

### **McCoy Village and Highland Haven Community Health Hub (Teresa Johnson)**

- McCoy Village Apartments:
  - McCoy Village Apartments were opened in 2012 to provide affordable apartments to community members.
  - McCoy Village is named in honor of Bill and /Gladys McCoy who worked for racial justice and community development.
- Highland Haven Community Health Hub Services at the McCoy Village Apartments, 4310 NE MLK Jr. Blvd., Portland, OR 97211, Thursdays, 10:00 a.m. - 2:00 p.m.; Phone: 971-323-5114
  - Health Heart Blood Pressure Monitoring
  - Chronic Disease Self Management
  - Active People Healthy Multnomah Walk

### **Indoor Clean Air Act Presentation (Erik Vidstrand and Alfredo Higuera)**

- The ICAA: Oregon's Indoor Clean Air Act.
  - Protects Oregonians from the health risks of secondhand smoke.
  - Smoking prevalence is over 14% in Multnomah County.
  - Almost 10% of youth are vaping - an increase from previous years.
  - ICAA: No smoking indoors and not near public entrances or exits and in public places and workspaces (some exceptions).
  - ICAA is a complaint-driven process. The community needs to come to the state, and then MultCo Tob. investigates the complaint (if a 2nd complaint is received)
    - Can call the state at 1-888-621-6107
    - Can submit a complaint online: <https://wems.oha.oregon.gov/complaints>
  - Usually the business complies, after receiving an initial response letter.
  - Will follow up with the person who submitted the complaint and let them know the outcome.
  - Violations: Smoking/vaping indoors, unlawful outdoor smoking, absent, or insufficient no smoking signs at entrances and exits
  - After a complaint has been filed, Multnomah County serves as the Delegated Health Jurisdiction to enforce the Oregon Indoor Clean Air Act.
  - Multnomah County receives complaints and determines if they are valid or not. Works with the business.
  - OHA determines if a business will receive a fine, citation, license revocation, or other type of enforcement.
  - If the organization refuses to comply, then it goes to the state, and a citation may be issued. Citations are rare and issued when the business does not take steps to remediate the issue.
    - Fines can range from \$300 - \$3,0000
  - Inspectors provide (get information from slide)
- Exceptions to ICAA in MultCo:
  - Smoking tobacco products in certified smoke shops
  - Smoking cigars in certified cigar bars
  - Smoking in hotel or motel rooms that are designated as smoking allowed

- Smoking of non-commercial tobacco for American Indian ceremonial purposes
- Housing
  - ICA does not apply to individual private homes that are rented or owned
- For violations in residential settings:
  - Work with the landlord - there may be a rule that can be enforced.
  - Submit violations that occur in common areas (laundry room), halls, and enclosed spaces (stairwell).
- At community based organizations (e.g., Central City Concern), suggest having designated smoking spaces outside.
- The Multnomah County Tobacco Control and Prevention Team has resources available for tenants.

### **Portland Parks and Recreation Urban Forestry (Marissa Richerson)**

- Marissa is in charge of educational and volunteer opportunities.
- Canopy Equity: The equitable distribution of trees across an area.
  - Urban forestry provides tree resources to communities with inequitable tree canopy distribution.
  - The west side of Portland has a higher rate of tree canopy coverage vs. the east side of Portland (21% coverage - similar to the canopy coverage in Los Angeles).
  - Irvington has 36.8% tree canopy coverage.
- Addressing Tree Canopy Inequities:
  - There is a map of priority service areas.
  - Trees are distributed to people in priority service areas.
  - Portland Urban Forest Plan: Plan for planting and maintaining trees for the next 10 years.
  - Goals:
    - Every neighborhood will have at least 25% tree canopy coverage
  - PCEF Funding - Canopy Equity Program allows for the expansion of tree planting efforts. Want to plant 10,000 trees per year by FY 2028.
- Tree Planting Programs:
  - Yard Tree Giveaway (for homeowners: Can register online to get trees to plant on your private property. Informational resources and mulch provided. Sign up starts in the fall, around September. Those living in priority service areas get to make their request first.
    - Starting free planting services for people in priority areas. Urban Forestry will plant trees for them. Planted 4,000 trees last year. This year, Urban Forestry plans to send out 4,500 trees.

