



City of Kingston

Department of Health & Wellness

Annual Report 2019



Department: Health & Wellness

Staff: 1 Full-time Director, Emily Flynn

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Website: LiveWellKingston.org

City website department page: <https://kingston-ny.gov/health-and-wellness>

City LWK Commission Page: <https://kingston-ny.gov/Live-Well-Kingston>

Social Media: facebook.com/livewellkingston | instagram.com/livewellkingston/ | twitter.com/LWKingston

2019 Budget: \$60,000

Department Functions:

The Department of Health and Wellness is charged with coordinating the Live Well Kingston Commission (LWK), being a community health 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 five subcommittees: Eat Well, Play Well, Travel Well, Age Well, and Heal Well. These “Focus Teams” built coalitions with over 40 community organizations and 312 participants during 40 meetings in 2019. Along with coordination, the department is tasked with communicating about health, community organizations, and LWK initiatives. This is done through social media, the LWK website, meeting notes, 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.

The office duties include, but are not limited to:

- Coordinating the Live Well Kingston Commission and its five Focus Teams
- Being a health liaison to community
- Supporting City and community projects that increase health in Kingston
- Managing a department (timekeeping, purchasing, budgeting, reports, etc.)

2019 Accomplishments:

- **Managed Projects:**
 - Applied for and won two more years of funding, \$120,000, from a private foundation
 - Applied for and won \$11,000 for a chess “playground” from the AARP
 - Managed the chess “playground” project from conception to installation
 - Went into contract with the State DEC and created a draft RFP for a pedestrian and bicycle master plan
- **Expanded Connections with the Community:**
 - Supported the Weaving the Waterfront event
 - Went to many coalition meetings including: Integrated Ulster, Trauma Informed Care, Bringing Agencies Together, the School Wellness Committee, Settled and Serving in Place (senior group), and the Maternal Infant Collaborative Advisory Meetings
 - Wrote a project description and supported the Ulster County Health Department’s Community Health Improvement Plan
 - Joined the Substance Abuse Prevention Board
 - Led a community walk on the Linear Park with O+ talking about the Greenline
 - Participated in O+ Future of Health Care in Kingston conversations
 - Presented to Settled and Serving in Place (SSIP Seniors) about the Whoosh parking app, Uber/Lyft and the City/County bus merger
- **Supported City Projects:**
 - Created the Kingston Point Rail Trail Phase 1 trail map and sign
 - Hosted weekly employee walks
 - Participated in the Project Advisory Committee for Dietz Stadium and the Pedestrian Safety Improvements at Intersections project
 - Created graphics for the State of the City, the annual budget presentation, grant project status icons, and NYE Kids event
 - Removed graffiti from the Greenline trail bridge
 - Supported the grants department by updating grant project webpages



The Live Well “Chess Playground” at TR Gallo Park.



Greenline signs at the Kingston Point Rail Trail Phase 1 trailhead

- **Supported Focus Team Projects:**

- Co-hosted Day of Play at Hasbrouck Park with the YMCA
- Assisted at disc-golf course park cleanup and spring Clean Sweep at Kingston Point Beach
- Created a natural play Space at the Earth Fair
- Co-hosted a special farm-to-school presentation at Eat Well
- Went to NESAWG food systems conference, had anti-oppression training, learned about school food systems
- Supported the Black History Month Community Dinner
- Hosted a pot-luck at a Music in the Parks event
- Entered data, processed, and organized pedestrian and bicycle count project over three days at four intersections
- Organized 18 community bicycle “Slow Rides”
- Created a “Share the Road” safety flyer
- Volunteered at two free bike repairs with the Repair Café
- Hosted five Bike Friendly Kingston meetings
- Did helmet fittings and giveaways
- Tabled at the Town of Ulster Library Bike Fest
- Helped organize the Tour De Kingston Bicycle Ride
- Co-organized the first Women’s Bicycle Fest workshops for new bicyclists
- Installed a pedestrian counter on the Linear Park
- Participated in Greenline Leadership meetings and created the greenline brochure
- Co-hosted *Resilience*, a film and panel discussion with the Institute for Family Health and the Kingston City School District
- Took over hosting the Age Well Focus Team meetings



Youth playing tug-of-war at the YMCA Day of Play



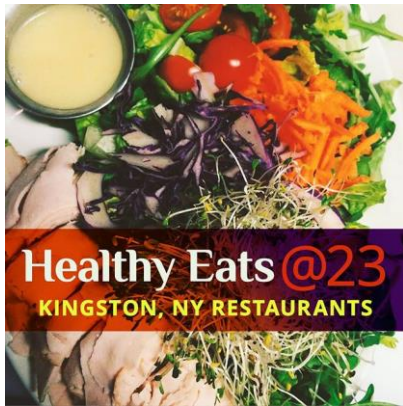
Bike Friendly Kingston Slow Rides



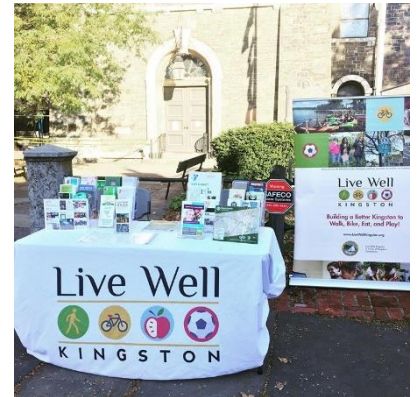
First Annual Kingston Women's Bicycle Festival

2019 Developments:

- **Continued LWK Communications**
 - Managed 14 blog posts on the LiveWellKingston.org website
 - Posted more than 150 times to the Live Well Kingston Facebook page
 - Presented to the Healthy Ulster Council on 5/9/19; Future Hudson's Complete Streets Panel on 8/17/19.
 - Went on radio programs: Healthy Ulster Radio 6/25/19, O+ Radio 7/30/19, Christine's Community Corner on 8/14/19, Medical Monday on WKCR 8/26/19 & 9/30/19, La Voz 11/19/19.
 - Hosted communications a committee 3 times



Healthy blog post on the Live Well Kingston Website



Live Well Kingston Tabling set up with resources from many community organizations

- FB post about Healthy Ulster Week reached 3,600 people.
- Created new materials and tabled at Midtown Make a Difference Day, 9/17/19, O+ Festival 10/12/19 & Kingston Farmer's Market 11/2/19.
- Newspaper: Daily Freeman Photo on Front Page 11/23/19, Ribbon Cutting Announcement 11/15/19, "City Wins Funding for Chess" 07/20/19,
- Poster board presentation at Weaving the Waterfront Public Meeting,
- Radio Kingston Live Stream of chess ribbon cutting had 586 views

2020 Goals:

- Start "Work Well" Focus Team
- Create a LWK Marketing Plan for 2020-2021
- Host an intern
- Attend a social determinants of health conference
- Support the development of a sidewalk district
- Manage the pedestrian and bicycle master plan
- Increase participation in Focus Teams
- Create a resource directory on the LWK website
- Translate the LWK website into Spanish



Sidewalk considerations for the future Pedestrian and Bicycle Master Plan