



**Healthy Ulster Council  
Meeting Notes  
January 9, 2020**

**Attendees:**

Collin Adkins, Salvador Altamirano- Segura, Brandon Bogert, Christina Carranceja, Courtney Churchill, Allison Curtis, Lisa Heintz, Melinda Herzog, Greg Howard, Mike Iapoco, Colleen Jones, Wendy Johnson, Kristin Kessler, Stacy Kraft, Vincent Martello, Christine Noble, Christine Oakley, Karri Paul, Amanda Quintana, Hisieni Sacasa Wisniewski, Katie Sheehan-Lopez, Gerry Sveikauska, Gloria Valdez,

**I. Introduction:**

Melinda introduced herself and shared the purpose of the Council which is to meet for professional development, networking, and collective action.

**II. Presentations:**

**A. "2019 Year in Review" presented by Melinda Herzog**

- Reviewed purpose of Council
- Professional development: Reviewed 2019 presentation topics
- Networking
- Collective Action
- Healthy Meeting Model- Healthy Snacks and Movement Breaks
- Inventory for Health
- Who is Healthy Ulster Council? In 2019- 66 professionals from 33 organizations

**B. "Community Energy Engagement Program" presented by Collin Adkins, Environment and Energy Resource Educator Cornell Cooperative Extension of Dutchess County**

- Regional Program-7 County Mid-Hudson Region
  - Sean Welsh- Based in Sullivan Co
  - Danielle Salisbury- Spanish speaking
- Free outreach and support to public, business, or anyone navigate energy choices, solar, informed energy decisions
- Energy inefficiency effects our budget and health-
  - indoor air quality, mental health-stress, exposure to extreme temps,
  - Mold, ground gases, air pollutants
- Home energy audit/assessment will diagnose where you are losing heat or spending more on energy- addressing the cause of high energy bills to lower them consistently
- Home Energy Assessments: anyone in NY is eligible regardless of income, then based on assessment results and based on income can get discounts and low loan interest rates, or can be fully covered.

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- Solar Credit program-great for those who rent or can't get solar panels placed on their property
  - Energy Navigators- A volunteer programs of energy advisors
  - No Wrong Door Approach
- C. "HEAP and Code Blue" presented by Mike Iapoco, Commissioner of the Ulster County Department of Social Services and Joann Mundhenk**
- 1/3 of attendees have heard of UC's Code Blue
  - UC had created a warming center in 2014 on Clinton Ave to accommodate people to come in from the cold and address other basic needs
  - Not a shelter, no application process, no eligibility requirements
  - Worked with county organizations to provide outreach

Executive order by Governor's office Jan 2016

- The 2016 mandate that County Social Services had to be in charge of the Code Blue Plan to address the specific needs of the county
- Police agency cooperates with social services and emergency services to provide outreach
- Expand hours
- Use mental hygiene laws, involuntary assistance as needed
- Funding available and support to operate the warming center
- The center is operated by Catholic Charities and is located at the 2nda Iglesia La Mision Church, 80 Elmendorf St, Kingston NY 12401. The center can be contacted directly at 845 481.4665
- Activation of warming center is issued when it is 32 degrees or lower or during potential hazardous weather conditions
- Hours of operation are 7pm to 9am the next day.
- The warming center provides:
  - accommodations,
  - meals, recreation,
  - referral services- do ask some basic information
- Anyone is welcome, monitors and security are provided; there are some rules and expectations

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- Heap office located at Social Services
- 4 examiners- conducted 2600 interviews, 820 households have reviewed HEAP benefits
- Folder provided in the back with information
- Nov- April- is HEAP season, early outreach starts in August
- 5 components of HEAP:
  1. Regular HEAP-Helps pay fuel bills
  2. Emergency HEAP- i.e. in January applicant runs low on fuel after using regular HEAP
  3. Cooling component- would need medical support documentation for the need for cooling
  4. Clean and tune component
  5. Heating repair and replace component
    - First 3 are components are available to renters and home owners: Regular Heap, Emergency HEAP, Cooling Component
    - Clean and Tune and Heating Repair and Replace are for home owners only
- Can apply in person at Social Services, by mail with a phone interview, fax, online at <https://www.mybenefits.ny.gov/mybenefits/begin> or at any UC Community Action- 3 locations, Ellenville, Highland, Kingston

**Questions about Code Blue:**

- Q. Is it for individuals or for families/children?
- A. Just for individuals, if a family arrives a referral is made for emergency housing.

**Questions about HEAP:**

Q. What components do you need to go into the office for?

A. Equipment Replace and Repair is the only benefit that requires a face to face interview

Q. Is there a difference between what HEAP and the Community Energy Engagement Program?

A. Both HEAP and the Community Energy Engagement Program work with each other and refer to each other

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III. **Movement Break:** “Brain Break” led by Katie Sheehan-Lopez

IV. **Announcements/ Networking**

- **Vincent Martello; UCDOH-** Sheriff just announced Jan 15<sup>th</sup> doing an event on medication assisted services for addiction in the jails, documentary film on addiction, panel of experts
- **Gloria Valdez; Breast and Prostate Cancer Peer Education Program-** overview of program
- **Salvador Alamirano-Segura; Family of Woodstock-** highlighted that all walk in centers can provide Narcan to anyone, all staff have been trained in administering Narcan.
- **Brandon Bogart; Ellenville Regional Hospital-** lots of new programs- Living Well Warwarsing free program for anyone classes on self-care and exercise
- **Hisieni Sacasa; Heal the Connections** –Workplace wellness summit- free and low cost resources
- **Kristin Kessler; ShopRite-** New registered nutritionist- Jan 16<sup>th</sup> store tour with “Better for You Options”, Jan 22<sup>nd</sup> “Lead in Nutrition”
- **Christine Noble; Office for the Aging-** over view of program
- **Greg Howard; Community Action-** overview of program
- **Stacy Kraft; UCDOH-** overview of program
- **Wendy Johnson; UCDOH-** reminder flu season is ramping up please consider getting a flu shot, escalation in Hep A outbreaks biggest way to prevent is vaccination
- **Katie Sheehan Lopez; SNAP ED, CCE-** overview of program
- **Colleen Jones/Amanda Quintana; Mid-Hudson Problem Gambling Resource Center** - overview of program
- **Christine Oakley; Rochester Reformed Church-** information gathering for town of Rochester
- **Karri Paul; RAPP, CCE-** overview of program
- **Lisa Heintz; Tobacco Free Action Communities-** overview of program
- **Allison Curtis; Mental Health Association-** focus on eating disorder support groups