

2021 Healthy Ulster Council Annual Report



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Cornell Cooperative Extension of Ulster County
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The Healthy Ulster Council (HUC) is a coalition of community agencies and organizations that meet bi-monthly to foster communications, awareness, and potential synergies in and among organizations and individuals working on various aspects of community wellness and prevention. The mission of HUC is to strengthen collaboration between organizations working to promote wellness, prevent illness and improve health outcomes through collective action and projects.

Healthy Ulster Council meetings which have a professional development and networking component, continued to be a conduit for important sharing of relevant information with the many professionals attending meetings. In the second year of the COVID 19 pandemic, Council meetings included professional development on relevant topics in the community including mental health, the opioid epidemic, economic development, diversity and inclusion, food systems, housing, and climate resiliency.

In early 2021 most schools were operating on a hybrid model of half in person and half online education. While some of the workforce was still able to work from home, many worked in person. As COVID 19 vaccines became widely available, the summer months held the promise of a return to a sense of normalcy, and with it more accessibility to the many services and programs which Healthy Ulster Council agencies and organizations offer. As the Delta variant spread through our community, COVID 19 cases again rose steadily. The Council responded with a collective action project to share social media outreach promoting vaccines within their networks.

Attendance at meetings again increased in 2021, with many new agencies and organizations attending meetings. The Zoom format is now widely accepted, and allows for wider attendance. The timeframe for the meeting was shortened in 2020 from 2 hours to 1.5 hours to accommodate the online format.

The 2021 Annual Report summarizes the outcomes of Council meetings, networking opportunities, collective action, and communications. It also includes an update on the status of the Inventory for Health. The report is organized into 4 sections: Healthy Ulster Council Meetings, Collective Action, Communications, and the Inventory for Health. In addition, a list of the 2021 participating agencies and organizations have been included. There are 3 Appendices to the report, including the 2021 HUC Meeting Attendance, 2021 HUC Constant Contact List Updates, and the 2021 Inventory for Health Assessment Spreadsheet.

I. Healthy Ulster Council Meetings

In 2021, in a partnership with the Ulster County Department of Health, Cornell Cooperative Extension of Ulster County provided coordination and facilitation for **6 bi-monthly Healthy Ulster Council meetings**. **Ninety-one participants from 45 organizations** attended these meetings for the purposes of professional development, networking and collective action (see Appendix A). The overall attendance increased as compared to 2020, where 83 professionals from 44 organizations attended, and 2019 where 66 professionals from 33 organizations were in attendance. The 2021 average meeting attendance was 27.7 persons per meeting.

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Healthy Ulster Council meetings provided an opportunity for professional development, including presentations sharing important information announcements relevant to the pandemic and the economic and mental health crises affecting many families in Ulster County. Facilitated networking sessions were implemented at meetings to provide an opportunity for sharing services among meeting participants. Prior to the pandemic Healthy Ulster Council meetings modeled healthy meeting behavior and included healthy snacks as well as movement breaks to demonstrate how to easily incorporate health and wellness in meetings. During 2021 online council meetings included movement breaks and stressed the importance of taking breaks during long hours working seated online.

- A. **Professional Development** at HUC meetings provides the opportunity to share important information and resources with participating agencies and organizations. The Council often serves as an important conduit for sharing information from Ulster County Departments and municipalities. 2021 included presentations from the Ulster County Department of Economic Development, the Ulster County Office of the Executive, and the Ulster County Department of Environment the Ulster County Department of Health and Mental Health, as well as the City of Kingston. These presentations were especially important in the second year of the pandemic where information on recovery from the pandemic was shared. Topics included *Updates from the Ulster County Housing Action Plan Study*, *Opioid Epidemic and Response Update*, *Building a People-Centered Economy: A Discussion About the Ulster 2040 Report*, *an Overview of the Ulster County Food Waste Prevention and Recovery Act*, *Ulster County's Green New Deal*, and *Community Policing within the City of Kingston*. Additional professional development was provided by guest presenters from 6 other agencies and organizations that work within Ulster County. Topics included *Rural Health Network Wellness Programs*, *Children's Care Management Services*, *the Hudson Valley LGBTQ+ Community Center and Well Being Institute: Supporting and Celebrating our Diverse LGBTQ Community*, *Supporting a Healthy Community*, *RUPCO Creating Homes*, *Supporting People and Improving Communities*, and *Services at Planned Parenthood of Greater NY*. All of these professional development presentations are listed below in chronological order:

