

**Department:** Health & Wellness

**Staff:** 1 Full-time Director, Emily Flynn

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**2019 Budget:** \$67,000



### Department Functions:

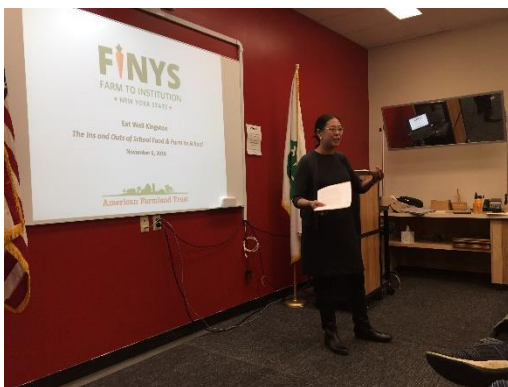
The Department of Health and Wellness is charged with coordinating the Live Well Kingston Commission (LWK), being a community liaison, and supporting projects that increase health in the City of Kingston. The department was created in 2018 with funding from a private foundation.

Coordinating the Live Well Kingston Commission includes the support of its now six subcommittees: Age Well, Eat Well, Grow Well, Heal Well, Travel Well, and Play Well. These “Focus Teams” built coalitions with over 40 community organizations and 356 participants during at least 40 meetings in 2020. Along with coordination, the department is tasked with communicating about health, community projects, and LWK initiatives. This is done through social media, the LWK website, meeting notes, press releases, radio interviews, and networking.

The department has managed grant projects, expanded community connections, added capacity to ongoing City projects, implemented many Focus Team projects, and continued Live Well Kingston communications and outreach.



The Heal Well Focus Team deep in conversation after the meeting has ended.



Special farm to institution presentation at the Eat Well Focus Team.



Pop-up Natural Play Space at the Earth Day Festival



Seniors at the YMCA – this group has been exercising together since the '80s.

### Highlights of 2020 Accomplishments:

- **Expanded Connections with the Community**
  - Attended many meetings hosted by other organizations
  - Updated a section of the Ulster County Health Department’s Community Health Improvement Plan

- **Supported City Projects:**
  - Applied for NYS Creating Healthy Schools and Community Grant
  - Hosted two Interns: Spring 2020 focus on food resources, Fall 2020 Communications support
- **Supported Focus Team Projects:**
  - Age Well
    - Hosted 8 Age Well meetings
    - Supported the Cyber Seniors program that connects H.S. students with seniors
    - Tabled at Governor Clinton Senior Complex, 8/4/20, Chambers Birches, 7/27/20, and Esopus Birches, 7/29/20
  - Eat Well
    - 6 Eat Well Focus Team Meetings
    - Deeply supported the creation, management, and direct services of the Kingston Emergency Food Collaborative (KEFC) which delivered around 3,000 meals a day at the peak of the COVID pause. Meal and grocery delivery continues.
      - Supported the creation of a hotline, recipient database, website, and management documents
      - Participated in organizational, systems change, and advocacy conversations
      - Managed on-site meal distribution at the YMCA for two weeks during the height of the Covid pause
  - Grow Well
    - Stewarded a new Focus Team called Grow Well
    - Supported the creation of 20 garden beds installed for residents in Kingston with partners from the Kingston YMCA Farm Project, Farm Hub, The Kingston Land Trust and others
    - Initiated conversations about a potential new park at 78 Franklin St.
  - Heal Well
    - Hosted 10 Heal Well Focus Team Meetings
    - Spoke at Resilience Film Screening at Bailey Middle School, 1/16/20, and Edson 3/4/20
    - Did a social media campaign about trauma and adverse childhood experiences (ACEs)
    - Wrote a letter to State DOH and OASIS regarding the moving of in-patient mental health
  - Play Well
    - Coordinated a “Chalk the Walk” event with community partners
    - Hosted 5 Play Well Focus Team meetings
  - Travel Well
    - Greenline System of Trails
      - Installed two additional pedestrian counters on the Greenline
      - Supported the creation of maps for the Hudson River Brickyard Trail
      - Updated the Greenline map
    - Bike Friendly Kingston
      - Supported bicycle bell and light distributions and free bike repairs
      - Co-organized the second Kingston Women’s Bicycle Fest workshop
    - Managed the grant from the State DEC and for the pedestrian and bicycle master plan
- **Continued LWK Communications**
  - 1.3K Facebook followers
  - 1.1K followers on Instagram
  - Maintained the Live Well Kingston Website
  - Appeared on Radio Programs:
    - Christine Hein’s Community Corner 1/29/20
    - PSA recording for Women’s Bike Fest 2/18/20

- Mayor's Radio Show 3/2/20, 3/9/20
  - La Voz, 9/25/20
  - Kingston Community Radio, 10/2/20
  - Healthy Ulster Radio
- Presented to the Kiwanis Club, 12/17/20
- Press Releases
  - [New Bike Racks at Kingston Plaza Support Transportation Options](#),
    - Hudson Valley One: [New bike racks at Kingston Plaza](#), 9/30/20
  - [Chalk the Walk Event](#)
  - Daily Freeman: [Kingston organizations get together to offer sidewalk activities on Sept. 26](#), 9/20/20
  - [Black History Month Dinner](#)
    - Listed as an event in Hudson Valley One, HV Mag, Daily Freeman
  - [Farm Hub article](#) about Kingston Emergency Food Collaborative.
  - More [Kingston Emergency Food Collaborative articles are here](#)

**CORONAVIRUS: KINGSTON SCHOOLS**

## District meals program resumes Tuesday

**Food employee's COVID test result was false positive**

*Freeman staff*

**KINGSTON, N.Y.** » A Kingston school district food-service employee has tested negative for COVID-19 after initially receiving a false positive result, and the district will resume normal distribution of meals on Tuesday.

The district posted on its website Friday afternoon that the employee was "retested by a New York state facility, and this test has come back negative. Because there is no longer an immediate health concern, [district] meal distribution will take place as normal on Tuesday, September 29th."

The Kingston school district is closed Monday because of the Jewish holiday of Yom Kippur. Kingston, like many districts, has been distributing meals to students even though school buildings are closed due to the coronavirus and all instruction is being given online. Kingston provides food to about 560 students daily.

The district suspended all food-service operations Thursday — "out of an abundance of caution," it said — after the food worker tested positive for COVID. The district said at the time that the shutdown was implemented even though "the Ulster County Department of Health believes this may be a false positive."

In all, four of the 10 positive COVID test results that Ulster

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TANIA BARRICKLO — DAILY FREEMAN

Emily Flynn, right, director of Health and Wellness for the city of Kingston, N.Y., and a co-coordinator of the Kingston Emergency Food Collaborative, hands two bagged lunches to Kezia Pierce outside George Washington Avenue Elementary School in Kingston on Friday. Pierce has a daughter in prekindergarten and a son in first grade in the Kingston school district.

### 2020 Goals:

- Host two interns from the SUNY New Paltz Geography Department, spring 2021
- Create a LWK Marketing Plan for 2021-2022
  - develop education materials about the bike lanes coming to Broadway in 2021
- Manage the pedestrian and bicycle master plan
- Re-engage the Travel Well & Play Well Focus Teams with regular meetings
- Create a new park process/policy
- Support the creation of a pocket park at 78 Franklin St.
- Bring in 5 new LWK Commissioners
- Translate the LWK website into Spanish
- Support the Kingston Emergency Food Collaborative
- Install a pedestrian counter on the Hudson River Brickyard Trail
- Apply for 2 more years of funding