

Multnomah County [Racial and Ethnic Approaches to Community Health \(REACH\) Program](#)
[Action Communities for Health, Innovation and Environmental Change \(ACHIEVE\) Coalition](#) Meeting

Date: August 6, 2025 **from** 9:00 A.M. - 11:00 A.M.

VIRTUAL: <https://meet.google.com/bqe-uhbp-nzq>

Or dial: +1 252-843-1128 PIN: 370594211

Presenter	Agenda Item	Time
	<i>Virtual Coffee Hour</i>	8:15 AM - 9 AM
All	<ul style="list-style-type: none"> Welcome Icebreaker <ol style="list-style-type: none"> What were some of your favorite events growing up in Portland, why were they your favorite? 	9 AM - 9:15 AM
Christina Bodamer, American Heart Association	<ul style="list-style-type: none"> Protecting Policies We've Passed 	9:15 AM - 9:35 AM
Annie Krischner, Multnomah County	<ul style="list-style-type: none"> Snap Benefits Updates & Changes 	9:35 AM - 9:55 AM
AS YOU CAN - MOVE YOUR WAY BREAK (9:55 AM - 10:00 AM)		
Paula Reis, Upstream Academy	<ul style="list-style-type: none"> Toxic Hair Products 	10:00 AM - 10:20 AM
Providence Medical Group (PMG)	<ul style="list-style-type: none"> Health Equity Work 	10:20 AM - 10:35 AM
Amal Mohamed, Upstream Public Health	<ul style="list-style-type: none"> Roots to Recovery 	10:35 AM - 10:45 AM
All	<ul style="list-style-type: none"> Discussion: Spring + Summer Events REACH EVENTS WEBSITE Please complete the REACH Agenda Request Form (Share, spotlight and highlight work) Review action items and next step & Adjourn Meeting 	10:45 AM - 11:00 AM
2025 ACHIEVE Coalition SAVE THE DATES: 1st Wednesdays of the Month from 9:00 - 11:00 A.M. Aug. 6, Sept 3, Oct. 1, Nov. 5, Dec. 3 Please let us know if you can present by completing the REACH Agenda Request Form		
Reminders - Upcoming Multco REACHing US Programmings + Events. July Newsletter		

Come Thru Market Come Thru Market | 1st and 3rd Mondays, June - October, 3-7PM. Shop this incubator market centering Black and Indigenous Farmers, Makers, and Friends. [Visit the website](#) for more details.

The People's Farmers Market by Play Grow Learn | Every Sunday from June 22 - November 2, 1-5PM at 18480 SE Stark St 97233. Join us for a BIPOC-focused community market and CSA program with up to 50 local vendors providing fresh produce, good and crafts, and free family-friendly entertainment. Free food tokens available. [Learn more about the market and other events.](#)

Free Food Market - Mudbone Grown + Feed the Mass | LAST Tuesdays, 3:30 - 5:30PM or until food runs out. June- November at Randall Children's Hospital 2801 N Gantenbein Ave 97227. Open to all in need.

ARIO Free Food Market | 1-4PM at 740 Southeast 106th Ave 97216. [African Refugee Immigrant Organization](#) hosts a monthly free food market providing access to fresh, nutritious food for individuals and families in need. Everyone is welcome to participate in this effort to ensure no one goes hungry. **Please contact ARIO** for updated information on the 2025 free food program.

Albina Library Grand Opening | July 19 | Ribbon cutting starts at 9AM. Join a family friendly celebration at the new Albina Library! There will be dance, music, play, reading, and learning for all ages. Visit the **event page** for more information and a schedule.

Soul Stroll by Miracles Club | August 16, 8:30AM - 12PM at Dawson Park N Stanton Street and Williams Ave 97227. Soul Stroll is an annual event dedicated to promoting health awareness within the African American community. **While this fundraiser costs \$20 to participate (t-shirt included with registration), free spots are available on a financial-need basis. REACH is also providing transportation for this event for any participants.** Limited need-based and transport spots available.

- [Sign up for transportation to Soul Stroll](#)
- [Learn more about Soul Stroll](#)
- Email nsilo.berry@multco.us about free participation

NE Health Center Lactation Room Opening | August 26, 10AM - 2PM at 5329 NE Martin Luther King Jr Blvd 97211, 1st Floor, conference room B. Join Multnomah County WIC, REACH, and HBI for the unveiling of the new Northeast Health Center lactation room! This event is free, refreshments provided.

4th Annual In My Shoes 5K/3K Walk by Word Is Bond | Saturday August 30, 9AM - 1PM at 1661 N. Wheeler Ave 97227. Join an interactive event centered around promoting healthy habits, celebrating history, and community safety. Visit the [event page](#) for more details. This event is free.

A Taste of African Heritage Class | September 15, Time, 2-4PM at Play Grow Learn Farm 13949 SE Stark Street 97233. Join REACH and PGL for a special, one-day ToAH event! Back by popular demand, you'll get to cook and eat delicious and nutritious recipes for free. Learn to cook whole grains with Chef Curtis Tillery, try free samples, and get free library books!

MLK Dream Run by the Soul District Business Association | September 20 & 21, 7AM -12PM at Portland Community College Cascade 705 N Killingsworth St 97217. Choose the 5K, 10K, or 15K. The kids race is free. Sign up early and train for your distance! [Visit the website](#) for more information about this fundraiser and how to participate.

RSV Resources:

- [Respiratory illness season talking points](#) - regionally created and approved (Multnomah, Clackamas, Washington, and Clark counties). Please feel free to utilize these.
- Multnomah County About RSV [English](#) and [Spanish](#)
- [Coping with respiratory illness season](#)
- [Clean and disinfect](#)
- Protect yourself from RSV [English](#) and [Spanish](#) (from OHA and they say more languages to come)
- OHA blog posts in English and Spanish:
 - [Children and common respiratory infections: COVID-19, flu, RSV and the common cold](#)
 - [RSV expected to strain pediatric hospitals in Oregon](#)
- [CDC RSV pages](#)
- [Caring for children with RSV](#)
- [OHA video](#)

Historical Context: ACHIEVE (Action Communities for Health, Innovation and Environmental Change) Coalition has laid the foundation for Racial and Ethnic Approaches to Community Health (REACH) since 2009. A group of multi-sectoral partners collectively envisioned: ending health inequities in chronic diseases for African Americans/Blacks in Multnomah County. The coalition advocates the use of communication, policy, systems and environmental (PSE) change strategies to increase access to healthy foods, improve community design by connecting safe and accessible places for physical activity, offering tobacco cessation programming and breastfeeding support in the places people live, work, worship and study.

Acknowledgement Statement: Multnomah County sits on the ancestral homelands of the Multnomah, Kathlamet, Clackamas, Tualatin Kalapuya, Molalla, bands of the Chinook, and many others who made their homes along the Columbia River. We also honor the members of over 400 tribal communities who live in the Portland metro area. We also want to acknowledge the labor of kidnapped and enslaved Africans who helped to build the wealth of this country. These acts of genocide and slavery were done by White settlers who had government support. Please take a moment to honor the people who continue to resist and survive despite the intentional and ongoing attempts to destroy them.