

# Healthy Ulster Council Meeting Notes – 3/9/2023

(Attendees: See Section VI)

**I - Introductions:** Melinda Herzog, Stacy Kraft and Katie Sheehan-Lopez

## **II - Presentation A: ERH Community Service Plan**

Presenter: Brandon Bogert, MPH, CHES – Executive Director, Rural Health Network

ERH: [erhyny.org/about-us/rural-health-network](http://erhyny.org/about-us/rural-health-network) [bbogert@erhny.org](mailto:bbogert@erhny.org)

Community Service Plan for 2022-2024. According to NYSDOH and the IRS, hospitals must complete the Service Plan every 3 years. ERH serves mostly Ulster County and parts of Orange and Sullivan Counties. One half of the persons served were outpatient and the other half used emergency services. Public participation was required in the form of a survey which focused on families with children and seniors. Priority areas for Ulster County as follows: 1. Preventing chronic disease and 2. Promoting well-being, mental health and assistance for persons dealing with substance abuse & overdose.

Project RESCUE allows for 24/7 inductions onto MOUD (medications for opioid use disorder). MOUD is for people in post-overdose or in withdrawal. Project RESCUE includes Peer Advocates, Care Navigators. Catholic Charities of Ulster and Orange Counties are involved as well.

Harm reduction resources include Naloxone, Med Lock Bags, Fentanyl Test Strips, Safer Use Kits, Recurring Sharps, and Med Collection events. ERH sends reps to the UC High Risk Mitigation Team. ERH wants to foster a culture where no one in the County is afraid to call 911 for help with substance abuse.

The Community Service Plan is also addressing the following: 1. Increasing cancer screening rates – A community health worker is dedicated to assisting individuals with their questions and scheduling their screenings. (Care Navigator at the Institute for Family Health); 2. Increasing access to information and education; and 3. Increasing access to tobacco cessation services

Question from Marge Gagnon: Are there any facilitators offering the 6 session CDSMP (Chronic Disease Self-Management Program)? Answer: No, not currently.

## **III - Presentation B: Family Nutrition - Fostering Agency and Empowerment with a Systems Lens**

Presenter: Mary Brimmer, MSW – EFNEP Nutrition Educator - Cornell Cooperative Extension of Ulster County - [ulster.cce.cornell.edu](http://ulster.cce.cornell.edu) [mmb335@cornell.edu](mailto:mmb335@cornell.edu)

Mary works with Ulster County families through the Expanded Food and Nutrition Education Program. The program has been in action for about 50 years. It's federally funded in all states by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA). The families are in SNAP and WIC eligible households.

The program is delivered via different modalities (Zoom, In-Person, One on One, and the Group setting) for 1 hour per week. Outreach is accomplished through social media, tabling at events, word of mouth, and community partnerships.

The core of the curriculum is meal planning and USDA dietary guidelines delivered through MyPlate. Additions to the curriculum vary according to what's needed by the participants. Most often reading food labels, reducing sugar, and drinking healthy beverages in place of sugary beverages.

The 4-A Model for learning is applied as follows:

- ANCHOR the content within the learner's experience.
- ADD new information.
- Invite the learner to APPLY the content in a new way or situation.
- Ask the learner to decide how they will take AWAY and use this learning in the future.

Entry and exit paperwork / benchmarks for the program include assessing experiences, goals check-in and new goals setting, adding to knowledge, hands on experiences and sharing experiences, food activity, and connecting to resources.

Another exercise used is a 24-hour food recall. The learners list and evaluate what they've consumed in the last 24 hours. If health concerns are voiced, the learner is guided to reach out to their health care practitioner / dietitian.

The participants increased their working knowledge through the strengths of the program particularly resources, skills, knowledge, culture, lived experiences, and social support.

Some challenges faced include time, childcare, access to the program, language barriers, transportation, stigma, confusion, and mistrust.

The challenges and limitations are met by meeting every family where they are, ensuring room for conversation and growth within the curriculum, and setting small, attainable goals.

