

Quality of Life Committee, Town of New Lebanon
Minutes for monthly meeting held at Town Hall
October 28, 2022

Present: Marianna Anthonisen, Bob Gilson, Tistrya Houghtling, Sharon Powers, Erminia Rasmussen, Josh Young

Tistrya Houghtling called the meeting to order at 9:05 am

Tistrya Houghtling moved for an approval of the August and September minutes. Sharon Powers seconded. The motion was passed unanimously.

Discussion:

Healthcare: Tistrya Houghtling began the discussion saying that ARPA funds could be used to help increase health and wellness opportunities. She thinks introducing Yoga and Zumba classes would be a great way to provide accessible wellness opportunities. Ermina said that she knows a Yoga instructor who charges \$120 an hour for instruction. After considerable discussion, it was decided that the town would commit \$15,000 of ARPA funds a year for two years to conduct 50 weekly Yoga classes, and 50 weekly Zumba classes. If the classes do not build sufficient enrollment after a reasonable amount of time (3 months?,) continuation will be reevaluated. Included in the \$15,000 allocated annually will be money for childcare and snacks. Bob Gilson said that he and his wife had been discussing trying to find health professionals who could speak about specific health related topics such as diabetes, heart disease, and addiction. He also wondered how best to reach economically needy people in town, since they are the most likely to be uninsured, and the least likely to have access to healthcare. It was suggested that if we paired healthcare lectures with community dinners that might be a way of attracting people. We might also want to work with a nutritionist, and to offer cooking classes to teach people how to cook healthy dinners.

Comprehensive Plan Update: Tistrya said that one of actions taken was to invite Sharon McCardle to speak to the QLC about real estate in New Lebanon. She noted that we need to find more opportunities to engage young people, and young families. We have been examining what other neighboring towns are doing for both their younger and older residents (not much). We need to improve information disbursement to older residents.

The next Quality of Life meeting, scheduled for December 2, 9:00 am, will be held in person.

Bob Gilson left the meeting at 10:00am.

Respectfully submitted: Bob Gilson

(see next page for part 2 of these minutes)

Quality of Life committee, October 29, 2022 – part II

After Bob Gilson left meeting. Remainder of participants: Tistrya Houghtling, Marianna Anthonisen, Josh Young, Erminia Rasmussen, Sharon Powers

Discussion centered around having a page on the current website under the community link to put information about health and wellness. Idea was to have Erminia have her own page that she could add to and keep current – Sharon said this could be done easily

Also talked about ways to get information out there, such as at Music in the Park and through Grow the Valley – maybe at the library as well

Tistrya will connect Erminia with the Health Care Consortium so we can get pamphlets

Sharon handed out her outline for a Conceptual Framework and how the group needs to form a mission statement. She will email the framework to everyone who can then make amendments. People should bring their edits and amendments to the next meeting and other ARPA requests.

Tistrya reported that at the County meeting, the president of Columbia Greene spoke about building Tiny Homes with the students. She asked what they did with them when they were finished with them and they said they just take them apart. She asked if maybe the Town of NL could have them and they were open to some arrangement where if the materials were paid for, they'd donate the house to New Lebanon. Triple Nickel is now working on some type of Tiny Home Community and might be interested. The ZRC is now working on a proposal to allow zoning for Tiny Homes that would tie into a home's well and septic system but this is on private property and would count as a bedroom in the home. Nothing is being worked on yet on having a tiny home community.

We should check out the pdf Marianna sent out from Columbia Green on how to rewrite zoning.

We all agreed that the Q of L committee needs to focus on one housing project and not spread ourselves too thin and so far the Tiny Home Community seems like a good place to start.

Meeting adjourned at 10:40 by Sharon and seconded by Marianna.

Respectfully submitted,

Sharon Powers