



EAST PROVIDENCE

HEZ

HEALTH EQUITY ZONE

QUARTERLY NEWSLETTER

**November 2022
Volume 1**

FOLLOW EPHEZ!

Facebook: East Providence Health Equity Zone

Instagram: @ephealthequityzone



east bay community action program
THE BRIDGE TO SELF-RELIANCE

**EAST BAY COMMUNITY ACTION PROGRAM IS THE
BACKBONE AGENCY FOR THE WARREN, BRISTOL
AND EAST PROVIDENCE HEALTH EQUITY ZONES**



**HEALTH EQUITY ZONES
ARE AN INITIATIVE OF THE
RHODE ISLAND DEPARTMENT OF
HEALTH**

WHAT IS THE EAST PROVIDENCE HEALTH EQUITY ZONE?

- The East Providence Health Equity Zone (EPHEZ) project is a place-based initiative created to reduce and eliminate current health disparities and barriers to wellness. Through collaboration we work to empower residents with the skills needed to create community change.

HIGHLIGHT:

SPRING COMMUNITY EVENT SERIES

- EPHEZ held three community events in Central EP, Rumford, and Riverside in April, May, and June respectively.
- The goal of this event series was to be able to connect EP residents with resources and services to address residents' needs.
- Thank you to the 600+ EP residents who attended our events. We were pleased to provide 50 lucky attendees with different raffle prizes!

WE ARE EXPANDING

- We have recently hired our new Community Health Worker Rachel! She is a Johnson and Wales graduate with a degree in Public Health joining us as part of our Rhode to Equity grant. She will be working in EBCAP's food pantry as well as in the community. If you see Rachel out and about, be sure to say hi!

END OF YEAR REPORT

- We submitted our End of Year Report in July 2022. We have accomplished so much over the course of the year! Thank you to everyone who contributed!
- Click [here](#) to learn more.

WORKGROUPS

- Resident-led groups working to address issues brought to EPHEZ by the community members working alongside us.
- Our current workgroup topics include:
 - Housing
 - Behavioral Health
 - Teen Focus
 - Senior Health
 - Resident Engagement
 - Food Insecurity
 - Pre-School Development
- All of our workgroups are looking for new members. If you are interested contact eprovhez@ebcap.org.

EARLY CHILDHOOD (PRESCHOOL DEVELOPMENT GRANT)

PARTNERSHIP WITH HENNESSEY ELEMENTARY SCHOOL

- Through the First 10 Community Schools Initiative, our Family Navigator Naomi holds weekly drop-in hours at Hennessey Elementary School, providing on-site assistance to help families access resources such as food and housing assistance.
- We will be expanding our partnership with the East Providence School Department, and will hold drop-in hours at Whiteknact Elementary School starting in January 2023

COFFEE & CONNECTIONS

- In partnership with the EP Prevention Coalition, the Family Navigator supports Coffee & Connections programming for EP residents to enjoy free coffee & pastries and meet new people!
- Childcare and kids' activities are available on site, and transportation assistance is available upon request.
- Click [here](#) for more information and our rotating schedule!



Naomi's table at the Hennessey Kindergarten Orientation, where she met some of the incoming students and their families

PLAY & LEARNS

- We held two Play & Learn play groups for children 0-48 months this past spring, one at Hennessey Elementary and the other at Weaver Library.
- Look out for more information regarding early childhood programming this fall, including another year of partnership with the RI Philharmonic Orchestra & Music School and another round of Play and Learns!

NEW WORKGROUP

- We are forming an EPHEZ workgroup focusing on the needs of families with children under 5 in East Providence
- If you are a parent/caregiver raising a family or are part of an organization that works with families with young children in EP, contact Naomi (nzeltzer@ebcap.org or 401-208-8756) for more information!