The Biopsychosocial Model relates to the Individual:

Biology – How does your body work?

Psychology – What is your mindset?

Social Context – What is around you?

In 1977, Ecological Systems Theory was developed by Urie Bronfenbrenner. It offers a framework through which community psychologists examine individuals' relationships within

communities and the wider society. This theory illustrates how a child interacts within the surrounding systems. The systems begin with the smallest innermost circle of Individual which is the Self and expanding in larger circles through the Micro, Meso, Exo, Macro, and Chrono systems. These larger systems include family, siblings, peers, school agencies, communities, mass media, attitudes of the culture, and environmental changes.

Thinking Tools Cards are valuable for developing our systems thinking skills. The cards are printed with a situation/thought on the front and questions on the back. For more information go to <https://thinkingtoolsstudio.waterscenterst.org>

#### **IV. Movement Break**

Presented by: Melinda Herzog - Gentle stretches of the head, neck and arms

#### **V. Announcements and Networking**

Schara Dassie – People’s Place – Executive Assistant and NOEP Supervisor – 17 St. James Street – Weekly farm stand beginning 4/11/2023 and going through 10/2023 – 8:30am to 11:00am – [peoplesplace.org](http://peoplesplace.org)

Ninette Warner – CCE-UC – Healthy Schools Coordinator – Needs volunteers to help with fresh fruit and vegetable tastings at the local elementary schools – [nw293@cornell.edu](mailto:nw293@cornell.edu)

Brandon Bogert – ERH – Annual Student Health Fair – 5/24/2023 – 7:30am to 2:00pm  
[bbogert@erhny.org](mailto:bbogert@erhny.org)

Stacy Kraft – UC DOH - Public Health Ed. Coordinator - Healthy Ulster Radio –  
[stor@co.Ulster.ny.us](mailto:stor@co.Ulster.ny.us)

Melinda Herzog – CCE-UC and Healthy Ulster Council – Healthy Ulster Council Google Group – [healthyulstercouncil@google.com](mailto:healthyulstercouncil@google.com) [mmh62@cornell.edu](mailto:mmh62@cornell.edu)

Erin Lynch – Alzheimer’s Association – Forum in Rosendale – Needs volunteers  
[enlynch@alz.org](mailto:enlynch@alz.org)

Jo Quioco – CCE-UC – SNAP Ed. Nutrition Educator – Balancing Body and Budget at People’s Place – <https://www.eventbrite.com/e/balancing-body-and-budget-tickets-529757257217>  
[jmq24@cornell.edu](mailto:jmq24@cornell.edu)

Ellenville Regional Hospital Network – Seed Starting Class at ERH – 3/28/2023 - 2pm to 4pm – limited space available - contact Courtney Churchill at [cmc534@cornell.edu](mailto:cmc534@cornell.edu) (845) 340-3990 extension 335.

Maria Reidelbach – CCE-UC – Healthy Cooking Educator – see our cookbook for healthy recipes and baked goods – [www.turningthetablescookbook.com/blog](http://www.turningthetablescookbook.com/blog)

Christine Noble – UC Office for the Aging – Sr. Aging Services Aide – [cnon@co.ulster.ny.us](mailto:cnon@co.ulster.ny.us) - Mall Walk every Tuesday at 10:00am sharp – Bingosize is a 10-week health promotion program held at the Senior Hub next door to the Office for the Aging office. It combines the game of bingo with fall prevention exercise; Seniors aged 60 and over must register by calling 845-340-3456.

Destiny Kearney – Institute for Family Health – PICHC Program Coordinator – [dkearney@institute.org](mailto:dkearney@institute.org) – 845-239-3775 – Childbirth and parenting classes, doula and breastfeeding services, contact with local community services.

