



The Eastern *Vibes*

Monthly Newsletter 2026

July 2026, Issue #144

Igniting African Consciousness



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African Consciousness was ignited in the Eastern region with the observance of African Emancipation Day on Friday 31st July, 2026.

The lobby of the Sangre Grande

Hospital Campus was selected as the ideal location to mount an exhibition and encourage clients, visitors and staff to re-examine African history and culture.

Igniting African Consciousness (Cont'd)

Over 200 persons were attracted to the display and stopped to view. The ancestral pieces which were on display generated a lot of discussion. A Trinidad and Tobago national who migrated to Canada over twenty years ago, stopped with her seven relatives after visiting her mother in ICU and shared her knowledge. She connected the items to ancestral West African elements and explained some of the traditions.

Other families who were visiting relatives and friends on the wards, as well as clinic patients also visited the display. Several of them

commended the Authority for providing a space to take their minds off of their current situations and for giving them that moment to celebrate a national holiday. Persons were also taken down memory lane as they enjoyed traditional African delicacies such as tamarind balls, toolum, fudge, paw-paw balls, mauby and ginger beer.

Staff at the Mayaro District Health Facility, Brothers Road Outreach Centre, Biche Outreach Centre and Intensive Care Unit at the Sangre Grande Hospital Campus also decorated their areas with heritage pieces.



Staff African Emancipation Wear



Five Year Old Student Showcases Creativity with Sangre Grande Hospital Campus Model



From L to R: Mrs. Angelina Rampersad Pierre, Chief Executive Officer, Ms. Denysia Joseph, Teacher, Director David John, Ms. Beena Persad and Shivana Persad (front)

Five-year-old Shivana Persad, a student of Little Luv Bugz Preschool, recently visited the Eastern Regional Health Authority, where she proudly

presented her model design of the Sangre Grande Hospital Campus.

On 13th July, 2026, at the Emergency Operation Centre, Shivana presented her creative model to Director David John and Mrs. Angelina Rampersad-Pierre, Chief Executive Officer, who welcomed the young student and admired her thoughtful representation of the hospital campus.

Her model highlighted the creativity, imagination and enthusiasm of young minds, while providing a wonderful opportunity to showcase the importance of healthcare facilities within the community.

The ERHA commends Shivana for her creativity and initiative and wishes her continued success as she develops her talents and explores new ideas.

Building Financial Confidence



Ms. Keisha Mahase, Republic Bank representative presented financial tips

With the increasing need for individuals to make informed decisions about their finances,

members of the Rio Claro Chronic Disease Support Group participated in a financial management session designed to enhance their knowledge and strengthen their ability to manage their financial affairs and plan for the future.

The session was held on the 7th July, 2026 at the Rio Claro Community Development Building. Ms. Keisha Mahase, a representative of Republic Bank provided information on financial planning, responsible money management and strategies for improving financial well-being.

Promoting Better Sleep for Improved Health

According to the Centers for Disease Control (CDC) and Prevention, insufficient sleep is linked to increased risk of anxiety, depression, obesity, heart disease, injury and other serious conditions. CDC

48 persons from various Chronic Disease Support Groups participated in an interactive talk on the impact of sleep on Non-Communicable Chronic Diseases (NCDs). Research has shown that poor quality sleep and shorter average sleep times increases the risk of developing NCDs including obesity, diabetes and hypertension. As such, persons were advised on the following practices to improve sleep hygiene:

- ◆ Create a comfortable sleeping environment, free from distractions, by having a room that is cool and dark with a comfortable bed.
- ◆ Keep a healthy schedule by making a conscious effort to go to bed at the same time each night in order to form a routine that would aid in regulating your biological clock. Aim for **7-9** hours of sleep nightly.
- ◆ Follow a bedtime routine consisting of reducing screen time 1-2 hours before bed to reduce the effect of blue light on melatonin

production.

- ◆ Engage in relaxing activities before bed such as light stretching, listening to calming music, reading a physical book and meditation or prayer.
- ◆ Avoid practices that disrupt sleep quality:
 - Vigorous physical activity within 2 hours of bedtime.
 - Naps longer than 1 hour during the day and naps after 3:00 p.m.
 - Large meals and meals high in fat and sugar less than 2 hours before bed.
 - Alcohol within 3-4 hours of bed.
 - Caffeine within 8 hours of going to bed.
 - Nicotine use.

