

A Closer Look at Complete Streets in Sullivan County

MAKING CONNECTIONS COUNT



Cornell Cooperative Extension
Sullivan County



**Creating Healthy Schools
and Communities
in Sullivan County**

Cornell Cooperative Extension Sullivan County is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

TABLE OF CONTENTS

Page 2-3.....	Program Overview	Page 16.....	Projects in Liberty
Page 4-5.....	3 Steps to Complete Streets	Page 17.....	Projects in Monticello
Page 6-9.....	Projects in Mamakating	Page 18-19.....	Retail and Policies
Page 10-12.....	Projects in Fallsburg	Page 20-21.....	Worksite Wellness
Page 13.....	Projects in Bethel	Page 22-23.....	Healthy Schools & Communities
Page 14-15.....	Projects in Thompson	Page 24.....	Partner Thank Yous

OVERVIEW OF THE CORNELL COOPERATIVE EXTENSION SULLIVAN COUNTY (CCESC)
CREATING HEALTHY SCHOOLS AND COMMUNITIES (CHSC) PROGRAM

37 Complete Streets & Worksite Wellness Policies

Complete Streets

As an alternative form of transportation, Complete Streets provides designs that take into consideration pedestrians, bicyclists, and public and private transportation for individuals of all ages and abilities. At the same time, it creates a greener transportation system, improves economic development, and promotes improved health. 48 projects implemented in Sullivan County have the capability of affecting over 61,450 individuals in the communities of Mamakating, Fallsburg, Thompson, Monticello, Liberty, Bethel, and Forestburg.

Worksite Wellness

69 municipalities, community based organizations, healthcare facilities, and private businesses have implemented policies that provide worksite wellness committees, education on nutrition and physical activity, healthy meeting guidelines, healthier foods in vending machines, and access to wellness tools and resources.



- 13 Schools
- 7 Municipalities
- 1 Hospital
- 48 Community Locations

Catchment Areas

Bethel, Fallsburg
Forestburgh, Liberty, Mamakating
Monticello, Thompson

61,450
Individuals Impacted

Healthy Schools

3 school districts and Sullivan County BOCES adopted policies on nutrition and Comprehensive Physical Activity Plans. They are teaching youth the importance of eating healthy and physical activity.



Retail and Policies

Increases the accessibility of healthy foods through Food Hubs, 9 Farmers' Markets, Mobile Markets, Corner Stores and Supermarkets.



3 STEPS TO COMPLETE STREETS IN RURAL COMMUNITIES

Step 1 BUILDING PARTNERSHIPS WITH COMMUNITIES & GOVERNMENT

When working with communities it is essential to know and respect what is important to each community. It is also key that communities understand the Complete Streets framework and the benefits of integrating it into their Municipal Comprehensive Plans. The benefits include positive community impacts and the potential to open up new sources of infrastructure funding.

The CHSC team helped municipalities who were updating their Comprehensive or Master Plans to ensure Complete Streets elements were included.

It was great to meet with municipalities, their boards and community members, as well as to address Sullivan County Legislature about these innovative efforts.

Outreach included attending Legislative Sessions, School, Town and Village Board Meetings, local fairs and community activities.

KEY PARTNERS

- Sullivan Renaissance
- Sullivan County Dept. of Planning & Community Development
- Sullivan County Parks & Recreation
- New York State Department of Transportation
- Sullivan County Chamber of Commerce
- Sullivan County Visitors' Association
- Sullivan County IDA

ABOVE AND LEFT: New York State, Sullivan County, and municipal officials support Complete Streets learning sessions.



Step 1 BUILDING PARTNERSHIPS WITH COMMUNITIES & GOVERNMENT

Step 2 DEVELOPING & ADOPTING COMPLETE STREETS POLICIES

Step 3 PLAN & COMPLETE PROJECTS



Healthy Communities Coordinator Wanda Cruz presents.

