

July 2017
Current Activities

PHYSICAL ACTIVITY

Complete Streets / Walkability
Walking Groups and Other Physical Activities

ACCESS TO HEALTHY FOOD

Kauneonga Lake Farmers Market
Town Sponsored CSA to be explored further in the Fall
Convenience Store Imitative with Cornell Cooperative Extension
Support of the Shepherd's Food Pantry
Bethel Senior's Nutrition Site
Healthy Food Options at Town sponsored Events – link to Town Resolution

SENSE OF PURPOSE

Hour Exchange Program – link to flyer
General Hour Exchange Program Description
The Sullivan County Human Rights Commission has joined forces with the Hudson Valley Hour Exchange to introduce this online platform of neighbors exchanging skills and favors. Participants that have been screened and oriented can join the web-based community, post the skills they offer and the needs they request. When an exchange is made, it's logged into the site, earning, or distributing "time credits." Everyone's time is equal. If a doctor offers an hour of service to a member, she is "banking" an hour; perhaps she will use that hour to engage another member to mow her lawn for an hour. The person who mows her lawn might seek legal counsel offered by another member, and that lawyer might use that time credit to request a pot of homemade soup from still another member.

To get started, apply on www.hudsonvalleyhourexchange.org from your computer, smartphone, or a public device available at a local library. Volunteers will contact you and guide you through the rest!

Questions? Email sullivandialogue2change@gmail.com