

Let Jay Rifenbary Reveal Your Core

A Breakfast That's Sure To Inspire

Motivational speaker, author and Kingston native Jay Rifenbary is looking forward to coming home and delivering a message to business leaders for a time such as this.

As the world struggles to emerge from the COVID-19 pandemic, the 1975 graduate of Kingston High School is the guest speaker for the Chamber's next breakfast from 7:30-9 a.m. Nov. 19 at Wiltwyck Golf Club, 404 Steward Lane in Kingston. The sponsor is HealthAlliance Hospitals/ members of WMCHHealth.



Jay Rifenbary

their organization and their leaders on many levels," Rifenbary said. "They're going to walk out benefitting both personally and professionally. We want the people to walk out of there with a great skill set of their own leadership abilities and potential.

"What I'm finding is the biggest response I get is, 'I didn't expect that.' I'm very vulnerable with a group. I'm very open



with them. It's a great opportunity to be uplifted and that's why I'm finding it's needed now more than ever for the mere fact there's a lot of distractions, a lot of social media, a lot of misinformation. To focus on the individual and the organizational team is critical now."

In July, Rifenbary spoke to the staff at Imedview, Inc., in Saugerties. Human Resources Manager Regina Marcucci said Rifenbary's presentation was "an asset to a growing team" and "inspires the heart and motivates the soul."

Rifenbary, who last appeared before the Chamber in 2017, comes from a well-known Kingston family. His father, Dr. George Rifenbary, was a prominent dentist. His mother, Dorothy, was involved in numerous community organizations, including the Kingston Hospital Auxiliary and Wiltwyck Golf Club. He has no local family left, but he enjoys running into people he knew growing up in Kingston.

"It's always enjoyable for me," he said. "It's like coming home. I just love it. Kingston is

still my home—always will be. So, for me, it's always an honor. This is a way for me to give back to my community in my own way. I find it to be extremely enjoyable and reflective."

Rifenbary, who went on to graduate from the U.S. Military Academy at West Point in 1980, now lives in Saratoga Springs and is president of Rifentary Training & Development, a company he started in 1993.

He also has authored three books, including "No Excuse!—Incorporating Core Values, Accountability and Balance into Your Life and Career," "True To Your Core—Common Sense Values for Living Life to Its Fullest," and "Return To Your Core—Principles for a Purposeful and Respected Life."

For more information about Rifentary, go to Rifentary.com.

Chamber President Ward Todd said, "The fact that Jay will be speaking a week before Thanksgiving and the start of the holiday season is also meaningful since Jay emphasizes the values of gratitude, family, and servant leadership. All of those, especially during this

November
Breakfast
November 19
7:30-9:00 am
Wiltwyck Golf Club
404 Steward Lane
Kingston, NY

Sponsor:



time, are needed now more than ever."

With Veterans Day just around the corner, the Chamber also will be welcoming several veterans to the breakfast, including members of the VFW Honor Guard who will be wearing new uniforms paid for by some twenty generous Chamber members. Ulster County Executive Pat Ryan and Kingston Veterans Association President Bill Forte will be given an opportunity to thank those local Chamber members.

Chamber Breakfasts are a great way to stay on top of current events. For more information, contact the Chamber at (845) 338-5100 or go online at www.ulsterchamber.org.

November's Breakfast Sponsor Will Be HealthAlliance Hospitals

HealthAlliance Opens Ulster County's Only Advanced Service Cardiac Catheterization Laboratory Fulfilling a promise to deliver more advanced services to Ulster County and surrounding areas, WMCHHealth announced the opening of a new cardiac catheterization laboratory at HealthAlliance Hospital on Broadway in Kingston. The new laboratory offers emergent and preventative solutions for blocked arteries, irregular heartbeats and coronary heart disease, services never before available in Ulster County. The service operates under the direction of WMCHHealth's comprehensive Heart and Vascular Institute and for many community members Ulster County's only cardiac catheterization laboratory at HealthAlliance Hospital is now the closest option for emergent and diagnostic heart care. Advanced Cardiac Services, Close to Home The new HealthAlliance Hospital cardiac catheterization laboratory offers percutaneous coronary intervention (PCI) and electrophysiology programs. Interventional cardiologists use PCI to open blocked or narrowed coronary

