



NEWS FROM **ULSTER COUNTY** County Executive Jen Metzger

******For Immediate Release******

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Community Comes Together for *EllenWell* at the Trudy Resnick Farber Center

EVENT SHOWCASES WELLNESS RESOURCES AND MARKS NEW CHAPTER FOR ELLENVILLE HUB

KINGSTON, NY - On Saturday, August 30, the Trudy Resnick Farber Center hosted *EllenWell*, a vibrant community wellness event celebrating National Wellness Month and highlighting the many resources available at the Center to residents in Ellenville/Wawarsing and neighboring communities. The event drew families, neighbors, and local leaders together for a day of connection, learning, and fun.

EllenWell featured a wide range of traditional and holistic providers representing the eight dimensions of wellness — Social, Financial, Spiritual, Intellectual, Environmental, Occupational, Emotional, and Physical. Attendees enjoyed hands-on activities including mosaic crafts, games, and movement-based wellness sessions. Free treats like popcorn, cotton candy, and pastries added to the festive atmosphere.

The New York State Department of Health conducted a biomonitoring project on-site, collecting samples to test for environmental toxins. Due to overwhelming interest, the Department will return in the fall to continue the project.

“It was great to see so many residents of all ages at the event, and to connect them with the many wellness resources available through the County and community partners,” **said Ulster County Executive Jen Metzger**. “I want to thank Program Manager Janet Nuñez for organizing this great community program, as well as for the work she does every day to connect residents with resources, from behavioral health services to nutrition support to

senior dining and exercise classes. We encourage area residents to take advantage of all the Trudy Center has to offer throughout the year.”

“Our minds, bodies, and spirits are all part of our wellness journey,” **said Janet Nuñez, Trudy Center Site Program Manager.** “*EllenWell* was a beautiful example of what happens when we come together to share resources, support one another, and take action to improve our individual and collective health. It was a day of human connection, learning, and fun!”

Partners included Ulster County Mental Health, the Office of Employment and Training, the Sheriff's Office, Catholic Charities, Mental Health Association, Ellenville Regional Hospital, NY Connects, NAACP, NAMI, Institute for Family Health, and many others. Formosity donated natural soaps for free distribution, and Munay Wasi and Soul 2 Soul offered holistic and cultural wellness programming.

LOOKING AHEAD: RENOVATIONS AND EXPANSION

Ulster County is moving forward with plans to enhance the Trudy Resnick Farber Center’s infrastructure and accessibility. A major redesign of the kitchen, dining room, and entrance will create a welcoming, public-facing section of the building for multipurpose community use. Design work is expected to be completed in late 2025, with construction beginning in 2026.

Additional upgrades include the installation of eight electric vehicle charging stations, a new roof, and a rooftop solar array — supported by a NYSERDA grant. The EV chargers are anticipated to be completed in 2025, with other improvements phased in through 2026.

ONGOING SERVICES AT THE TRUDY CENTER

Located at 50 Center Street in Ellenville, the Trudy Center continues to serve as a local hub for County and community services.

Weekly offerings include:

Health & Behavioral Health Services

- Astor Children’s Services: Therapy, psychiatric services & family advocacy for youth & families
- Family Services Behavioral Health: Counseling & medical services
- Institute for Family Health: Care coordination, resources & referrals to health services
- Mental Health Association: Support groups & referral services

Nutrition & Wellness

- Women, Infants & Children Program: Food vouchers, health screenings, breastfeeding support & more
- Ellenville Regional Hospital Rural Health Network: Nutrition coaching, preventive screenings & fitness classes

For Seniors & Veterans

- Ulster County Department of Veterans Affairs: Support for veterans & families with benefits, housing, employment, transportation & more
- Ulster County Office for the Aging: Senior dining & social engagement
- NY Connects: Long-term care and disability support

Substance Use & Recovery Support

- O.R.A.C.L.E. Program: Narcan training, substance use prevention, treatment & recovery support
- Community Health Worker: Narcan training, harm reduction supplies & treatment resources

For more information about programs and upcoming improvements at the Trudy Resnick Farber Center, visit <https://participate.ulstercountyny.gov/trudy-farber>.

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