2021 Pilot Season Review

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
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.
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2021 Programming Pillars

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

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

Senior and Youth Fishing Derby
<table>
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<tr>
<th>April</th>
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<tr>
<td>Pond Stocking (DEEP)</td>
<td>Beekeeping Workshop</td>
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<td>Tree Donation and Planting (ECSU Biology Lab)</td>
<td>Forest Healing (The Wisdom Alliance &amp; Black Girls Achieve)</td>
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<td>June</td>
<td>Bird Walk (Hartford Audubon Society)</td>
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<td>Biodiversity Camp (UConn)</td>
<td>Pop Up Health and Wellness Screenings (UConn Health)</td>
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<td>Annual Senior and Youth Fishing Derby (Ha Rambee)</td>
<td>Meeting Mycelia: Mushroom Workshop (Carol Padberg)</td>
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<td>Father’s Day Bike Ride (BiCi Co)</td>
<td>The Little City Sprouts “Wellness Day at Keney Park” HFS &amp; Toivo)</td>
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<td>July</td>
<td>Invasive Species Removal (Trinity College Biodiversity and Conservation Students)</td>
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<td>Conservation Training Partnership (UConn NRCA)</td>
<td>November</td>
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<td>Ice Cream Paint Party (Posh Paints)</td>
<td>Waterways Cleanup (Trinity College Biodiversity and Conservation Students)</td>
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<td>Pop Up Health and Wellness Screenings (UConn Health)</td>
<td>August</td>
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<td>Wood Materials Management Workshop (UConn NRCA)</td>
<td>Cigna - New Hire Consulting</td>
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<td>Building Design Plan (Cigna)</td>
<td>Forestry &amp; Milling Workshop (UConn NRCA)</td>
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<td>Installation of 14 station Fitness trail (Hartford Decides)</td>
<td>Father’s Day Weekend Gratitude Hike</td>
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Partnerships

- 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

The Little City Sprouts Outdoor Wellness and Healing Activities
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

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**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 Chiavaro
183 Windsor Ave, Windsor CT
September 15th, 2021
1pm-3pm

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**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.

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**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
1:10-2:00 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

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**HEALTH AND WELLNESS SCREENINGS**

Hosted by the Urban Ecology Wellness Center

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@keneyparksustainability.org

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Accomplishments Through 2021:

- 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?

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