

MARCH 2023

# Bristol Health Equity Zone

Newsletter



## Letter from the Director of Bristol HEZ

As a Bristol resident for many years, I have endless memories of all the wonderful local activities and residents that surround me every day. Even more importantly, the sense of community I feel here, makes Bristol feel like home. As Bristol HEZ starts the latter half of year eight, that sense of community fuels its existence. The residents, community partners and the Bristol HEZ team work together to create wonderful things. I hope you enjoy reading about some of the HEZ happenings and I thank everyone for their support!

Sincerely,

*Melissa Goldstein*

## 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.



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.



# MEET OUR SCHOOL BASED COMMUNITY HEALTH WORKERS!

By Jessica Williams and Mackenzie O'Neil

My name is Jessica Williams, and I am the new School-based Community Health Worker for the Bristol HEZ. I proudly serve as a link between students and their families for many different types of community and statewide resources. I have helped families secure food, clothing, rent assistance, employment and so much more. I am a part of the high school's behavioral health team and the middle school's guidance team. After being a Physical and Health Education teacher for 15 years, my change in careers has been very smooth because of the wonderful support I always receive from my awesome co-workers at Bristol and Warren HEZ.



Jessica, Williams, School-based Community Health Worker, collecting donated gifts for the 2022 holiday season.

My name is Mackenzie O'Neil, and I work within Mt. Hope High School as a Community Health Worker for Bristol and Warren HEZ, and I am a part of the Behavioral Health team. I am a school-based community health worker at Mt. Hope High School. I have an office in the school that students can access easily because it is right next to the school library. In our office we have a free thrift shop that students can either come to during school or after school to get what they need. Jess and I can even put together a box of clothes and toiletries for the student which they can pick up at the end of the school day. Our clothing rack is currently full due to generous donations that we were given from the community such as from farmers markets, student run organizations in the school, East Bay Food Pantry and Thrift Shop, a local hospital, Quinta Gamelin Community Center, and individual community members. Next to our free thrift shop we also have a free miniature food pantry. This food pantry is stocked with snacks that students can grab on their way to class and also has non-perishable meals that students can bring home with them for dinner or meals over breaks/weekends. This food was provided by the Elks club and others.

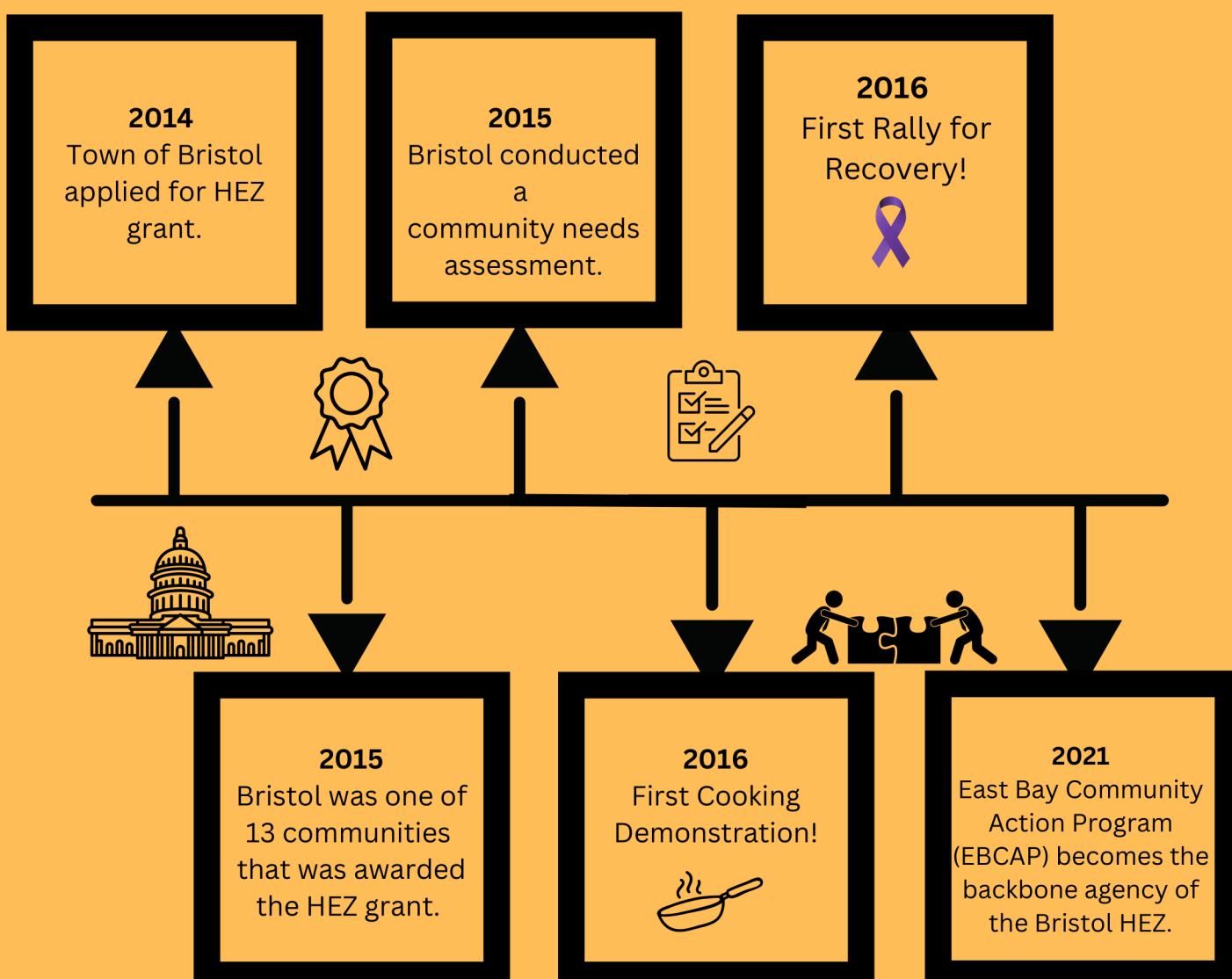


Clothing, snacks, food are available for students who need them.



