

ACHIEVE/REACH Meeting

Action Communities for Health, Innovation and Environmental Change

Racial and Ethnic Approaches to Community Health

Wednesday, June 2, 2021

9:00 am-11:00am

Virtual

Attendees: James Demry, Kari McFarlan, Tameka Brazile, Royal Harris, Sonja Hendrix, Sharon Graham, TK Kapurura, Jessica Guernsey, Shantae Johnson, Lisa Strader, Renee Curtis, Fern Dalton, Taylor Ford, Larry Summerfield, Mary Jo anderson, Dr. Eric Herman, Kendahl Batiste Ball, Aluko Hope, Hawi Muleta, Mahad Hassan, Ronnie Meyers, Therea Johnson, Haoua Dogo, C. Roberson, Lamar Tillman

Agenda Item	Key Discussion Points	Next Steps/Action Items
Welcome & Introductions	<ul style="list-style-type: none">● Announcements:<ul style="list-style-type: none">○ Moment of Silence Tulsa Oklahoma and George Floyd○ Black Music Month○ Juneteenth	

Dr. Eric Herman OHSU
w/ Dr. Aluko Hope
hopeal@ohsu.edu and
Dr. Mary Liefield-
Long Haulers Clinic

COVID19 Long Haulers-

- Positive Covid Test eventually
- Acute 4 weeks of Covid
- Post acute Sub 4-12 weeks
- Chronic symptoms over 12 weeks
- Common Symptoms
 - Fatigue
 - Shortness of breath
 - Headaches
 - Chest pains
 - Anosmia
 - Cough
 - Dyspnea
 - Loss of smell
 - Brain fog
 - Aching joints
 - Difficulty sleeping
 - Racing heart
 - Emotional
 - Loss of ability to get back to normal
 - Some have mild acute illness, but it turns into long covid

- The Immune system has been damaged
- Viral reservoir that is hiding that carry over into these challenges
- Other symptoms, like acute injury
- unmasking other conditions that are now being brought to the forefront.
- Congress 1.5 billion dollars toward research on long covid
- Blacks are dying 1.7 times higher rate
- Women tend to be 4-5 times more
- There may be a need for several providers to help
- Don't want to do tests for every symptom under the sun
- Even if they are not tested, they still may have long covid
- Nutrition and hydration
- Overloaded senses
- Hair loss, bulging veins, taste and smell loss
- Do they need social supports (mental health, food, and other resources)

	<ul style="list-style-type: none"> ● In Grieving as well ● Air Hunger ● helping with Brain Fog ● Fatigue <p>Physicians need to have</p> <ul style="list-style-type: none"> ● Patience ● Validation kindness ● Reassurance ● (833) OHSU-CCC to contact the long covid clinic <p>Rule of 10</p> <ul style="list-style-type: none"> ● Focusing on what you can do and not crash for 10 days ● Mental health supports may need validation and human kindness - support groups, counseling, drug therapy <p>Contact the Hotline for the Nurse Navigator to services</p> <p>Proactive self care</p> <ul style="list-style-type: none"> ● Journal ● Earlier contact with health care provider ● The key one is shortness of breath ● Physical distancing and wearing a mask ● Vaccinations ● Develop trusted partnerships with community groups of color 	
Kim Buckner	<p>American Red Cross- NW Biomedical</p> <ul style="list-style-type: none"> ● Closing the Sickle Cell Gap ● Initiative to raise the blood supply ● every 2 seconds someone is in need of blood ● Black recipients have a bit more difficulty because of the antigens on the surface of these antigens ● African Americans tend to have type O blood. O- is the most popular blood type and it the most universal blood type. ● 1 in 365 black and AA births result in Sickle Cell 	

	<ul style="list-style-type: none"> ● 38% are eligible to donate blood, but we don't reach that threshold. ● important to increase the donation rate in AA blood donation. ● Uncertainty of safety of donating blood during the pandemic ● challenges to building awareness ● They will be doing trait screening on Black blood. ● June 17th hosting a Sickle Cell Awareness forum <p>To have a donation clinic:</p> <ul style="list-style-type: none"> ● Need 12 square feet ● educate volunteers ● encourage and inspire members of the community to schedule to donate ● minimum of 25 donors with no maximum 	
Tameka and Taylor	<p>COVID updates:</p> <ul style="list-style-type: none"> ● Several CBOs, mosques, etc will be hosting vaccination clinics ● Black hospitalization rates are 3-4 times higher than white folks ● 4-7 days hospitalization ● Fliers and the county page ● Multnomah County coronavirus 	
Partner Updates:	<ul style="list-style-type: none"> ● HBI- Ronnie Meyers & Royal Harris <ul style="list-style-type: none"> ○ Classes with HBI in June (on HBI website) ○ Dad Talk June 17th 6pm men's health month ○ Black Dad's Read, Sat 26th at 1:00pm ○ 16th, 6pm CAN Community Action Network Dr Kendris Watson (wade in the water rooting in Black healing) ○ Every Monday 6:00pm Childbirth education class ○ Tuesday, 3:00pm HBI nurses class ● EECRC- Hawi Muleta <ul style="list-style-type: none"> ○ Education on COVID with Community Members ○ this week educating on food and vaccination sites ● Urban League- Lamar Tillman <ul style="list-style-type: none"> ○ Continuing to have Community Covid Conversations with the Faith community ○ Conversations with Youth ○ Rite Aid community Vaccine clinics next one June, 6th 12-4 @ Boys and Girls Club 	

	<ul style="list-style-type: none"> ○ Vaccine clinic 6/6/21: https://media.bgcportland.org/2021/05/Covid-Vaccine-Banner-2.pdf ○ Housing support ○ Workforce assistance ○ Entrepreneurship academy ● Highland Haven- Teresa Jones <ul style="list-style-type: none"> ○ Youth event 1-3pm at Unthank Park (more than my hood) ○ Gang violence intervention ○ vaccine clinic ○ womens department Saturday 9:00am having a WALK ○ June 7th Dental Van ○ June 8 Vaccine Clinic ● PBOT- Lisa Strader <p>PBOT hosting ADA Accessible Parking Focus Groups. Wednesday, June 16 12:30 - 2 or Thursday, July 1 6 - 7:30. Accessible parking users who are interested can contact me at lisa.strader@portlandoregon.gov or 503-823-5703 \$20 Fred Meyer gift cards for participating.</p> ● Lutheran Community Services Community-Muhamed Hassan <ul style="list-style-type: none"> ○ Wellness Group 	
Next ACHIEVE Meeting	<ul style="list-style-type: none"> ○ August 4, 2021 ○ 9:00 - 11:00am 	