2021 HEALTHY ULSTER COUNCIL PRESENTATIONS

1. **"Updates from the Ulster County Housing Action Plan Study"** presented by Evelyn Wright, Deputy County Executive of Ulster County
2. **"Opioid Epidemic and Response Update"** presented by Vin Martello Director of Community Health Relations at the Ulster County Department of Health & Mental Health/Director of Opioid Prevention Strategy for the UC Executive's Office
3. **"Building a People-Centered Economy: A Discussion About the Ulster 2040 Report"** presented by Tim Weidemann, Director of Economic Development Ulster County
4. **"Rural Health Network Wellness Programs"** presented by Madison Freeman, MPH Program Coordinator Ellenville Regional Hospital/Ellenville Regional Rural Health Network

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5. **“Children’s Care Management Services”** presented by Michelle Varvaro, Regional Manager, CHHUNY Children’s Health Home of Upstate NY
 6. **“The Hudson Valley LGBTQ+ Community Center and Well-Being Institute: Supporting and Celebrating our Diverse LGBTQ+ Community”** presented by Skyler Roach, Community Outreach and Volunteer Liaison Hudson Valley LGBTQ+ Community Center
 7. **“Overview of the Ulster County Food Waste Prevention and Recovery Act”** presented by Europa McGovern, Senior Environmental Resource Technician, Ulster County Department of Environment
 8. **“Supporting a Healthy Community”** presented by Lisa Hanson LMHC, CHC, VP of Programs Rachel Jacob, MPA; Director of Wellness Services, Ellen Farrell, MA, NCC, EEM-AP; Wellness Counselor, and Aaryn Spaulding, MS, LCAT, R-DMT; Wellness Counselor, MHA Ulster County, Inc.
 9. **“An Update on Community Policing within the City of Kingston”** presented by Steven Noble, Mayor, City of Kingston
 10. **“Ulster County’s Green New Deal”** presented by Evelyn Wright, Deputy County Executive Ulster County
 11. **“RUPCO - Creating Homes, Supporting People, Improving Communities”** presented by Faith Moore, Assistant Vice President of Operations and Kelsey Vargas, Director of Program Services RUPCO, Inc
 12. **“Services at Planned Parenthood of Greater NY”** presented by Isis Benitez, Community Health Promoter Planned Parenthood of Greater New York
- B. **Networking** and promoting synergies among health and wellness agencies and organizations is one of the goals of HUC. Opportunities for networking were provided at meetings, via 30 minute facilitated networking sessions where participants shared upcoming programs and events. Additional opportunities for sharing programs and events were provided via the Chat feature of Zoom. Program sharing was captured in the meeting notes for each Council meeting and posted at ulster.cce.cornell.edu/huc. Agencies and organizations are encouraged to share links to program information at HUC meetings, as well as through the Healthy Ulster Council Google Group at healthyulstercouncil@googlegroups.com .
- C. **Healthy Meeting Behavior** was incorporated into all Healthy Ulster Council meetings and included a physical activity break at each meeting. Due to the pandemic the number of online meetings have increased. HUC participants were reminded of the purpose of practicing healthy meeting behaviors at each meeting, and consumption of healthy snacks and beverages was suggested.

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II. Collective Action

The Healthy Ulster Council participated in an ongoing project to provide COVID 19 Vaccine Outreach through social media using the social media communications kits provided by the CDC. Cornell Cooperative Extension of Ulster County (CCEUC) prepared ready to use posts and shared these with participants of the Healthy Ulster Council at meetings and through the Healthy Ulster Council Google Group. “Example A” below shows the format in which social media posting information was shared with Healthy Ulster Council members via email can be found directly below. Members were also encouraged to share directly from CCEUC’s Social Media Site at [\(20+\) Cornell Cooperative Extension Ulster County | Facebook](#). A general jpg was shared as well as one tailored for Instagram as attachments. Actual posts as shared on CCEUC’s Facebook site can be found as “Example B” at the end of this report.

