

**Department:** Health & Wellness

**Staff:** 1 Full-time Director, Emily Flynn  
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**2022 Adopted Budget:** \$524,856

### 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 program, and managing and supporting other projects that increase access to health in the City of Kingston. The department was created in 2017 with funding from a private foundation.

In 2022 we wrapped up year one and began year two of the CHSC grant (fiscal year is June 1-May 31), which totals 1.5 million for five years. Physical activity and nutrition strategies are implemented in the Kingston City School District (KCSD), early care and education settings such as daycares, and in the community with food service guidelines and active transportation projects that connect everyday routes to destinations. We continued to partner with our subcontractors: Family of Woodstock focuses on early care, and Cornell Cooperative Extension of Ulster County (CCEUC) works with KCSD.

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 the community, pilot projects, and create policy, environment, and systems change. The department also communicates about health, community projects, and LWK initiatives.

### Highlights of 2022 Accomplishments:

- **Creating Healthy Schools and Communities**
  - Launched a brand new, multi-faceted program from scratch, building organization, infrastructure, and aligning goals to complement and supplement existing Health and Wellness work
  - Launched nutrition policies at People’s Place, The YMCA of Kingston and Ulster, and the Midtown Neighborhood Center which included installing water fill stations at the YMCA and new shelving at People’s Place.
  - Family of Woodstock is supporting 13 early care programs with physical activity and nutrition education.
  - CCEUC facilitated a Health & Wellness policy update for the Kingston City School District and is working directly with three elementary schools to implement health & wellness committees.
  - Hired and managed a contractor who is developing [a landscape plan for the Broadway & Prince greenspaces](#).
  - Installed a bicycle shelter at Kingston Point Beach



*Ribbon cutting for the bicycle shelter at Kingston Point Beach*

- **Managed Grant Projects**

- Started managing the Mobile Mental Health grant project that will divert 911 calls to mental health responders
- Managed the [Pedestrian and Bicycle Master Plan](#)
- Supported the [Community Preservation Plan](#)

- **Supported City Projects**

- Coordinated the Be A Road Hero Transportation Education Campaign which mailed a flyer to every resident, [created an educational webpage](#), placed 50 yard signs, created social media that had the most comments ever on the City’s Facebook page ([772 comments, 144 shares](#)), designed seven bus ads, produced [three professional videos](#), a radio PSA, and a “citation” flyer for the Kingston Police Department to distribute.



A “Be A Road Hero” ad on a bus

- Supported the [Complete Streets Advisory Council](#)
- Supported the Parks & Recreation Earth Fair, piloting food vendor Food & Nutrition Guidelines that reflected the values of the event

- **Facilitated the LWK Commission and Supported Focus Team Projects**

- Age Well
  - Met nine times and expanded participation

- Eat Well
  - Hosted seven meetings with presentations
  - Supported the Kingston Emergency Food Collaborative (KEFC), which currently (12/22) delivers 174 meals daily and groceries to 113 people weekly.

- Grow Well
  - Came together 20 times and had additional communications meetings
  - Coordinated the building of a tool shed with Ulster Youth Build at the Rondout Garden
  - Created a [map of community gardens](#), a [Facebook Group](#) with 144 members, and posted resources on the [LiveWellKingston.org website](#)
  - Supported a NYS Community Gardens Grant application

- Heal Well
  - Met nine times
  - Facilitated a [Mental Health Panel](#) in response to Covid
  - Hosted a free sound healing during the O+ festival

- Play Well
  - Started a new cohort that met for the first time on December 2<sup>nd</sup>

- Travel Well
  - Greenline System of Trails
    - Maintained pedestrian and bicycle counters at 4 locations



The Age Well Focus Team meets via Zoom



Ulster Youth Build created a tool shed at Rondout Garden, coordinated by a H&W project manager

- Did the annual Ped Bike Count at 4 intersections (3 counting sessions each)
- Bike Friendly Kingston
  - Co-organized the Kingston Women’s Bicycle Festival and support the YMCA’s free bicycle repairs with funding from CHSC

**2022 Goals:**

- Continue to manage the CHSC grant Project
- Complete the Pedestrian and Bicycle Master Plan
- Advance LWK Commission Focus Team Support
- Implement a “Parks in Healthcare” project – Greenline maps and posters for health providers waiting rooms
- Revitalize LWK communications
- Support the Kingston Emergency Food Collaborative
- Consider applying for an urban agriculture planning grant
- Apply to the Hudson River Valley Greenway for funding for new trail counters
- Manage an ARPA project: City of Kingston Emergency Food Plan
- Bottom-line the Mobil Mental Health Project
- Create a bicycle rack installation program
- Initiate the Broadway Prince Landscape Plan Implementation