



2021 Pilot Season Review



Urban Ecology
Wellness Center

Urban Ecology Wellness
183 Windsor Ave, Windsor, CT 06095



Overall Goals

- Amplify impact of existing organizations in the region through collaboration by uniting community based wellness and environmental programs
- Improve healthcare outcomes in one of the region's highest risk communities
- Increase neighborhood engagement and accessibility of the health benefits of Keney Park

Objectives of the Pilot Season

- Establish network of programs to foster collaboration and coordination
- Directly link programs to healthcare outcomes
- Refine the plan for The Center
- Generate buy-in from The City of Hartford, potential funders and the community

UConn Conservation Training
Partnerships
2021 Workshop



Pilot Program Structure

Program delivery

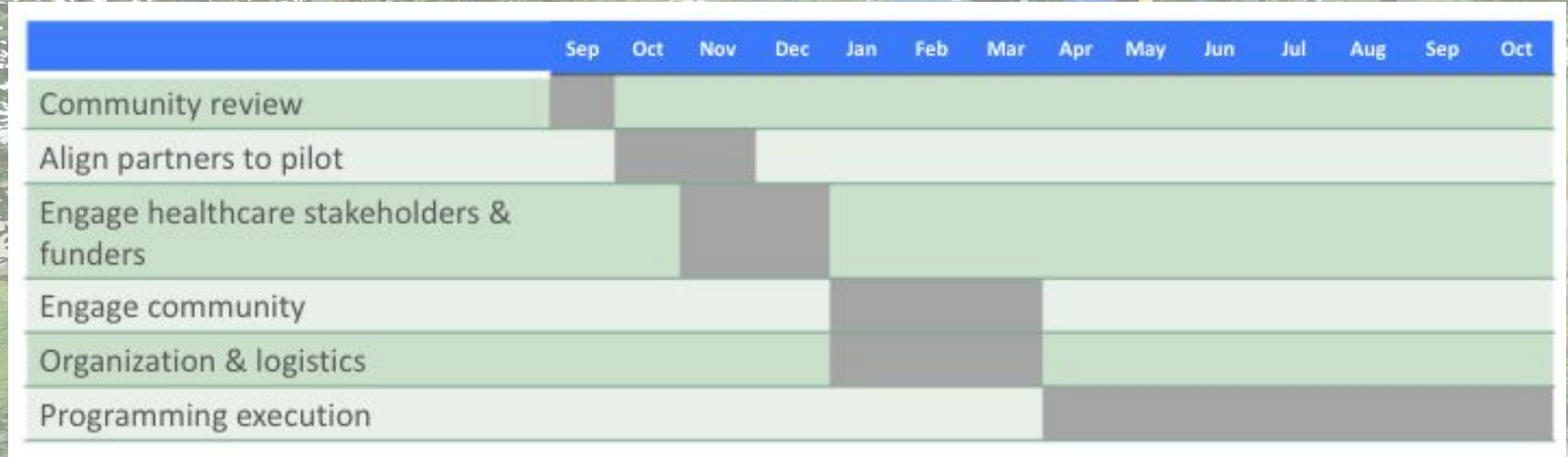
- Align on monthly program calendar for April – November
- Meet monthly to review program performance and share insights

Program acceptance

- Promote programming and educate the public on the benefits of these offerings via neighborhood organizations
- Partner with schools, daycares, camps, faith-based organizations, re-entry programs, rehabilitation programs, etc.

Sophia Taylor Edwards

Pilot Program Timeline



2021 Programming Pillars

Senior and Youth
Fishing Derby

Urban Ecology

- Urban Biodiversity
- Urban Water Management
- Urban Forestry
- Urban Agriculture

Wellness

- Movement/Activity
- Relaxation
- Therapy
- Creativity/Sensory



2021 Keney Park Programs

Father's Day Weekend
Gratitude Hike

April

- Pond Stocking (DEEP)
- Tree Donation and Planting (ECSU Biology Lab)

June

- Biodiversity Camp (UConn)
- Annual Senior and Youth Fishing Derby (Ha Rambee)
- Father's Day Bike Ride (BiCi Co)

July

- Conservation Training Partnership (UConn NRCA)
- Ice Cream Paint Party (Posh Paints)
- Pop Up Health and Wellness Screenings (UConn Health)
- Wood Materials Management Workshop (UConn NRCA)

