

ACHIEVE/REACH Meeting

Action Communities for Health, Innovation and Environmental Change

Racial and Ethnic Approaches to Community Health

Wednesday, Dec 1, 2021

9:00 am-11:00am

Location: Virtual

Attendees: James Demry, Sonja Hendrix, Charlene McGee, Mikayla Hill, Elle Neal, Taylor Ford, Stephanie Blume, Nick Rivas, Tameka Brazile, Charlene McGee Collie, TK Kapurura, Renee Curtis, Quete Capuia, Emily Bower, Derek Smith, Desha Reed-Holden, Fern Dalton, Germaine Flentroy, Kendahl Batiste-Ball, Leslie Ensinga, Mahad hassan, Mary Jo Anderson, Mischa Webley, Rashae Burns, Teresa Johnson, Zana, Frances Hall, Cassie Davis, Darrell Wade, Wyman Macon, Mike Pullen, Ron Weaver, Ronnie Meyers, Patrick Sweeney, Linda Bryant-Daaka, Carrie Roberson, Keara Rodela, Espoir Walumweno, Magdelawit Tesfaye, Ashley Weathersoiin, Royal Harris, Arthur Shavers

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"> Please put your name, organization in the chat 	
<ul style="list-style-type: none"> REACH Agenda Request Form REACH Partner Updates - Click Here 	<ul style="list-style-type: none"> City of Gresham Emily Bower- Continuing to work with POIC and Rosemary HS to develop a culinary program Hired a head chef and educator Working on curriculum development Meeting with Beyond Black About People's Market Beyond Black Germaine Flentroy- Meeting with City of Gresham about vendor spaces at the Market Hall HBI Desha Reed-Holden Partnering with Dornbecher's Childrens Hospital regarding firearms safety during home visits on Monday the 6th Send Desha a message and she will send an invite desha.reed-holden@multco.us EECRC Yonas Organization reaching out primarily to the Eritrean and Ethiopian communities 	

- Partnering with REACH on Chronic conditions and the Pandemic and partnering with Beyond Black and others to serve the African Immigrant communities .
- **NEHC**
- Leslie Ensinga
- Referrals about Homelessness workgroup convening next week regarding housing issues
- New hires at the county, physicians and RN's and medical assistants
- Transition and turnover replacements
- **Urban League of Oregon**
- Zana
- Working on Vaccine clinics for youth at New Columbia in N Portland
- **DCHS**
- Frances Hall
- Working with Mikayla on food pantries and the Chapman family food coalition
- **Highland Haven**
- Teresa-
- offering vaccine clinics for boosters on the 2nd and 4th Tuesday of the Month; Dec 14th will be the next vaccine clinic for kids; DEC 6th the MTI dental van between 8-2pm for emergency dental services.
- **Lutheran Community Based Health Care**
- Mahad-
- Thank you to TK for his getting out vaccine information within the men's group
- African women's support group supported by REACH and OHSU school of nursing
- Mind and body healing
- African Men's support group beginning on Jan 18th, to deal with mental and physical health
- **Violence Prevention**
- Cherrell Edwards-EI-
- Community Action Board (CAB) looking for community members; they help inform the county to help make the community safer by providing policy recommendations for improving life in Multnomah County
- 3hrs a month commitment from members (2 meetings a month)

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| | <ul style="list-style-type: none">• contact Quete Capuia the Program Specialist
quete.capuia@multco.us, or call 503-936-3766• DPP-Diabetes Prevention Program Virtual Wellness Gathering• Renee Curtis -• Virtual DPP starts next week Dec 8th• Wed 3-4pm Facilitated by - Tholanda Newborn, JamesDemry & Diannne Clay• Culturally specific to the local Black community in Multnomah county.• contact Renee for registration information: renee.curtis@multco.us
or text/ call 971-990-6857• Sacred Root Doula mobile program and Maternal African American Breastfeeding Coalition of Oregon• Linda Bryant- Daaka• AABCO will be opening up for advocates in January meeting the 4th Tuesday of each month | |
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- Mischa Webley
Portland Water Bureau
mischa.webley@portlandoregon.gov

- Came today to get ideas about how to campaign towards kids and the Black community. Looking for ideas
- Drinking Water is vital to our well being.
- Meeting with the REACH team developing messaging around how water can be part of a healthy life
- Youth focused campaigns
- 5 ways that people can use water in their life to replace some things
 1. Cheaper than bottled water
 2. Keeps the joints loose
 3. Gives you energy
 4. Better for you than energy drinks
- Questions/Comments:
- Maternal Child Health - encouraging breastfeeding mothers to drink lots of water
- How much water should an adult drink? 8 cups for adult males 6 for females; Kids 4-6 cups
- How you drink it is important. Sip over time as opposed to guzzling it.
- Black Men's Wellness thinking about a water challenge for ex. For Hypertension (HBP)
- Divide your weight by two and then that is how many oz you should drink
- Pee clear at least once a day.
- Add sodium, potassium and electrolytes as well. With lemon and salt
- 120 oz is recommended for typical athletes
- In the military they give them salt tablets and potassium
- Look at total diet as well as medications to make sure that they flush the system
- One size does not fit all

