The former IBM complex in the town of Ulster was once the engine that drove the Ulster County economy and it may be again soon. Ulster County Executive Pat Ryan signed legislation last month transferring Enterprise West to the Ulster County Economic Development Alliance (UCEDA) and clearing the way for its possible revitalization. The site has sat largely dormant since IBM pulled up stakes in 1995.

“Today, we finally took a major step in converting a building that has long represented the shell of past economic success into the centerpiece of our future people-centered economy of tomorrow,” said Ryan, a Gardiner Democrat.

You can hear all about Ryan’s hopes for the property at the Chamber’s next Virtual Breakfast from 9-10 a.m. on April 20. The breakfast, sponsored by Sawyer Savings, will be broadcast from The Venue Uptown and Livestreamed on Facebook and YouTube. Kingston Radio will provide technical support.

Ryan is also expected to detail major initiatives that will simultaneously protect the environment, boost the economy and help realize a Green New Deal in Ulster County.

However, the future of the IBM site is expected to get plenty of attention.

“As we begin to emerge from the pandemic, Ulster County will rebuild better and stronger,” Ryan said. “The interest that we have already seen in this location are just the first signs that through leveraging our resilience and leaning into the energy and creativity of our community, we can once again rely on this location to provide jobs and opportunity for our community.”

Ryan’s office said the two county-owned parcels comprise over 80 acres of land and a 400,000-square-foot office building that was last used in 2015 as a tax processing center by Bank of America.

The transfer, proposed by Ryan and approved unanimously by the Ulster County Legislature, will allow for the marketing of the property.

Ryan said his office has received more than 20 proposals for the redevelopment of all or part of Enterprise West, including five to purchase some or all of the site, 11 to rent or lease some or all of the site, and 12 to provide services to assist the county in redeveloping the site. Proposals ranged from a satellite college campus, arts

Sawyer Savings also offers a wide array of personal products and services and are especially proud of their First Time Homebuyer Program that offers 100% financing with no PMI for qualified homebuyers. It’s their way of helping the Hudson Valley community grow and allow the younger generations to establish roots right here at home.

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UPCOMING CHAMBER EVENTS

Tuesday April 20 | 9:00 - 10:00 am
Virtual Chamber Breakfast Meeting
Ulster County Executive Pat Ryan
Livestream on Facebook & YouTube
Broadcast Live from The Venue Uptown
Technical Support by Radio Kingston
Sponsor: Sawyer Savings Bank

Tuesday April 27 | 9:00 - 10:30 am
Virtual Business Card Exchange
Via Zoom Meeting
Space is limited
Reservations are required
Register at www.UlsterChamber.org

Buy Local Expo
Wednesday September 15, 2021
Starts at 12 Noon

Business Recognition Awards Celebration
Thursday October 21, 2021
Starts at 6:00 pm
Nomination forms available at
www.UlsterChamber.org
Forsyth B&B innkeeper Tamara Ehlin worked as a pastry chef in New York City for many years and would often occasionally pop up to Kingston for a visit. The city’s eclectic charm eventually won her over and persuaded her to bring her skills to the local hospitality industry.

“My sister had moved to High Falls a couple of years prior, and I started to come visit and fell in love with Kingston,” Ehlin recalls. “I just really felt the energy that was brewing here. It felt artistic and creative and like things were going to happen, and certainly they have.

“I lived in New York City a long time and I really wanted to be someplace beautiful, and I knew I wanted to be in hospitality and owning a bed and breakfast really answered all of that calling for me. Everything came together here and I’m able to offer a level of hospitality that people come back for year after year.”

Ehlin and her architect husband, Charles Mallea, bought a handsome 1838 home at 85 Abeel St. in Kingston’s historic Rondout section in early 2016 with the intent of turning it into a full-service B&B. After seven months of renovations, it was ready.

“It had not been a bed and breakfast previously, so we were able to create one while preserving the beautiful historic details of the house and making it comfortable and contemporary at the same time,” she said.

“We provide outstanding customer service in a relaxed and lovely environment and really amazing food, and I say that with all modesty since I’m a chef, but we’ve won numerous awards for our breakfasts here. We use local and seasonal ingredients.”

In 2017, the Forsyth B&B won the Friends of Historic Kingston Community Award for stewardship, but that’s far from the only honor. The Forsyth was named the “Best B&B Breakfast” in the region by Hudson Valley Magazine in 2018 and the Reader’s Favorite B&B in the 2020 Chronogrammies.

The full-service B&B features four rooms, plus a two-bedroom suite available in season. There’s also a barn for lodging and micro-events, but many travelers rave about Ehlin’s ricotta fritters, potato latkes, fresh fruit bowls and other breakfast offerings.

A graduate of the French Culinary Institute, Ehlin said non-guests often ask if they can come just for breakfast, but she doesn’t offer that option at the B&B. She noted that Forsyth fare will be available at the Waterfront Farmer’s Market on Sundays this season.

