

ACHIEVE/REACH Meeting
Action Communities for Health, Innovation and Environmental Change
Racial and Ethnic Approaches to Community Health
 Wednesday, June 1, 2022
 9:00 am-11:00am
 Location: Virtual

Attendees: Sonja Hendrix, Stephanie Blume, Elle Neal, TK Kapurura, Derek Smith, Tameka Brazile, Desha Reed-Holden, Germaine Flentroy, Anthony Bradley, Royal Harris, Susan Van't Hof, Mikayla Hill, Teresa Johnson, Quete Capuia, Renee Curtis, Carrie Roberson, Ron Weaver, Alagia Conwell-Felix, Sabrina Villemenay, Keara Rodela, Edward Hill, Vanessa Chambers, Willie Chambers, Edline Comagine, JerMichael Riley, Anne Schwindt, Eugenie Adama-T, Noel Silhan, Teresa Johnson, James Demry, Ashley Weatherspoon, Darrell Wade, Tameka Brazile, Espoir Walumvenoo Larry "J" Johnson, Keara Rodela, Brendon Haggerty, Anthony Bradley, Leslie Esinga, Linda Bryant-Daaka, Charles Smith, Rashae Burns, Ronnie Meyers

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 ● Ron Weaver rweaver@lcsnw.org led the Mindfulness Exercise, Storytelling how heritage is a foundation for resilience and the tie into Juneteenth. Grandparents sharing stories, what did you hear? How did you interpret it? <ul style="list-style-type: none"> ○ Juneteenth was our 4th of July ○ we were a community (eg. baby formula shortage) other moms would feed other babies. ○ street fairs with activities for the kids ○ celebrations that our grandparents had are being passed down to the current generation ○ eating foods like catfish on a stick, watermelon, cornbread, ribs, baked beans, potato salad, hot water cornbread, greens, butter rolls, peach cobbler, ○ dances like the mashed potato, the monkey, old willy, the jerk ○ playing football 	

<ul style="list-style-type: none"> ● Welcome New ACHIEVE/REACH member JerMichael Riley 	<ul style="list-style-type: none"> ● JerMichael Riley. Dr. Riley, most recently served as the Team Lead for the Business Support and Outreach Team for the Communicable Disease Program. He was born and raised in Greenville, Mississippi. He earned a bachelor's degree in Mass Communications with an emphasis in public relations (Jackson State University), a Master's degree in curriculum and instruction (Freed Hardeman University), and a Doctorate in Educational Leadership and Administration (Jackson State University), with over 14 years in the educational arena in various capacities. ● In the capacity as the REACH Program's Program Specialist Senior. Dr. Riley will provide leadership to develop and implement upstream strategies including communication campaigns, policy, systems and environmental changes to further the strategic goals of the REACH Program. This work will occur through the ongoing implementation of the REACH Program's multi-level strategic plan designed to help systems and our African American/Black immigrants in addressing chronic diseases disparities. Through various primary prevention and public awareness campaigns he will serve as the program's lead in driving organizational policy, procedure, and program analysis to support the capacity building of partners. 	
<ul style="list-style-type: none"> ● MonkeyPox Update by Anne Schwindt, Lead Community Health Nurse, Multnomah County Communicable Disease and Noel Sihan, Nurse/Epidemiologist in Communicable Diseases at MCHD ● 503-988-3406 	<ul style="list-style-type: none"> ● MonkeyPox Presentation ● Monkeypox virus is in the same family as Smallpox ● 1970, in The Republic of the Congo, in Central Africa, the first human case was discovered ● Over 40 mutations of the virus since then have been reported ● 15 recent cases of orthopox virus usually found to be Monkeypox have been reported in CA, CO, FL, Mass, NY, Virginia, UT and Washington State ● 257 confirmed and 200 presumptive cases since May 15, 2022 ● 10-15% death rate ● 1-3% death rate coming out of West Africa ● Signs - fever ache, fatigue, 2-3 days then pox lesions ● Incubation period is 5-21 days 	

- Rash on face. Arms and legs
- Lesions smaller in size and develop at the same stage all over the infected person
- Then depressed lesions like a belly button
- Genital and perianal areas most common (starts)
- Lesions present and then skin to skin transmission is high
- After 4 weeks the lesions start to scab.
- Can be transmitted through coughs
- Shared bedding and close contact may also spread it.
- Average number of persons infected per case usually 2 people
- Effective contact- more than 3 hours
- After lesions appears skin to skin contact will be most likely point of transmission
- Clinical and then lab tests ruling out HSV, Chicken Pox first
- 1st they run a PCR for all orthopoxviruses
- Treatment - supportive care has been helpful
- Vaccine for high risk exposure
- Stopped giving it in 1970, when Smallpox was eradicated
- High risk settings and scenarios
- High rates of skin to skin - daycare, sports teams, large households
- Gay and Bi-Sexual men have been targeted in discriminatory ways
- Why is the illness moving outside of Africa, increasing urbanization and deforestation, eradication of smallpox, more travel to different parts of the world
- Equity concerns- using black people in advertisements , however anyone of any race can contract the virus
- Stigma, fuels fear, and leads to outbreak (resources)
- 2 way communication prevention and care

- **Presentation to acknowledge and raise awareness about [Brain & Alzheimer's Awareness Month](#) by Dr. Aimee Pierce. Her presentation will connect the dots between Alzheimer + Brain Health + Chronic Disease and Brain Fog Due to COVID-19**

