

ACHIEVE/REACH Meeting
Action Communities for Health, Innovation and Environmental Change
Racial and Ethnic Approaches to Community Health
 Wednesday, April 5/2023
 9:00 am-11:00 am
 Location: Virtual

Attendees: Haoua Dogo, Sonja Hendrix, Stephanie Blume, Charlene McGee, Cindy Shepard, Mikayla Hill, Quete Capuia, Carrie Roberson, Tholanda Newborne, Michael Walker, Derek Smith, Mossie Ogilvie, Edline Francois, Susan Van't Hof, Germaine Flentroy, Anthony Bradley, Sabrina Villemenay, Vanessa Chambers, Willie Chambers, Rashae Burns, Gabrielle Penn, Cherish Wanter, Ruthie Culver, Hermela Demise, Alagia Conwell-Felix, Raphael Guzman, Alisha Howard, Leslie Esinga, Seraya Yamungu, Nabutla Wanbala, Yugen Rashad, Tamara Duncan, Monique Lopez, Ron Weaver, Charles Smith, Charles Fennell, Alivia Felciano, Debra A. Martin, Elle Moloswu, Julianne Reno, Safari Ndongwa, EECRC, Izzy, Linda Bryant-Daaka, Laura Schaffer, Zana Mosley, Renee Curtis, Mei, Teresa Johnson, Johnny Bradford, Annie Kirschner, Charles Fennell, Adiam Adiam, Am Bush

Guests: not this week

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 Alcohol awareness National Cancer Sexual Assault Stress Relief Month Foot Awareness Month 	
<ul style="list-style-type: none"> Stephanie Blume- National Public Health Week Celebrations Public Facing events Including Monday and Friday's events 	<ul style="list-style-type: none"> Stephanie: Happy National Public Health Week!!!! Muralist Daren Todd returning on Friday, April 7, 2023, from 2:30-5:30pm, 5250 NE MLK JR BLVD, Blazers Boys and Girls Club Karaoke Night on Monday 3/4/2023 hosted by the PH Director WALK on Friday 3/7/2023 Vance park meet at 11:00 am for Noon walk East 1400 SE 182nd Ave 1 mile walk then to Rockwood Market Hall for lunch Then to the Blazers Boys & Girls Club on NE MLK for the event there 	<ul style="list-style-type: none">
<ul style="list-style-type: none"> REACH Team + County Grant Team 	<p>Notice of Funding Opportunities:</p>	

<ul style="list-style-type: none"> ● Update on the REACH 2023, NOFO 	<ul style="list-style-type: none"> ● Edline: ● Thank you for the letters of support for the Grant, which is in the works ● Most of the partners were able to join the REACH team to give input ● <u>Nutrition</u> excited to work with feasibility study and expanding the health food procurement policy ● working with Arise and Shine” and other farming partners ● ICS of Multnomah County and CareOregon creating partnerships ● want to invite new partners, small business development to increase access to healthy food REACH 3.0 (yrs 1-5) ● <u>Physical activity</u> - refine REACH health Equity analysis tools ● <u>Transportation partners</u>: Albina Vision Trust, PBOT, Wood Village ● <u>Safe Streets for all</u> in East County - neighborhood walk audits ● <u>Breastfeeding</u> partners and advocates ● partner with businesses and parks and friendly designation health care systems collaboration with OHA in the African American breastfeeding coalition; breastfeeding implicit bias training ● <u>Vaccination</u> working with community partners to frame the best draw for getting more people vaccinated ● expand existing community health partnerships ● Finishing the work plan and crafting success stories so that we can submit the NOFO by April 11, 2023 	
<ul style="list-style-type: none"> ● Haoua Dogo Upstream Public Health 	<ul style="list-style-type: none"> ● Focused youth impact training for 40 youth ● Empower youth to stand up ● Hosted at Africa House at IRCO ● History and context of <u>smoking</u> (every moment is a teaching moment) ● connection, competency and contribution ● youth want to help tackle tobacco reform ● TOFCO Youth Ambassador program is being created (first meeting Saturday April 1st) ● They had misinformation regarding Hookah smoking ● What works with vaping ● Talk about policies and changes ● Changing and improving things as the adults ● They will meet once a month starting in June, currently meeting twice a month ● Reach out to Haoua if there are upcoming events that will help the youth 	