Community organizations can get between \$8 - 10k to get people registered to get free trees. No fruit trees, but nut trees are available. Fruit trees aren't offered because they are smaller and don't provide as much canopy coverage, requiring more maintenance.

- There are also tree giveaways for apartment complexes, parks, and schools, too.
- Trees are a public health tool: reduce stress, reduce air pollution, improve air quality, and help reduce inflammation in people's bodies.

- This weekend, there is an event at Harrison Park with Friend of Trees - giving away free fruit trees.
- Yard Tree Giveaway Contact Information:
  - [Molly.Wilson@PortlandOregon.gov](mailto:Molly.Wilson@PortlandOregon.gov)
  - [Jorge.Chavez-Flores@PortlandOregon.gov](mailto:Jorge.Chavez-Flores@PortlandOregon.gov)
- Tree planting events where you can plant trees in school yards, parks, and apartments
- Last tree planting of the season, this Saturday, April 4, 2026
- Free Street Trees Program
  - Applies to planting strips, sidewalks with curbs.
  - The city does surveys. If it is determined the homeowner has space for a tree, the city will contact the homeowner. The city will plant the tree and maintain it for the first 3 years.
  - The program rotates in neighborhoods around the city.
  - Planting neighborhoods (add from Slides)
- Trees for Residential Streets
  - If you have space in your planting strip, but there is no curb, you will need to call Urban Forestry, and they will determine if it is possible to plant the tree. The city will plant the tree, mulch it, and provide maintenance for 3 years.
- Additional Tree Planting Programs
  - Learning Landscapes - tree planting at schools
  - Private Property Trees - trees for apartment complexes and businesses
- Tree Maintenance Program
  - The city provides free maintenance for trees on private property.
  - Looking for 30 participants to be a part of this. Need to live in a city of Portland, own their own home, and are lower income (need to be enrolled in the Water Bureau's Financial Assistance Program - Urban Forestry can help people to enroll in this program). The resident does not have to do any of the work associated with the tree planting. Additional services offered:
    - If there are pruning needs
    - Remove dead/dying trees
    - Dealing with ash trees that are infected - they will remove the infected
    - Will remove stumps and wood waste
  - [Trees@portlandoregon.gov](mailto:Trees@portlandoregon.gov):
    - Submit a complaint
    - Permit questions
    - Tree replacement questions
  - [freetrees@portlandoregon.gov](mailto:freetrees@portlandoregon.gov): To request a free tree.
  - Get Involved:
    - Tree Planting Event at Harrison Park on 4/4/26: free fruit trees.
    - Tree Summit: 4/11/26 at Mt. Scott Community Center
    - Tree Talks: 4/15/26 at Midland Library, highlighting black activists working with trees.
    - Neighborhood Tree Stewards Program
  - Contact Information:

- Marissa.Richerson@PortlandOregon.gov

**Portland Parks and Recreation: Forest Park Shuttle Service** (Liv Brumfield and Catherine Cieminski)

- Express Shuttle Pilot Program
  - The shuttle runs from neighborhoods in east, north and northeast Portland to Washington and Forest Parks.
  - Fridays and Saturdays, between June 12 - August 22, can catch a shuttle bus from the following Portland locations:
    - East Portland Community Center
    - Gateway Transit Center
    - Parkrose / Sumner Transit Center
    - Peninsula Park Community Center
    - Charles Jordan Community Center
    - St. Johns Community Center
  - The shuttle is free to ride.
  - Shuttle hours of operation: 9a - 6p
- Operations and Logistics:
  - Four routes for the shuttle
    - Express Park Loop that will run between stops in both parks. Continues and frequent runs.
    - Three connector lines that connect with the loop. East Line picks up at Gateway Transit Center and the East Portland Community Center.  
Northeast Line: Peninsula Park Community Center and Parkrose Sumner Transit Center
    - North Line: Charles Jordan Community Center, St. Johns Community Center
  - The goal is to serve areas that are not currently being served by Trimet, to get people to the park.
  - Working on permitting with Trimet so people can park for the shuttle here and access water, restrooms, and other transit opportunities.
  - Will offer a faster, more thru-route to the Zoo than is currently offered by Trimet.
  - Will offer discounts and incentives to attractions near the park (e.g., Zoo, Japanese Garden, Pittock Mansion). Just need to tell the attraction that you rode the shuttle (may use wristbands, in the future).
  - Stops in Forest Park and Washington Park:
    - Washington Park - Oregon Zoo
    - Pittock Mansion
    - Lower Macleay Trailhead (Forest Park)
    - Upper Macleay Trailhead (Forest Park)
    - Leif Erikson Drive at Germantown Road (Forest Park)
  - There are stewardship activities available via the Bird Alliance of Oregon
  - Shuttle will use the Zoo plaza in Washington Park
  - A shuttle timetable/schedule is being drafted.

