ACHIEVE Coalition Meeting Notes

Wednesday, August 5, 2026

Location: Virtual (due to extreme heat and air quality)
Notetaker: Heidi Franklin
Attendees: Heidi Franklin Amina Sheikh-Wali Carrie Robersone Charlene McGee Dennis Payne, Haoua Dogo, Jennie Cuddeback, Makda Berhane, MayJo Andersen, Quete Capuia, Shairlar Shine, Beth Poteet, Leslie Esinga, Royal Harris, Rhonda Combs, Meeka Armenta, Jay Higgins, Paula Byrd, Fawn Aberson, Htoo Ray, Teresa Johnson

Agenda Items & Notes

Icebreaker: Favorite Summertime Fruit

Some favorites included: Watermelon, Tomatoes, plums, basil (for making pesto), cherries, blackberries, mangoes, passionfruit, strawberries, blueberries

Introducing New REACH Staff Members

- Bobby Dickey is our new REACH Community Health Specialist 2. Bobby is out of the office today, celebrating his birthday.

- Jennie Cuddeback is the new physical activity in the Built Environment strategy lead.
    - Jennie acknowledged that this is a bittersweet transition and acknowledged Nsilo Berry's contribution to the role.
    - Jennie started in the role last week.
    - Jennie is looking forward to making connections

Success Stories

Presenters: Amina Sheikh-Wali & Heidi Franklin

- We are submitting REACH success stories to the CDC in late August.
- We are focusing our success stores on:
    - Physical Activity: Exploring the Parks - making physical activity in our parks more accessible
    - Nutrition: We are highlighting the work being done at People's Farmers Market in collaboration with our partners, Play Grow Learn.

Brain Health & Alzheimer's

Presenter: Carrie Robersone

- We are working with the Oregon chapter of the Alzheimer's association to increase awareness of dementia in the Black community.
- The Black community is at high risk of dementia.
- We provided dementia training in June and July.
- We will also be working with the faith-based community on bringing awareness and education about dementia to the community.
- Focus on lifestyle changes, similar to those changes
    - Physical activity, nutrition, and sleep are the prevention areas we are focusing on.
    - We are also looking at the impact of systems and environmental factors on dementia.
    - Access to better nutrition and access to physical activity is also a focus of our work in this area.

    - Food as Medicine: Haoua hopes this can help to support in areas SNAP has fallen off.
    - Part of brain health work centers around physical activity events such as park walks, community walks, such as the Soul Stroll and others.
        - We have a hike in Forest Park with Portland Parks & Rec coming up on Saturday, Aug 8 at 11am! Sign up here: https://forms.gle/ZvKYbqQadBVJ41LcA
- Carrie will be attending a conference in Chicago soon regarding brain health and risk reduction.
- For people that have the Oregon Health Plan (OHP) and are experiencing food insecurity, there is a program offered by Mudbone Grown to access free produce.

Toxic Hair Products & Policy Solutions

Presenters: Haoua Dogo, Amina Sheikh-Wali, ACHIEVE Coalition Meeting Attendees

- Alternate, non-toxic products to consider: castor, avocado, coconut, and olive oil.
- Meeting attendees offered some alternate haircare products they use:
    - Olive oil
    - Using natural ingredients to create your own hair mask:
    - Herbs can also be used on the hair.
        - Rosemary, Lavender, and Mint natural soap made by a company in Seattle.
    - in Chad we use Chebe which is made from cloves, cinnamon, and other herbs and we use cow tallow to deep condition but if you don't like the smell you can use olive oil
    - Warm clove wash was also suggested. It is very relaxing, especially before bed.
    - Clary Sage store on Alberta street also sells natural products.
- Some mainstream haircare products contain toxic ingredients, including hair braiding and hair relaxing products.
    - There have been links to cancer.
- Article: Oregon Lawmakers Demand Accountability After Study Finds Toxic Chemicals in Most Braiding Hair Products

- Teresa Johnson: Would like to see clinics for youth with education on how to safely care for their hair.
- Good hair products can be very expensive.