“We’re very small,” she said. “Usually, it’s just me. When we’re full in-season we’re as busy as we could possibly be serving our guests, but we do allow our guests to bring friends.

“I think we have a really creative approach to breakfast. It’s always three courses. It always includes something I’ve baked. People love our baked goods, and we are really creative with our use of seasonal ingredients. Second course could be anything from a breakfast salad, a cold soup, seafood deviled eggs. The main course is always really substantial and elegant at the same time.”

Prior to COVID, Ehlin loved to see her guests gather around the large communal table for breakfast and fellowship.

“It really was amazing to see the connections that were made around that table—people sharing ideas about what to do, people giving each other restaurant advice and some places to hike and just having a great time. We’ve had people at the breakfast table from 9 in the morning until noon.”

While COVID remains a risk, Ehlin has made some changes that include serving non-communal meals, requiring guests to wear masks outside their rooms and following all CDC guidelines for sanitation.

Ehlin said the Forsyth has hosted several full-service business retreats and she wants the business community to know she loves doing so. Meanwhile, Ehlin said she has received support, advice, resources and more by joining the Chamber.

“I’ve met so many people that I actually work with through the Chamber, people who send business our way, people who have had small events here, people who have supported us in one way or the other,” Ehlin said. “We certainly serve a lot of travelers who are here on business and working with other Chamber members. They’ve been helpful in getting us recognized and I get a tremendous amount of support when I need it.”

Looking back, Ehlin seems happy with her decision to settle in Kingston.

“I think it’s gone extremely well,” she said. “I think there was a real need for lodging here in Kingston. We brought a kind of new energy to it and I think we gave people what you hope to get in a bed and breakfast, which is some sense of community, really outstanding food and a lovely place to sleep.

“I really do adore our guests. I think we have just wonderful people who come here. There’s a type of traveler who gravitates toward the bed and breakfast and they don’t want a cookie cutter and they don’t want anonymous.”

The Forsyth B&B, located at 85 Abeel St. in Kingston’s historic Rondout section, can be reached at (845) 481-9148 or www.theforsythkingston.com.
Before COVID-19, the Congressman Maurice D. Hinchey Catskills Visitors Center in Mount Tremper was a bustling place that had doubled attendance in just a few years.

However, the coronavirus put a screeching halt to visitors. The center’s staff rallied by greeting visitors at a service window and also dealing with traveler requests via email and phone calls.

“We haven’t had visitors in the building,” said Katie Palm, the center’s director. “We’re hoping by fall to be able to open the doors back up to the general public to come into the building.

“We’ve had lots of people use the service window. We have brochures in a container that we leave out and people can take. We’re restocking that almost daily. We’re still trying to offer the amenities to people that we can and being cautious with the pandemic.”

The center, which opened in 2015 and is named after the late U.S. Rep. Maurice Hinchey, saw 5,000 visitors that first year. Those numbers jumped to 11,000 in 2018 and 12,000 in 2019. Like most public places, the center was closed most of 2020.

“We’ve doubled the people we’ve served and that’s people through the door,” Palm said. “That doesn’t count phone calls and visits to our website. That’s physical people on our property.”

Palm said the center also has a new website that is being populated daily with such information as the condition of local hiking trails, news from local cultural institutions, and what there is to see and do in the Catskills.

Before the center opened, visitors to the Catskills had to visit multiple chambers of commerce and visitor centers to find information about tourist locations and events in the Catskills.

“We’ve tried to combine all the information to one location,” Palm said. “People can come here and find out about Greene County and what there is to do. They also can find out about Ulster County and the other counties in the Catskills. They don’t have to visit multiple locations for information. It’s all right there.

“We do work with the chambers within each county and each region. We try to make sure we share the information that they want shared and is important to them.”

Of course, that includes the Ulster County Regional Chamber of Commerce, which Palm called a “great” organization to collaborate with when it comes to promoting the region.

“When we’ve had different events going on, they’ve helped us get the word out,” she said. “We’ve also been here if they needed us to help with information or promotion.”

The center, which features 60 acres of forests, fields and wetlands, is the official visitor center for the Catskill Park. It is operated by the Catskill Center in partnership with the state Department of Environmental Conservation.

Once the public is allowed back inside the center, visitors can see a new exhibit explaining the formation of the Catskills and how they play into the New York City water system. Other highlights are the Catskills’ culture, wildlife, and hiking.

The gift shop features books (which are also available online) about the various trails in the mountains and the culture of the Catskills. Also available for purchase is a “Travel Stories Driving Tour,” which you can download to your mobile phone and listen as you explore the mountains.

The grounds include the 80-foot Upper Esopus Fire Tower, which is not open in the winter, but Palm said staff is on hand in the summer to answer questions and talk about other fire towers in the mountains.