<ul style="list-style-type: none"> • Derek Smith - Community Tobacco Quit Programs 	<ul style="list-style-type: none"> • Very few services to help you Quit Smoking • Supporting CBO's • A couple of weeks ago at the Rockwood Library a training was held • Network of organizations to offer quit services and then promotion • Quit Kits - to help them quit. • Monthly convening to try to figure out how to run quit programs better. • 1st Thurs at 1:05pm meeting • self help, cold turkey, 1:1 counseling 	
<ul style="list-style-type: none"> • Cindy Shepard, REACH -Colorectal Cancer 	<ul style="list-style-type: none"> • Effects Black and African communities at higher rates: colon or rectal abnormal cell growth out of control • age 45 and up it will help with early detection • people with other bowel issues, genetics, ISD and a history of radiation to the area, and lifestyle factors eg. no physical activity, low fiber, high fat diet • symptoms, bleeding in the stool, cramping, weakness, unexplained weight loss. The feeling you need to use the restroom right after you just used it. • gFOBT stool sample test. FIT uses antibodies in the stool every three years, FIT_DNA test to test for altered DNA once every 3 years • FLEXible sigmoidoscopy 5-10 yrs • CT colonography virtual using virtual and every 5 years • personal and family history may make a difference • Black and Africans are more likely to die from colon cancer • Black and Africans are 20% more likely to get it and 40% more likely to die from bowel cancer and with Covid are at even higher risk • Some ways to reduce risk, don't smoke, take low dose aspirin helps "some" adults (check with your doctor) 	
<ul style="list-style-type: none"> • Mikayla Hill, REACH- Portland Climate Friendly Food Committee - share ways you at home can help save the climate by eating and purchasing food in a sustainable way April 20th, 12-1pm 	<ul style="list-style-type: none"> • Climate friendly eating • comprehensive value based procurement policies • Greenhouse Gas emission lowering foods • climate friendly food. • What is MC doing to promote sustainability at the institutional level? <ul style="list-style-type: none"> ○ Portland Friendly climate food committee and the office of sustainability April 20th Noon -1:00 pm (everyone is invited) ○ providing an overview of how and why it is important to the planet. 	

<ul style="list-style-type: none"> ● Edline Francois, REACH -#ActivePeopleHealthyMultnomah #MoveYourWay -Campaign Details 	<ul style="list-style-type: none"> ● Launching their way, biking hiking dancing skating and walking ● register through the walker checker application ● partnering with Oregon Walks ● Fun incentives, restaurants and vendors, gift baskets for frequent walkers May - January 2024 ● QR code or Link will be shared ● 	<ul style="list-style-type: none"> ● Register to walk
<ul style="list-style-type: none"> ● Mossie Ogilvie, REACH - COVID 19 Updates: Boosters, Long Covid, Clinics 	<ul style="list-style-type: none"> ● State of Immunity ● 90% of adults have received at least 1 dose ● Vaccination has rate has started to drop off (all kinds) ● polio, whooping cough are on the rise again ● Multnomah County is experiencing a substantial increase in the amt of COVID in Oregon ● Bivalent booster is the new vaccine for the future for all ● Adolescent Immunization Action Week 4/3-7/2023 ● Community Health worker training ● pregnancy acog.org/laboroflove for Covid facts ● Free Antivirals 833.273.6330 	<ul style="list-style-type: none"> ● CLEAN AIR FAN-
<ul style="list-style-type: none"> ● Partner updates. 	<ul style="list-style-type: none"> ● Zana from Urban League: April 22nd, PSU Farmers Market Health and Wellness Fair, boost. <u>Transportation from north Portland to the Urban League Farmers market at PSU is also available!</u> Workforce will be out there. \$20 tokens to spend when you pre-register 8:30-2:00 pm, Youth tobacco program. 9 week tobacco program in Portland Schools. 	
<ul style="list-style-type: none"> ● Upcoming events 	<ul style="list-style-type: none"> ● Saturday for PHW: Care for Health Care- Massage, Vaccine Clinic food and appreciation for Health care community ● Looking for someone to lead a mindfulness guided relaxation ● April 28th, 4-8pm SKATE party & Vaccine clinic ● If you would like to give out resources, please participate ● Food, FREE event, DJ April 28th at LLoyd Center at the old Marshall's Department Store on the east end of the mall ● African American Indigenous market ● 831 SE Salmon Street ● Starting in May ● WIC 	

