to know about.
  - Please focus on an event or program, and do not try to share an overview of your organization.
  - Remember that you can also share details such as your website, or program dates in the chat.

REMEMBER  
EVERYONE WOULD  
LIKE A CHANCE TO  
SHARE. KEEP IT  
BRIEF.

# CLOSING REMARKS

<https://www.mentimeter.com/s/9107b2568b441d589881b5e88726f691/2daf8e89c5c5>  
<https://www.mentimeter.com/s/9107b2568b441d589881b5e88726f691/2daf8e89c5c5>

What Does The Healthy Ulster Council Mean to you?

<https://www.menti.com/>

Code: 58 55 77 3

Our Next Healthy Ulster Council Meeting will be held on Thursday January 14, 2021  
from 2:00-3:30pm

Visit <http://healthyulstercounty.org/> for more information

# FOR MORE INFORMATION CONTACT

- **Melinda Herzog**
  - Coordinator of the Healthy Ulster Council
  - Cornell Cooperative Extension of Ulster County
  - [mmh62@cornell.edu](mailto:mmh62@cornell.edu)
  
- **Stacy Kraft**
  - Public Health Education Coordinator
  - Ulster County Department of Health and Mental Health
  - [stor@co.ulster.ny.us](mailto:stor@co.ulster.ny.us)