

SPRING 2024

BRISTOL HEALTH EQUITY ZONE

Newsletter

Letter from the Director

Happy Spring!

We are excited with the thought of warmer weather. The Spring weather means more outdoor events and time to connect with our community. Our 2nd annual Week of Caring Event is coming up the week of April 29th, culminating with our Day of Caring on May 5th. Please join us at any of our activities during that week!

With Health and Happiness,

Melissa



Bristol HEZ team gets ready to clean yards on Day of Caring, last year, May 2023.



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.



School Happenings: Prom Attire Event

BY JESS WILLIAMS



This year our School-Based Community Health Workers partnered with the Bristol County Elks Lodge #1860 and held a prom attire event for students in Bristol, Warren and Barrington. This event was FREE for any students attending prom this Spring! Prom should be a fun and exciting time but prices can add up quickly and can lead to stress. This event had it all from dresses and shoes to suits to accessories! You name it, we had it. The Bristol HEZ and the Elks were busy collecting hundreds of items throughout the winter months to help stock the room that was rented out for the event. The event space was located on the third floor of the Byfield School in down town Bristol. In total, close to 50 students stopped in and visited the event and most left with something. We felt it was a very successful event and hope to do it again next year, for not only prom but other dances throughout the school year as well.



WHAT'S HAPPENING IN OUR COMMUNITY

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

- **Day of Caring:** Come volunteer with us! Sunday, May 5th from 12pm- 3pm at the Bristol Common. Help us clean yards in Bristol!
- **Community Connections Fair** April 30th 3-6pm @ Quinta Gamelin Community Center.

Community Partner Event:

- **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.



Women, Infants and Children (WIC)

WIC serves babies and children up to the age of five, people who are pregnant or breastfeeding, and new mothers. By providing families with support for healthy foods and nutrition advice, WIC helps children be the healthiest they can be, have better diets and growth rates, and be better prepared for school. The program also helps promote healthy pregnancies and supports parents with useful breastfeeding and infant feeding advice.

To learn more or to schedule an appointment, visit East Bay Community Action Program's WIC webpage by scanning the QR code or by clicking the following link: <https://www.ebcap.org/programs/women-infants-children/>.



NEW STAFF SPOTLIGHT

ARI SAMAYOA AND DANIELLE DE LUCA
JOIN THE BRISTOL HEZ TEAM!

Ari Samayoa

Ari Samayoa is a new Community Health Worker at Bristol and Warren HEZs. Ariel works with residents regarding supplemental food (SNAP/WIC), housing and heating assistance (LIHEAP), and navigating medical, dental, and mental health services.

Ari is a former AmeriCorps VISTA who served in Massachusetts and Texas. You will find Ari out and about in Bristol, or at Rogers Free Library co-teaching English Second Language classes.



Danielle De Luca

Danielle De Luca is a new Community Health Worker sharing her time between the Bristol and Warren HEZs. Danielle primarily supports families with young children connecting them to the array of services that are available in our community to help us thrive and grow.

Danielle is also a Realtor who is an active volunteer in the community and can be frequently spotted outside at one of Bristol or Warren's many playgrounds and trails with her 5 year old son Jack and her 4 year old daughter Caroline.



REGISTER TO
JOIN THE
CONVERSATION
ABOUT
SUICIDE
PREVENTION



SAVE THE DATE

PLEASE JOIN US FOR A REGIONAL CONVERSATION ON SUICIDE PREVENTION

MAY 22
3:30-5:00 PM
ZOOM

Come share your work, hear from others, and be a part of developing an organized regional network for suicide prevention.

We would love to bring together as many people as possible to discuss this critical issue, so please try to join us. Please spread the word to all your colleagues in mental health promotion and suicide prevention work in East Providence, Barrington, Bristol, Warren, Portsmouth, Newport, Middletown, Tiverton, and Little Compton.

We would appreciate if you register ahead of time so we have an idea of interest, but the link will be open for drop-in participation.

[REGISTRATION LINK](#)

[ZOOM LINK](#)

SPONSORED BY THE BRISTOL HEZ SUICIDE PREVENTION WORKGROUP



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LOW INCOME HOME ENERGY ASSISTANCE PROGRAM ENDS SOON

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/>

Donate to our Food Drive!

From April 29th to May 5th, BHEZ will collect food donations for the middle and high school food pantries. *Please consider finding some non-expired goods to donate.*

Drop Off Bins:

- East Bay Food Pantry
- Kickemuit Middle School
- Quinta Gamelin Community Center
- Mount Hope Farmer's Market

WEEK OF CARING APRIL 29 - MAY 5



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Bristol HEZ is looking to engage the community in a week of caring! Scan the QR code to see events honoring students, seniors, first responders and the military, the LGBTQ+ community, veterinarians, promoting food for the homeless, and more! We invite you to join in as many events as you can!



JOIN OUR HEALTH EQUITY AND NUTRITION WORKING GROUP BY KAREN GRIFFITH

Area food pantries are working hard to increase the amount of fresh, local produce they provide to residents in need. Gardeners are invited to "Grow-a-Row" dedicated to feeding others or just to bring in any extra produce they have available. Sharing garden produce provides greatly-appreciated fresh, healthy food to those in need and reduces food waste.

Food Pantries appreciate donations of whole, un-cut fruits and vegetables, herbs, and greens, as well as seeds and seedlings so pantry guests can grow their own food. Food pantries are unable to accept dairy products or eggs from home farms.

The East Bay Food Pantry, at 532 Wood St. in Bristol accepts produce donations Wednesdays 9am-2pm and Fridays 9am-11am. For questions, call 401-396-9490 ext. 1.

St. Mary of the Bay Food Pantry, at 645 Main St. in Warren accepts produce donations Mondays 8:30-10am, Tuesdays 8:30-11am and 1-6pm, and Wednesdays 8:30-11:30am. For questions or to set-up an appointment, call 401-245-7000 ext. 19.

CONTACT US

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**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.