- [Brain & Alzheimer's Awareness Month](#)
- June is Alzheimers and Brain awareness month
- What is dementia? What is Alzheimer's?
- Causes of memory loss: age, medication, alcohol, dehydration all lead to dementia
- Not a normal part of aging although it is common language, memory, judgment or reasoning
- Umbrella term, most common is Alzheimer's at least 60 percent of patients have dementia
- Sometimes it is difficult to tell what type is present
- Alzheimer's presents as:
 - Brain- shrinkage of the brain
 - Death of the brain cells
 - Plaques and tangles contribute to neuronal cell death
- 1 in 3 seniors dies with dementia
- 6 million people are living with Alzheimer's
- 11 million people are caring for someone with Alzheimer's
- 20% increase of cases in Oregon
- Age is the number one risk factor after age 60
- 10 ways to love your brain
- Hit the books, don't smoke, follow your heart, Heads up, break a sweat, fuel up right, Get plenty of sleep etc.
- Racial and ethnic disparities- higher rate in the AA population 65 or older 14% Blacks, 12% Hispanics, 10% whites
- Cardiovascular disease, built environment, education are all factors
- Do Not wait for dementia to develop let's identify and intervene
- OHSU funded by NIH for research
- AADAPt Project
- AHEAD Study- Amyloid study
- COVID in the Brain-
- Long COVID ongoing or returning health problems
- Post covid conditions, brain fog
- Side effects of treatment, bereavement, anxiety, sleep disorders, PTSD, headaches, hair loss

	<ul style="list-style-type: none"> ● Can occur with even mild cases ● there is only ½ the risk of long covid in fully vaccinated people ● Word retrieval, reasoning, planning and judgment, similar to after a concussion ● National Institute on Aging (NIA) understanding and impacting the focus on African Americans ● SPADO- State Place Alzheimers and Dementia in Oregon 	
<ul style="list-style-type: none"> ● Partner Updates: 	<ul style="list-style-type: none"> ● Chuck Smith - East Side Market - Food Bus about to launch <ul style="list-style-type: none"> ○ The Healing space up and running ○ Black Sunday's located at SE 60th and Duke on Sunday afternoons ● BPI: Linda <ul style="list-style-type: none"> ○ Several summer Camp programs ○ Literacy and tutoring camps 60 youth ○ Sacred roots doula mini camp 6-8th grade identity acceptance maternal and child health ● HBI Desha <ul style="list-style-type: none"> ○ Planning summer activities ○ CAN meetings, 3rd Weds monthly ○ Self-care for Black parents on the 18th of June ○ "Let that DAD Speak" Every 2nd Tuesday of the month on Zoom ○ Prenatal and childbirth education classes ● NEHC - Leslie <ul style="list-style-type: none"> ○ CSA in partnership with Zinger farms, 5 slots still open - looking for people with diabetes, cancer, etc...Starts on the 7th at LaClinica limited deliveries Weds 4-6pm on Weds through Oct. ● UL- Zana <ul style="list-style-type: none"> ○ Vaccine clinics June 11th and health and wellness event - black provider present, music, 	

- June 21st at New Columbia in N.Portland 10 NE Russell

- Grandma's Hands - Vanessa

- Grandmothers working with grandchildren (more information coming)

- WIC- Sabrina

- Farmer's market starts today until Nov 30th - vouchers can be used throughout the county. (\$28)
- Juneteenth cooking demo on June 16th by invitation to those on WIC
- Nutrition specialist in WIC will start in July
- Black Breastfeeding groups every 3rd Friday

- Living black Cully

- looking for vendors July15, Aug 13 & Sept 10th
- Bike shop, WALK with Oregon Walks
- from 3rd Eye to the library
- Dawson Park June 18th, at the Urban League 11am departure from Dawson Park

- Renee Curtis

- Powerful tools for Caregivers / Diabetes prevention 6 weeks for 90 minutes each
- Grandparents or relatives raising children within families.

- Larry J

- Come by his stand at the Juneteenth

- Stephanie

- Juneteenth events- Beyond Black, Play Grow Learn & REACH
- Juneteenth Gresham on the 19th, VANCE Park 1400 SE 182nd Ave noon opening prayers and celebration
- 1:30 lift every voice and sing

	<ul style="list-style-type: none"> ○ Lent's neighborhood Wattles Boys and Girls Club 9330 SE Harold Street, Run the Show and Father's Day celebration ○ June 19th IRCO Africa House, REACH ○ Father's day Bar B Q ○ Vouchers for the local farmer's market ○ Face painting ○ Multnomah County library ○ Vaccine clinic ○ Massages, etc 	
<ul style="list-style-type: none"> ● Contact info shared in the chat 	<ul style="list-style-type: none"> ● Carrie Roberson, Caring Communities LLC, casroberson@gmail.com 206-458-4342 ● Keara Rodela, IRCO, keara@irco.org ● Linda Bryant-Daaka, BPI- Sacred Roots Doula & Mobile Lactation Services program, linda.bryant-daaka@the bpi.org, 503-430-9072 ● Leslie Esinga, CHS, NE Health Clinic, Multnomah County. 971.272.3944, Leslie.Esinga@multco.us ● Aimee Pierce, piercea@ohsu.edu ● Caregiving for family & loved ones with dementia and other illnesses creates health risks without support. To learn about a program, reach out to renee.curtis@multco.us/ 971-990-6857 ● Alagia Conwell-Felix https://forms.gle/AT9BK3Mzr2ZGrpGU7 	
<ul style="list-style-type: none"> ● Next ACHIEVE MEETING 	<p>Wednesday July 6, 2022</p>	