

March 5, 2025 ACHIEVE Coalition Notes

Icebreaker

- **Personal Well-being & Habits:**
 - Sleep hygiene, insomnia, and limiting screen time before bed
 - Self-care through meditation, prayer, exercise, and mindful eating
 - Building healthy habits for 2025, including balancing caffeine and nutrition
- **Community & Societal Pressures:**
 - The pressure on children to excel in sports and academics from a young age
 - Anxiety, stress, and the fast pace of life in the U.S.
 - Challenges of gang-affiliated violence and community safety

Key Discussion Points

- **"Rethink the Drink" Campaign for Kidney Month** – Raising awareness about substance use and mindful consumption
- **Getting Screened for Colon Cancer** – (Colon Cancer Awareness Month) Black and African communities have some of the lowest rates of screening and more likely to be diagnosed later. Advocate for early screening if you have more risk factors.
- **Healthcare & Advocacy:**
 - The importance of patient advocacy, persistence with doctors, and getting second opinions
 - Challenges in insurance coverage and accessibility to care
 - Cancer research and early detection, especially for marginalized communities
- **The Role of Public Grief** – Need for safe spaces to process emotions to prevent collective anger
- **Cultural & Structural Barriers** – Systemic challenges in healthcare, business, and education
- **Importance of Joy & Gratitude** – Intentional focus on positivity amid stress
- **Policy & Advocacy in Health Care** – Need for more work advocating for and actualizing changes to health care guidelines
 - Need changes to come top-down from state and federal officials to affect insurance policies and guidelines related to screening for chronic diseases and illnesses. Need dispensations for at-risk individuals and communities for early detection screening.

Community Announcements & Events

- **Oregon Black Resource Network (OBRN) Gatherings** (March 24, Virtual; April 19, In-Person at The Rosewood Initiative)
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- **Health & Wellness Fairs & Programs at The Rosewood Initiative** – Multiple community engagement opportunities
- **Music & Art Classes with Multnomah Arts Center** – Expanding access to arts and culture
- **Disability Resource Fair - March 14th, 2025**
 - 11:00 a.m. - 3:00 p.m.
 - SE Works/WorkSource OR
 - 6401 SE Foster Rd. Portland, OR 97206
- **The Links Black Family Wellness Expo - March 15th, 2025**
 - 10:00 a.m. - 1:00 p.m.
 - The Tony Hopson Center for Self Enhancement
 - 3920 N Kerby Ave, Portland, OR 97227
- **Black CHW Mixer - March 21, 2025**
 - 4:00 p.m. - 7:00 p.m.
 - The Numberz (Lloyd Center)
 - 2201 Lloyd Center
 - Portland, OR 97232
- Registration form to table at the Health and Wellness Fair
<https://airtable.com/appT9EOJASKDn1Zjs/pag4RjW1BDCsgtI66/form>
- Wellness Wednesday Community Drop in hours registration form:
<https://airtable.com/appBR3P97XCdiiMfX/pagYWny44VySKrDAW/form>
- Music and Art Classes with Multnomah Arts Center
https://anc.apm.activecommunities.com/portlandparks/activity/search?onlineSiteId=0&days_of_week=0000000&acti
- Access Discount Program:
<https://www.portland.gov/parks/discount>. Registration help available at the Rosewood Initiative
- Partners meeting RSVP form:
<https://airtable.com/appdys08XKXIdrPzu/pagLTvtWGbXDDkN00/form>

Sign up for REACH Newsletter: email cindy.shepard8@multco.us