Additional Discussion

The Opioid Settlement Prevention, Treatment, and Recovery Board (OSPTR) has a request for grant application (RFGA)

- Per Haoua, there is a board meeting from 10:00 a.m. - 1:00 p.m.today. The RFGA is for. 10 million, with 1.5 million being awarded to Black-serving organizations working in the substance use and prevention space.
    - **Meeting Information:** https://us02web.zoom.us/j/83335841070?pwd=TvSuaUxNJlJ9oGALeOKRckpTxWs4nd.1
        - Meeting ID: 833 3584 1070
        - Passcode: 218875
    - Priorities include:
        - Full Care Continuum
        - Raw Geographic Distribution
        - Low Burden and Transparent Application Process.
        - Reaching organizations that have not traditionally received state funding previously.
    - They are looking for program and idea pitches between now and December.
    - Funding is expected in December.
    - If you have questions or ideas, please contact Haoua Dogo at haoua.dogo@Upstreampublichealth.org
- Oregon Air Quality & Heat Events
    - Oregon Smoke Information
    - Can also check the air quality index (AQI) on the weather app on your phone.
    - AirNow and Paku are also good apps that provide AQI information.
    - Find a Cooling Center
        - Local libraries are open as cooling centers during the heat and smoke.
    - Help for When It's Hot

- Upstream Public Health is piloting a new volunteer program to help community organizations fill staffing and other needs.. Asking folks to share how many hours they need to help with their programs and other duties. Please include if this is one time or recurring request. If you have an upcoming event, please let Haoua know the date and time frame. Upstream You can send your request to Haoua, and a request form will be coming soon. Contact Haoua at: haoua.dogo@Upstreampublichealth.org
- August is National Breastfeeding Month
    - This year's theme is RISE: Resilience, Interdependence, Self Determinations, and Empowerment. The theme honors the dedication of families, community leaders, and healthcare professionals working to dismantle barriers and foster supportive environments. Building on past efforts to advance policy, systems, and environmental change, this year focuses on empowering our communities to thrive together.
- August 25 -31 is Black Breastfeeding Week. This week is dedicated to addressing systemic disparities in infant and maternal health outcomes and celebrating community-led solutions. In honor of this week, the REACH team is working to unveil the lactation rooms, reflecting the critical role public health plays in building support systems from workplace policies to community care.
- Breastfeeding Town Hall tomorrow, 8.6.26, at the East County Library (475 NW Division St., Gresham, OR 97030) from 10:00 a.m. - 4:00 p.m.
    - REACH is partnering with WIC and Healthy Birth Initiatives (HBI) on this town hall.
    - The town hall honors the dedication of families, community leaders, and healthcare professionals working to dismantle barriers and foster supportive environments. Building on past efforts to advance policy, systems, and environmental change,
- Carrie: Shout out to Providence Rhode Island for making their lactation space in the Rhode Island airport highly visible with signage. They have a very beautiful lactation space.
- Carrie: O'Hare airport has a Mamava location pod available for breastfeeding parents.
- Amina highlighted the location space at the Multnomah County Northeast Health Center.