Susan Lennon – Center for a Tobacco Free HV / American Lung Association – [susan.lennon@lung.org](mailto:susan.lennon@lung.org)

Khushboo Upadhyay - Center for a Tobacco Free HV / American Lung Association – [Khushbu.upadhyay@lung.org](mailto:Khushbu.upadhyay@lung.org)

Joan Carl – HV Chapter of Alzheimer's Association – Community Engagement Manager – [jcarl@alz.org](mailto:jcarl@alz.org) Chapter website: [alz.org/hudsonvalley](http://alz.org/hudsonvalley) – 24/7 helpline (800)-272-3900

Jessica Kenneda – TFAC (Tobacco Free Action Committees) in Ulster Dutchess & Sullivan counties – Youth Engagement Coordinator – [jessica.kenneda@hahv.org](mailto:jessica.kenneda@hahv.org)

Rachel Jacob – MHA in Ulster – Director of Wellness – [rjacob@mhainulster.com](mailto:rjacob@mhainulster.com) (845)339-9090

Ashley Kwong – HVCS (Hudson Valley Community Services) – Community Nutrition Educator – [akwong@hudsonvalleycs.org](mailto:akwong@hudsonvalleycs.org)

Ruth Stratton – Fidelis Health Care – Community Relations Specialist – [rstratton@fideliscare.org](mailto:rstratton@fideliscare.org) (845)372-3031

Marge Gagnon – Rose Women's Care Center – RN, MS, CNS – [marge.gagnon.ny@gmail.com](mailto:marge.gagnon.ny@gmail.com) (845)706-6459

Katie Sheehan-Lopez – CCE-UC – Regional Farm to School Coordinator – [kms369@cornell.edu](mailto:kms369@cornell.edu) Producer training at the end of the month

Kathy Nolan – Samadhi Center, Inc. – UC Legislator – [kathynolan@earthlink.net](mailto:kathynolan@earthlink.net) (845)417-6489 Increasing anti-violence work; recovery/treatment OASES outpatient

Marylen Irizzary-Moyer – PPEFNY / NYSOH – Healthcare Navigator – [mmoyer@ppefny.org](mailto:mmoyer@ppefny.org) (845)372-3233 Ulster Immigrant Defense network is looking for volunteers to spread the word; upcoming COVID vaccine event at Holy Cross Church in Kingston. Contact Marylen for more information

Stacy Kraft – The Ulster County Department of Health offers public health clinics for Childhood Immunizations, Sexual Health testing, treatment and prevention of STI's, and rabies prevention in pets. More information can be found on our website:  
<https://ulstercountyny.gov/health/health-department-clinics>

Beginning in March, the COVID-19 vaccines including boosters are now happening at the Ulster County Dept. of Health at 239 Golden Hill Lane in Kingston rather than at the Hudson Valley Mall, Former Best Buy location.

Immunization clinics for children through age 18 are for uninsured or underinsured on the first and third Wednesdays every month.

Sexual Health Clinics for the testing, treatment, and prevention of STI's are happening most Mondays of every month.

These services are by appointment only.

The Rabies Clinic is coming up April 7, June 16, and Sept. 22 at the SPCA from 11 am- 1 pm, no appointments necessary.

### **NEXT MEETING – THURSDAY 5/11/2023 – 2:00pm to 3:30pm**

#### **VI. Meeting Attendees:**

<b>NAME</b>	<b>POSITION</b>	<b>AGENCY</b>	<b>PHONE</b>	<b>EMAIL</b>
Bogert, Brandon	Exec. Dr. Rural Health Network	Ellenville Reg. Hosp.	845-647-6400	<a href="mailto:bbogert@erhny.org">bbogert@erhny.org</a>
Brimmer, Mary	EFNEP Nutrition Educator	CCE-UC	845-340-3990	<a href="mailto:mmb335@cornell.edu">mmb335@cornell.edu</a>
Carl, Joan	Comm. Engagement Mgr.	Alzheimer's Assoc. HV	845-763-4696	<a href="mailto:jcarl@alz.org">jcarl@alz.org</a>
Dassie, Schara	Exec. Asst. & NOEP Supervisor	People's Place	845-338-4030 x107	<a href="mailto:Executiveassist@peoplesplaceuc.org">Executiveassist@peoplesplaceuc.org</a>
Gagnon, Marge	RN	Rose Women's Care Ctr.	845-706-6459	<a href="mailto:marge.gagnon.ny@gmail.com">marge.gagnon.ny@gmail.com</a>
Herzog, Melinda	Healthy Comm. Issues Leader	CCE-UC	845-340-3990	<a href="mailto:mmh62@cornell.edu">mmh62@cornell.edu</a>
Irizarry-Moyer, Marylen	Healthcare Navigator	PPEFNY	845-372-3233	<a href="mailto:Mmoyer@ppefny.org">Mmoyer@ppefny.org</a>
Jacob, Rachel	Dir. Of Wellness	MHA in Ulster Cty.	845-339-9090	<a href="mailto:rjacob@mhainulster.com">rjacob@mhainulster.com</a>

