JANUARY 2025

Community Action
Taking Action / Improving Lives

www.uccac.org

ULSTER COUNTY COMMUNITY ACTION INC

NEWSLETTER

Celebrating 60 Years of Service!

It was a comfortable 70 degrees on August 11, 1965, when a group of concerned and committed community people signed into existence Ulster County Community Action Committee. For the last 60-years, hundreds, if not thousands of people have joined together and worked hard to make sure the mission of Community Action is alive and vibrant as it was on that August 11th.

That mission, "to promote individual and community enrichment," remains at the heart of all we do—whether it is our Head Start Program or Weatherization or Outreach Programs. This is because the focus of all our services is people.

Over the course of 2025 there will be celebrations and events. We hope you will join us to celebrate and support our work. Feel free to share some memories, something special that happened or a person that impacted your life by sending them to dblancero@uccac.com. We look forward to hearing from you!

-Doug Blancero, Executive Director

HEAP Applications

The Home Energy Assistance Program (HEAP) for 2024-2025 opened in November 2024. If you think your household qualifies, we invite you to visit either our Kingston Outreach office or our Ellenville Outreach office to submit your application.

2024-2025 HEAP Benefit Gross Monthly Income Guidelines:

- Household Size - Maximum Gross Monthly Income
  - 1 person: $3,322
  - 2 people: $4,345
  - 3 people: $5,367
  - 4 people: $6,390
  - 5 people: $7,412
  - 6 people: $8,434
  - 7 people: $8,626





New Partnership with ArborVitae

ArborVitae will launch a new free herb clinic each month at UCCAC on Lindsley Avenue, providing private herbal health consultations. This initiative aims to make holistic health care accessible to everyone in the community by offering personalized guidance on incorporating herbs into daily wellness routines. Each session will be led by experienced herbalists who are passionate about sharing their knowledge and helping individuals harness the natural power of plants. Participants will have the opportunity to learn about different herbs, their benefits, and how to use them safely and effectively. Whether you're looking to boost your immunity, improve your digestion, or simply enhance your overall well-being, these clinics promise to be an invaluable resource for anyone interested in exploring the world of herbal medicine.



ArborVitae Free Herb Clinic

in collaboration with

Ulster County Community Action

70 Lindsley Ave, Kingston NY 12401

Upcoming Clinics for 2025

Jan. 26th | Feb. 23rd | Mar. 23rd | Apr. 27th

appointments at 9:15am, 11am and 1:30pm

Our community herb clinic is open to anyone interested in a private health consultation with one of our clinical students. Student herbal clinicians work under the supervision of ArborVitae faculty practitioners.

Consults are 90 min, focused on deep listening & assessing different patterns through various herbal perspectives. Post consult, clients will receive personalized herb, diet & lifestyle recommendations to support their health goals.

To book a consultation:

Contact: clinic@arborvitaeny.com | Include your name, phone number, preferred date and time, main health concerns

Holiday Cheer!

Our Outreach Department delivered 400 Christmas meals, and gave toys to 165 children living in emergency housing units. "Thank You!" to Scott Galo owner/chef of Galo Productions for preparing the Christmas meals, Kim Petersen, Luke Gentile, Classic Cuts Barber Shop, UPS Store #4541, Highland, NY Rotary Club, Ulster County Marine Corps Toys for Tots and our Outreach Program for your generous donations of toys. "Thank You" to our Outreach staff and volunteers for all your hard work!

The contributions for the Christmas Holiday have helped enlighten the hearts and spirits of those who received your generous donations. Only through the eyes of those less fortunate do we see our own lives enriched by fulfilling the need of others.

Dental Screenings

Open Door Dental made a visit to the Saugerties Head Start location to provide complimentary on-site dental screenings and educational resources for both children and parents. The event was a resounding success, fostering a welcoming and supportive atmosphere where families could learn about the importance of oral health. Children engaged in fun, interactive activities designed to teach them the basics of dental hygiene, such as proper brushing and flossing techniques. Meanwhile, parents had the opportunity to speak with dental professionals, gaining valuable insights into maintaining their children's oral health and preventing common dental issues.







Head Start Enrollment News

Our classrooms at all 4 sites (Saugerties, Kingston, Plattekill, and Ellenville) are currently at full capacity, reflecting the community's trust in our programs. We continue to accept applications for children aged 1-5 to join our waitlist, ensuring that more families have the opportunity to benefit from our services as spaces become available.

To accommodate the growing demand, we are actively seeking to hire new Lead Teachers. These additions will enable us to open new classrooms and extend our reach within the community. We encourage you to share this opportunity with qualified educators passionate about early childhood development.
https://uccac.isolvedhire.com/jobs/

Rental Space Available



Space is available at 175 Colonial Drive to rent for group trainings, conferences, or events. The space is equipped with training tables, round group tables, chairs, a projector, white board, and a coffee area with fridge and microwave.
Contact us at (856) 338-8750 ex 200 for rental information



Ulster County Community Action gets over $700,000 to install 91 solar panels in low-income units in Kingston

Ulster County Community Action has become the beneficiary of a $714,569 grant to install 91 solar panels in low-income housing units that will “lower bills and improve the health and safety of residents,” according to U.S. Senate Majority Leader Charles E. Schumer.
The funding comes through the U.S. Department of Energy’s Sustainable Energy Resources for Consumers (SERC) grant program, which Schumer secured funding for in the Bipartisan Infrastructure Investment & Jobs Law, his office said In a press release Tuesday.
Schumer said the Ulster County Community Action grant would allow for solar panels on 91 low-income dwellings in Kingston.

Teacher Wellness is a Priority

UCCAC prioritized teacher wellness in 2024 by creating wellness and meditation areas in each of our schools to enhance teacher experiences and reduce burnout. The Wellness rooms are outfitted with a massage chair, aromatherapy, noise cancelling headphones, and yoga mats. The teachers and staff are invited to use the space during their breaks, or before and after work. UCCAC also offers a complimentary Employee Assistance Program (EAP), providing confidential support for personal and professional challenges. These initiatives aim to foster a supportive environment for educators, recognizing that their well-being directly influences student education quality. The EAP includes counseling, stress management workshops, and financial advice, promoting overall well-being and a positive impact on school communities. Our dedication to teacher wellness is an ongoing effort, and we continually seek feedback to enhance these programs. We believe that by investing in our educators, we not only enrich their lives but also ensure a vibrant and thriving learning environment for our students.





Nimesh Patel

Nimesh joins the UCCAC team as our new Consulting Controller



Hudson Valley Farm Hub Partnership

Ulster County Community Action Head Start is thrilled to announce a partnership with the Hudson Valley Farm Hub, which is generously providing fresh, locally grown produce to supplement our student meals. This collaboration ensures that children in our program enjoy nutritious, farm-fresh fruits and vegetables, promoting healthy eating habits and supporting their growth and development. We are grateful for this partnership, which reflects our shared commitment to the well-being of the children and families we serve.

Support Ulster County Community Action and Strengthen Our Community!



Ulster County Community Action is dedicated to empowering individuals and families through education, advocacy, and direct services. From early childhood education and housing assistance to food pantries and job training, our programs address the pressing needs of our neighbors and pave the way to self-sufficiency. Your donation fuels this vital work, helping us provide hope and resources to those who need it most. Together, we can create a stronger, more vibrant Ulster County. Visit uccac.org to make a difference today!