Visitors can also peruse 1.5 miles of nature trails (including ADA accessible trails); dogs are also welcome, as long as they are leashed.

The grounds also include a picnic area; a covered pavilion; wildlife viewing; and access to the Esopus Creek.

Palm said the staff has a heart for the Catskills and also want to see them protected. For example, when they know a specific location is being overrun, such as Peekamoose Blue Hole in Sundown was a few years ago, staff will direct visitors to other spots.

“We just want people to use the natural resources of the Catskills in a sustainable way,” she said. “We try not to encourage everybody to go to Kaaterskill Falls and see the waterfalls. We try to encourage them to visit some of the lesser-visited waterfalls in the area.

“We try to make sure we’re protecting our natural resources, while encouraging people to enjoy them and how to use them sustainably.”

The Congressman Maurice D. Hinchey Catskills Visitors Center, located at 5096 Route 28 in Mount Tremper, N.Y., can be reached at (845) 688-3369 or www.catskillsvisitorcenter.org.
Changing The Conversation
People USA Stresses Wellness Over Illness

Steve Miccio never forgot what it was like when he was hospitalized in the ‘90s for a mental-health crisis.

“I was diagnosed with bipolar disorder. I was experiencing a severe manic episode,” said Miccio, the chief executive officer at People USA, a peer-run behavioral health and wellness organization headquartered in Poughkeepsie and serving nine counties.

“It was traumatic. It was scary. Nobody was talking to me. The doctor came and sent me to the mental health unit of the hospital. There was no mention of hope or recovery. It was more, ‘You’re going to have the diagnosis for the rest of your life.’ I lost my dignity and sense of purpose of who I was.”

That experience sparked a fire in Miccio.

After his recovery, he hooked up with the agency, formerly known as PEOPLe, Inc., and since 1999, he has since shifted the national paradigm for crisis response and wellness services.

Under his leadership, People USA has become one of the most recognized and respected behavioral health organizations in the nation.

“I gained a compassion and empathy for understanding the world of mental health,” he said. “That experience helped me become a visionary and an advocate to change the system.

“We’re proud to say that our unique models save the healthcare system millions of dollars annually, get superior outcomes, employ over 90 people in our community and provide people with better mental health and substance use care than what they’re used to from the traditional system. And we’ve been able to create all these amazing innovations right here in the region.”

Among those are supportive housing, innovative trauma-informed care, peer-run phone lines, job support, mobile crisis stabilization teams and other peer-led services centered on the dignity of those with mental illnesses as they “move along the road toward wellness.”

One of the agency’s greatest achievements is its Rose Houses, short-term crisis respite that are home-like alternatives to in-patient psychiatric units. They are staffed by highly trained peers who have themselves experienced psychiatric crises, Miccio said.

“They ensure that people feel engaged, safe, comfortable, understood and hopeful about their next steps,” he said.

Rose Houses are always open and accessible. Guests can stay up to seven nights to get the care they need and resolve the issues that led them there.

Miccio said the homes have been so successful that they have been replicated nationally and internationally. Since their creation in 2001, Rose Houses have diverted more than 20,000 psychiatric hospital days, according to Miccio.

Another crowning achievement is the Dutchess County Stabilization Center in Poughkeepsie. Created in 2017, the center is a walk-in hub offering immediate access to crisis counseling and behavioral health assessments as well as substance-abuse counseling.

“It’s like an urgent care, and within 24 hours, we have people connected to a service in the community that will help them, so they don’t end up stuck in a system where they don’t have any growth in their lives,” Miccio said.

Overall, People USA has supported more than 30,000 individuals on their “unique recovery journeys” since its founding. More than 5,000 people each year connect with the agency to work on behavioral health and comprehensive wellness.

During the COVID-19 pandemic, Miccio said the center never closed and people were still able to get help.

“We were doing telehealth and face-to-face while social distancing, so we continued to do the best we could,” he said. “As far as the people we serve, we got everyone online, and our meetings have been well-attended because people were isolated.”

Miccio also saw greater need within the general population during the pandemic.

“We’re seeing domestic violence and divorce rates going up,” he said. “People don’t necessarily know why, but their anxiety levels are high, and a lot of it can be attributed to the pandemic.”

Like others, Miccio is looking ahead to brighter days and even greater growth for People USA as more take note of its impact.

As far as how society as a whole views those battling mental health and addiction issues, Miccio said there are “pockets of success, but we still have a long way to go.”

“There are counties that don’t even have advocacy or innovative services,” he said. “People are still marginalized, and unfortunately, they become a product of the system. At People USA, we expect wellness and recovery. That’s our whole philosophy, but we’re not there yet as a nation.”

People USA, located at 126 Innis Ave. in Poughkeepsie, can be reached at (845) 452-2728 or people-usa.org. The Kingston engagement center is at 592 Ulster Ave., Suite A.

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