Step 2 DEVELOPING & ADOPTING COMPLETE STREETS POLICIES

Once municipal partnerships were developed, it was time to decide which type of policy was best suited for each municipality. Those policies range from complete Comprehensive or Master Plan development (Towns of Mamakating and Fallsburg), Complete Streets Resolutions (Towns of Mamakating, Fallsburg, Liberty, Bethel, and the Village of Monticello and Liberty), or the adoption of Planning and Design Guidelines (Town of Thompson and Village of Monticello Grow the Gateway) that include Complete Streets elements.



TOWN OF MAMAKATING



TOWN OF THOMPSON



VILLAGE OF MONTICELLO

Step 3 PLAN & COMPLETE PROJECTS

After months of developing vision and policy, here is where policy becomes reality. Now that partnerships are built with local government, agencies and communities, it is time to move forward with planning. Feasibility, community values, environmental impacts, history, and safety were considered when deciding on Complete Streets projects. Sullivan County's Complete Streets show alternative forms of transportation and physical activity for individuals of all ages and abilities. The projects in the next pages have been implemented and more will be completed soon!

See 18 of these exciting projects on the next 10 pages!



TOWN OF MAMAKATING



Mamakating Town Park & Mamakating Fitness Trail

Located in a rural area near the Town of Bloomingburg business district, this location provides programs to individuals of all walks of life, including a haunted house, egg hunts, breakfast with the Easter Bunny, Winter Holiday Celebration, a summer program for youth, dance classes, Fitness Boot Camp, and more. Some changes include "stop for pedestrian" crossing signs, parking and repair stations for bikes, and message boards to provide information to different park locations and activities.

The park has a diverse selection of recreational areas dedicated to swimming, baseball, volleyball, basketball, walkers, and more. Dog owners can walk their dog on a trail or take them to the dog park. The town is working on blazing a trail with outdoor fitness equipment by the far end of the park, and will include signage, message boards, and a bench.



LEFT: A peaceful view from a wellness bench on the Fitness Trail.

BELOW: From baseball fields to basketball courts, the Mamakating Town Park is a great place for all ages to get active!



Mamakating Environmental & Interpretive Center



Bikers welcome! A bike repair station and bike rack were installed near the Interpretative Center.



The center is now accessible to individuals of all ages and abilities, including folks who arrived by walking or by wheel.



Mamakating Town Hall

Quickly becoming a role model for Complete Streets implementation, Mamakating Town Hall is now accessible with alternative forms of transportation for individuals of all ages and abilities.

Lighting, ADA signage and parking, directional signs, bike parking and a repair station, trails, are among the many things that make it easy for the community to get outside and move.

Why not bike to the Mamakating Town Hall? There's a convenient bike rack and repair station on site.



LEFT: Directly behind the Town Hall is a trailhead access point for the D & H Canal.

RIGHT: Bright, energy efficient lighting ensures visibility.



TOWN OF MAMAKATING



The D & H Canal Trail is a safe alternative form of transportation for pedestrians and cyclists of all ages and abilities. The first access point is behind Mamakating Town Hall, which also has access to a small mall with a grocery store, a bank, and a pharmacy.

Opposite that access point is the State Trooper building in close proximity to a daycare center, hotel, and park-and-ride bus station. The D & H Canal trail will have 10 access points, which include several residential communities, Emma C. Chase Elementary School, the Village of Wurtsboro business district, and access to other trails.

The D & H Canal trail, funded by the NYS Department of Transportation, has 1.5 miles of surface compacted with stone dust to meet ADA compliance. It is to be open year-round during daylight hours. CCE's CHSC program provided message boards, benches, a bike repair station and racks, and signage.



