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Welcome

Summer

As we embrace the warmer weather and spend more time outdoors, it's crucial to prioritize safety. Here are some essential summer safety tips to keep in mind:



Stay Hydrated: *With the sun beating down, it's easy to get dehydrated. Remember to drink plenty of water throughout the day, especially if you're engaging in physical activities.*



Apply Sunscreen: *Protect your skin from harmful UV rays by applying sunscreen with a high SPF before heading outside. Reapply every few hours, especially if you're swimming or sweating.*



Stay Cool: Avoid heat-related illnesses by staying cool. Seek shade, wear light clothing, and use cooling towels or sprays to lower your body temperature.



Practice Water Safety: *Whether you're swimming in a pool, lake, or ocean, always keep an eye on inexperienced swimmers and never swim alone. It's also crucial to follow all safety rules and guidelines.*



Be Mindful of Insects: *Insects like mosquitoes and ticks are more prevalent during the summer months. Use insect repellent, wear long sleeves and pants in wooded areas, and perform thorough tick checks after spending time outdoors.*



Practice Food Safety: *Prevent foodborne illnesses by keeping perishable foods refrigerated, washing your hands before handling food, and using separate cutting boards for raw meats and produce during picnics and barbecues.*

Reminders

- **Patient Portal: Avoid the wait, enroll today (401) 312-5233!**
 - Request Appointments Online
 - Communicate directly with your provider
 - Access and request information from your medical record
 - Receive and review Lab Results

- **Behavioral Health Group Sessions**
 - Visit our [website](#) for Session details
- **Central Falls Express Health walk-in, NO APPOINTMENT required!**
 - Monday - Friday 8am-5pm
 - Saturdays 8am-4:30pm
 - Opened most minor holidays, [see schedule](#)
- **Medicaid Members** - Is your mailing address up to date? It is important that your address is up-to-date and that you read everything you get in the mail from the State of Rhode Island and from your health plan. For more information, [click here](#)

Community Resources

Additional SNAP Benefits

- In addition to food, SNAP offers additional benefits for participants. These benefits can be utilized by any household participating in SNAP, even if the household receives the minimum benefit! To learn more, [click here](#)

Head Start, Pre-K applications open now for Fall - Birth to 5 years

- For more information, [click here](#)

Empowerment Factory

- Art in the Park is **every Wednesday in June, July and August** this summer. Space is limited, so don't wait! Visit their [website](#) to see a list of all dates or give them a call at 401-365-1010 to talk with one of their team members.

Central Falls Salsa Night - Friday June 28th @ Roosevelt Avenue Bridge Central Falls, for more information, [click here](#)

- Salsa Lessons, live music, performances, food trucks & more

Give us a review on Google & Recommend us on Facebook

At Blackstone Valley Community Health Care take pride in making sure each patient has a comfortable experience that addressed their medical/dental needs. We would very much appreciate it if you would take a few minutes today or in the next few days to share your experience with us.

Medical - 1000 Broad Street

Medical- 39 East Avenue

Medical - 1145 Main Street

Dental - 210 Main Street

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Blackstone Valley Community Health Care celebrating 30 years of offering the highest quality, lowest cost health care. Thank you for trusting us with your care.



Blackstone Valley Community Health Care | 39 East Avenue | Pawtucket, RI 02860 US

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