Kearney, Destiney	PICHC Prog. Coord.	Institute for Family Health	845-239-3775	<a href="mailto:dkearney@institute.org">dkearney@institute.org</a>
Kenneda, Jessica	Youth Engagement Coord.	Tobacco Action Free Comm.	845-943-6070	<a href="mailto:jessica.kenneda@hahv.org">jessica.kenneda@hahv.org</a>
Kessler, Kristin	Project Manager	City of Kingston	845-334-3917	<a href="mailto:kkessler@kingston-ny.gov">kkessler@kingston-ny.gov</a>
Kraft, Stacy	Public Health Ed. Coord.	UC Dept. of Health	845-334-5527	<a href="mailto:Stor@co.Ulster.ny.us">Stor@co.Ulster.ny.us</a>
Kwong, Ashley	Comm. Nutrition Educator	HV Comm. Services	845-704-7596	<a href="mailto:akwong@hudsonvalleycs.org">akwong@hudsonvalleycs.org</a>
Lennon, Susan	Tobacco Program Manager	American Lung Assoc.	914-407-2307	<a href="mailto:susan.lennon@lung.org">susan.lennon@lung.org</a>
Lundgren, Silvie	Student	Pre-Med	845-853-5861	<a href="mailto:rocksparrow98@gmail.com">rocksparrow98@gmail.com</a>
Lynch, Erin	Sr. Mgr. Prog. Vol & Health Sys.	Alzheimer's Assoc. HV	845-378-1071	<a href="mailto:enlynch@alz.org">enlynch@alz.org</a>
Martello, Vincent	Dir. Comm. Health Relations	UC Dept. of Health	845-334-5585	<a href="mailto:vmrt@co.ulster.ny.us">vmrt@co.ulster.ny.us</a>
Noble, Christine	Sr. Aging Services Aide	UC Office for the Aging	845-340-3571	<a href="mailto:cnob@co.ulster.ny.us">cnob@co.ulster.ny.us</a>
Nolan, Kathleen	UC Legislator	Ulster County	845-417-6489	<a href="mailto:kathynolan@earthlink.net">kathynolan@earthlink.net</a>
Ogno Dingman, Patricia	Admin. Asst.	CCE-UC	845-340-3990	<a href="mailto:pod6@cornell.edu">pod6@cornell.edu</a>
Quiocho, Josephine	SNAP-Ed Nutrition Educator	CCE-UC	845-340-3990	<a href="mailto:jmq24@cornell.edu">jmq24@cornell.edu</a>
Reidelbach, Maria	Healthy Cooking Instructor	CCE-UC	646-242-6464	<a href="mailto:mrr233@cornell.edu">mrr233@cornell.edu</a>
Sheehan-Lopez, Katie	Regional Farm to School Coord.	CCE-UC	845-340-3990	<a href="mailto:kms369@cornell.edu">kms369@cornell.edu</a>
Stratton, Ruth	Comm. Relations Specialist	Fidelis Health Care	845-372-3031	<a href="mailto:rstratton@Fideliscare.org">rstratton@Fideliscare.org</a>
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Warner, Ninette	School Wellness Coord.	CCE-UC	845-340-3990	<a href="mailto:nw293@cornell.edu">nw293@cornell.edu</a>