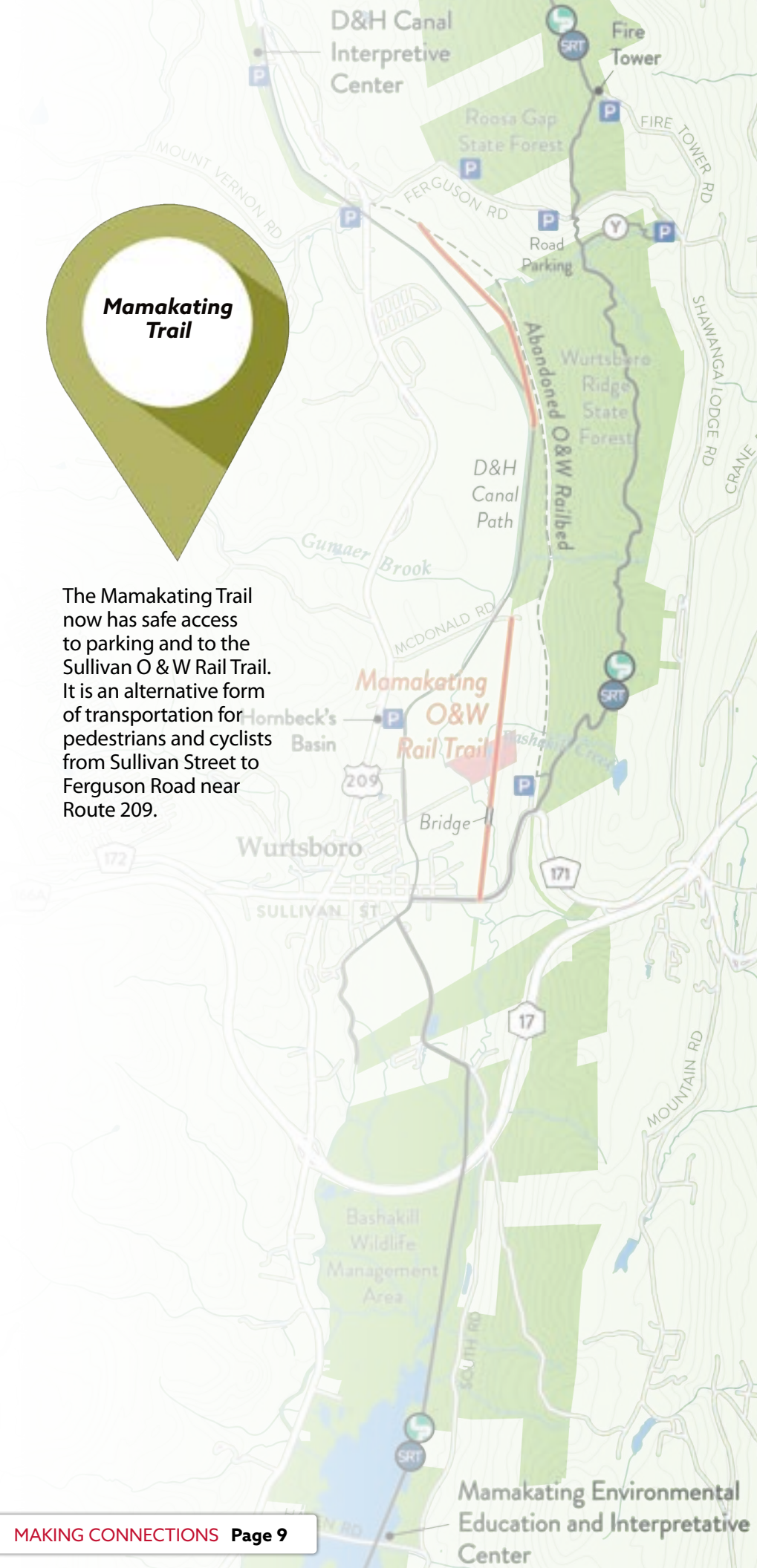
BEFORE
No defined entrance, signage, or parking.



DURING
Grading, clearing, and brush removal.



AFTER
Welcoming signage, clear trailhead, a bike rack, and plenty of parking.



Mamakating Trail

The Mamakating Trail now has safe access to parking and to the Sullivan O & W Rail Trail. It is an alternative form of transportation for pedestrians and cyclists from Sullivan Street to Ferguson Road near Route 209.

