

Healthy Ulster Council Meeting

11/9/2017

Attendance: Jacqueline Rubino, HV Asthma Coalition/American Lung Assoc.; Susan Lennon, American Lung Assoc.; Manuel Blas Sanchez, City of Kingston; Vincent Martello, UCDOH; Laurie Deutsch-Mozian, HAHV; Suzanne Callahan, Institute for Family Health; Kim Butwell, Office of the Aging; Wendy Johnson, UCDOH; Nadia Mumper, Institute for Family Health; Anique D'Angelo, Planned Parenthood; Alexandra Julson, Planned Parenthood; Stacy Kraft, UCDOH; Caroline Stupple, 511NY Rideshare; Melinda Herzog, CCEUC; Tara Kleinhans, CCUEC; Dara Turovlin-Marshall, Catholic Guild for the Blind; Katie Sheehan-Lopez, CCEUC; Brenna Gokey-Dudley, Breast & Prostate Cancer Ed. Program; Marge Gagnon, RWCS

Introductions

Presentations:

- **“Travel Smarter and Greener with 511NY Rideshare” – *Caroline Stupple***
 - Sustainable transportation organization in NYS
 - 75% of HV residents drive alone, 40% annual vehicle emissions – HV received D emission rating in 2015
 - **Mission:** Increase mobility throughout the region to reduce traffic, manage congestions and improve air quality by offering free transportation options
 - Ridesharing focus – carpooling for financial savings, reduced congestion and improved employee recruitment and retention through improved access to transportation
 - Rideshare portal – webpage that allows employees to connect with other employees (ex.: New Rochelle, Ellenville Regional Hospital)
 - Commuter Benefits Program – Rideshare works with commuter and employer to find subsidies, etc.
 - Teleworking – work to create a program for employees who can use this, making both employer and employee comfortable
 - Guaranteed Ride Program – register with 511NYridesare and hvrider.com and you will be sent a kit including vouchers. Vouchers offer insurance for those using one of the alternative modes of transportation. Ex: not having freedom of having your own mode of transportation. Offers \$300/commuter/year in a voucher system to pay for a ride home funded through the NYS Dept. of Transportation in the event you cannot connect with your rideshare
 - Commuter Challenge – work with organizations as an incentive to motivate employees to switch to sustainable modes of transportation.
 - Vanpool Support – help initiate and set-up company vanpools using vehicles from Enterprise
 - On-site support – work directly with employees on-site to provide resources and information
 - RideMatching system – enter start address and destination to find other commuters who are looking to share that ride (personal information is not shared)
 - Park and Ride database

- Partners: Phelps Memorial Hospital Center; Bard College; NY Power Authority; Northern Westchester Medical; SUNY New Paltz and more
- 600+ active employees in the Hudson Valley; 14,700+ HV commuters assisted in 2017
- International Annual Car Free Day HV – Sept. 22nd saved enough miles to drive from the HV to California 14.5 times!

Questions/Comments: Bikeshare similar to City Bike throughout Kingston. This is currently started in New Rochelle with City employees in partnership with Zagster bike share.

- **“Planned Parenthood Mid-Hudson Valley Services” – Anique D’Angelo**
 - Clinical Services: 21 Grand Street, Kingston; PK; Goshen; Monticello; Newburgh
 - 60% of population has Medicaid both locally and nationally – those who don’t have insurance can use our sliding fee scale depending on income
 - We help enroll in Family Planning Benefit NYS Program which covers birth control, testing, exams and other medical care for free as an alternative if you don’t have insurance or if you do but would like privacy. If you are post-menopausal or sterile you will not qualify for this.
 - Planned Parenthood just launched hormone therapy for transgender people. Currently have 77 people enrolled.
 - Offers 24/7 text and chat number where a person can communicate anonymously to ask questions and get answers. All texts are free and confidential. The line will also offer referrals. (Federally funded program covered until Title 10)
 - Abortions are offered, only 3% of what they do. 97% of what Planned Parenthood does is prevent unwanted pregnancy
 - Planned Parenthood does not cover pre-natal medical coverage, but does cover 24 months of post-partum coverage.
 - Education Services: (both adult and teens) rehab facilities, food banks, soup kitchens, agencies, community events, off-site HIV testing, will go anywhere
 - 11/11/2017 free HIV testing 10am in both English and Spanish at the Clinton Ave Methodist Church in Kingston
 - Teen sessions are evidence based programs (EBPs) and offer a \$25 gift certificate to teens who attend
 - Lots of promotional material that we can offer
 - STI Jeopardy