arteries (angioplasty), manifestations of coronary artery disease that can lead to heart attacks and other life-threatening conditions. In addition, cardiologists utilize PCI to relieve symptoms of coronary heart disease and reduce damage to the heart during or after a heart attack*. Electrophysiology is a rapidly growing subspecialty within cardiology used to diagnose and treat a full spectrum of heart arrhythmias, which are irregular heartbeats caused by abnormalities in the heart's electrical system. Electrophysiology testing also can help physicians decide the best treatment options for an individual, including medication, pacemaker, implantable cardioverter defibrillator, cardiac ablation or surgery. "Our new cardiac catheterization laboratory enables us to provide an essential cardiac service to people suffering from a heart attack or blocked arteries right here in Kingston," said HealthAlliance Hospital Cardiac Catheterization Laboratory Director Falak Shah, MD, who joined HealthAlliance Hospital to provide care and guide the program. "Likewise, those with heart

arrhythmias may not have to leave the community for treatment." "I have been practicing in Kingston since 1983 and know how important it is to have this level of service right here in Ulster County," said Ellis Lader, MD, Director of the Cardiology Division at HealthAlliance. "Minutes matter when it comes to caring for heart attacks and transferring a patient out of the immediate area for treatment could impact the outcome. This is a big win for our community." Those experiencing signs of cardiac distress should call 911 or visit their nearest emergency department immediately. Referring physicians or those seeking a non-emergency consultation from a WMCHHealth Heart and Vascular Institute specialist should call 866-WMCHHeart (866.962.4327). *According to the National Heart, Lung and Blood Institute



**Ulster County Regional
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November 4 | 9:00 - 10:30 am

**New Member Meet & Greet
Holiday Inn Express & Suites**

1835 Ulster Avenue | Lake Katrine, NY
There is no cost for Members to attend.

Reservations are required

Sponsors: Grease Monkey & Uncle B's Car Wash

November 19 | 7:30 - 9:00 am

**Chamber Breakfast Meeting
Return to Your Core - A Blueprint for Character
and Leadership Development**

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Wiltwyck Golf Club

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Finding Wellness At People's Place

Charity Also Gearing Up For Holidays

People's Place has always been a port in the storm for the areas needy. The popular charity expanded this past July to add an assortment of wellness classes to its already impressive list of offerings.

The Wellness Empowerment Center is located at 775 Broadway above the community café at People's Place.

"Each week, Monday through Friday, we offer Wellness Center programming, but it's something that they can take back home and learn on their own," said Christine Hein, executive director at People's Place. "It's empowering people to take wellness into their own hands and take their health into their own hands."

The programs include "Mindful Mondays" featuring meditation, motivation, journaling, and others activated for the mind; "Tasty Tuesdays," where participants learn healthy recipes, helpful nutrition tips and fun food facts; "Wellness Wednesdays," which help build the mind, body and soul; "Thriving Thursdays" that teach life skills, self-care, wellness and safety tips; and "Fiscal Fridays," sponsored by Mid-Hudson Valley Federal Credit Union, which offer financial education.

"It's been a phenomenal connection with our community," Hein said. "Folks are learning about it and reaching out to us and seeing what kind of skill they can offer."

Hein emphasized that the offerings are free and open to the public.

"The beauty of People's Place is treating people with dignity and compassion," she said. "In order to maintain dignity, it's not just in how you treat people, it's not just where poor people go.

"What we want is people from all economic stratus to come and use the wellness empowerment center and our community café. When people from all walks of life come and people from all economic backgrounds come and enjoy, then no one is singled out. When everyone comes together, it's a community learning these skills, and I think that puts people at ease. When you're at ease, you're more open to learning."

