

# ACHIEVE Coalition Meeting Notes

December 3, 2025



## 1. Ice Breaker: Favorite Holiday Traditions

Achieve members shared traditions such as exchanging books, holiday baking, driving to see light displays, watching holiday movies, giving homemade gifts, hosting annual gatherings, and celebrating Kwanzaa.

## 2. Welcome and Overview - Carrie Roberson

## 3. Vision to Action: 2025 Goals & Reflections

- Lessons Learned:
  - Always plan ahead.
  - Community engagement can happen both virtually and in-person.
  - Grassroots leadership is essential for meaningful outcomes.
- **Q: How has the REACH team contributed to your organization's success?**
  - Data support, partner connections, and collaboration on community engagement.
- **Q: What new ideas can we explore together?**
  - A: Increasing housing collaborations and funding for Black communities.
  - A: Expanding food access: home gardening, community gardens, CSA farm-to-community.
  - A: Building partnerships with Kaiser's Black Health Center.
- **Q: Any projects that stood out?**
  - A: Rooted in Nature shared Healthy Heart Ambassador and Walk With Ease programs supporting older adults. They highlighted the value of these programs being offered in person and how well they are received by the community.
  - A: Upstream Public Health's Roots to Recovery has been an important resource in evaluating trends and needs in the Black community. It also creates a safe and welcoming space for people to come together to discuss fentanyl and polysubstance use.
- **Feedback Across REACH Strategies**
  - Breastfeeding
    - Input from Achieve members included:
      - More policy education for caregivers.
      - More education on parental leave.
      - Returning to in-person breastfeeding classes and training mothers as peer counselors.
      - The importance of support circles.
  - Food Systems
    - **Q: With SNAP cuts, what strategies should we consider for 2026?**
      - A: Exploring collective food procurement.
      - A: Addressing food security alongside housing.
      - A: Continuing CSA nutrition classes

- Physical Activity
  - **Q: What strategies have been successful this year? What improvements are needed?**
    - A: Transit access programs offering free passes.
    - A: Need for more e-scooter education.

#### **4. Mindfulness exercise - Carrie Roberson & Haoua Dogo**

- Mindfulness exercise
  - Visualization
  - Self Care Worksheet
  - Self Care Plan
- Key reflections:
  - Burnout in public health and the importance of checking in with ourselves.
  - Difficulty for community members to take initiative due to busy schedules.
  - Youth need more peer engagement and mentorship.
  - Anxiety and emotional overwhelm are prevalent.
  - Importance of self-awareness without self-criticism.
- **Q: What is something you can do for your financial wellness or financial situation?**
  - A: Budgeting, increasing self-awareness, being honest with yourself, making a plan.
- Community reflections also highlighted:
  - Reducing screen time, staying present, encouraging youth activities.
  - A: SACOO shared challenges among Somali youth related to culture, language, and stigma around mental health.

#### **5. Oregon Black Pioneers - Mariah Rocker**

Preserving Our Stories, Honoring Our Legacy

- Overview included:
  - Mission to preserve the History of Black Oregonians
  - Organizational history and leadership.
  - Portland and Statewide Black Historic Sites: Interactive Map: <https://oregonblackpioneers.org/history-maps/>
  - Events such as York Fest: a Celebration of Portland's first Black Ancestor and a tribute to York's legacy
  - Opportunities for collaboration with REACH, including walking tours in 2026.
  - Accepting donations.

#### **6. Communications Updates - Cindy Shepard**

- ByHeart Infant Formula Recall
  - Linked to infant botulism.
  - Seek immediate medical care if an infant has symptoms of botulism and has consumed the recalled formula. Symptoms: Poor feeding, loss of head control, difficulty swallowing, decreased facial expression.
  - Call the California Department of Public Health for questions. 1-833-398-2022.
- Flu & COVID-19 Updates

- Reminders to get flu and COVID-19 vaccines.
- Where to find vaccines:
  - Pharmacies, medical providers, VaccineFinder.org, or clinics listed in the Resource Guide (sent out with notes).
- Holiday Reminder:
  - Please drink responsibly. Tips: 1) Include non-alcoholic beverages. 2) Avoid asking others why they aren't drinking. 3) Drink plenty of water and eat food. 4) Swap every other drink with a non-alcoholic beverage. 5) Set a limit.