

SEPTEMBER 2023

# BRISTOL HEALTH EQUITY ZONE

Newsletter



## Letter from the Director



As fall approaches, I am excited to see what this new season brings to our community. We spent the summer at places like the Mount Hope Farmers Market, local playgroups, East Bay Food Pantry and the Community Night Out. We were able to spend this time getting to know new residents and partners so we can learn more about our community. Please enjoy looking through what has been going on with our HEZ and what is coming up soon!

 *Melissa*



east bay community action program  
THE BRIDGE TO SELF-RELIANCE

Health Equity Zones are an initiative of the Rhode Island Department of Health. East Bay Community Action Program is the backbone agency for the Warren, Bristol and East Providence Health Equity Zones.

# STAFF SPOTLIGHT

BY NATALIE CHASSE

Natalie is the shared Family Navigator for both Bristol & Warren Health Equity Zones. Her role within the HEZ is focused on assisting young and expecting families with benefits navigation of topics such as SNAP, child care, home visiting, etc. as well as promotion of maternal and early childhood programming. She has also created a crowd-sourced community event calendar for local families, caregivers, and children to stay aware of upcoming offerings.



# LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

Low Income Home Energy Assistance Program (LIHEAP) is a seasonal program, running this heating season from October 1, 2023 to May 1, 2024. LIHEAP helps households stay warm in the winter through programs that reduce the risk of health and safety problems that arise from unsafe heating practices.



Scan the QR code to learn more or visit:

<https://www.ebcap.org/programs/heating-and-energy/>

## GET INVOLVED!

VOLUNTEER AT A LOCAL FOOD PANTRY!

East Bay Food Pantry and Thrift Shop in Bristol  
(401) 396-9490

St. Mary of the Bay Church Pantry in Warren  
(401) 245-7000

JOIN OUR Bristol HEZ WORKING GROUPS!

- Food & Nutrition
- Suicide Prevention
- Substance Use Awareness
- Mental Health and Personal Wellness
- Physical Activity

Working Groups are resident-led monthly meetings that discuss ways to improve the health of our community.

Learn more at [bristolhez.org/initiatives](https://bristolhez.org/initiatives)

## DO YOU NEED FREE MASKS OR TEST KITS?

**DO YOU NEED FACE MASKS OR COVID-19 TEST KITS?**

**SCHEDULE A PICKUP WITH US!**

TO SCHEDULE A PICKUP, PLEASE CONTACT US AT THE EMAIL OR PHONE NUMBER BELOW:

**Email:**  
[bristolhez@ebcap.org](mailto:bristolhez@ebcap.org)

**Call:**  
401-431-9870, Ext. 1651



# September is Recovery Month!

BY MELISSA GOLDSTEIN



Founded in 1989 and launched by the Substance Abuse and Mental Health Services Administration (SAMSHA), National Recovery Month celebrates those striving for and living in recovery, while recognizing those that make it all possible.

Sunday, September 10th, at the Bristol Town Beach Pavilion, East Bay Recovery Center and Bristol Health Equity Zone held their annual Rally4Recovery event. The event featured recovery support and resource tables, speakers, and live music from Neal and the Vipers. Many community members stopped by to show their support for those in recovery. Below you will find images from the event!



## Learn About the East Bay Recovery Center!

<https://www.ebcap.org/programs/east-bay-recovery-center/>

CHECK OUT THEIR CALENDAR OF EVENTS!

The Recovery Center strives to empower, encourage, and support individuals as they work to improve their lives and face the challenges of recovery.



# WHAT'S HAPPENING IN OUR COMMUNITY

**LOOK FOR OUR TABLE AT THE MOUNT HOPE FARMER'S MARKET! EVERY SAT 9AM TO 11AM AT 250 METACOM AVE**



**TECH TALK - EVERY THIRD THURSDAY OF THE MONTH @ 9AM**



**VIRTUAL COOKING DEMO ON FACEBOOK - WED, SEPT 27TH AT 3PM GO TO THE BRISTOL HEALTH EQUITY ZONE FACEBOOK PAGE!**



**CHECK OUT ALL ACTIVITIES AVAILABLE AT THE QUINTA GAMELIN COMMUNITY CENTER SCAN QR CODE TO THE RIGHT ABOVE.**



**CROWD SOURCED FAMILY EVENT CALENDAR: FIND IT ON THE BRISTOL WARREN THRIVE BY FIVE AND BEYOND EVENT PAGE [HERE](#) OR WITH THE QR CODE ON THE RIGHT.**





# END OF YEAR REPORT

## WHAT WE DID IN THE SCHOOLS

BY JESSICA WILLIAMS AND MACK O'NEILL

BHEZ secured a grant to hire two Community Health Workers to support the Bristol Warren Regional School District for the 22-23 and 23-24 school years. We used this past school year to build relationships with students and families. We were able to connect with hundreds of students throughout the school year and saw over 145 individual students. We were able to help meet families where they are and support the school system through assisting with the behavioral health needs of students and families.

### SOME EXAMPLES OF RESOURCES WE PROVIDED:

- BREAKFAST/LUNCH/SNACKS
- IN SCHOOL THRIFT SHOP
- IN SCHOOL FOOD PANTRY
- JOB APPLICATION ASSISTANCE
- HOUSING ASSISTANCE
- INSURANCE ASSISTANCE
- DENTAL ASSISTANCE
- AND MORE....



## CONTACT US

Director:

**Melissa Goldstein**  
**mgoldstein@ebcap.org**  
**401-431-9870, ext. 1651**

General Community Email:  
**Bristolhez@ebcap.org**

## FOLLOW US



**Bristol Health  
Equity Zone**



**@bristolhez**

## WHAT IS A HEALTH EQUITY ZONE?

The Bristol HEZ is a community-wide effort funded through the Rhode Island Department of Health to create innovative approaches that can reduce and manage chronic diseases, promote healthy lifestyles, assure healthy child development, and create environments where healthy choices are easier to make.