People's Place began in 1972 as a community outreach of the Mount St. Antonius Redemptorist Priests and Brothers. They rented a storefront on Abeel Street in the Rondout section and noticed the area's many hungry children. The organization was turned over to 25 volunteers in 1985 and became a non-profit three years later. People's Place moved to its current location in 2006.

People's Place operates a thrift store, which Hein called the "economic engine" that funds the organization's various programs (see the list at peoplesplace.org). Among the programs are a community café, food pantry, seasonal feeding programs, a personal care closet and more.

The organization also gives away coats, back-to-school supplies and haircuts during the year and offers a pet-food pantry.

With the holidays approaching, People's Place is gearing up for two of its more popular programs—Talkin'



Turkey and Project Santa.

Talkin' Turkey provides a turkey and all the "fixings" for a Thanksgiving feast to households who pre-register until the Thursday before Thanksgiving. Families will receive a turkey, gravy, potatoes, stuffing, corn, green beans, cranberry sauce, butter, and pie.

Project Santa will serve kids up to age 16 this year instead of 14. Families can register from 10 a.m. to 1 p.m. Monday through Friday and from 5-7 p.m. on Wednesdays until Dec 10. If you need transportation, call People's Place at (845) 338-4030.

Hein said businesses can help by donating online at or by mailing a check to People's Place, 17 St. James St., Kingston, NY, 12401.

"We're partnering with various agencies in the community to make sure folks in need and their children have magical memories for a lifetime," Hein said.

Hein, who has been the director of People's Place for almost

a decade, said she is blessed to get to do what she loves every day—help people.

"Hopefully, each day I can say I have made a positive impact on someone," she said. "Plus, I love the people I get to work with every day, both the volunteers and staff."

People's Place, located at 17 St. James St. in Kingston, can be reached at (845) 338-4030 or peoplesplace.org.



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Even while expanding, Kimlin kept its promise to keep business personal. Kimlin welcomed Douglas's son Mark into the fold. During Mark's management, the now-familiar Kimlin trucks began servicing Putnam, Greene, Columbia and Sullivan counties with the same friendliness and convenience that marked the beginnings.

The day-to-day operations at Kimlin are now handled by Max Kimlin, the founder's grandson.

"Kimlin has never rested on its laurels," Max Kimlin says. "We always aim to do more for our customers. In recent years, our services have widened to include delivery of heating oil and commercial fuels, as well as service and maintenance for all fuel-related equipment."

Kimlin said many of its new customers switch from other providers due to his company's lower prices. Kimlin has also found many of Ulster County's new residents coming to them for service.

The company will mark 40 years in 2022 and remains committed to being a good neighbor that earns a customer's business.

"We can keep that promise because our company remains family-owned and operated," Max Kimlin said.

Kimlin also supports numerous non-profits, especially those focused on animal and child welfare organizations such as the Ulster County SPCA, HV Pets Lost and Found, Hudson Valley March of Dimes, Catskill Animal Sanctuary, and Family of Woodstock.



"We are passionate about caring for animal welfare—we bring our dogs to the office, as do employees, which creates a warm and cozy atmosphere," Kimlin said. "We have a genuine interest in making sure our furry friends are properly cared for and ensure every animal has a home."

Max Kimlin, who has a corgi named Abe, is a big dog lover and often donates propane and fuel oil to local SPCAs. During the COVID pandemic, when shelters were facing huge cutbacks, Kimlin donated several tanks of fuel and line upgrades to local shelters.

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Continued from page 4

The company decided to make a bold statement about its heart for animals by creating an organization to support these important local non-profits. The Kimlin Community of Caring was born and added another focus of Kimlin's community engagement to the mix—child welfare. Kimlin spotlights a different local non-profit each month on radio station WBPM 92.9FM with more than 30 radio spots and live interviews, social media posts and other high-profile consumer media.

“Kimlin’s Community of Caring mission is to encourage the community to learn more about these great organizations, and invite people to consider volunteering and donating,” Kimlin said.

Meanwhile, Kimlin is also a corporate supporter of the Chamber and its employees often attend the popular breakfasts and mixers.