To support these healthy habits and to help correct risk factors for poor sleep hygiene, sleep diaries were distributed for persons to record and track issues.

Empowering Communities to Prevent Mosquito-Borne Diseases

According to the World Health Organization, Vector-borne diseases account for more than 17% of all infectious diseases, causing more than 700, 000 deaths annually. World Health Organization

Recognising that behavioural change plays a vital role in reducing the burden of vector-borne diseases the Health Education Department St. Andrew/St. David conducted lectures at health facilities.

Over **600** clients of the Chronic Disease, High-Risk, Child Health and Antenatal clinics received information on the various mosquito-borne diseases, their symptoms, treatment and prevention at the Sangre Grande Enhanced, Valencia, Manzanilla, Cumuto, Matura, Cumana and Matelot health facilities.

Persons were advised to prevent the spread of mosquito borne diseases by doing the following:

- **Eliminate breeding sites** in order to reduce Aedes Aegypti mosquito. Clean your yard, keep bush low around the home. Remove old vehicle parts, rubbish, cans, coconut shells and tires. Scrub and wash pet bowls, plant pots and other containers that may store water.
- **Protect yourself** by wearing long clothing, apply insect repellent, sleep under mosquito nets and install mosquito screens or mesh on windows and doors.
- **Do not self-medicate** with over-the-counter

drugs such as aspirin, cataflam, olfen and always follow your doctor's advice.

- **Get adequate bed rest**, keep hydrated and control the fever by taking a sponge bath with lukewarm water.

Persons are advised that the Yellow Fever Regulations of 1979 and the Public Health Ordinance Chap.12 #4 states that one can be fined or imprisoned for 6 months if their premises are breeding sites for mosquitoes.

In addition, the department also continued conducting educational sessions on chickenpox to increase public awareness of the disease and its prevention.



Promoting Healthy Choices Among Youth



Mr. Peter Jeffrey, Health Education Officer demonstrates the dangers of smoking

The adolescent and young adult years are a critical time of physical, mental and emotional development. The behaviours, attitudes and choices established during these formative years can influence health and well-being throughout adulthood.

In an effort to empower young people by giving them accurate, pertinent and practical health information, the Health Education Department, Nariva/Mayaro participated in a Youth Camp hosted at Riverside Road Mandir, Rio Claro, on July 19, 2026.

30 young participants benefitted from discussions on the harmful effects and dangers associated with vaping and smoking led by Mr. Peter Jeffrey, Health Education Officer. He also encouraged participants to consider both the immediate and long-term impact of these behaviours on their health and overall well-being.

Ms. Zalina Khan, Health Education Aide complemented the sessions with interactive educational activities designed to reinforce key messages and strengthen participants' knowledge.

Health Education Department Promotes Healthy Living at 5K Fun Run/Walk

The Health Education Department St. Andrew/St. David mounted a health education booth at a 5K Run/Walk fundraiser hosted by Homer Paranderos on 11th July, 2026 at Cordettes Pan yard, Sangre Grande.

Members of the public were provided with materials on health topics, including Chronic Diseases; Men's and Women's Health; Dangers

of Smoking, Vaping and Alcohol. The team also educated the public on mosquito-borne diseases and measures to prevent infection and protect against mosquito bites.

Visitors also had the opportunity to interact with health educators and ask questions related to their personal experience.

Community Outreach Programme



From L to R: Member of Parliament for Mayaro & Minister in the Office of the Prime Minister, the Honourable Wilfred Nicholas Morris, Director Dr. Sanjay Ramnanan (back), Mrs. Angelina Rampersad-Pierre, Chief Executive Officer and Dr. Christopher Bristo, Primary Care Physician II and other members of the ERHA Medical Team at the Biche Secondary School.

The Eastern Regional Health Authority in collaboration with the Member of Parliament for Mayaro & Minister in the Office of the Prime Minister, the Honourable Wilfred Nicholas Morris and SEWA TT hosted a Health Fair on 12th July 2026 at Biche Secondary School.

Community members were able to benefit from a wide range of health services including Blood Pressure; Glucose Testing; Body Mass Index; Vision screening; HIV counselling and testing.

Mr. Peter Jeffrey, Health Education Officer, conducted educational sessions on smoking cessation, while Ms. Zalina Khan, Health Education Aide, facilitated interactive health promotion activities and engaged members of the public in discussions surrounding healthy lifestyle practices and chronic disease prevention.