- Will there be a way to bring youth involvement to the campaign?
- At the early stage currently but we are looking into that.
- Can you retain the water by eating celery, lettuce, and watermelon?
- Yes in some cases, but there is nothing like just water by itself
- Because of the lead in the tap water, let the cold water run for a few minutes
- Connection between water and obesity and juvenile diabetes
- Look for what is best for your individual body

- This may lead to early childbirth for babies when the mother does not consume enough water to fortify the placenta
- Every time you feel thirsty it is your body asking for water.
- Where would be a good place to find the details of Portland's water quality?
- Here's a link to info on our water quality:
<https://www.portland.gov/water/water-quality>
- Homemade Electrolyte Drink

"Taste Better than Gatorade"

- Ingredients:

- 2 Lemons
- 1 Lime
- 3 Oranges
- 1 Cup Water
- 4 1/2 Cup Coconut Water
- 2 Cup Hibiscus Rosehip Tea, brewed
- 1/8 Tsp Himalayan Salt
- 1 Tbsp Maple Syrup
- 1 Tbsp Apple Cider Vinegar

- Method:

- 1.Start by adding liquid base
- 2. Add some juice of fresh citrus, and tea for flavor and electrolytes
- 3.Include some sweetener for for activation of sodium
- 4. Incorporate some salt to add more minerals and needed electrolyte
- 5.Taste as you go & Enjoy!

<ul style="list-style-type: none"> • Cassie Davis • Mike Pullen • https://burnsidebridge.participate.online/ 	<ul style="list-style-type: none"> • Which bridge can we count on if there is an earthquake, the last one was in 1700. • • ODOT is focusing on I-205 so Multnomah County is focused on the Burnside Bridge and being able to move people East to West over the River. • Multnomah County maintains Burnside Bridge • Want the bridge usable on the same day of the earthquake • Don't want to lose the economy from infrastructure damage • Another 10 years of use of the BB • Cost :Trying to shave \$200 million off of the project. Some taxpayer funding fell through. • Construction due to start in about 4.5 years • Adequate facilities for people with disabilities • Looking at the cost savings: • Eg. Narrowing the width of the bridge could save 150 million dollars • New structure types for the new bridge • Looking at the Bascule type of bridge • Expanding the columns under the bridge on the West End • Must have a bus only lane • Must protect pedestrians and bike riders with a wall of some sort • Webinar 12/1/2021 5:00pm • Burnside Bridge.participate online • Looking at ramps, stairs ADA compliant looking for options • This spring an environmental impact statement is coming. • What will happen to the Skate park? Will it remain covered. Yes! 	
<ul style="list-style-type: none"> • Darrell Wade, • Black Men's Wellness 	<ul style="list-style-type: none"> • Chronic Disease and improving health outcomes especially surrounding Hypertension • #1 killer of black men is from Heart Disease • 1 in 4 men die as a result. • Hypertension costs 131 billion dollars a year, it's preventable and treatable. • Common Causes: <ul style="list-style-type: none"> ○ Stress, anxiety, cortisol, poor dietary habits, obesity, alcohol, smoking, genetics, sedentary, ○ Heart disease, stroke, diabetes • 	

	<ul style="list-style-type: none"> • Meditation and mindfulness help • Workshops, one every quarter with specific stress around outdoors, physical, mental health and stress and anxiety • Presenting non-medicinal ways to address hypertension • Sleep apnea also contributes to Hypertension • Erectile dysfunction is a possible side effect from medications • Pass the Peas holliday cooking workshop for 5 participants in person and also virtual Dec 11th, 6-8pm • Registration for the Pass the Peas Workshop: https://docs.google.com/forms/d/e/1FAIpQLSdWdKPr3qs-ukEKFzIFDJ_SsWw7StdAtEBVQ0aswBbbLLUJG_w/viewform 	
<ul style="list-style-type: none"> • Elle Neal, eleanor.neal@multco.us REACH team 	<ul style="list-style-type: none"> • PSA focused on overcoming vaccine hesitancy in the Black Community. • Feedback welcomed and encouraged • Please send your pictures with you getting vaccinated. We also need you to sign a release before we can finalize the PSA. 	
<ul style="list-style-type: none"> • Review action items and next step • Adjourn Meeting 	<p>Next meeting will be January 5, 2022</p>	