- Partnering w/ OSU for a Nutrition class, How Africans use their food for nutrition and make the most of what is available
- Exchanging knowledge on diabetes
- Zoom meetings starting today on Wednesdays for eight weeks Africa, Caribbean, south American participants
- Gun Violence how you help your community after it has been affected by gun violence.
- Preschool for all, K-12 and their experiences
- How do you heal
- April 20, 6-7:30pm
- Hiring staff with a somali an Aramic language preference
- Anthony Bradley: Play Grow Learn, Beyond Black
- Juneteenth planning underway join the Leaders luncheon May 16, Friday, 12-2pm at Rockwood Market Hall
- June 19th is juneteenth this year
- Gabirelle transitioned to HBI, Elevate and celebrate the trials and triumphs of Black Birth
- April 12th, 5-7pm Zoom
- Tholanda: Multnomah County has offered to pay for a DPP training April 18th, 20th, and 21st
- Look for the link below
- Carrie Better Portland, anti-violence rally Saturday, April 15th Jefferson HS
- Linda Daaka - BPI- rescheduled literacy event April 29th Barnes and Noble at the Lloyd center
- 4 children's books authors from Oregon
- Safe Sleep from Sacred Roots april 22nd, Safe sleep baby shower 503.430.9072
- Stephanie: Support in our Society every thursday March 16, 23 ,April 6, 13, 20

	<ul style="list-style-type: none"> • Free BP Screenings and glucose checks snacks and refreshments, 6-7:30 pm at Morning Star Baptist Church • Cindy: • Every other Friday Black Covid and • REACH Newsletter • Email her to be added • CDC Training 4 hour training training on communications • CDC Training form we need 100 people to do 10,000 steps See you on the App!! 	
<ul style="list-style-type: none"> • Contact info and links shared in the chat 	<p>Rockwood Market Hall URBAN LEAGUE Spring Fair Registration 503-280-2600 for info Adiam Tobacco Program Registration Link Better Portland - vendors and sponsors Debra A. Martin: @Tholanda Newborne, I am interested in the Diabetes Training you can e-mail me at MartinCommunity.net@yahoo.com , 503-280-2600 Adiam: @Tholanda info@eecrc.org Leslie Esinga: @Tholanda--I am interested in the Diabetes Program. @Thalonda-Leslie.Esinga@multco.us Linda Bryant-Daaka linda.bryant-daaka@thebpi.org, 503-430-9072</p> <p>Diabetes Prevention Program culturally specific Lifestyle training This link may have been deactivated try this https://emorytraining.learnupon.com/users/sign_in?next=%2Fcatalog%2Fcourses%2F2981590</p> <p>haoua.dogo@upstreampublichealth.org derek.smith@multco.us ellefeedemfreedom@gmail.com Greenbook initiative</p> <p>Walking App</p> <p>WalkerTracker for Apple: https://apps.apple.com/us/app/walker-tracker/id844623241</p>	

	<p>For Android: https://play.google.com/store/games?device=windows</p> <p>Charles Smith: Town Hall Session Black Children and Youth with Special Health Needs: Families Navigate. Watch live http://bit.ly/3kUe6GU Ms. Laurie Palmer, Pastor Taylor (SCAFO) and other Black parents from the community will be on the Town Hall panel</p> <p>VCN Training: https://vaccinate.thinkific.com/</p> <p>DIY Box Fan Air Filter</p> <p>https://thetruthcheck.org/ https://thetruthcheck.org/ https://www.acog.org/covid-19/covid-19-vaccines-tools-for-your-practice-and-your-patients/labor-of-love</p> <p>mpaigns/vaccines https://patientresearchcovid19.com/survey2/</p>	
<ul style="list-style-type: none"> • Next ACHIEVE MEETING 	<p>Wednesday May 3, 2023</p> <p>Agenda Item placement FORM</p>	