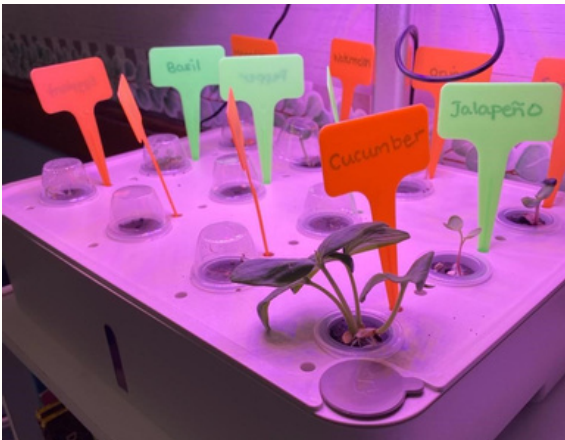
FOOD INSECURITY (RHODE TO EQUITY GRANT)

COMMUNITY GARDEN

- EPHEZ supported the expansion of the Hennessey Elementary School outdoor garden, supplying herb and vegetable plants, as well as into the classroom, providing 10 hydroponic gardens for classrooms! Students were also able to bring home the fruits (and veggies!) of their labor
- This collaboration will continue into the next school year, with hopes of this garden eventually growing to sustain more of the surrounding community.



Hennessey garden growing new plants supplied by EPHEZ



One of the donated hydroponic gardens inside a classroom at Hennessey

PARTNERSHIP WITH URI SNAP-ED

- EPHEZ and URI Snap Ed. partnered to put on their Eat Well, Spend Less Program. Participants learned valuable lessons on nutrition label reading, and gained knowledge on whole grains, healthy recipes on a budget, etc.
- EPHEZ was also fortunate enough to have the URI Snap Ed. Outreach team join them at their June community event, sharing their resources with the community, along with making a quick and simple healthy snack.

GEOGRAPHIC INFORMATION SYSTEMS

- With the help of the Rhode Island Department of Health (RIDOH) and Ric Bayley (a masters student in Tufts University Public Health Program), the East Providence, Bristol, and Warren HEZ's were able to work together to utilize RIDOH's Geographic Information System (GIS) to look at access to healthy eating in these different towns across the East Bay.
- The GIS assessment has helped to identify accessibility through transportation (car, bus, walking) to places such as different grocery stores and pantries. With this data, the EPHEZ worked with the EBCAP Communications team to share an infographic about food insecurity/food access and resources where community members can attain healthy food.

OUTREACH (HEALTH DISPARITIES GRANT)



Judy and the HEZ table at Onna Moniz John Park for Neighborhood Day on August 20, 2022



Sarah and Lyndsey at City Hall for Covid test distribution on February 3, 2022



Karen with two community members at The Great Townie Pumpkin Festival on October 9, 2022.



Rachel and Lyndsey at the EP HEZ table for Drug Take Back Day on October 29th, 2022.

EPHEZ IN THE COMMUNITY

- EPHEZ has some great Collaborative members and community partners—catch us handing out test kits at City Hall, staffing outreach tables with the East Providence Fire Department, and supporting local businesses and community events.
- Do you have resources you want to share out with the community? Contact Lyndsey Ferreira at LFerreira@ebcap.org. Want to join us for outreach? Contact Alyssa Gleason at Agleason@ebcap.org