- The shuttle is lift equipped, with room for two wheelchairs.
- Stroller storage will be available on the shuttle.
- Service dogs allowed, but no pets.
- Park Events and Activities:
  - All park events and activities are free (except the attractions in the parks)
  - Forest Park: Hikes, affinity spaces, nature education, self-guided tours, tabling, intergenerational walks, stationary activities, activities and hikes in multiple languages.
  - Some of the partners PP&R is working with:
    - People of Color Outdoors - themed hikes
    - Disabled Hikers
    - Black Men's Wellness
    - Multnomah County REACH
    - Forest Park Conservancy
    - Hoyt Arboretum Friends
- Youth Leadership Training Program:
  - PP&R will offer outdoor leadership training hikes on Fridays
    - Learning to lead hikes
    - Learning about plants and the local landscape
    - PP&R + guest instructors will provide the training
  - Youth will be paid a training stipend via the Learn to Earn Program
    - Ages 15 - 21
  - Can accommodate up to 10 youth in the initial year. Hope to expand in the future.
  - Recommendation: Find organizations on the east side that serve youth.
    - Elate Youth
    - Night Sports
    - Play Grow Learn
    - Youth PDX
- Will have volunteers at neighborhood shuttle stops and in the parks.
- When there are scheduled activities, hike leaders are planning to be at one or more neighborhood shuttle stops.
- ACHIEVE Coalition Feedback
  - Multnomah County Youth Summit on 5/2/26 will be a good place to promote the shuttle program.
  - Ensure that the youth are protected, as they ride the shuttle.
  - Suggest that educational and park information be provided to riders along the route.
  - What is the youngest person who can ride the shuttle, unsupervised?
    - Liv: We need to determine this.

### **Providence's Diabetes Toolkit** (Jazmin Bowles)

- The toolkit is being drafted.
- Providence Medical Group (PMG) is doing targeted outreach to Black and Latine patients regarding diabetes and hypertension control.

- PMG can provide prevention and management information.
- Draft trifold and booklet with information and interactive resources. Will also develop a website with live links to partners and resources
- Resources will be multigenerational and empowering, meeting people where they are.
- Jazmin shared drafts of the trifold and booklet.
- Resources in the trifold and booklet include:
  - Stress and depression management
  - Diabetes burnout
  - Coping tools
  - Daily check-ins
  - Mindfulness breaks
  - Tracking what you're proud of
  - Finding support systems
  - Local and online resource groups
  - Therapy and support advocates
  - Differences between type 1 and type 2 diabetes
  - Culturally relevant food and nutrition, including recipes, ingredient swaps, pantry essentials, and grocery shopping lists
    - African Heritage Pyramid
  - Food access resources
  - Exercise, including adaptations
  - Personal, community storytelling
  - Diabetes risk factors, prevention, and treatment
  - Tools for interacting with the healthcare system, including advocating for yourself
  - These resources will be translated into multiple languages
  - Drafts of these documents will be shared electronically and feedback can be provided.
- ACHIEVE Coalition Feedback on the Diabetes Toolkit:
  - Be mindful of font size and the amount of writing (versus graphics)
  - Have companion videos
  - Add a section on pre-diabetes and diabetes prevention.
  - Look at the language in the Diabetes Prevention Program materials for insight.