Mackenzie O'Neil, School-based Community Health Worker, with her dog Truffle - both are looking forward to walks on warm Spring days again.

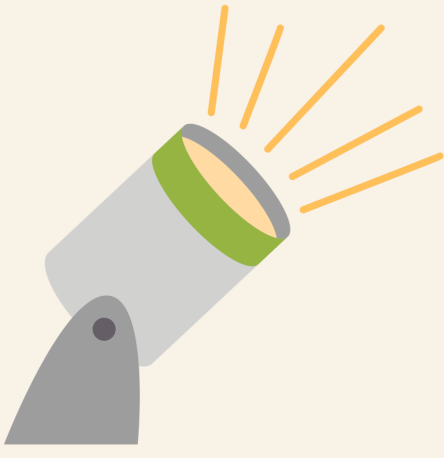
## BRISTOL HEZ TIMELINE 7 YEARS AND COUNTING



**TODAY**  
**2022-2023**

- Hired 2 School-based Community Health Workers in Mt. Hope and Kickemuit Middle School
- Assembled and are leading 5 Work Groups: Physical Activity, Food & Nutrition, Suicide Prevention, Personal Health and Wellness, Substance Use & Awareness





# STAFF SPOTLIGHT

## Meet Sarah!



Hi! My name is Sarah Barboza and I am a certified Community Health Worker for the Bristol Health Equity Zone. I work in the community at different locations and events to provide citizens with resources and useful information. I am currently leading *Tech Talks* at the Quinta Gamelin community center to assist residents with their technology needs. I have also been working directly with community partners such as the East Bay Food Pantry, and LIHEAP (low-income heating and energy assistance program), and Mount Hope Farmer's Market to help distribute resources.

*You can also usually find Sarah at the East Bay Food Pantry, local farmers market and other Bristol community events.*



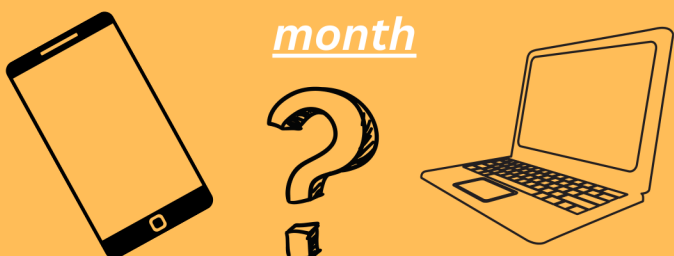
*Sarah Barboza, certified Community Health Worker, Bristol HEZ, 2021 graduate of New Hampshire University.*



*Here's Sarah at the Bristol HEZ table, sharing information with the community during the 2022 Rally4Recovery event at Colt State Park.*

### HAVE A TECH QUESTION? COME TO THE COMMUNITY CENTER!

Quinta Gamelin Center  
101 Asylum Rd  
Bristol, RI 02809  
Conference Room  
9:00 AM - 10:00 AM  
*Third Thursday of each  
month*



### CONTACT US

Email:  
[bhez@ebcap.org](mailto:bhez@ebcap.org)

Phone:  
(401) 431-9870  
ext. 1651

### SOCIAL MEDIA HANDLES



# UPCOMING EVENTS



## COOKING CLASS! LIVE ON FACEBOOK

On the 4th Wednesday of every month, Courtney teaches the community how to make healthy and delicious meals! Catch the next one on **Wednesday, March 29th on our Facebook page!** And be on the lookout for special in person appearances from Courtney! *Recipes can be found at [bristolhez.org](http://bristolhez.org).*

## Mothers and Babies Workshops

Wednesday evenings 6:00PM-8:00PM, beginning March 1st through April 5th Bristol and Warren HEZs are hosting a virtual Mothers and Babies series. The workshop is open to all pregnant and post-partum parents to learn about:

- ways to manage the stress of parenthood
- prevent pre/post-partum depression

**To register for M&B, please complete one of the**

**following:**

- visit the link below <https://forms.gle/pP9kEpvkSJR3sFM67>
- scan the QR code and fill out the the form
- or email [nchasse@ebcap.org](mailto:nchasse@ebcap.org)



## Do you know a community member who needs help?

Visit East Bay Community Action Program & Bristol HEZ : [www.ebcap.org](http://www.ebcap.org) & [bristolhez.org](http://bristolhez.org)

### Contact Us

Location: Quinta Gamelin Community Center 101 Asylum Rd Bristol, RI 02809  
Email: [bristolhez@ebcap.org](mailto:bristolhez@ebcap.org) | Phone number: (401) 431-9870, ext. 1651



# JOB OPENING



## Finance Administrative Assistant | 20-25 hours per week

**DESCRIPTION:** Be important behind the scenes by providing finance and accounting assistance for the Bristol, Warren and East Providence HEZ and EBCAP Finance Department. The successful candidate will demonstrate knowledge of office management systems and finance procedures.

**REQUIRED:** Associates Degree in Accounting, Finance (or equivalent experience), must be able to work in office and remotely, must be fully vaccinated.

**TO APPLY:** Please visit, <https://www.ebcap.org/careers-internships/careers/>