COMMUNITY WELLNESS

VACCINE LOCATIONS/PROVIDERS

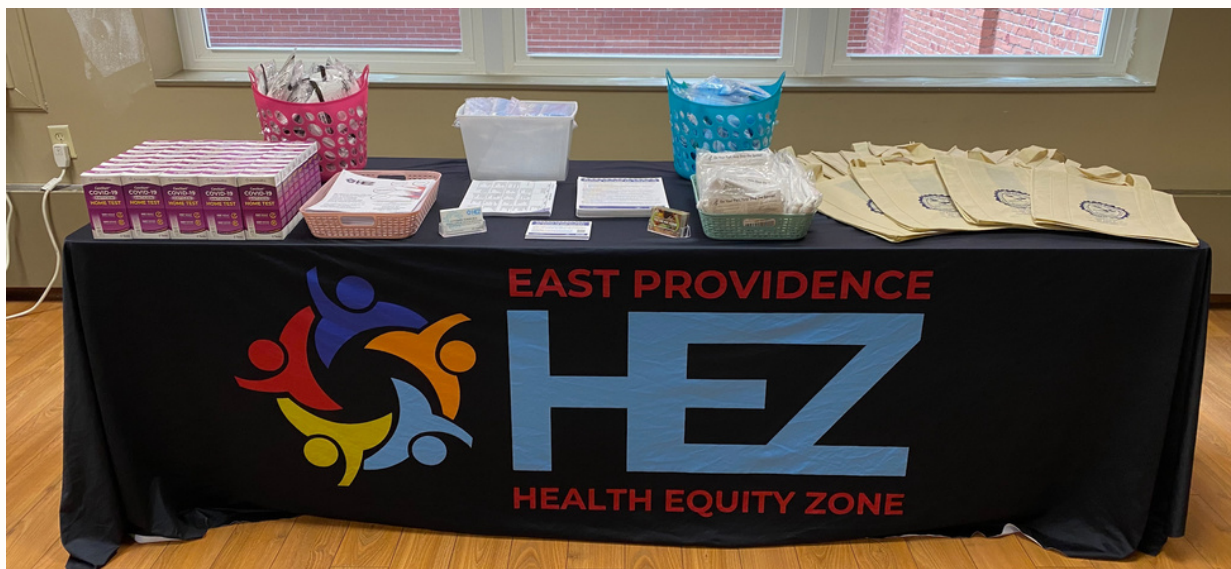
- **Alert Ambulance:** Alert Ambulance can provide at-home vaccination throughout Rhode Island. To request an at-home vaccination through Alert Ambulance, you can email them at AlertMIHC@AlertEMS.com or call them at 508-944-7722.
- **Purple Shield Medical:** Purple Shield can provide at-home vaccination throughout Rhode Island. To request an at-home vaccination by Purple Shield, please call 401-384-7752

OUTDOOR ACTIVITIES

- Explore Rhode Island EP Trails:
 - Boyden Heights
 - Hunts Mills
 - Turner Reservoir
 - Willett Pond
- Rhode Island Families in Nature Hikes:
 - Stroller and Wheelchair Accessible
 - Public Transportation Accessible

WAS YOUR HOME BUILT BEFORE 1978?

- If so, you may have lead paint in your home, which can be dangerous for young children and pregnant women. RIHousing's LeadSafe Homes Program can help. Visit www.LeadSafeHomesRI.com to learn more
- Childhood lead poisoning is considered the most preventable environmental disease of young children. Lead dust particles and chips of lead paint are the biggest sources of lead poisoning for children in many homes across the state.



COMMUNITY WELLNESS

ABOUT OUR BACKBONE AGENCY

- East Bay Community Action Program is the backbone agency for the East Providence, Warren, and Bristol Health Equity Zones.
- EBCAP is mission-driven. When a resident walks through our doors, we get to know them personally. Then, we connect them with the right services, at the right time. From primary, behavioral, and dental health services, to Head Start and Family Visiting programs, to a wide array of community programs, EBCAP is your bridge to self-reliance. Learn more at www.ebcap.org.

NEED SUPPORT?

EPHEZ staff are trained to assist in the completion of SNAP applications, and can connect you to supports such as WIC, LIHEAP, Family Visiting, Head Start and Early Head Start, and more. Not sure where to start? Contact us at eprovhez@ebcap.org.

ADOPT-A-FAMILY

- The Adopt-A-Family holiday gift program is our community tradition of providing gifts for families being served by our agency. Thanks to sponsors and donors like you, the holidays are a little brighter .
- Interested in adopting a family? Learn how at <https://www.ebcap.org/help-ebcap/adopt-a-family/>.



east bay community action program
THE BRIDGE to SELF-RELIANCE



EAST PROVIDENCE

HEZ

HEALTH EQUITY ZONE

UPCOMING EVENTS

November

- 11/26: East Providence Tree Lighting Celebration, 3:00PM - 6:00PM at the East Providence City Hall Plaza
- 11/28: Coffee & Connections, 10:00AM - 11:00AM at Weaver Library
- 11/30: Eat Well, Spend Less for Families, 6:00PM at EBCAP Head Start, East Providence location: 386 Willett Ave. Registration required: contact Naomi Zeltzer at NZeltzer@ebcap.org

December

- 12/3: Winterfest, 3:00PM at the Senior Center
- 12/8: Jules Hope Chest 10th Annual Toy Drive. Registration required: <https://juleshopechest.org/>

FOLLOW EPHEZ!

FACEBOOK:

East Providence Health
Equity Zone

INSTAGRAM:

@ephealthequityzone