August

- Building Design Plan (Cigna)
- Cigna - New Hire Consulting

September

- Beekeeping Workshop
- Forest Healing (The Wisdom Alliance & Black Girls Achieve)
- Bird Walk (Hartford Audubon Society)

October

- Pop Up Health and Wellness Screenings (UConn Health)
- Meeting Mycelia: Mushroom Workshop (Carol Padberg)
- The Little City Sprouts "Wellness Day at Keney Park" HFS & Toivo)
- Invasive Species Removal (Trinity College Biodiversity and Conservation Students)

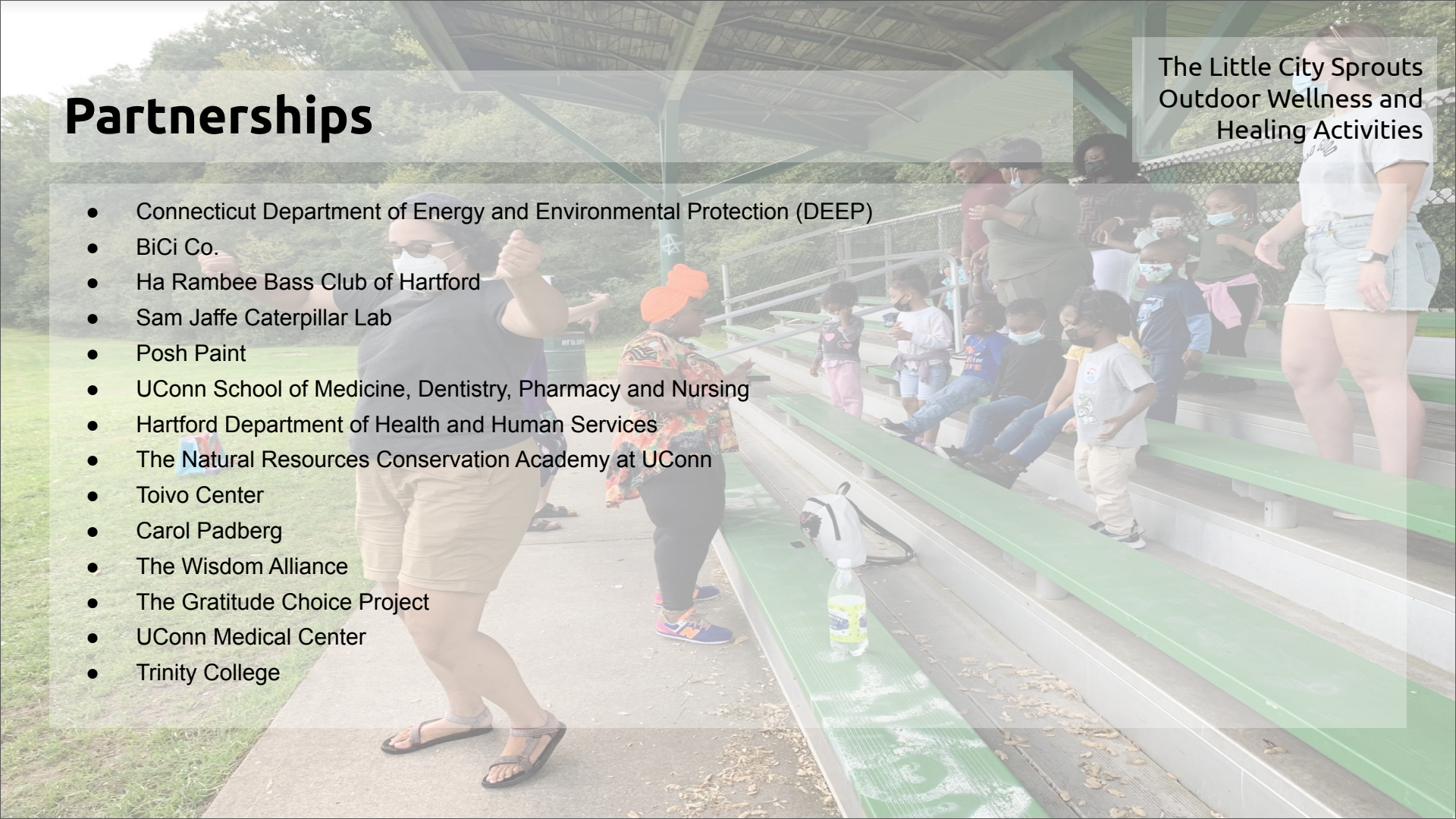
November

- Waterways Cleanup (Trinity College Biodiversity and Conservation Students)
- Forestry & Milling Workshop (UConn NRCA)
- Installation of 14 station Fitness trail (Hartford Decides)

