

2019 Live Well Kingston Commission Action Plan with Status Update

General Goals for the Commission

Goal	Objective	Strategies	Status	Notes/Next Steps
Develop LWK Commission	Work with Coordinator to develop commission	Develop social media policy. Fill vacant commission seats.		Setup social media policy workgroup.
Increase knowledge of the LWK Commission	Continue communications, partnerships and media opportunities	Review previous communications and revisit marketing plan. Make plan for communications going forward.		Send out 5 newsletters in 2019. FB - Ask other pages like parks & rec and the Andretta Pool to share about LWK.
Encourage health equity	Ask Focus Teams to report on their progress about health equity	Research and share info about health equity in a culturally competent manner	Discussions on this topic are happening in Heal Well	
		Translate key documents into Spanish	Have gotten the website content translated	Add Spanish translation to website. Research if there is a plug-in that helps mirror a Spanish language site.

Goals for the Commission related to Eat Well

Goal	Objective	Strategies	Status	Notes/Next Steps
Healthy and affordable food available to all residents	Enhance communications about available healthy food	Design a system for capturing regular updates about Eat Well-related initiatives happening in Kingston	Have not made progress on formal system. Currently, Emily is attending the Eat Well meetings and connecting with stakeholders casually.	There was a conversation about surveying Eat Well members. Will find out more at next Eat Well.
		Continue to promote locations where residents can get free or low-cost healthy food regardless of income		
		Create other nutrition education media		Create short LWK videos, one for each focus team, like how to read a nutrition label, what is the difference between serving size and portion. Find info at myplate.gov
	Increase transportation options for residents to healthy food	Advocate for bus merger	Waiting on next stage of the bus merger	

Goals for the Commission related to Travel Well

Goal	Objective	Strategies	Status	Notes/Next Steps
All users are able to safely and easily navigate Kingston's streets on foot, on bicycle, or in a wheelchair	Support Complete Streets practices	Manage and push forward the Pedestrian and Bicycle Master Plan		Create contract with State
	Support a culture of walking and biking	Support sidewalk improvement districts policy	Waiting on Sidewalk District project development	
		Support the consideration of pedestrians and cyclists in all transportation projects	LWK members have been involved in and supporting transportation projects	
		Improve sidewalk walkability in winter	Meet with City government like DPW, the Mayor or other partner organizations	Emily will set up meetings
	Support the vision of the Kingston Greenline	Liaison with the Kingston Land Trust and support transportation, land, and trail projects	Coordinator participating in regular meetings between the City and the KLT.	Continue to support the projects when needed.

Goals for the Commission related to Age Well

Goal	Objective	Strategies	Status	Notes/Next Steps
Senior citizens have ample, accessible opportunities for physical activity, healthy eating and social interaction.	Become aware of Senior issues	Continue to liaison with SSIP. Consider applying to be an AARP Age Friendly City.		
	Enhance senior communications	Develop LWK communications.		
	Improve access to transportation	Support Travel Well initiatives		
		Increase participation of volunteers in the UC Office for the Aging transportation volunteer program and the Community Action driver program		Post more about it Write blog post about it?
	Support the development of a senior center	Continue to bring this up at community meetings.		

Goals for the Commission related to Play Well

Goal	Objective	Strategies	Status	Notes/Next Steps
Kingston's parks and play spaces are safe and attractive to all ages of people	Support the Play Well Focus Team	Encourage membership and regular meetings of the Play Well Focus Team	Play Well has been meeting regularly.	
		Support the Chess Tables project and the parks clean-up day		
	Support the City's Parks and Rec Department	Identify next project from Parks and Rec Master Plan		
		Advocate for safe routes and inviting accessible entrances to public spaces	No progress	Advocate for bus stops at parks during the upcoming bus merger.
		Research history of, increase communications about, and encourage compliance of the smoke-free parks policy	No progress	Make sure it is on the communication strategy for social media postings

Goals for the Commission related to Heal Well

Goal	Objective	Strategies	Status	Notes/Next Steps
All Kingston residents have access to health services	Support and grow Heal Well Focus Team	Support Heal Well if they go forward with a public screening of <i>Resilience</i>	Talking with KCSD & IFH to collaboratively show the movie in May.	
	Increase community knowledge about health options and access	Enhance health services communications		
	Support the HAHV & Ulster County Health assessment. Review the assessments when complete.			