TOWN OF FALLSBURG

Hurleyville has done well with implementing Complete Streets elements. They have a walkable community and a partial trail that's ADA compliant. The new directional signage plus the bike racks and bike repair station are incentives for people to use their bikes as an alternative form of transportation.



**Sullivan O & W
Rail Trail
in Hurleyville**



**Marie's
Park**

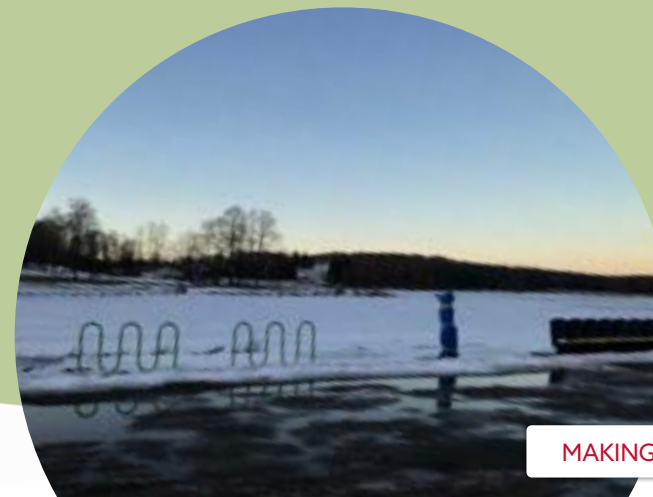


Marie's Park has been provided with benches, a bike rack and repair station, and signage to be placed at the municipal parking lot across the street from the park, located off Rt. 52 in Woodbourne.

**Morningside
Park**

Work is in progress to make this park accessible by bike with directional signage, bike racks, a bike repair station, and a message board with a literature rack for educational information and materials to promote events and local destinations like the Sullivan O & W Rail Trail in Hurleyville.

The trail will be marked with directional signage and benches throughout, with outdoor fitness equipment nearby. Additional projects will be completed in the Town of Fallsburg in 2020, including Ingber Park and Morningside Park.



TOWN OF FALLSBURG



This trail, accessible to staff and students during school hours, is excellent for physical activity, education, and wellness! The public can access the trail after school hours. CCE assisted by providing entrance and directional signage throughout the trail, a message board, and benches. Lead teacher Leah Exner is pictured at left with community groups who will ensure sustainability by maintaining the trail.



TOWN OF BETHEL



The Reserve has a trail with outdoor fitness equipment placed along the way, as well as benches that provide a place to rest when needed.



The Town of Bethel is looking at the possibility of creating a bike path. A bike rack has been installed at Bethel Town Hall (pictured above).



TOWN OF THOMPSON

Town of Thompson Park



The park is now accessible to individuals of all ages and abilities. A pavilion and picnic area with ADA parking was created for direct access. People with varying abilities can also use a new separate side entrance to access the park's lower level.

A message board provides information to individuals who need to access the trails, Orchard Park, the community building, 3 pavilions, and parking areas. Bike racks and benches were also included.

Town of Thompson Park provides year-round opportunities for physical activity: from cross country skiing and snowshoeing, to hiking and a children's playground.



The new pergola at the Town of Thompson Park is a great place to meditate or practice tai-chi or yoga.

Thompson Park Heart Healthy Trail



The Heart Healthy Trail has 3 levels of trails. Prior to new signage that was installed, several emergency extractions occurred when hikers couldn't find their way out of the trails!

Now, new directional signage identifies each trail by color and has reduced confusion – and helps prevent the need for emergency assistance – because it allows park visitors to choose which trail is best for them based on their fitness and ability levels.



TOWN OF LIBERTY



A bike rack off Route 52 on a small access extension to the Sullivan O & W Rail Trail in Liberty encourages multiple forms of use.

