



QUARTERLY NEWSLETTER

August 25, 2023

Volume 1

Dear Friends,

Thank you for your unwavering support during our name change from RUA'H Community Outreach to Village Keepers, Inc. Many of you know we lost our office space in September 2023 because of City plans to use the building. In May 2023 Shannon Starzyk, Program Director for the Family Justice Center, Antioch, CA blessed us with free office space to continue serving the community. **Thank you, Shannon, you were a God Send!**

The following is an update on the progress of the organization from December 2022 to date. In this issue of the Newsletter, we will highlight the work of the African American Family Wellness Center, the Rites of Passage Life Skills Training Program, Collaboration with Bay Point All-N-One Community Collaborative, and the Mt. Diablo Unified School District's, African American Achievement Academy, and 15 clients at the Antioch Neighborhood Night Out.

Additionally, received a donation of **1,000** books on budgeting and 1,000 on nutrition from Ms. Shatae Jones, LCSW. Village Keepers donated **400** English and **300** Spanish nutrition booklets to the East County Resources Coalition (ECRC), Bay Point, CA which were placed in the weekly food boxes for families, to promote healthy eating habits. Interested families also received **100** budget

management books in English and Spanish to help promote economic stability.

In September 2023, the Village Keepers African American Family Wellness Center had served **283** clients (**251** adults and **32** youth). Basic medical screenings, e.g., temperature, blood pressure, heart rate, and blood sugar checks were provided for **230** adults on site at the West Pittsburg Community Church, Bay Point, CA, and served **15** people at the annual Unity in the Community Resource Fair, Bay Point, CA.

Blessings,
Dr. Carrie Frazier
Executive Director/Founder

AFRICAN AMERICAN FAMILY WELLNESS CENTER

The African American Family Wellness Center (AAFWC) is sponsored by a grant from the John Muir Community Health Fund, Concord, CA that has given Village Keepers the opportunity to prevent or reduce the health disparities within the Black communities of East and Central Contra Costa, CA.



Medical Staff, Jessie Thompson, Vonda Nolan, Carrie Frazier, & Karen McBride, Director of the East County Resource Coalition, and a Volunteer



Shannon Starzyk, Executive Director Family Justice Center, Delano Johnson, Executive Director, Bay Point Collaborative; Lillian Roselin, Executive Director, John Muir Community Health Fund, Concord, CA, and Dr. Frazier, Executive Director of Village Keepers, Inc.

From October 2022 services included health and mental health education provided to 24 youth during the (UCSF) Upward Bound summer program at Antioch High School, Antioch, CA and 8 youth and 6 adults at Riverview Middle School, Bay Point, CA. AAWFC provided weekly (1 hour) health and mental health education for 15 women at the Love A Child Missions, a shelter that serves homeless women with children, Bay Point, CA. We donated 100 pair of new women's underwear and 50 pairs of socks to the shelter in order to help promote good hygiene practices, totaling 110 hours of service.

annual Antioch Neighborhood Night Out (13 clients) which included the Mayor, a City Council Member, and members of the Police department. We continue to provide weekly (1 hour) health and mental health education for 15 women at the Love A Child Missions, homeless shelter, Bay Point, CA

Going forward AAWFC expects to serve **200** additional clients. Medical screening services will be at two sites, the West Pittsburg Community Church, Bay Point, CA and the Family Justice Center, Antioch, CA.

For Dates Call: 925) 787-4827 or Email: leefr369@gmail.com

rites of passage LIFE SKILLS TRAINING PROGRAM

GRADUATION DAY!!



The Rites of Passage Life Skills Training Program was funded by the *Youth Promise Grant* from the Antioch Community Foundation, Keith Archuleta, Executive Director, Antioch, CA. On June 8, 2023, nine students and four adults graduated from the 10-week Rites of Passage Life Skills Training Program! The Program was held at the West Pittsburg Community Church, 204 Bailey Road, Bay Point, CA. Pastor James Manning We want to thank the Alpha Kappa Alpha Sorority of East & Central Contra Costa for donating food gift certificates to the families, NAMI of Contra Costa for donating computer tablets for the students, and Theresa Anderson-Bell, Representative from Assembly Member, Tim Grayson's office, provided Certificates of Achievement for the students.

Heartfelt thanks to the parents, Church, community service organizations, and Assembly Member Grayson's office, who helped make the Rites of Passage a big success!!

MT. DIABLO UNIFIED SCHOOL DISTRICT AVA SADDUTH ACADEMY

The Ava Sudduth Academy was a two-week reading program developed for 5th graders who are transitioning to Riverview Middle School. The Academy was sponsored by the Mt, Diablo Equity Department, African American Achievement Academy, Dr. Lamont Francies, Coordinator. Village Keepers, Inc donated daily snacks for 15 students, Afrocentric curriculum materials, and a Black History resource book for the parents.

Throughout the year it has been a pleasure for Village Keepers to support the activities of the African American Achievement Academy by providing cultural literature, Black History decorations and artifacts for Parent Nights and the Black Excellence Awards! Many thanks to Dr. Francies for the opportunity to be of service to the youth and families in the school district.

COMMUNITY RESOURCE EVENTS

Grace Closet Resource Fair, Antioch, CA



Rev. Kibbi Columbus, Director
Grace Bible Fellowship Church of Antioch

Unity In the Community, Bay Point, CA



Mayor Shannelle Scales-Preston, Pittsburg, CA

National Neighborhood Night Out, Antioch, CA



Mayor Lamar Thorpe



Council Member, Tamisha Walker