Example A: Communications with Healthy Ulster Council Members for COVID Vaccine Information Collective Action Project

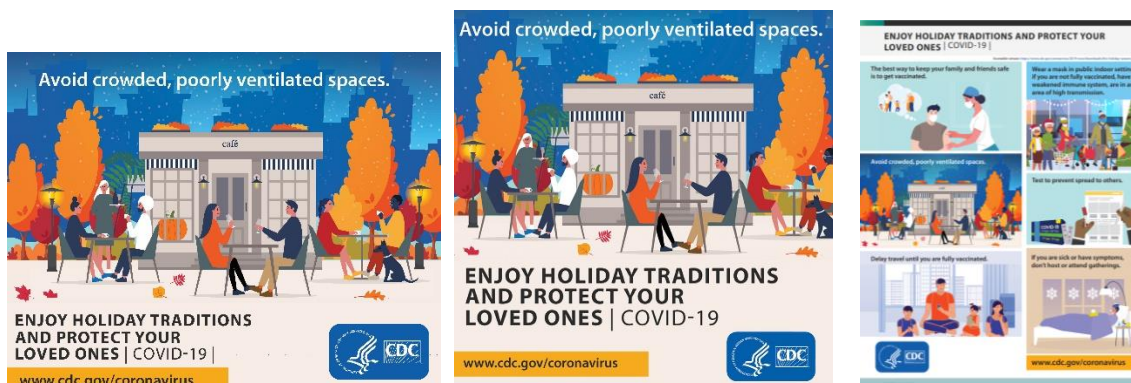
Hello Healthy Ulster Members!

Vaccine outreach continues to be our collective action project this year. Please share the attached CDC COVID 19 holiday tips on social media along with the below message on your organization’s social media site (Note that one of the attached jpg’s is specifically tailored for Instagram):

Protect Your Loved Ones this Holiday Season with these tips from the CDC.
For Ulster County vaccine information visit: [VaccinateUlster.com](https://www.cdc.gov/coronavirus/2019-ncov/downloads/HolidayTraditions.pdf)
Download and share the full infographic: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/HolidayTraditions.pdf>

OR feel free to share directly from the following links to posts on our CCE Ulster social media sites:

Facebook: <https://www.facebook.com/CCEUlster/posts/10159625182718545>
LinkedIn: <https://www.linkedin.com/feed/update/urn:li:activity:6872208419739185152>
Twitter: <https://twitter.com/CCEUlster/status/1466443156896063488>
Instagram: https://www.instagram.com/p/CW_LP00LgeU/



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III. Communications

CCEUC sent all meeting announcements and communications for the Healthy Ulster Council through Constant Contact and the Healthy Ulster County Google Group. Information was also shared via the Bringing Agencies Together and the Ulster County Human Services listservs. **There are currently 507 contacts listed on the Healthy Ulster Constant Contact listserv.** The list is updated bi-monthly, with **38 new contacts** added in 2020, and **1 removed** (See Appendix B). New members are added upon attending a Healthy Ulster Council meeting and by request. **There are 163 members in the Healthy Ulster Google Group, with an overall increase of 20 contacts in 2020.** Use of the healthyulstercounty.org/ website was promoted at Council meetings and on the bi-monthly meeting announcements with reminders to review meeting notes, presenters' power points, and data shared at Council meetings. Members were also encouraged to list their events on the event page of the site. 2021 Meeting Notes are posted at ulster.cce.cornell.edu/huc.

IV. Inventory for Health

The Ulster County Inventory for Health (Appendix C) is a spreadsheet documenting agencies and organizations implementing policies and programs addressing the social determinants of health in Ulster County. The Inventory for Health includes data on policies and programs collected in 2021 and 2020 via the new Inventory Assessment Tool shown in green and blue font colors respectively. It also includes data known to be common knowledge which was shared in black font color.

The Inventory is a living document which requires continual updates. In 2021 the Inventory for Health was updated utilizing the new Inventory Assessment Tool developed in 2019. Data was collected from agencies and organizations recently participating in Healthy Ulster Council meetings to update the Ulster County Inventory for Health. Cornell Cooperative Extension of Ulster County implemented the assessment with HUC participating agencies and organizations via zoom and telephone.

They were first asked to self identify which health factors are relevant to the policies and programs that their agency or organization work on in Part 1 of the Assessment. In Part 2 of the Assessment participants were asked to review the section in the Inventory Assessment for each of the relevant health factors which they identified, to determine which policies and programs align with policies and programs they engage in. For each policy or program selected they are asked to share the name of their program.