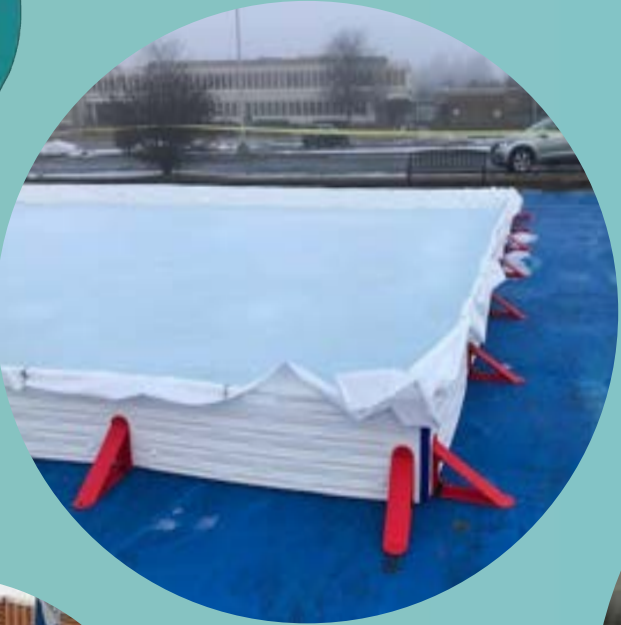


The Hamlet of Parksville in the Town of Liberty has made a great deal of progress with signage, bike racks, a message board, dog stations, and ADA parking signs.



VILLAGE OF MONTICELLO

The Village of Monticello added benches to Jefferson Road, in front of the Post Office and Village Town Hall, as well as at Joe's Park and Forestburgh Rd. between Sleepy Hollow and the Monticello Central School District. Bike racks, pedestrian crosswalks, speed bumps, "stop for pedestrian" signs, and a seasonal ice skating rink have all been provided.



Outdoor fitness equipment is spread throughout the trail at Hanofee Park. Additional work was done at two access points at nearby Walnut Mountain recreation area, which included bike racks and ADA parking signs.



RETAIL AND POLICIES

Catskills Food Hub



The Sullivan Catskills Regional Food Hub (CFH) officially opened for sales & operations in April of 2019, after over three years of preparation and planning. CFH is a nonprofit organization working with regional agricultural producers and buyers to expand distribution and purchasing opportunities in Sullivan County and the region. It connects producers with buyers to increase access to fresh, local foods through coordinating with institutional buyers like schools and hospitals.

The first six months of operations saw a steady growth, both in weekly sales as well as in the numbers of producers listing their items with the Hub. And these first months saw challenges as well: There was only one full-time staff member, were numerous equipment malfunctions, and costs were consistently higher than what sales brought in. While the first couple of months of operations were slow, sales picked up quickly in mid summer as more product became available, and awareness of the Hub grew. When COVID-19 swept across the state, retail sales increased by 400%!

The next step is to leverage New York State Department of Agriculture and Markets Farm to School funding to make using the CFH to procure healthy foods an easy process. The funds will be used to offset some CFH operational costs, which will minimize excessive purchasing fees when schools purchase from CFH.



Cooking with Cornell in Fallsburg Schools reinforces healthy choices.

Farm to School

Farmers' Market in Mamakating



The Town of Mamakating made arrangements for a weekly farmers' market that includes a variety of vendors offering healthy food choices.