Also in attendance to support this initiative were Director Dr. Sanjay Ramnanan, Mrs. Angelina

Rampersad-Pierre, Chief Executive Officer and Dr. Christopher Bristo, Primary Care Physician II.

The health fair also featured information booths to promote awareness by the Nutrition; Dental; Baby Friendly Hospital Initiative; Pharmacy; Mental Health and Medical Social Work departments.

On 18th and 19th July, 2026 staff members from the Health Education Department Nariva/Mayaro participated in outreach activities at two fitness programmes. The first session was held at the Mayaro Sporting Facility hosted by the Mayaro Pentecostal Church Sub Youth Department and the second session was held at the Guayaguayare Ground hosted by Project Fitness Club.

Engaging props, trivia questions and handouts were all used to reinforce the message to support healthier lifestyle choices.

Men's Health Matters



Mr. Nigel Chapman leads an armchair exercise session.



Mr. Isaac John, Health Education Aide interacts with clients.

Non-Communicable Diseases (NCDs) continue to pose a significant threat to men's health, with men experiencing higher mortality rates than women from many related conditions. The prevalence of cardiovascular diseases, diabetes and cancer highlights the importance of prevention, early detection and the adoption of healthy lifestyle choices.

In an effort to empower men to take greater responsibility for their health and to make informed decisions about their well-being, the Matura Outreach Centre hosted a Men's Health Programme on 17th July 2026.

The Health Education and Nutrition departments featured a series of informative and interactive sessions which focused on the prevention and management of NCDs, including diabetes and hypertension. Participants were also engaged in discussions on health concerns which specifically affect men such as andropause, prostate cancer and erectile dysfunction. These sessions were designed to increase the knowledge of participants for them to be able to easily recognise the signs and symptoms associated

with these conditions, while highlighting the importance of early detection and seeking appropriate care.

To complement the educational sessions, interactive display booths was mounted on smoking and vaping, as well as the important role of healthy eating in the prevention and management of NCDs.

The Nutrition Department also introduced participants to practical ways to make healthier food choices with the use of the healthy plate guide to promote balanced meals and appropriate portion size. Clients also benefitted from services such as blood pressure testing, blood sugar testing, HIV testing and counselling, body mass index and vaccination.

The programme concluded on an energetic note with an armchair exercise session led by Mr. Nigel Chapman from the Matura Wellness Centre. The session highlight that physical activity could be incorporated into daily routines in simple ways thereby reinforcing the importance of maintaining an active lifestyle as part of overall health and disease prevention.

Blood Donors Support Lifesaving Care



A single donation can help save lives. Through continued awareness and voluntary blood donation, communities can play an important role in ensuring that blood is available for patients when it is needed most.

48 persons made the decision to become non-remunerated voluntary blood donors on 2nd and 3rd July, 2026 at the eTeck Park, Wallerfield, Arima and Rio Claro Public Library, Rio Claro.

Each pint of donated blood can save up to three lives and is essential for patients requiring transfusions during surgery, childbirth complications, emergencies and other medical

procedures. A safe and reliable blood supply ensures that patients can receive timely care when it matters most.

To further promote awareness and encourage voluntary blood donation the Health Education Department Nariva/Mayaro (NAMA) conducted sensitization sessions at several locations in the NAMA region. These included the Brothers Road Outreach Centre; Mayaro Civic Centre; Hero's Pharmacy, Rio Claro; Rio Claro Community Centre; NESC Technical Institute, Mayaro; Liberville Community Centre; Boos Community Centre; Rio Claro West Secondary School and Rio Claro Community Centre.



CHOOSE THE RIGHT CARE AT THE RIGHT TIME



GO IMMEDIATELY TO THE
A&E 

if you or someone in your care
is experiencing any of these
**life-threatening emergencies
or serious injuries**



- ♥ Road Traffic accidents or other major injuries
- ♥ Gunshot, stab or chop wounds
- ♥ Severe or uncontrolled bleeding
- ♥ Severe asthma attack or difficulty breathing
- ♥ Severe allergic reaction, especially with swelling of the face/lips/tongue, wheezing or collapse
- ♥ Severe chest pain or symptoms suggestive of a heart attack
- ♥ Stroke symptoms such as facial drooping, arm weakness, speech difficulty or sudden confusion
- ♥ Seizures, fainting, loss of consciousness or severe confusion
- ♥ Persistent vomiting or diarrhoea with signs of dehydration
- ♥ Near-drowning or drowning incidents
- ♥ Falls with head injury, loss of consciousness, repeated vomiting or worsening drowsiness
- ♥ High fever in babies, especially infants under 3 months or any child who is very drowsy, difficult to wake, has a seizure or appears seriously unwell
- ♥ Severe abdominal pain
- ♥ Severe burns
- ♥ No fetal movement, severe abdominal pain with pregnancy or severe postnatal bleeding
- ♥ Overdose, poisoning or ingestion of toxic substances
- ♥ Suicidal thoughts, attempted self-harm or severe mental health crisis



