

Healthy Ulster Council Meeting Notes

239 Golden Hill Office Building, Kingston, NY 12401

March 19, 2017

Present: Stacy Kraft, UCDOH; Vin Martello, UCDOH; Melinda Herzog, CCEUC; Laurie Mozian, HAHV; Susan Lennon, Center for a Tobacco-Free Hudson Valley; Marge Gagnon, Rosewomens CareService; Katie Sheehan-Lopez, CCEUC; Christina Carranceja, Institute for Family Health; YMCA; Fern Suess, CCEUC; Guest Stacey Rein, President, CEO; United Way of Ulster County;

Melinda Herzog opened the meeting and introduced Stacey Rein, President, CEO; United Way of Ulster County.

Stacy Rein, President and CEO of the United Way of Ulster County, presented on “ALICE: A study revealing financial hardship in working families in NYS and Ulster County”. ALICE is an acronym for Asset Limited, Income Constrained, Employed. NYS is the 15th state to participate in the ALICE project. Stressing the importance of the needs of the ALICE population, Stacy shared that Ulster County no longer has the funding it once did for helping this particular segment of the population. The Bruderhof community generously donates funding to be used for security deposits, medical co-pays and transportation issues (necessary car repairs, etc.) Rein explained that there is a lack of affordable housing available to those with limited income, who, though they are employed, operate on a *bare bones* budget which does not allow for emergencies. A booklet and support data sheets was distributed which Rein reviewed and encouraged everyone to read.

Stacy Kraft of UCDOH urged attendees to sign up for the Healthy Ulster Radio show, which airs on Sunday mornings at 7:30 AM on WBPM (92.9 FM) and at 8:30 AM on WGHQ (920 AM), WLNA (1420 AM) and WBNR (1260 AM) but is taped prior to that. Guests have fifteen minutes to talk about their program.

Exercise Break: Melinda presented a brief You-tube video of “Workouts for the office with Denise Austin” Attendees performed stretches in their chairs, along with the video.

Katie Sheehan-Lopez, Eat Smart New York Nutrition Educator of CCEUC, presented an overview of the ESNY program, including a ‘hit home’ demo of the fat content of a typical fast food meal: burger and french fries. Katie spooned out 11 tpsps. of Crisco fat onto a burger bun; the tipsy bun, with a pile of white fat between the bun, was passed around to look at closely. The ESNY program encompasses seven NYS counties and reached 48,000 people in 2016. The focus of the program is: reducing sugar sweetened beverages, increasing fruit and vegetable intake, and increasing physical activity. On April 5, one part of the “Weight of a Nation” film will be presented at CCE Education Center, with discussion to follow. Certificates for professional development are available.

Melinda spoke on the idea of a Healthy Walk at your workplace, ideally to occur in Healthy Ulster County week, which falls this year on May 6-14. Organizations were given a *Healthy Walk Toolkit*, which included ideas for motivating co-workers and organizing a walk, as well as continuing as a daily break for employees. Melinda encouraged HUC members to utilize Google Group to promote their individual programs and events, stressing that it has a wide reach.

The final section of the meeting was devoted to the question: *How can we have an impact as a council?*

How do we choose an intervention to work on collectively, to have the greatest impact?

Several suggestions were discussed. Melinda read a draft letter that could be crafted to address a specific issue like raising the smoking age to 21, and could then be signed by HUC member organizations or they could each send their own letter. She asked Vin Martello who it could be sent to answer: all legislators and members. In discussing a possible piece of legislation concerning stores within 1000 feet from a school being able to sell tobacco products due to a grandfathered in clause, Vin said “we have to build a ground swell of support” for the law. Council members were asked to consider their choices and options for this type of unified action.

The meeting adjourned at 4:15pm