

ACHIEVE/REACH Meeting
Action Communities for Health, Innovation and Environmental Change
Racial and Ethnic Approaches to Community Health
 Wednesday, February 1/2023
 9:00 am-11:00 am
 Location: Virtual

Attendees: Haoua Dogo, Sonja Hendrix, Stephanie Blume, Derek Smith, Mossie Ogilvie, Charlene McGee, Susan Van't Hof, Sarina Saturn, Desha Reed-Holden, Germaine Flentroy, Anthony Bradley, Mikayla Hill, Quete Capuia, Renee Curtis, Carrie Roberson, Tholanda Newborne, Michael Walker, Sabrina Villemenay, Vanessa Chambers, Willie Chambers, Edline Francois, Annie Kirschner, Rasha Burns, Gabrielle Penn, Violet Larry, Cherish Watner, Ruthie Culver, Zana Mosely, Hermela Demise, Madison Kading, Alagja Conwell-Felix, Edward Hill, Mary Jo Anderson, Raphael Guzman, Nikobi Petronelli, Diadira Pedro-Xuncax, Dwight Myrick, Keara Rodela, Mason Durfee, Walter Bailey, Aaryn Wilkinson, Alisha Howard, Darrell Wade, Henry Ugorji, Hudda Osman, Rhonda Combs

Agenda Item	Key Discussion Points	Next Steps/Action Items
<p>Welcome & Introductions</p> <ul style="list-style-type: none"> Roll Call (Enter Name, Organization) 	<ul style="list-style-type: none"> Welcome Music Please introduce yourself in the Chat Meet Edline Francois, Mossie Ogilvie & Tholanda Newborne REACH team's newest members 	
<ul style="list-style-type: none"> Cherish Wantner, WIC Culturally Specific services 	<p>What is WIC and their partnership with REACH?</p> <p>WIC serves low income households, pregnant women, 1st year Breastfeeding w/food, health and educational referrals</p> <ol style="list-style-type: none"> Eligibility appointment Nutrition activity Mid Service appointment Nutrition activity <p>Benefits come between each benefit appointment</p> <p>Expanding culturally specific activities for Black families Because of mothers mortality rates Lower levels of breastfeeding after 6 months</p> <p>Lactation support Black moms breastfeeding groups</p>	

	<p>1:1 counseling Language specific if possible</p> <p>Education Safe space Black families can join</p> <p>Health and nutrition Global Tapas Juneteenth cooking classes, food boxes, Storytime at the library</p> <p>2023, financial literacy & mental health</p> <p>African Immigrants to help us build up our program to serve these communities</p> <p>WIC service group expansion in the past three years Cindee Potter and Terra Presley, Nutrition Specialist:Patreece Woodbury, Alicia Jones, Tuku Walio Nutrition Program Specialist: Cherish Wanters WIC Program Supervisor: Sabrina Villemeny</p> <p>Denise Brown- Native American cultural specific Spanish speaking and other languages offered.</p>
<ul style="list-style-type: none"> ● Annie Kirschner, Sun Service System 	<ul style="list-style-type: none"> ● Annie Kirschner: SUNService System ● SNAP-Lost resources to the community ● What we can do to support the community ● March 2020, those who received SNAP received extra boost emergency allotment fund over \$400,000 people 70 million dollars each month- Benefits will end at the end of February ● Receive their benefits between the 1-9th of the month, and March 11th or 12th they will not get their extended benefits, Based on how many people are in the household, and their income and their current benefit.

	<ul style="list-style-type: none"> ● People can look up their regular benefit amount and know what they will be losing in March, online in Eng and Spanish, or call (up to 90 minute wait). Benefits.oregon.gov ● They may be able to update their regular base benefit if certain things have changed such as size of family or physical ailments etc. ● State Human Services and the county have been collaborating to get information out to our communities. ● Annie K 971-334-6858
<ul style="list-style-type: none"> ● Mason Durfee, Double Up Food Bucks Oregon 	<ul style="list-style-type: none"> ● Mason Durfee -Oregon Food Bank & Diadera Pedro Xuncax ● “Double up food bucks” - allowing SNAP customers to get more <u>fresh fruits and veggies</u> ● 1-1 match up to \$20 when using SNAP benefits ● 60 farmers markets ● 25 stores ● 5 CSA's ● Up to \$20 a day ● A produce box every week for ½ the cost with a double up food box ● Pacific NW CSA is having a sign-up soon. ● Doubleuporegon.org ● To find the partners who accept and use the double up program that support SNAP benefits ● Diadira- setting up partnerships and setting up point of sale systems and updating the materials and training the cashiers, and the language needs, make sure the staff is up on the materials and how to support the community members, flyers and information around the store. Media facilitation and advertising. Reimbursement submission on line and then they are reimbursed.
<ul style="list-style-type: none"> ● Haoua Dogo 	<ul style="list-style-type: none"> ● Haoua- Healthy Active Oregon

