

ACHIEVE/REACH Meeting

Action Communities for Health, Innovation and Environmental Change Racial and Ethnic Approaches to Community Health

Wednesday, March 6, 2024

9:00 am-11:00 am

Location:

Attendees: Haoua Dogo (Upstream), Sonja Hendrix (MCHD), Charlene McGee (CDPHP/MCHD), Michael Walker (PHP/MCHD), Susan Van't Hof (OHA/PDES), Anthony Bradley (PGL/Beyond Black), Racheal Nakhabela (PHP/MCHD), Mossie Ogilvie (MCHD/REACH), Carrie Roberson (MCHD/REACH), Mikayla Hill (MCHD/REACH), Germaine Flentroy (PGL), Yamungu Seraya, (MCHD-CPCB), Ruthie Culver (Black Food Sovereignty), Leslie Esinga, Alagia Crowell-Felix, Arleta Christian, Ben Escalante-Cruz, Carol Yourd, Cherish Wanter, Cindy Shepard, EECRC, Joy Mulumba, Lionel Irving, Paul Lindsey, Rona Young, Roy Bunn, Jennifer Hardnett, Rashae Burns, Quete Capuia, Royal Harris, Stephanie Blume, Darrell Wade, Keara Rodela, Vanessa Chambers, Heidi Franklin, Rhonda Combs, Jennessa (Legacy), Meilana Charles (OSU), Ismond Waters, Charity Phillip, Kash Hill, LaQuida Landford, Nia Harris, Renee Curtis, Annie Kirshner, Jay Higgins, Abe Moland, Joy Mulumba, Alisha Howard, Yugen Rashad, Charles Fennel

Agenda Item	Key Discussion Points	Next Steps/Action Items
Welcome/Introductions	Please enter your name and organization in the chat notes, and what you are looking forward to with Spring around the corner.	
Charlene McGee + Cindy Shepard	<ul style="list-style-type: none"> ● Welcome Message + Greetings ● REACHing Us: Black History Month Event Video + Recap + Album 	
REACH team	Presentation + Discussion - Overview of REACH 3.0	
Breakout Room Activity	<p>Each room was divided into focus groups to answer the question: How can REACH support you?</p> <ul style="list-style-type: none"> ● Nutrition ● Physical Activity ● Breastfeeding ● Vaccination <p>With two other groups of focus from Prevention and Health Promotion</p> <ul style="list-style-type: none"> ● Economic Development in the African American community <ul style="list-style-type: none"> ○ Seminars throughout the year 	

	<ul style="list-style-type: none"> ● Tobacco Use and Prevention <ul style="list-style-type: none"> ○ Prevent ○ Reduce ○ Culturally specific resources ○ “No Menthol” Sundays ○ May 19th Brunch w/ Faith Based partners ○ Quit Kits 	
Mossie	<p>Wellness toolkit</p> <p>Resources from my presentation: “A total of seven articles were identified indicating five barriers preventing Black Americans from being vaccinated against COVID-19 that included (1) mistrust of the medical establishment, (2) uncertainty in vaccine safety, (3) limited access to healthcare, (4) inequitable access to resources, and (5) lower health literacy. ” https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9734369/</p> <p>Interactive Home Ventilation Tool:</p> <p>Free antiviral covid treatment</p> <p>COVID levels</p> <p>Free Covid Tests</p>	
Carrie	<p>Diabetes Prevention Program is getting ready to start its 2024-2025 cycle If you are interested in becoming a life coach REACH will pay for the training. The three day virtual training(s) will take place April 16, 17, 19th and or May 14, 15, and 17th</p>	
All Updates:	Jay Higgins from the City of Gresham:	

Gresham Transportation System Plan Stakeholder Advisory Committee - 6 meetings over 18 months. Recruiting community members in March and April.
jay.higgins@greshamoregon.gov

Engagement with Black community

Transportation system plan thinking about all the different ways people travel

Technical and stakeholder advisory committees

Anyone in the Gresham area who would like to be on the Stakeholder committee

6 meetings over an 18 month period

2 hour meetings regarding the consultant team about

Themes: Equity, safety, climate, policy around shared bikes and scooters

Rashae Burns:

1. Growing Gardens Home Gardens and Partnership Gardens-
rashae@growing-gardens.org 2. Food Preservation and Community
Wellness events - BeWell.Rashae@gmail.com

Home Gardens director - Growing Gardens

Alder Commons

Get a CSA from Farmers in the community

Volunteer master food preserver

No training in Multnomah County in 20 years.

If you need it, they will give it to you.

Healthy cooking demos, "Heal over a Meal"

Carrie Roberson:

Tonight at 5:30pm "A taste of Africa" series of learnings

Email Carrie for Zoom link and information

	<p>Anthony Bradley- Play Grow Learn: Nadaka Nature Park spring break camp the last week of March On that final Friday there will be a Community Cultural feast from African Farmers and a food Celebration and resource fair for everyone.</p>	
Haoua	<p>Oregon Lobby Day w/ American Heart Association February 21st EMS modernization HB 4081 Double up food bucks Tobacco flavor ban</p>	
Links, Emails and contacts shared during the meeting.	<p>https://www.growing-gardens.org/home-gardens Carrie Roberson Multnomah County REACH 971-610-7562 Carrie Roberson cindy.shepard8@multco.us Heidi Franklin, MultCo REACH: heidi.franklin@multco.us</p>	
Meeting Adjourned		