

## Healthy Ulster Council Meeting Minutes

May 10, 2018

**Attendance:** Melinda Herzog (CCEUC), Tara Kleinhans (CCEUC), Maria Elena Ferrer (Health Alliance), Salvador Altamirano (Family of Woodstock), Kelly Warringer (Family of Woodstock), Stacy Kraft (UCDOH), Vincent Martello (UCDOH), Jacquelyn Arsenuk (UCDSS Safe Harbour Program), Christina Carranceja (Institute for Family Health), Maria Cecilia Deferarri (CCEUC), Sharon Frey (Aging Life Care Assoc.), Emily Flynn (City of Kingston), Marge Gagnon (Rose Women's Care Service), Riley Johndonnell (UMEWE.org), Alexandra Julson (Planned Parenthood), Laurie Deutsch-Mozian (HAHV), Diana Lopez Martinez (Planned Parenthood), Jesse Sarubbi (Ellenville Regional Hospital), Katie Sheehan-Lopez (CCEUC), Caroline Stupple (511NYRideshare), Carol Sutcliffe (Family Services), Lynda Brady (MSN), Shelley Wagar (OFA), Dihan Scott (Cornerstone Family Healthcare), Kelley Perry (UCDOH), Lori Rotolo (TFAC), Kathleen Nolan (Catskill Mountain Keeper), Mckaylia Thomas (Planned Parenthood), Kiera Huppert (planned Parenthood), Christine Noble (UCOFA)

### Introductions

#### Office of the Aging Services and Resources – *Shelly Wagar: Director of the UCOA*

- Intro
- Serve residents 60+ years old with a staff of 17 and over 300 volunteers
- Goal: to keep people who are in their home as safe as possible
- Help with Medicare and health insurance counseling, serving over 1,700 individuals in 2017
- OFA Advisory Board – 15 people who represent the community and of diverse backgrounds; meet 4 times a year
- Programs:
  - Nutrition: (OFA Community Cafes in Ulster, Shokan, Rosendale, Saugerties and New Paltz) 7 frozen meals can be delivered; currently serving around 250 people
  - Contract with a legal team (booked out at least 3 months in advance) and other agencies
  - Transportation: Neighbor-to-Neighbor volunteer program; senior transportation pays for two free medical trips and one free shopping trip; senior aids ride free but must be registered three weeks in advance and must be on Medicare, not Medicaid; emergency responders at call centers 24/7,
  - Socialization: health promotion activities such as tai chi; Mall Walk; Lunch and Learns; Wednesday June 20 Conference on Elderly Abuse; Senior of the Year Picnic honoring two women; collaboration with Rosendale Theater; 21<sup>st</sup> Annual Live, Laugh and Learn on August 16 at SUNY Ulster; Senior Day at the Ulster County Fair
  - NY Connects: assist those over 60 or under 60 and with a disability

### Exercise Break

#### Immigration and Mental Health – *Maria Elena Ferrer-Harrington Director of Community Engagement at Health Alliance; Marge Gagnon Director of Rose Women's Care Service*

- Migrants are any person who crosses a border whether it's international or within a state

- 232 million international immigrants; 750 million internal migrants
- 1:5 New Yorkers are immigrants and more than half live with at least one family member who is undocumented
- Labor force is 25% migrant workers
- 71% immigrants say they want to cry on any given day and 80% in the Hudson Valley say or express feelings of depression
- Immigrants often have conditions that non-immigrants do not have, it is called “Migratory Mourning” and there are three stages: simple, complex and extreme
  - Partial mourning brings parts of their past with them; multiple mourning requires some help to get out of the situation and is divided into roughly 7 categories: Family/loved ones, language, culture, homeland, social status, sense of belonging, physical integrity; a more advanced recurrent mourning is called “perennial”
- Solution: strong, effective social networks such as the Athena Network which focuses on immigrant mental health; 2019 conference taking place at SUNY New Paltz ([athenanetworknewyork.org](http://athenanetworknewyork.org))

### **Council Discussion**

- CCEUC – visit [healthyulstercounty.org](http://healthyulstercounty.org) to check out minutes, past presentations, to post your programs, services and events, and add your organization or business
- Kathy Nolan – T21: the law that changes the tobacco age from 18 to 21 went to public hearing and is going to vote next week; Tuesday 7 pm County Office Building; Ashokan Rail trail project legislation needs help passing next month
- Vin Martello and Stacey Kraft of UCHD – new opioid task force of 50 community leaders to develop 3-5 action items and reduce supply and demand within 2 years
- Alex of Planned Parenthood – two movie nights at the Hotch Center on May 16 showing Juno and May 18 in Ellenville
- Riley – UMEWE.org: community collaborations to create positive impact. Optimism Yellow is a project to create happier spaces. Paint the Town Yellow campaign for mental health awareness #intoyellow
- Laurie Mozian of Health Alliance: Chair Eat Well Kingston with Katie Sheehan-Lopez, interested in getting more participation
- Christina of IFH: June 5<sup>th</sup> Kingston Conference Room Diabetes self-management class 9 – 11:30 am and on June 7 in Ellenville
- Cornerstone Family Healthcare: Plattekill, NY new health center, May 19 at 10am free breast exams
- Jesse of the Ellenville Rural Health Network and Regional Hospital: Nutrition class and walking group at Ellenville public library
- Caroline Stuppel of 511Rideshare: goal is to increase mobility and decrease emissions
- ESNY - School wellness committee meeting May 15
- Safe Harbor – library series at Plattekill July 17; June 16 in Ellenville; Highland June 14 from 6-7pm - Google Ulster County Safe Harbor for more information
- Sharon Frey of Aging Life Care Assoc. – creating connections to healthcare services

- Salvadore from Family of Woodstock: providing shelters for the homeless, victims of violence, case management and more
- Lori Rotolo of the Health Alliance: providing tobacco policy for businesses and apartment complexes; coordinator of the Wawarsing Council of Agencies
- Carol Sutcliffe of Family Services: for help with drug and alcohol issues; Aaron Court support group for anyone who has lost a loved one to substance abuse
- Maria Cecilia – CCEUC RAPP Program, support relatives as parents and kinship situations through monthly support groups, teen groups, community gardens, 4-H club, intergenerational programming. New program: Sober Parenting Journey – parenting education for those who have been sober for 30 days or more currently in Kingston and looking to provide this program in Ellenville
- Linda Brady – Maternal Service Network helps with enrolling in Medicaid
- Emily Flynn of Live Well Kingston: 5 focus teams: Travel Well is hosting Bike Friendly Kingston tonight for a 12 mile ride to the Rosendale Trestle, in partnership with the Green Line through the Kingston Land Trust; bike to work week next week, friendly participation and winner will receive a free tune-up at Revolution Bicycles.
- Stacy Kraft of UCDOH: It's Lyme disease awareness month; we handle a lot of calls to provide information and tick removal kits
- Maria Ferrer of Health Alliance – supporting the Paint the Town Yellow campaign with yellow flowers and community garden; when you come to hospital use the Broadway entrance to support the revitalization of that entrance