Partnerships

The Little City Sprouts
Outdoor Wellness and
Healing Activities

- Connecticut Department of Energy and Environmental Protection (DEEP)
- BiCi Co.
- Ha Rambee Bass Club of Hartford
- Sam Jaffe Caterpillar Lab
- Posh Paint
- UConn School of Medicine, Dentistry, Pharmacy and Nursing
- Hartford Department of Health and Human Services
- The Natural Resources Conservation Academy at UConn
- Toivo Center
- Carol Padberg
- The Wisdom Alliance
- The Gratitude Choice Project
- UConn Medical Center
- Trinity College





Program Highlight: *Connecticut Area Health Education Center / Urban Ecology Wellness Center Wellness Clinic Outcomes*

A four part series which accomplished:

Student Volunteers Activated: 70

Student Disciplines: Dental, Medicine, Nursing, Pharmacy, Physical Therapy, Physician Assistant

Education Provided: COVID Resources, Oral Health, Nutrition, Fitness

Services and Screenings Provided: Blood Pressure, Blood Glucose, Oral Health, Community Health Center Referrals,

Community Members Served: 135

A Brief Look Back Through Marketing



BEE WORKSHOP

Put on a suit and get an up close look at bee hives. Learn about the different parts of the hives by doing an inspection!

Instructor: Megan Chiovaro
183 Windsor Ave, Windsor CT
September 15th, 2021
1pm-3pm



HEALTH AND WELLNESS SCREENINGS

HOSTED BY
THE
URBAN ECOLOGY WELLNESS CENTER

WOODLAND STREET
ENTRANCE TO
KENEY PARK
10:00AM - 2:00PM

SATURDAY
OCTOBER
16TH
2021

BROUGHT TO YOU BY:

- BLOOD PRESSURE CHECKS
- FREE PRODUCE
- BIG RED BOOK TRUCK
- WIC VOUCHERS
- HEALTH, DIETARY, WELLNESS AND EDUCATIONAL INFORMATION AND SERVICES



Meeting Mycelia

Want to learn more about mushrooms? Come meet them in a fun and informative outdoor workshop for all ages, lead by local artist Carol Padberg.

Oct. 2 from 2-4, for a free workshop for all ages.
Keney Park Urban Agriculture Education Site
183 Windsor Ave. Windsor

For more info contact KPSP
at 860-333-8711 or info@keneyarksustainability.org



URBAN FORESTRY WORKSHOP

Hosted by Keney Park Sustainability Project and the Natural Resources Conservation Academy

Wednesday, Nov. 16th
10am - 2pm
392 Tower Ave, Hartford, 06112

Workshop Schedule

- 10-10:30 am: Context of Urban Forestry Project
- 10:30-11:30 am: Tree ID
- 11:30-12:30 pm: Milling
- 12:30-1:00 pm: Lunch
- 1-1:30 pm: Secondary Processing
- 1:30-2:00 pm: Clean Up and Review

Bonus Milling Workshop
Learn more about the milling process and bench assembly
Tuesday Nov. 30th
10am - 4pm

UConn   **Natural Resources Conservation Academy**
University of Connecticut

Accomplishments Through 2021:

Beekeeping Workshop

- Continued to Build Out Website
- Social Media Growth
- Expanded and Developed Social Media Marketing
- Increased Community Participation
- Continued Volunteer Opportunities
- Developed and Strengthened Partnerships
- Successfully Hosted Programming on Urban Ecology and both Physical and Mental Wellness



What's Next?

Father's Day Weekend
Biking with BiCi Co.

- Development of community partnerships
- Development of school partners
- Increase community outreach locations
- Increase program participation
- Fundraise
- Continue to evaluate and reassess program goals.