<p>Health Active Oregon Coalition</p>	<ul style="list-style-type: none"> ● Food and nutrition for folks with IDD... nutritional deficits and poor diets, allergies, and heart issues, osteoporosis, and other health disparities. How can we support the group homes and their nutritional balance and value for those living in them? ● Currently none of the food targets are being met in the group homes. ● A lot of processed, frozen, ready to go meals. Want to help create ways for them to have home cooked meals. Beverages play a huge part in the consumption (not enough water is consumed). ● When you are busy, how do you keep yourself healthy? ● Buy single serving juices...Walking to the store each time you need them (exercise) ● Prepping meat overnight (in advance) to be ready to cook the next day ● Any way to make cooking at home easier ● One day for food prep on the weekend for the week. ● Pressure cooker/air fryer to have free time later in the week. ● Cut up all the veggies at one time for more than one meal ● Frozen juices and put electrolytes in there to help ● Emergen-C drink mix ● Vitamin D ● Veggies in a smoothie each morning ● A lot of fruit, and tea and coffee ● Trader Joe's pre-cut veggies
<ul style="list-style-type: none"> ● Carrie & Derek Feedback on Tobacco Quit Kit 	<ul style="list-style-type: none"> ● Carrie- Tobacco Quit Kits- January 1, 2024, Menthol and other flavored cigarettes and vapes will be banned in Multnomah County. ● What do you think will help you quit? ● Vicks VapoRub nasal inhalers ● Affirmation cards (worth or value) ● Reasons why I want to quit (family, health) ● Derek- medication supports ● Group support can be helpful ● CBO's might want to try to get into a quitting cohort
<ul style="list-style-type: none"> ● Cindy Shepard 	<ul style="list-style-type: none"> ● Cindy Shepard - US Heart Awareness Month in February- ● 1 in 2 people have HBP 130/80

Health Awareness
Month Health
Observance Focus

- HBP (hypertension) and stroke
- Health disease- heart failure, arrhythmia, coronary artery disease, cholesterol and other substances in the blood
- HDL- Good cholesterol
- LDL - bad cholesterol
- 18-34 year olds, 1 out of 10 black people are living with High Blood Pressure
- As people approach middle age the disparity in race becomes very significantly different.
- Diabetes you are twice as likely to have heart disease in the future
- Unbalanced diet with lots of sodium
- Second hand smoke exposure hurts the cells and the heart
- More than 70 percent of the sodium is found in food outside of the home
- 1st sign may be a heart attack or stroke, lightheadedness, arms and shoulder (numbness or pain), shortness of breath
- What is REACH doing?
- Promoting Heart Health partnering with the State and the “ Ask the Black Doctor” broadcast
- February 15th, newsletter, healthy heart ambassador in the REACH program. SAACO and EECRC and Feb 13th and 27th
- Plan Shop Safe cook webinar
- Twice a month there will be facilitation for Healthy Heart work. Carrie Roberson and Quete Capuia are the healthy heart ambassadors from REACH

● **Upcoming events**

- Black History Month participation
- 9-3:30 Feb 18th, youth 16-18 years, \$100 gift card for participating
- Boys and girls club Sat,4th 12-4pm
- 5250 NE MLK jr blvd
 - Vaccine clinic w/ providence
 - NIKE, Video game, DJ Panther, basketball
 - Everyone is invited
 - Hair braiders, barbers

	<ul style="list-style-type: none"> ○ Photobooth and face painting 	
<ul style="list-style-type: none"> ● Contact info shared in the chat 	<ul style="list-style-type: none"> ● Double Up Food Bucks website https://doubleuporegon.org/ ● Plan, Shop, Save & Cook is 4 weeks. Register using this link: https://docs.google.com/forms/d/e/1FAIpQLSeQihj-5ABghmkIRGBcRjicNuQkA6XIAEEqvKx9SOWz0kgvHiQ/viewform?usp=sf_link ● Blazers Boys & Girls Club ● 5250 NE Martin Luther King Jr Blvd, Portland, OR 97211, USA ● Leave a Comment on WIC Food Package: https://www.federalregister.gov/documents/2022/11/21/2022-24705/special-supplemental-nutrition-program-for-women-infants-and-children-wic-revisions-in-the-wic-food#open-comment ● annie.kirschner@multco.us and 971-334-6858 ● CSA website https://www.pnwcsa.org/financial-assistance 	
<ul style="list-style-type: none"> ● Next ACHIEVE MEETING 	<p>Wednesday March 1, 2023</p>	

