

ACHIEVE/REACH Meeting

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

Wednesday, September 6, 2023

9:00 am-11:00am

Location: Rockwood Market Hall

Attendees: Haoua Dogo (Upstream) , Sonja Hendrix (MCHD), Charlene McGee (CDPHP/MCHD), Michael Walker(PHP/MCHD), Susan Van't Hof (OHA/PDES), Elle Molokowo (Feed em Freedom), Anthony Bradley (PGL/Beyond Black), Racheal Nakhabala (PHP/MCHD), Tyler West Sr. (PP&R), Eugene Sadiki (MCHD/TB), LaLa Harris (Feed'em Freedom), Edline Francois(MCHD/REACH), Gabrielle Penn (MCHD/REACH), Derek Smith, MCHD/Tobacco), Carrie Roberson (MCHD/REACH), Germaine Flentroy (PGL), Yamungu Seraya, (MCHD-CPCB), Quete Capuia (MCHD-CPCB), Vanessa Chambers (Grandma's Hands), Mikayla Hill (MCHD/REACH), Ruthie Culver (Black Food Sover

Agenda Item	Key Discussion Points	Next Steps/Action Items
Welcome/Introductions	Welcome Racheal Julianne from the Rockwood Market Hall gave a brief introduction and tour of the space 53905- bathroom code Formerly a Fred Meyer purchased in 2003, Plaza Del Sol 2015 development talks Central Bethany developed the lands. Opened in May 2022! Small Business Incubator (reduced rent) sized up from food truck or farmers market space. Those working to become a full sized restaurant can seed here. Micro restaurants Currently there are vacancies for micro retail Micro grocery - to open - looking for vendors Full service commissary kitchen. Rent 24/7 happy to get anyone started Two fuller size restaurant spaces Plaza for events 108 units for apt bldg.being built currently PYC Kitchen not available for rentals	

Tour of the site	<p>\$25 per hour in the kitchen during the day Late hours \$20 per hour REACH will rent the kitchen for them Rockwood Market Hall website</p>	
Tobacco Reform	<p>Flavor Band passed in Multnomah County. Working towards a statewide band. Funding given to Washington Clackamas and Multnomah County looking at Lane county and in Klamath falls area</p> <p>Looking for youth ambassadors w/ incentives reach out to Haoua Dogo to see what the ambassadorship would look like Creating Tobacco Quit kits</p> <p>Tobacco free coalition of Oregon Sept 28th first meeting back in the fall they create policies Several events planned but they are open for more ideas</p> <p>Thursday 1-2:30pm Communities Qt's how to provide community quit services Vape shops are suing and on Friday the County was told they can do what it wants to protect the kids.</p>	
Upcoming events Cindy	<p>Active People Health Multnomah County - safe space for people to exercise Check out the website Weekly walks Sept 9th, a bike ride Bring your own Bike at Floyd Light Middle school 12-2pm</p> <p>Sept 23rd, PAD peripheral Arterial Disease screening- epidemic of amputations in the Black community. Come to NEHC clinic 11-3:00pm walk ins 65 and older 50-64 w/ certain risk factors</p>	

	<p>50- younger Type 2 diabetes and one other risk factor History of PAD 5329 NE MLK Blvd Portland, OR 97211 Series of long covid seminars in October - Mossie from REACH will be running them. Every Friday in October starting on Oct 2nd, virtual and 2 in person at the Historic Overlook House</p>	
<p>Gabrielle HBI</p>	<p>Health Birth Initiative provides: Before, during and postpartum care to babies Nurses and case managers Respite services Mental health services for the clients Free and discount supplies, diapers, Weekly childbirth and child care trainings Father focused activities Surplus of Cribbettes for free Safe Sleep education ODHS gun violence prevention gun locks safes Systems policy Change Infant mortality proclamation Presenting at 11:00 am tomorrow Babies under 2 years old *No services for unhoused mothers They do screening for domestic violence Work with the WiC program to get lactation support</p>	
<p>Carrie Robersone More upcoming events</p>	<p>October 31st Highland Haven WALK Nov 4th Indoor at Lloyd Center walking Indoor gardening Growing Gardens at Alberta Commons Cooking classes Play Grow Learn - Reclaiming Black Joy</p>	

	<p>On Sunday, Sept 24th Rockwood Market Hall 1-5pm Every Sunday Farmer's Market at the Market Hall Come and learn how to have a healthier lifestyle</p> <p>Tyler West- East Portland Community Center 106th and Stark Offering the use of their space for community activities as well</p>	
Next Meeting	Wednesday, October 4, 2023	
Meeting Adjourned		