“The Chamber is very helpful in many ways, including networking, supporting great programs and events, and lending our voice to concerns of importance to the local business community and overall community health,” Kimlin said.

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Woodstock School Of Art Has Rich History

COVID Opened Doors For Aspiring Artists

If you ask Executive Director Nina Doyle how the Woodstock School of Art has survived for more than half a decade, she will gush about the non-profit's 44 dedicated instructors.

"I think our instructors are the key to the success," Doyle says. "They are all professional instructors with decades of experience."

"The instructors are very giving and when you take a class at the Woodstock School of Art, you will get an immense amount of attention from the instructors. They provide a wealth of knowledge and guidance for our artists."

That was never more evident than when COVID-19 emerged last March. The school's board of directors closed the campus during the pandemic but offered online classes for the first time ever and they were a "huge success," Doyle said.

"We met 200 new students through the world, from as far away as New Zealand and China," she said. "Everyone rallied to stay connected during a really crucial time. When people were shut in their houses, they could log on and be connected to an artistic community, which was a savior for so many. They had the opportunity to be committed to a group in the midst of that isolation."

Doyle said the school also participated in a 12-week streaming painting and drawing classes led by a WSA instructor into two state prisons, the Ulster Correctional Facility in Napanoch and the Adirondack Correctional Facility in Ray Brook.

The WSA is working with the University of California on a study that found the classes had a positive impact on the incarcerated individuals and helped them with interaction between peers and prison staff.

"That is an example of the dedication of our instructors," Doyle said. "These online instructors have not just been logging on for the hour of the class, but they spend the week prepping for the lecture and the critiques of the students. They could have anywhere from 10 to 60 students in a class and each one gets feedback on their work, which is phenomenal and a testimony to their dedication to the students. That definitely sets us apart."

Prior to COVID, the school offered 22 weekly classes and 90 workshops a year. WSA reopened in June 2021 and is slowly returning to normal.

"We're hoping by 2022 that we'll have just as many offerings for the artistic community," Doyle said. "We're open for business and ready to serve the artistic community again."

WSA, founded in 1968 by four artists and originally located in the village of Woodstock, offers classes in drawing, painting, printmaking and sculpture in the famed arts colony. (Go to woodstockschoolofart.com for more.)

"There is no experience necessary," Doyle said. "All levels are welcome. All ages are welcome. We work with teens and we have students who are in their 90s. They could be sitting in the same class. You also could have a beginner in the same class with an artist who might have work in the Met."

"We feel that once you come to take a class here, you're a part of the school community. You're part of the family. It's a really inclusive place."

Since 1980, the school has been housed on a 38-acre campus in historic buildings on Route 212, a mile east of the village. The property was a working farm in the 1800s and the original barn remains. The unique buildings, which were constructed during the National Youth Administration in 1939, are on the National Register of Historic Places.

"It was a training center for rural youth to learn the applied



arts, woodworking, printmaking, sculpture, drawing, and painting. They were learning trades so they would have careers," Doyle said.

"We have been one of the few national youth sites that has been continuously run as an arts school."

Doyle, a board member of the Woodstock Chamber of Commerce, said the Ulster County Regional Chamber's networking events have been a huge help to the school.

"When those resume, I look forward to attending," she said. "I wish I had a nickel for every time somebody said, 'Oh, I pass you so many times.' My goal is for them to pull in. I would love to let people know what we do."

Doyle said the business community can help by sponsoring the WSA's various events. She also would like businesses to

exhibit artwork and said the school can organize a reception and "draw new people to the business." The school can also host professional development through its classes.

"We'd be happy to design custom programs," she said. "They also could come to one of our gallery openings and buy a piece of art for their business or their home and support local artists. When I go to the Chamber's networking events, I'm looking for ways to collaborate, ways that we can work with that individual business and their employees and meet their needs. The networking is huge for me."

Woodstock School of Art, located at 2470 Route 212 in Woodstock, can be reached at (845) 679-2388 or woodstockschoolofart.org.

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