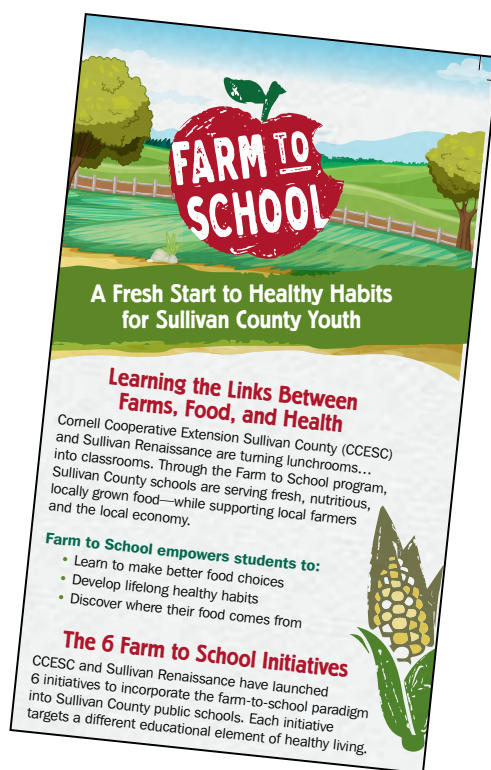
Sullivan Fresh Farmers' Markets



1 in 10 Sullivan County residents struggle with food insecurity everyday, with 1 in 5 children in a household receiving SNAP benefits to ensure their next meal. The Sullivan Fresh Market on the Move mobile farmers' market stops in Wurtsboro, Fallsburg, Loch Sheldrake, and Liberty. Every Monday, there is also a Sullivan Fresh Farmers' Market held in Monticello in front of the Sullivan County Government Center.

As part of the larger, county-wide Sullivan Catskills Farmers' Market project, the mobile market and Monticello market helped increase WIC, Farmers' Market Nutrition Program coupons, and use of SNAP benefits by 300 transactions in 2019!

With a mission to make fresh fruits and vegetables affordable and easily available we're helping to support a healthier Sullivan County and a thriving agricultural community in our high-need rural community.





WORKSITE WELLNESS

Worksite Wellness Summits have been a yearly partnership event at New Hope Community to award active worksites and educate new ones on resources to get workplaces healthy at no cost to the employer. This is accomplished through wellness policies, assessing the workplace, and planning educational and environmental changes which focus on nutrition and physical activity.



Photo above left to right: Wanda Cruz, CCESC Healthy Communities Coordinator; Stephanie Parenti, HealtheConnections Population Health Specialist; Lori Rotolo, Tobacco Free Action Communities Engagement; Amanda Langseder, Catskill Regional Medical Center Director of Community Health; Colleen Emery, Sullivan Renaissance Project Coordinator; Sandi Rowland, Sullivan 180 Executive Director; SueAnn Boyd, CCE Sullivan Healthy Schools Coordinator

Other partners not pictured: JoAnn Parker, American Heart Association; Jill Hubert-Simon, Sullivan County Department of Public Health Services; Catherine Paci; Teresa Soto; and Saraïd Gonzalez, Sullivan 180 Community Outreach & Events Manager; Samantha Mango, Sullivan 180 Administrative Assistance; and Renita Malone, HealtheConnections Population Health Specialist.

Several of our leading worksites have champions and have been active participants at the Summits. Among them were Darrin Raynor, Former County Deputy Commissioner of Division of Management & Budget; Clair Target, Jeff Bank HRVP; Jill Holland, SC BOCES Teacher, Occupational Therapist & Yoga Instructor; and Van Krzywicky, Town of Thompson Assessor.



WELLNESS AWARDS

Worksites compete for awards in four categories. Awards are presented at the Wellness Summit.



ESTABLISH A WELLNESS COMMITTEE

Employees plan physical activity, in-house competitions, and team participation in races like the Monster Run, or brainstorm ways to make healthy choices easy, like stocking vending machines with low or no sugar drinks.



EDUCATION

The Worksite Wellness Committee distributes regular educational resources to employees by hosting Lunch & Learn programs, bringing in workshops on nutrition or physical activity, or providing a seminar on wellness.



IMPLEMENTATION

Completes the requirements for both bronze and silver medals in addition to adopting a wellness policy that will sustain opportunities for employees to try strategies that can improve their health in the work setting.