**VISIT THE
HEALTH
CENTRES**

or Health Outreach Facilities

for other medical conditions
that need prompt attention
but are not emergencies



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Commendations to Staff

Eleanor Suepaul

To the doctors of Sangre Grande Hospital Campus and especially the A&E department who run to save unknown lives and especially to the attendants who wheel us in an x-ray or ultrasound, to the screening nurses, the clerks and CROS, the EMTs and the securities, we notice you and appreciate everything you do for us...I am very proud of all of you as you continue to vouch for our lives and just know that You all are God's greatest instruments on earth. May the lord Jesus Christ grant you all peace, love, strength and courage to continue your journey to help save others ❤️ sincerely a humbled and grateful heart.

***Sent via Facebook by Eleanor Suepaul
July 2, 2026***

Cheryl Asseverio

Last night my aunty Lena was rushed to the Accident and Emergency Department to get treatment with her illness and I must say it was a pleasure with the team. She was treated very well. So I just want to say special thanks to Dr. Jaquie and Nurse Hagley, Nurse Ali that went on the ambulance with her to Sangre last night. Also the rest of the team Nurse Brown, the both ENA, the attendant and the driver Lares. We as a family's appreciated everyone that was their to help her. Special thanks again from the Asseveiro family.

***Sent via Facebook by Cheryl Asseverio
July 8, 2026***

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."



Commendations to Staff

Life In Sangre Grande & Beyond

It's been a little while since I've done one of these.

For those who are new here, Fresh Flowers Friday is basically my way of saying thank you while people are still here to hear it. We often wait until someone is gone to speak about the difference they made. I think that's bare tomfoolery, if you ask me but I digress.

This week, my fresh flowers go to the Women's Clinic at the Sangre Grande Hospital.

July is Fibroid Awareness Month, and before it ends. I must acknowledge a few things and people on this platform. Most of us have heard the words fibroids or rise and fall at some point growing up, but very rarely did we hear women talk about what living with it actually looked like. Thankfully, that conversation is starting to change.

Fibroids affect millions of women around the world and disproportionately affect women of African descent. For many, it goes far beyond heavy periods or bloated tummies. There's the excruciating and debilitating pain, the fatigue, the severe anaemia, and the constant frustration of trying to keep up with everyday life while literally carrying something inside that nobody sees. It can take over your work, your relationships and, on some days, your sense of self.

After years of appointments, setbacks and learning how to advocate for myself, I recently met a doctor who didn't see just another patient. She listened. She asked questions. She understood that my experience wasn't going to fit neatly into a typical box. I left that appointment with something I hadn't felt in a long time: hope.

There's still a long road ahead, and I'm under no illusion that it's going to be easy. But having a plan, and BEING seen as an individual with a common, diagnosis made all the difference.

So today, my heartfelt thanks go to that doctor specifically, the other doctors, nurses, administrative staff and everyone who plays a part in caring for women at the Sangre Grande Hospital Women's Clinic. The work you do matters to so many I have since spoken to, not just myself. More than you all may ever realize of be recognized for.

Please accept these Fresh Flowers. 🌸

Sent via Facebook by Life in Sangre Grande & Beyond

July 24 2026

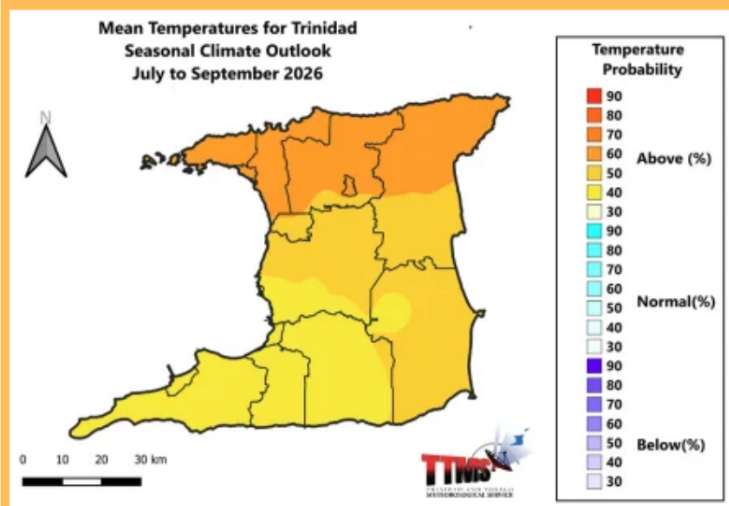
Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."

