

Healthy Ulster Council Meeting

January 12, 2023

In attendance

1. Katie Sheehan-Lopez, CCEUC
2. Melinda Herzog, CCEUC
3. Kristin Kessler, City of Kingston
4. Stacy Kraft, Ulster County Dept of Health
5. Vin Martello, Ulster County Dept of Health
6. Ninette Warner, CCEUC
7. Maria Reidelbach, CCEUC
8. Samantha Black, Ellenville Regional Rural Health Network
9. Jess Flores, Alzheimer's Association Hudson Valley Chapter
10. Tracy Snyder, Child Care Connections Family of Woodstock
11. John Vale, American Red Cross
12. Veronika d'Aragona, Ellenville Regional Rural Health Network
13. Mary Brimmer, CCEUC
14. James Baptiste, MHA in Ulster
15. Ellen Reinhard, Tobacco Free Action Communities
16. Aron Chapyak, Samadhi Community Outreach
17. Brittany Reitano, Ellenville Regional Rural Health Network
18. Camila Andalis, Ellenville Regional Rural Health Network
19. Olivai Ingalsbe, Ellenville Regional Rural Health Network
20. Khushbu Upadhyaya, American Lung Association
21. Alyson Prendergast, Health Insurance Navigator
22. Christine Noble, Office for the Aging
23. Carolyn Hurley, Habitat for Humanity
24. Itzel Ruiz, MHA in Ulster
25. Silvie Lundgren, pre-med student, member of Adat Chaim Messianic Synagogue
26. Roxanne Mendoza, MiSN
27. Marrinia Catuzza, Family Resource Specialist, KidsPeace
28. Rachel Jacob, MHA in Ulster
29. Brandon Bogert, Ellenville Regional Rural Health Network
30. Marissa Pomarico, Ellenville Regional Rural Health Network

Ulster County Community Health Improvement Plan

- *Vin Martello; Director of Community health Relations and Stacy Kraft; Public Health Education Coordinator, Ulster County Department of Health*
- *Stacy Kraft, Ulster County Department of Health*
- Community Health Improvement Plan (CHIP)
 - Try to align with NYS Dept of Health Prevention Agenda
 - Required to work with local hospitals to create a Community Health Assessment, then come up with a CHIP together

- Survey in collaboration with Sienna College, surveyed community members and non profit partners
- [Community Health Assessment and Community Health Improvement Plan](#) can be found on the Dept of Health website
- Information can be used by CBOs for program planning
- Part of the assessment is who is doing what in the county
- Prevention Agenda Leadership Team-21 community agency partners
- Action Plan centers around 3 areas
 - Prevent Chronic Disease-UC Dept of Health, and CCE Ulster County
 - Prevent Substance Abuse-TFAC
 - Promote healthy Women, Infants, and Children-Health Alliance, Institute for Family Health
- Short and long-term outcomes for each intervention
- The plan is not comprehensive, the strategies in the plan are high level and targeted, it does not include all the work being done around the county
- Collaborating and communicating with partners as they progress through deliverables to address barriers
- What do health disparities encompass? Situations where a particular demographic subgroup (age, gender, income, race, etc) experiences a significantly poorer health outcomes than the general population. Income is a huge driver of health disparities.

Creating Healthy Schools and Communities: A Whole Community, PSE Approach to Making the Healthy Choice an Easier Choice in Kingston”

- *Kristin Kessler, RDN, CDN, CYT, Project Manager Department of Health and Wellness, City of Kingston*
- City’s Health & Wellness Department was created in 2018
- To facilitate policy, systems, and environmental changes in city
- City applied for Creating Healthy Schools and Communities grant in partnership with Family of Woodstock and CCEUC, grant is through May 2026
 - Policy-formal written statement
 - System-informal process
 - Environment-changes to the physical environment
- Target audiences: community, schools, child care centers, communications
 - Buckets of work: food service guidelines, connecting routes to destinations, school nutrition and physical activity, early childcare
- Food service guidelines-supporting venues to create their own healthy food guidelines. Anywhere a food is served, distributed or sold.
 - Food and nutrition standards, Supportive strategies, Behavioral strategies-need all 3 to make impactful change
 - Best changes come from the community
 - Worked with People’s Place to create signage, have a Nutrition & Food policy, purchased shelving
 - kkessler@kingston-ny.org