Council Discussion

- Certificate of Appreciation for both Caroline and Anique for speaking
- **Inventory for Health Survey** deadline extended to Dec. 1st – this is how we know what your organization does and how it effects the community. Please share! Information will update the inventory and will be distributed to help all organizations.
- **Mechanisms for Collective Action as a Council** – Agency commitment of membership: document should be filled out by your organization to pledge your support to meetings and collective action. Please have this by next meeting or email to Melinda. Not a legal document, just a statement of commitment.

- Sign up for presentations which are done bi-monthly
- **Health Department:** Next community health assessment will be done in 2019. We are working with health dept. in HV and Health Link to underwrite a regional health assessment to help survey residents broken down by county and zip code. County Exec announced interagency county wide substance use prevention team (task force) to reduce supply and demand.
 - Ulsterhelps.org – comprehensive substance prevention and recovery organization
 - Lead Poison prevention program works with parents of young children and parent groups to teach them how to maintain homes if there is a lead risk such as with older homes or apartment buildings.
 - healthyulstercounty.net website please check out and post events to promote your event free of charge.
 - Toxic mirror free event about body image and eating disorders 12/1/2017 9 am to 3:30 pm at the Best Western Plus in Kingston
 - Warming center on 122 Clinton Ave announced by County Exec. for anyone who needs a place to get warm in the cold weather
- **Office for the Aging** – open enrollment for Medicare. Members are trained to provide one-on-one Medicare assistance.
- **American Lung Association** - Great American Smoke out 11/16: day long urge for people to quit for one day. State-wide Gov. Cuomo: e-cigs are banned wherever cigarettes are banned. This is a big step towards clean indoor air. Housing and development units which are federally funded by HUD are now completely smoke free by end of July 2018. We are working with different organizations to direct people who live there to sensation services and medical providers to help ease this transition. Call NYS smokers quit line for additional information and help quitting.
 - Asthma: **HV Asthma coalition** is one of 8 throughout the state. Mission to reduce the burden of hospital visits. Work primarily with healthcare providers and focus on asthma self-medication practices by partnering with homecare agencies or community health workers to continue education. We are also in schools doing a program called “Open Airways” for schools provided for children ages 8 to 11 which teaches them how to better manage their asthma.
- **Catholic Guild for the Blind** – There are senior services who are losing or have lost sight. Services go to them, there’s no cost or income gaps, does not go through insurance, brings instruction through adaptive equipment to keep folks active in communities and prevent depression or harm. Catholic Charities are giving out Turkey vouchers for the holidays.
- **HAHV:** Health Alliance has fixed the partnership with Blue Cross
- **511NY Rideshare** – rideshare program outreach is trying to recruit. Willing to do tabling and educational events
- **Institute for Family Health** – 11/14 Diabetes World Day: holding several events, one raising awareness to the amount of sugar in drinks. Diabetic patients have care maintenance cards. We offer a raffle drawing for patients who complete their screenings, it is funded through donors. The maintenance cards show why each test is important.
 - We’ve partnered with Ellenville regional hospital and received a grant with the Dept. of Health to develop a coordinated network to look at the Ellenville community and implement intervention based on community healthcare needs. Looking for organizations in Ellenville to involve.

- **Breast & Prostate Cancer Ed. Program** – Go Pink Week partnered with 14 agencies to table and put together gift and raffle baskets. Those who visited each table got a stamp which then entered them into the raffle.
- **Planned Parenthood** – works with teens using evidence based programming, age 13 to 21, teaching how to be sexually responsible.
 - Free confidential HIV testing 11/11 on Clinton Ave from 10 am to 1 pm in both English and Spanish
- **ESNY** – nutrition education willing to work with your agency also works with Office for the Aging.