HEAT!

Tips to Safeguard Your Health During Heat Waves

According to the World Meteorological Organization, extreme heat occurs when high temperatures and other environmental conditions create elevated risks for human health, ecosystems, infrastructure and livelihoods. This places stress on the human body and it is one of the deadliest weather and climate hazards worldwide.

Mean Temperature Outlook for Trinidad - July to September 2026



During the months of July to September, the temperature outlook favors above normal temperatures:

- Both daytime and nighttime temperatures are likely to be warmer than average.
- There is a high (70%) chance of warmer than average days in urban and built up areas.
- A moderate chance (68%) exist for short duration hot spells during JAS with maximum temperatures greater than 34°C in Trinidad



Tips to safeguard your health in the heat



How to recognise Heat Stress?

- Weakness
- Headache
- Increased body temperature
- Breathing problems
- Accelerated heart rate
- Dizziness, nausea, vomiting
- Feeling dehydrated



How to overcome Heat Stress?

- Stay hydrated.
- Wear loose-fitting, light-colored clothing.
- Stay indoors in cool, air-conditioned spaces.
- Avoid strenuous exercise in the hottest times of the day.
- If working outdoors, take frequent breaks.
- Open windows for night air to cool rooms.
- Wear sunscreen.



In case of an Emergency, you can contact the following numbers:

Fire: 990/Ambulance: 811/Police: 999/ODPM: 511 DMU Hotline:800-SGRC (7472)

Sources: <https://wmo.int/themes/extreme-heat>. <https://www.metoffice.gov.tt/our-services/rainfall-and-temperature-outlook-update>, <https://health.gov.tt/heatwavehot-weather-protection-tips>



July 2026

Sangre Grande Hospital Campus

Ojoe Road, Sangre Grande
Tel: 228-3742/226-4744/668-2273
Fax: 668-4368

Brothers Road Outreach Centre

Brothers Road
Tabaquite
Tel: 656-2547/340-6895

Cumuto Outreach Centre

Main Road
Cumuto
Tel: 226-1106/643-9075

Manzanilla Outreach Centre

Eastern Main Road
Manzanilla
Tel: 226-1111/668-2063

Rio Claro Health Centre

De Verteuil and Dougdeen Street,
Rio Claro
Tel: 226-1104/644-2236/644-0181

Rio Claro Accident and Emergency

Tel: 226-9230

Toco Health Centre

Paria Main Road, Toco
Tel: 226-1576/670-8277

Toco Accident and Emergency

Tel: 226-9428

Mayaro District Health Facility

Pierreville, Mayaro
Tel: 226-1575/630-1258/9
Tel/Fax: 630-1257

Coryal Outreach Centre

Balata Hill Road and Cumuto Main Road
Coryal
Tel: 668-8066

Grande Riviere Outreach Centre

Hosang Street
Grand Riviere
Tel: 670-8264/385-5421

Matelot Outreach Centre

Main Road
Matelot
Tel: 670-2428/354-0052

Sangre Grande Enhanced Health Centre

Ojoe Road
Sangre Grande
Tel: 226-1102/668-2509

Valencia Outreach Centre

Alexander Street
Valencia
Tel: 226-1260/667-8197

Biche Outreach Centre

Canque Village
Biche
Tel: 280-9781/668-9053

Cumana Outreach Centre

Toco Main Road
Cumana Village, Cumana
Tel: 226-1134/670-8250

Guayaguayare Outreach Centre

Guayaguayare Road,
Guayaguayare
Tel: 226-4090/630-8777

Matura Outreach Centre

Toco Main Road
Matura
Tel: 226-1261/668-6276

Sans Souci Outreach Centre

Main Road
San Souci
Tel: 670-2382/280-8694

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9353

**Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to
corpcomm@erha.co.tt**

Website : www.erha.co.tt



ERHA Trinidad & Tobago



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