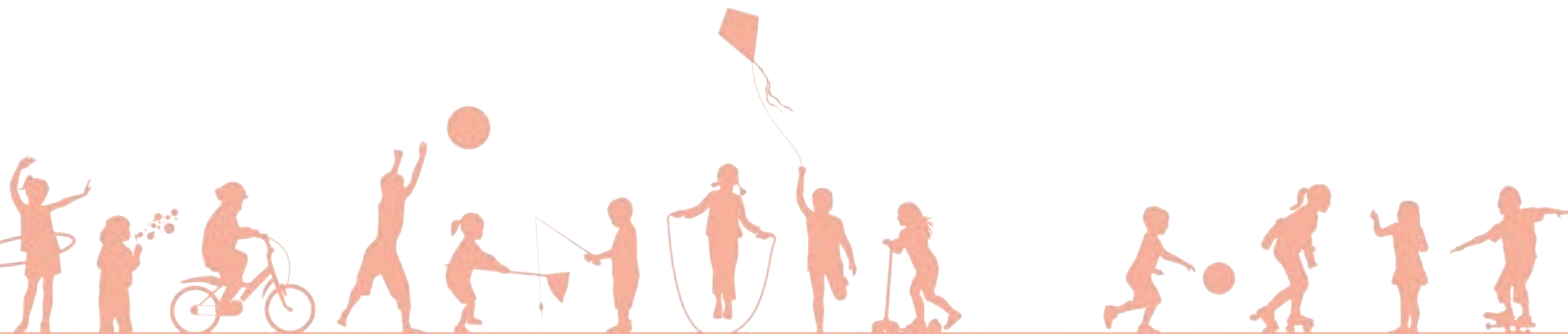
ADVANCED EVENT & POLICY PLANNING

These employers previously earned a Gold Medal and have further developed the organization's Wellness Policies and hosted an event for the community which promotes wellness through nutrition and physical activity.

WORKSITE WELLNESS AWARD WINNERS



HEALTHY SCHOOLS AND COMMUNITIES



- COMMUNITIES**
- Town of Bethel
 - Town of Fallsburg
 - Town of Liberty



- WORKSITE WELLNESS SITES**
- CCE Sullivan
 - Fallsburg Parks & Rec
 - Fallsburg Town Hall
 - Ideal Snacks
 - Town of Bethel



- WORKSITE WELLNESS SITES**
- ARC of Sullivan & Orange County
 - ATI
 - Catskill Regional Medical Center
 - Jeff Bank
 - Mamakating Library
 - Sullivan County Government Center



- COMMUNITIES**
- Town of Bethel
 - Town of Forestburgh
 - Town of Mamakating
 - Village of Monticello
 - Town of Thompson



- COMMUNITIES**
- Town of Bethel
 - Town of Liberty

- WORKSITE WELLNESS SITE**
- Town of Bethel



THANK YOU TO OUR PARTNERS

Action Toward Independence	Soul Food Café
American Heart Association	Sullivan 180
ARC of Sullivan & Orange	Sullivan County Beekeepers Association
Basha Kill Area Association	Sullivan County BOCES
Catholic Charities of Orange, Sullivan & Ulster	Sullivan County Chamber of Commerce
Catskill Regional Medical Center	Sullivan County Dept. of Planning & Community Development
Catskills Food Hub	Sullivan County Dept. of Public Health Services
ChangeLab Solutions	Sullivan County Legislature
ENGN	Sullivan County Manager's Office
Fallsburg Central School District	Sullivan County Visitors Association
Healthe Connections	Sullivan Fresh Farmers' Markets
Healthy Heart Program	Sullivan Renaissance
Jeff Bank	Thunder Radio
JSI Research and Training Institute, Inc. (JSI)	Tobacco Free Action Community Engagement
Liberty Central School District	Town of Bethel
Livingston Manor Central School District	Town of Fallsburg
Monticello Central School District	Town of Forestburgh
New Hope Community	Town of Liberty
NYS Department of Health	Town of Mamakating
NYS Department of Transportation	Town of Thompson
NYS Obesity Prevention Center for Excellence	United States Department of Agriculture
Roscoe Central School District	Village of Liberty
Safe Routes to School	Village of Monticello
Smart Growth America	