The new Inventory Assessment Tool is a far more accurate instrument in updating the Inventory for Health, as the language used in the Assessment Tool aligns directly with the language in the Inventory for Health. Specific policies and programs are chosen by the participant and do not require any interpretation by the administrator of the instrument.

The Inventory for Health was designed to align directly with the Robert Wood Johnson "What Works for Health" policies and programs <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health>. These strategies are a menu of tools, policies, and programs that can be used locally to improve health outcomes. The new Assessment Tool has likewise been designed to align directly with

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the language and descriptions included the RWJF What Works for Health Policies and Programs, and has been divided into 13 Health Factor sections. These include:

1. Alcohol and Drug Use
2. Diet and Exercise
3. Sexual Activity
4. Access to Care
5. Quality of Care
6. Social and Economic Factors
7. Education
8. Employment
9. Family and Social support
10. Income
11. Air and Water Quality
12. Housing and Transit
13. Tobacco Use

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2021 Healthy Ulster Council Participating Organizations

1. American Red Cross
2. Access Support for Living
3. American Heart Association
4. American Lung Association
5. American Red Cross
6. ARC Mid-Hudson
7. Bard Center Civic Engagement
8. Bevival.com
9. Cornell Cooperative Extension-Ulster County (CCEUC)
10. Children's Home of Upstate NY (CHUNY)
11. Circle of Friends for the Dying
12. City of Kingston
13. Collage Consulting
14. Ellenville Regional Hospital Rural Health Network
15. Family of Woodstock, Inc.
16. Fidelis Care
17. Gateway Hudson Valley
18. Health Ins. NYS Marketplace
19. Hudson Valley Community Services
20. Hudson Valley Hospice
21. Hudson Valley One
22. HV LGBTQ+ Community Center
23. Independent Consultant-Reg. Dietician
24. Institute for Family Health
25. LaVoz
26. Mental Health Assoc. UC
27. Mid-Hudson Problem Gambling
28. MiSN
29. NYPGRC
30. Parrots for Peace, Inc
31. People USA
32. Planned Parenthood of Greater NY
33. Red Cross
34. Resource Center for Accessible Living (RCAL)
35. Rose Women's Care Service
36. RUPCO
37. Samahdi
38. Tobacco Free Action Communities
39. Town of Saugerties Board/Conservation Advisory Committee
40. UC Community Action
41. UC Department of Environment
42. UC Habitat for Humanity
43. UC Department of Mental Health
44. UC Planning Department
45. UC Probation Department
46. UC BOCES
47. UC Department of Health and Mental Health
48. UC Office of the Aging

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Example B: Collective Action COVID Vaccine Social Media Posts as shared on CCEUC Facebook



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ULSTER COUNTY WALK-IN COVID-19 VACCINE CLINICS

<p>Monday, 4/26 11:00AM-7:00PM New Paltz Community Center 3 Veterans Drive</p>	<p>Tuesday, 4/27 11:00AM-7:00PM Rosendale Youth Center 1055 Route 32</p>
<p>Wednesday, 4/28 11:00AM-7:00PM Harold Lipton Community Center 15 Tobacco Road, Accord</p>	<p>Thursday, 4/29 9:00AM-3:00PM Gardiner Town Hall 2340 US-44</p>

NO APPOINTMENT NECESSARY - JUST WALK IN!
MODERNA VACCINE WILL BE GIVEN.

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Published by Courtney Churchill · April 26 · 🌐

Walk-In COVID-19 Vaccine Clinics happening this week!

Visit the COVID-19 Information Center for vaccine resources.
[Get Vaccine Info](#)

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👍 Like 💬 Comment ➦ Share 📄

Comment as Cor... 😊 📷 📺 🗨️ 🗑️

Avoid crowded, poorly ventilated spaces.

**ENJOY HOLIDAY TRADITIONS
AND PROTECT YOUR
LOVED ONES | COVID-19 |**

www.cdc.gov/coronavirus

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Published by Charlie At Cce · December 2 at 11:18 AM · 🌐

Protect Your Loved Ones this Holiday Season with these tips from the CDC.

For Ulster County vaccine information visit:
VaccinateUlster.com

Download and share the full infographic:
<https://www.cdc.gov/.../downloads/HolidayTraditions.pdf>

Visit the COVID-19 Information Center for vaccine resources.
[Get Vaccine Info](#)

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