

Quality of Life committee, October 27, 2023

**PRESENT:** Tistrya Houghtling, Melba Kurman, Sharon Powers, Josh Young

**Absent:** Danielle Kuffel, Kyle Kuffel

Meeting called to order: 9:45am

**MSC:** To appoint Sharon Powers to be the minutes taker for the Quality of Life Committee was made by Tistrya Houghtling and seconded by Josh Young. Motion approved.

Note: The committee now has 6 members in it. As this meeting had 4 members present, we had a quorum.

Minutes approval – minutes from the September meeting will be approved, along with the October minutes, at the next meeting.

### **SAVE Event**

Danielle sent in a report that the meeting was not well attended but it was a good meeting with good information disseminated. The VA gave out pamphlets, gun locks and medication disposal bags. Discussed ways to get more people in.

Tistrya mentioned that Dan Almasi, who gave a presentation at the firehouse over opioid abuse, was a meeting that was well attended. Need to destigmatize addiction. The new Wellness center, we hope, will also add to this discussion. Dan Almasi introduced Tistrya to an organization that can bring Free Accupuncture treatment for addiction, which focuses on the ear for addiction, alcoholism, co-dependency, etc. It helps center everyone – he is out of Hudson. He wants to come to New Lebanon when the Wellness Center opens – and will come monthly and offer this service free. Also has an accu-pressure treatment for children that does not involve needles.

### **Discussion**

Over having a Health & Wellness Day in New Lebanon sometime between Thanksgiving and Christmas. Have free tabling for businesses that have to do with Health & Wellness. Josh will ask his health & wellness vendors – tentative dates include December 3, 9 or 10 – we should also invite the Wellness Rx people to come

**MSC:** That the Quality of Life Committee sponsor a Health & Wellness Day with date to be determined, to work with people and organizations who want to come, occurring sometime in the first two weeks of December, with everything free of charge except for sale products from vendors who may want to sell their their wares was made by Tistrya Houghtling and seconded by Sharon Powers. Motion approved.

Sharon will design a poster – hopes to include some wellness vendors on the poster. Hope to include mental health providers – anyone we know who may be interested in attending or exhibiting. Might work with the Health Care consortium as well. The final date will be determined by the three major plays we want to attend: Wellness Rx, the Acupuncture person and the LVPA, where we want to hold it.

### **Health & Wellness Rx**

Have finished their business plan and will begin their fundraising efforts now. Need to fundraiser to year 3 – we gave \$40,000 in ARPA funds but they need \$600K. Helping to find sources of funding are the Columbia County Chamber of Commerce, CEDC, Didi Barrett, Senator Hinchey – team working to help them includes Rae Gilson, the pharmacy, Tistrya

They already have 3 centers – first in Greene County, for profit and will eventually become a non-profit  
Secod in Phoenicia (Ulster County) first 501©3

Third will be in New Lebanon – where they will have a connection with the Pharmacy College in Albany

Melba asked to see their business plan and Tistrya will send it out. Tistrya suggested we do a field trip to their location in Hunter

They will be located on the 2-story side at Tilden Plaza. \$300K of the \$600K ask is to make it their space (construction) – will spend about \$45K for exterior to give them curb appeal. Hope to have this all completed by the spring. Might want to work with Columbia memorial to have Health Practitioners come in

### **Housing**

Housing with Habitat – found other parcels that may be possible and one is for sale, on Cemetery and Lover’s Lane (corner) – the grassy pasture up Royce Hill Road – still working on identifying parcels. Didi Barrett & Hasty procured a \$1.5 million grant for housing for Habitat. Tistrya will meet with Tony & Ted to see how our current zoning will allow for the Habitat model of housing clusters. Melba and Josh will join them.

The County has recently approved a land trust deal.

**MSC:** to adjourn the meeting at 10:39 was made by Tistrya and seconded by Josh Young. Motion approved.

Next meeting: would normally be on November 24 (day after Thanksgiving) but most likely will be changed.

Respectfully submitted,  
Sharon Powers