

JANUARY 2024

# BRISTOL HEALTH EQUITY ZONE

Newsletter

## Letter from the Director

As a new year starts, we reflect on the year that has passed and look forward to new beginnings. As we look forward to a new year, we hope to gather more input from the community so we can evaluate our goals for the year to come. Feel free to complete our survey so we can get your input! To stay up to date with what Bristol HEZ is up to, please follow our new Facebook page at Bristol Health Equity Zone at the following link: <https://www.facebook.com/BristolHealthEquityZone> or scan the QR code below.

[Click Here to Take Survey](#)  
or Scan the QR Code!

With Health and Happiness,

*Melissa*



Bristol HEZ Survey



Bristol HEZ FB



Health Equity Zones are an initiative of the Rhode Island Department of Health. This newsletter is produced by East Bay Community Action Program, the backbone agency for the Warren, Bristol, and East Providence Health Equity Zone's, and does not necessarily represent the views of RIDOH.

# STAFF SPOTLIGHT

BY JESS WILLIAMS



Jessica is proud to be a part of the Bristol Health Equity Zone in her role as a School-Based Community Health Worker (CHW) for the Bristol Warren School District. She splits her time between Kickemuit Middle School and Mt. Hope High School. Jessica wears many hats in her role as a CHW in the schools. She has helped students apply for jobs, helped families secure housing, clothing, and food as well as helped families sign up for medical and dental insurance, just to name a few. She has also been a part of opening a food pantry and thrift shop for students and their families. With a background in Physical and Health Education, Jessica has even taught health lessons at the high school. Topics such as vaping and opioids are just a few she has recently covered with students. Jessica loves her role as a School-Based Community Health Worker and looks forward to continuing her work with students and families in the Bristol Warren community.

Scan the QR code on the right or visit <https://special.usps.com/testkits> to request free COVID tests by mail!



## GOT FAMILY? GET FREE COVID TESTS!

You can order tests now, even if you've already ordered this fall. Order them today!

Celebrate safely.



## LOW INCOME HOME ENERGY ASSISTANCE PROGRAM



Apply by May 1st!

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/>

## We have free masks!



### DO YOU NEED FACE MASKS?

**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



# Housing in Rhode Island: Know Your Resources!

BY ELSA SCHLOEMER

A lack of affordable housing has devastated many residents in RI and it has impacted Bristol community as well. This year, Bristol HEZ received 11 referrals for individuals in the community who had a housing need.

## Where is emergency shelter in RI?

### Providence Rescue Mission

627 Cranston St, Providence, RI 02907  
401-274-8861

### Open Doors

1139 N Main Street  
Pawtucket, RI  
401-781-5808

### Call Rhode Island Outreach Team

401-846-1213  
Press 1 and ask for RIO

### Coordinated Entry System 401-277-4316

## What items should I donate to the homeless?

Find the list of needed items from shelters at the link here or QR code to the right side.



## What is public housing?

Public housing is an affordable apartment complex that is overseen by the local Housing Authority. Income eligible residents may apply and enroll in a waitlist.

## What is the Housing Choice Voucher Program, sometimes known as Section 8?

Low income residents may qualify for this major federally funded program that pays for some or all of the rental expenses for an individual, on a case by case basis. Income eligible residents may apply and enroll in a waitlist.

**Want More Info? Go to [RIHousing.com](http://RIHousing.com).**



# WHAT'S HAPPENING IN OUR COMMUNITY

*Below are some Bristol HEZ events coming up. Please join us!*

- **Tech Talk:** Bristol HEZ staff are here to answer your tech questions! 9AM every third Thursday of the month at Quinta Gamelin Community Center.
- **Cooking Demo:** Uploaded to the Bristol HEZ Facebook on Wednesday, January 31st.

*Below are other events hosted by some of our community partners:*

- **Laundry Love:** Sponsored by St. Michael's Church - Come get two loads of your laundry done for free! 10AM to 12PM every third Tuesday & first Thursday of the month at East Bay Laundromat, located at 26 Gooding Ave Bristol, RI.
- **Mrs. Katz and Her Hats Story Times:** Open to the public for young children. 5:30PM to 6:30PM every Thursday at Rogers Free Library.

## Weatherization Assistance Program

Weatherization Assistance Program helps improve energy efficiency for income-eligible households while assuring health and safety. To learn more about the program and to find out if you're eligible, please visit <https://www.ebcap.org/programs/weatherization-assistance-program/> or call 401-437-1000, Ext. 1138.



# Suicide Prevention: January is Mental Wellness Month!



BY EMILY SPENCE

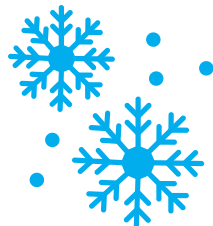
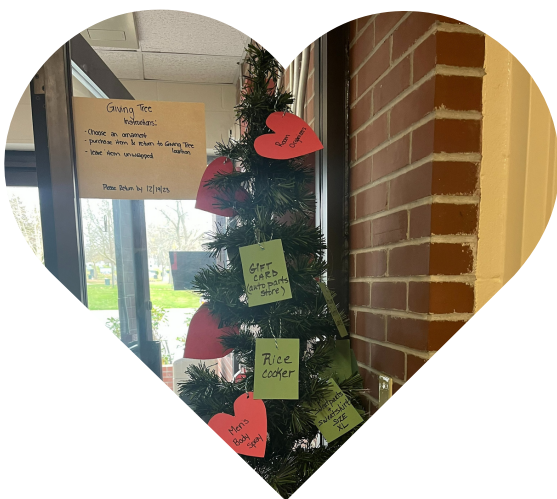
Over the last few months, the BHEZ Suicide Prevention work group has been working on convening a regional Suicide Prevention group. We held our first quarterly regional meeting on October 18th, bringing together nearly 50 individuals from organizations around the state to discuss issues and priorities around Suicide Prevention. Since then, our local group has been preparing for a second regional meeting on February 7th to continue the momentum. We plan to align our work with the new Statewide Suicide Prevention plan's priority areas. The first area that our group will address is: Creating Protective Environments, with the goal of reducing access to lethal means. Through a follow up survey distributed to all those who attended the first meeting, the group has decided to prioritize the following areas: Suicide Advocacy/Policy work, Raising Public Awareness, and Compiling/Organizing/Sharing Resources.

## HOLIDAY HELP FOR FAMILIES

BY MACK O'NEILL

This past holiday season, the Bristol HEZ collaborated with the Quinta Gamelin Community Center members as well as the community as a whole to help families in our area during the holiday season.

Our School Based Community Health Workers delivered **25** thanksgiving meal kits and groceries to families in our community!  
They also delivered over **50** wish list gift items to children and families that were donated by members of the community!



## CONTACT US

Director:

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General Community Email:  
[Bristolhez@ebcap.org](mailto: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.