

Healthy Ulster Council Meeting Notes

239 Golden Hill Office Building, Kingston, NY 12401

April 14, 2016

Present: Vin Martello, UCDOH; Kristen Wilson, CCEUC; Stacy Kraft, UCDOH; Aliza Krevolin, Community Foundations of the Hudson Valley; Kathy Nolan, Catskill Mountain Keeper; Maria Elena Ferrer, FAW; Dr. Carol Smith, UCDOH; Cynthia Eggers, Family of Woodstock Inc.; Jessie Moore, Planned Parenthood; Tami Herendeen, 511NY Rideshare; Laurie Mozian, Health Alliance; Amy Wien, American Cancer Society; Lori Rotolo, HAHV; Sharon Murray- Cohen, Jewish Family Services of Ulster County; Diane Mueller; Aliza Krevolin, Community Foundations of the Hudson Valley; Marge Gagnon, Rose Woman's Care Center; Gloria Waslyn, Parrots for Peace; Ilona Ross; Brenna Robinson, City of Kingston.

Kristen Wilson opened the meeting, announced her new job with the City of Kingston as Grants Manager and that she will no longer be facilitating the meetings, but will still be in attendance. She then asked attendees around the tables to introduce themselves and share one reason why they are looking forward to springtime. Several responses focused on nature related themes – their flowers blooming, and looking forward to more outdoor activities, like biking and walking.

Brooke Pickering Cole of the Local Economies Project (LEP) was the first presenter. LEP is part of the New World Foundation, which is their fiscal sponsor. The mission of LEP is to create a resilient food system in the Hudson Valley. Brook cited statistics, as part of a brief slide show, that from 1982-2012, 200,000 acres of farmland were lost to development, in Ulster County. Hit hardest were mostly mid-scale (50-500 acres) farms. Farms are connected to every aspect of health; LEP asks how to apply philanthropic monies to improve agriculture. They concentrate on four themes: The Ecology of Farming, Food Justice, Food Economy, and Local Stewardship. The Farm Hub, located on Rt. 209, consists of 1250 acres. Currently they have: a Farmer Training Program, with three trainees, who will live on the farm for three to five years; their focus on vegetable growing; Research, involving a five year trial, small grains project, facilitated by Justin O'Dea of CCEUC; Demonstrations, or farmer gatherings. Their farm stand will open in June. More info can be seen at www.hvfarmhub.org or www.localeconomiesproject.org. Brook may be reached at: brookpc@newwf.org

Vin Martello presented a brief slide show; one slide showed the progress made in the County Health rankings: from #35 position in 2011, Ulster County has steadily climbed to #16 in 2016. Vin stressed that there is still more work to be done, and several areas that need targeted work.

Break: Attendees participated in a short Yoga break, led by Kristen Wilson.

Kim Mapes from RUPCO spoke about the services that they offer for crisis support, help with rent, etc. to qualified recipients. She shared how the FSS (Family Self Sufficiency) program helps families within a five year period, to be self-sufficient, as long as they maintain a job, by helping to build a savings account. They provide senior housing support, Tai Chi classes for seniors, and they are working on reducing the required age for senior support from 65 to 60. Recently, they purchased tablets for the seniors, and then provided seven weeks of instructional classes to the seniors on how to use the technology. They also work with the seniors on community gardens, in Woodstock and in Park Heights, Kingston. They are working on initiating a community garden in Tongore Pines, located in Olive.

Kristen distributed the Healthy Ulster Council's Community Action Plan 2016-2018 and asked attendees to choose their breakout groups in their areas of interest: Healthy Eating, Active Living, and Family & Social Support.

Kristen requested suggestions for future speakers/topics at meetings, in the area of professional development; Recommendations were:

- Jurisdiction/pathways for policy change/legal mechanisms, municipal practices
- Models for PES change (Robert Wood Johnson Foundation model “What Works for Health”
- Resource Directory - intern
- Cultural Competence Training; “Change” leadership
- Change Leadership (Transformational)
- Coalition Leaders workshop
- HAHV Healthy Village(Neighborhood) concept.