- Connecting routes to destinations-connecting destinations by various modes of active transportation
 - Pedestrian Bicycle Master Plan (Policy), various projects and redesigns of transportation spaces in the city (implementation)
- School nutrition and PA: Ninette Warner works with school officials and caregivers to improve food and PA policies in the schools
 - Ninette works in 3 elementary schools
 - Walk to School Day, healthier celebrations, training for school staff, other projects
 - nw293@cornell.edu
- Early child care: Tracy Snyder at FOW does similar projects, specifically at early childcare centers
 - Tracy does an assessment of what they are already doing, works with them to improve their policies
 - tsnyder@familyofwoodstockinc.org
- Communication: intentionally communication with community and people in power to convey information and support changes
- Gas stations/bodegas are not part of the program
- In schools and early childhood, do the educators also work with parents?
 - In K-12 try to do as much family recruitment as possible, but not doing direct education with caregivers
 - Early childhood: will be doing a parent-child cooking class, but mostly in the centers

Communication

- Use the email google group listserv to send out information to everyone in the group. You can share directly to the google group by emailing the group at healthyulstercouncil@googlegroups.com
- Healthy Ulster Radio
 - Reach out to [Melinda](#), Vin, or [Stacy](#) if you want to be on the radio show
 - Stacy Kraft, Public Health Education Coordinator, Ulster County Department of Health
 - 845-334-5527 stor@co.ulster.ny.us

Networking

- Alyson Prendergast, MiSN-assists participants with applying for health insurance aprendergast@misn-ny.org
- Silvie Lundgren-pre med student, interested in public health, member of a synagogue and have been discussing Narcan trainings
- Tracy Snyder, Family of Woodstock-education and trainings with early childcare centers, training to be a yoga instructor
- Brandon Bogert, Director of Ellenville Rural Health Network-overseeing cancer prevention project
- Marissa Pomarico, Ellenville Regional Rural Health Network, substance abuse coordinator
- Kristin Kessler, COK-public meeting on Broadway/Prince redesign

- Samantha Black, Ellenville Regional Rural Health Network-free nutrition , cooking, art classes for the community. Upcoming events here: <https://erhny.org/about-us/rural-health-network/>
- Vin-has partnered with Scenic Hudson to produce Climate Change Minutes on Radio Woodstock and <https://climateawarenessproject.org/>. Need lots of content, reach out to Vin if you want to be on the air. 60K fentanyl test strips-free on request
- Ninette Warner, CCEUC-working with GW, Edson, JFK
- Olivia Ingalsbe, Ellenville Regional Rural Health Network, just started this week, will be working on cancer screenings
- Mary Brimmer, CCEUC-looking to connect with SNAP or WIC eligible adults for nutrition classes. Send to mmb335@cornell.edu, 845-340-3990 ext 327
- John Vale, American Red Cross-offer free CPR classes, will be installing free smoke alarms in City of Kingston this spring, will have flyers in the next couple of weeks, also looking for volunteers and outreach. john.vale@redcross.org
- Maria Reidelbach, CCEUC-teaching cooking low-carbon cooking classes via zoom monthly. <http://www.turningthetablescookbook.com>Also working with a non-profit in Rosendale-a grassroots town planning process. Reach out to Maria if you want to be involved. Mmr233@cornell.edu
- Veronika d'Aragona, Ellenville Regional Rural Health Network-doing a goal setting workshop at Ellenville school next week
- Carolyn Hurley, Habitat for Humanity-Homeownership education program next week at the YMCA <https://ulsterhabitat.org/homeownership-information-session/>
- Khushbu Upadhyay, American Lunch Association-work with health care or orgs that want to work on tobacco policy
- James Baptiste, MHA in Ulster-lots of support groups happening, including several new groups. Schedule: <https://wellnessrecovery.org/>
- Katie Sheehan-Lopez, CCEUC-Onteora school district doing local purchasing, RVGA will be coordinating cafeteria samples at Ellenville and Highland this spring

Next meeting

- Thursday, March 9, 2-3:30 via zoom
- For more information or if you want to be a presenter contact Melinda J. Herzog mmh62@cornell.edu or Stacy Kraft stor@co.ulster.ny.us