- Upcoming Events.
    - **August 11** from 1:00 p.m. - 5:00 p.m.- Love is Stronger Event + Upstream - Roots to Recovery event: **Foster the Vide - Lents Block Party** at 9101 SE Foster Rd., Portland, OR 9726. Flyer to follow.
    - **Black Future Career Day,** Saturday Sept. 19, 10a - 4p at IRCO's Africa House, 709 NE 102nd, Portland, OR 97220. Flyer to follow.
    - Upstream has **Advocacy Training and Policy 101 for youth** 11a - 3p at IRCO's African House 709 NE 102nd, Portland, OR 97220. Flyer to follow.
    - Fawn Aberson: MLK Dream Run: Free kids race on 9/19, 5k, 10k, and 20k race on 9/20/26. Flyer to follow.
        - First Tuesday in September, Dawson Park - community clean up with Coalition of Black Men.
    - People's Farmers Market, every Sunday from 1:00 p.m. to 4:00 p.m. through September 21 at the East County Courthouse, 18480 SE Stark St., Portland, OR 97233
        - August 23rd is the Black African Caribbean Market Day
        - Sign Up link for tabling at the 8.23.26 Market: https://docs.google.com/forms/d/e/1FAIpQLScn37m92C1yzOYjRTlSRbMZC8FR9t9_kH4VFRIE8d4w3wM5mw/viewform
- Rockwood Village Apartment Community Clean Up on August 8, 2026 from 11:00 a.m. - 1:00 p.m. Meet at the East Multnomah County Courthouse, 18480 SE Stark St., Portland, OR 97233
    - Volunteer Sign-up
- Register to attend REACH + Portland Parks and Recreation free hike and transportation via free shuttle
    - August 8, 2026, 11:00 a.m. - 1:00 p.m. Lower Macleay Trailhead
    - August 22, 2026, 11:00 a.m. - 1:00 p.m. Lower Macleay Trailhead
- Walk for Healthy Living - Sat. September 26, time TBD. Looking for people to walk and table. Topics of interest: Healthy living, Black Women's Health. Contact Teresa Johnson at motherteresajohnson1@gmail.com.
- Highland Have + McCoy Village Apartments offer free line dance classes at 11:30 a.m. on Saturdays; 401 NE Prescott Street, Portland, OR 97220. Please contact Teresa Johnson at motherteresajohnson1@gmail.com for more information.

- Division Midway Alliance: Trends that Matter: September 1 from 8:30 p.m. - 1:00 p.m. at David Douglas High School. Flyer to follow.
- Alisha Howard: BIPOC convening happening at Feed'em Freedom's CROPS farm on August 16 from 10:00 a.m. - 2:00 p.m.; 1700 W Historic Columbia River Hwy., Troutdale, OR 97060
- People's Farmers Market: Walking program has started again.
- Black African Caribbean Market Day form 1p - 4p at the People's Farmers Market at 8480 SE Stark St., Portland, OR 97233
- Soul District Business Association https://souldistrictbiz.org/events is hosting several upcoming MLK Dream Run Free Training Runs- August 19 8am to 10pm Starts @ the Moda Center and you can walk or run along the waterfront, Tuesday Sept 1st 9am to 2pm at Dawson Park- a collaboration with the friends of Dawson Park, Coalition of Blackmen- coupled with a volunteer community clean up . The 15th annual MLK Dream Run weekend celebration will be happening Sept 19th & 20th.http://www.MLKDreamRun.org free kids race 9 and under, (sat) and a 5k, 10k and 15k: http://www.mlkdreamrun.org/

Action Items

Task	Owner	Due Date
Send flyers for upcoming events to Amina Sheikh-Wali at amina.sheikh-wali@multco.us.	Meeting Participants	As soon as possible.

Announcements & Upcoming Events

Important Dates

- **Sept. 2, 2026:** ACHIEVE Coalition Meeting
- **Oct. 7, 2026:** ACHIEVE Coalition Meeting
- **Nov. 4, 2026:** ACHIEVE Coalition Meeting

Local Community Programming

- **Breastfeeding Town Hall: "The Gathering": Health is Local and we hold the expertise and solutions for building Healthy and Flourishing Communities**; Thursday, August 5, 2026, 9:00 a.m. - 4:00 p.m, East County Library
- **Rockwood Village Community Cleanup:** August 8th, 2026 (11:00 AM - 1:00 PM)
- **Soul Stroll at Dawson Park:** August 15, 2025 (8:30 AM - 12:00 PM)
- **Soul2Soul African & African American Summit:** August 22, 2026
- **Forest & Washington Park Hikes:** August 8th and August 22nd (11:00 AM - 1:00 PM)