

Department: Health & Wellness

Staff: 1 Full-time Director, Emily Flynn

1 Full-time Project Manager, Kristin Kessler, Started December

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2021 Budget: \$67,771



Department Functions:

The Department of Health and Wellness is charged with coordinating the Live Well Kingston Commission (LWK), implementing the Creating Healthy Schools and Communities (CHSC) grant project, and managing and supporting other projects that increase access to health in the City of Kingston. The department was created in 2018 with funding from a private foundation. In 2021, we received the CHSC grant, for 1.5 Million for 5 years, that fully pays for the new Project Manager's salary and benefits.

Coordinating the Live Well Kingston Commission includes the support of its six subcommittees: Age Well, Eat Well, Grow Well, Heal Well, Travel Well, and Play Well. These "Focus Teams" build coalitions with community, host events, and support projects. 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.

Highlights of 2021 Accomplishments:

- **Managed Grant Projects**
 - Applied for and won 3-years of department funding from a private foundation
 - Went into contract with a consultant to support the creation of the Pedestrian and Bicycle Master Plan
 - Created a public outreach plan and is collecting input via surveys and a crowdsourcing app
 - Went into contract with the State DOH for the 5-year CHSC grant project
 - Hired a Project Manager for the CHSC grant
- **Supported City Projects:**
 - Hosted 4 Interns
 - Started managing the Traffic Safety Education Marketing Campaign Project, including the RFP selection committee and making the consultant recommendation to the Mayor
- **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
- **Facilitated the LWK Commission**
 - Brought in new Commissioners
 - Drafted an Open Meetings Law memorializing resolution that the Laws & Rules Committee passed
- **Supported Focus Team Projects:**
 - Age Well
 - Continued Focus Team administration virtually and in person

- Eat Well
 - Deeply supported the creation, management, and direct services of the Kingston Emergency Food Collaborative (KEFC).
 - Supervised two staff people during a 6-week meal distribution
 - Forwarded communal projects such as trainings, emergency planning, community events, and bottom lined administrative support
 - Hosted monthly calls with the KCSD Superintendent
- Grow Well
 - Facilitated structuring and communications subcommittees
 - Supported projects such as a rain collector shed at Barman Park Garden and community days and fence painting at the Rondout Garden, planted trees at the Delaware Parklet
- Heal Well
 - Supported a free healing circle during the O+ festival
- Travel Well
 - Greenline System of Trails
 - Updated the Greenline map
 - Bike Friendly Kingston
 - Hosted 3 BFK meetings including a presentation for the Kingston Women’s Bicycle Festival, and tabled at the Snowflake Festival

2022 Goals:

- Support and supervise the CHSC Project Manager and project
- Manage the pedestrian and bicycle master plan
- Hire a second Project Manager to forward LWK Focus Teams and initiatives
- Facilitate community garden projects and expanded support
- Create policy for the Midtown Center Kitchen, park development, and support the Community Preservation Plan
- Continue to grow the LWK Commission with 2 new members
- Support the Kingston Emergency Food Collaborative
- Implement a “Parks in Healthcare” project – Greenline maps and posters for health providers waiting rooms
- Revitalize LWK communications