

Department: Health & Wellness

Staff: 1 Full-time Director, Emily Flynn
2 Full-time Project Managers, Kristin Kessler and Marsha Sebro

Phone: (845) 334-3909

E-mail: eflynn@kingston-ny.gov

Website: LiveWellKingston.org | **Social Media:** facebook.com/livewellkingston | instagram.com/livewellkingston/

2023 Adopted Budget: \$551,427

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 2023 we wrapped up year two and began year three 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 2023 Accomplishments:

Creating Healthy Schools and Communities (CHSC)

- Family of Woodstock is supporting 12 early care programs with physical activity and nutrition education.
- CCEUC facilitated the Kingston City School District Health & Wellness Committee along with four elementary school wellness committees and is working directly with these schools to implement physical activity and nutrition initiatives.
- Launched nutrition policies at the Salvation Army Food Pantry, Mental Health Association in Ulster County (MHA), and Kingston Emergency Food Collaborative (KEFC). This included purchasing healthy eating supports such as a refrigerator and freezer for the Salvation Army, kitchen equipment for MHA, and food storage shelving for KEFC.
- Conducted a 3-month, citywide veggie of the month pilot campaign, [Kingston Eats Veggies](#)
- Completed [a landscape plan for the Broadway & Prince greenspaces](#).
- Created a bicycle rack program and installed nine racks
- Purchased temporary bike racks to host “Bike Valets” at multiple community events.



An advertisement for a Kingston Eats Veggies family cooking workshop.

- Initiated the [Kingston Greenline Wayfinding Plan](#) which will create signage designs on the system of rail trails and complete streets.

Managed City Projects

- Continued managing [the Mobile Mental Health grant](#) project that pairs a mental healthcare specialist with a Kingston Fire Department Emergency Medical Technician to staff a mobile response unit.
- Completed the [Pedestrian and Bicycle Master Plan](#)
- Hosted the [Complete Streets Advisory Council meetings](#), drafted Rules of Procedure, and assisted the Sidewalk Financing Taskforce (a subcommittee reviewing ways to fund sidewalk improvements).
- Supported the Parks & Recreation Earth Fair
- Started managing the construction of [Post Office Park](#) (formerly the Broadway and Prince Landscape Design Project).
- Designed special communications for the Mayor's Office.
- Initiated the City of Kingston's Food System Plan project.



An artist rendering of the Post Office Park landscape design set to start construction in 2024.

Facilitated the LWK Commission and Supported Focus Team Projects

- Age Well
 - Met regularly throughout the year. In-person meetings were held at OFA, CCEUC, and the Kingston Library.
 - Promoted technology education opportunities.
 - Hosted a [Midtown Walking Group](#) and a [Chair Zumba pilot class](#).
- Eat Well
 - Hosted six meetings with guest presenters. Connected agencies with each other and free trainings.
 - Initiated subgroups about food waste and culinary nutrition education programming.
 - Hosted a culinary nutrition training led by The Teaching Kitchen for organizations that prepare free or low-cost community meals
 - Collaborated with Heal Well to provide food insecurity resources & health screenings at Earth Fair
 - Supported the Kingston Emergency Food Collaborative (KEFC), which delivered around 39,000 meals in 2023.
- Grow Well
 - Met twice a month via Zoom and in person at the Barmann Park garden.
 - Led a bicycle tour with stops at five community gardens.
 - Coordinated the mending of the fence at Rondout Gardens and shed roof replacement at GW Elementary with Ulster Youth Build.
 - Through a NYS Community Gardens Grant managed by the Kingston YMCA Farm Project, paid Garden Stewards stipends.
- Heal Well
 - Met monthly with additional subcommittee meetings.
 - Collaborated with Eat Well to provide health screenings & food insecurity resources at Earth Fair
 - Coordinated health screenings at community events.



Grow Well's garden bicycle tour.

- Hosted Walk and Talk with a Doc at the Earth Fair and O+ Festival.
- Play Well
 - Met as a group 16 times, this included general team and sub-committee meetings to work on projects that promoted physical activity and access to public spaces.
 - Hosted chess matches at the Earth Fair and supported the YMCA's Day of Play event.
 - Developed "[Kingston Walks](#)," three alternative walking routes while Dietz is under construction.
 - Developed the "[Parks Passport](#)" program where participants visited parks to win a YMCA membership.
- Travel Well
 - Greenline Leadership Committee met 3 times
 - [The Pedestrian and Bicycle Master Plan](#) continued to be developed
 - Held a Complete Streets training
 - Continued the pedestrian and bicycle counts
 - Collected data from 4 trail counters
 - Finished [the Broadway and Prince Landscape Design Project](#)



Heal Well's Walk and Talk with a Doc during the O+ Festival with The Institute for Family Health staff at the newly opened health center in Midtown.

2024 Goals

- Continue to manage the CHSC grant project.
- Install ten more bicycle racks at various locations.
- Develop a LWK assessment and planning project.
- Facilitate the LWK Commission, Focus Teams, and communications.
- Implement a "Parks in Healthcare" project – Greenline maps and posters for health providers' waiting rooms.
- Continue to support the Kingston Emergency Food Collaborative.
- Manage two ARPA projects: City of Kingston Food System Plan and the Post Office Park construction.
- Support the Mobil Mental Health Project.
- Apply to become a League of American Bicyclist's Bicycle-Friendly Community.
- Develop a "bicycle traffic garden" at Forsyth Park.
- Build upon the success of Kingston Eats Veggies with an expanded, annual programming.
- Develop regular community-facing culinary nutrition programming in the Andy Murphy Neighborhood Community Kitchen in collaboration with community partners.