

May 6, 2026 |

📅 ACHIEVE (Action Communities for Health, Innovation and E...

Policy Updates and Tracking | Haoua + All

- The indoor smoking ban was accepted with amendments from ACHIEVE Coalition.
- Lloyd Center plan has been made and work is underway.
- [Healthcare For All Oregon](#): progress is being made in a single-payer health care system that would make Oregon the first state to have universal health care.
- [HB2995](#): Travis Nelson aims to pass legislation providing reparations.
- [HR8000](#): bill to control kratom (substance acts on receptors that opioid works on)

People's Farmers Market in Rockwood | Hermela Demise, Stephanie Blume

- Starts Sunday, June 21 through September 27 from 1:00 to 4:00 PM at East County Courthouse Parking lot. There will be regular cultural and other events (Pacific Islander, Indigenous/Latine, Burmese, youth events, etc.)
- Looking for youth artists, DJs, performers, etc. Please see REACH website for events: PFMR site; REACH events webpage
- **Still accepting vendors for PFMR**

Juneteenth at Vance Park | Stephanie Blume

- Still accepting organizations to table with community resources (low-cost, no-cost)

Forest Park Shuttle | Nsilo Berry

- The shuttle will be a free service and pick-up, drop off locations will be posted on the [website](#). There will be six organized and guided hikes starting at the end of June to launch the shuttle program. More information will be shared.

Traffic Safety Report 2.0 | Nsilo Berry

- The report reviews fatal crashes, bias policing, violent crimes, road rage, and the history and context of Portland's transportation network and Black mobility. It

discusses how Black communities reside in high-crash networks and are overrepresented as victims in crashes. They also experience more hostile incidents in public. It will be available on the [REACH Physical Activity and Built Environment](#) page and an executive summary will also be available.

- There is a national increase in road rage incidents and weapons can be involved. It's important to not escalate these events.
- The report also discusses DUI, speeding, and other factors that contribute to traffic-related incidents and fatalities.

May is Bike Month! | Nsilo Berry

- There are a lot of events happening for bike month. Please see the REACH newsletter.
- [Get There Bike Month Challenge](#)
- [Bike to Books Family Ride](#)
- [Cycle the Well Field](#)
- [SW Portland Sunday Parkways](#)
- [City Bike Bus](#)
- [Centennial Neighborhood Bike Fair](#)

Cardiac Amyloidosis | Dr. Jenna Kay, MD, FACC - Providence Medical Group

- Doctors used to believe it was a rare disease but are learning that it's a more common cause of heart failure. It disproportionately affects the Black Americans. Jenna is the Director of the Howard "H" White Center for Amyloidosis and is trying to raise awareness of the condition. Community members can get a referral to see Dr. Kay.
- The liver makes a small protein called transthyretin (TTR) that is shaped like a four-leaf clover. TTR Amyloidosis is a condition where that protein breaks down and deposits in different parts of the body. It can collect in the heart and start to cause stress and heart failure.
- **Symptoms:** shortness of breath, atrial fibrillation (abnormal heart rhythm), carpal tunnel syndrome, bicep tendon rupture, knee, hip, and rotator cuff surgery. It doesn't usually present in young patients (60+) unless there's a genetic history.

- People of African descent carry a gene that makes them more susceptible to getting amyloidosis. **It can be tested with a saliva sample.** If you have the gene, you need to see a cardiologist. **About one third of people with the gene will get amyloidosis.** A 1997 NEJM study found that amyloidosis is four times more common among Black individuals. If someone has a gene, the children and siblings should also be screened. Children have a 50% chance of inheriting it.
- There currently isn't enough screening of patients for this and Black people tend to have worse outcomes.
- **The treatments are the medications tafamidis, acoramidis, and vutrisiran medications.** These drugs stop the protein from being created. You have to take these for life. Significant barriers exist to getting medications. You need health insurance and a referral as these medications are very expensive.
- Amyloidosis can be mistaken for other conditions like diabetes. Patients with normal blood sugar but neuropathy like tingling or numbness in feet (for example) could have amyloid.
- **The treatments are not cures, they only slow or stop the disease.** They do not reverse damage. This is why it's best to start medications early.
- **Who should get screened?** Black people over 60 years of age; family history of heart failure, carpal tunnel, back-knee-hip issues, neuropathy.
- Medication side effects: tafamidis and vutrisiran (no side effects), the third one may have some mild stomach symptoms but it goes away.
- Staying active can make it easier on your heart.

Electrify PDX | Kate Szrom

- Electrify PDX is a small nonprofit organization that aims to get people off fossil fuels at home and move people to electric and renewable energy. They share information about the appliances.
- They're part of [Portland Clean Energy Fund](#) (PCEF), the first climate fund created and led by POC. PCEF generates \$200 million dollars to put toward clean energy.
- Example: heat pumps are efficient and don't have any health risks of gas furnaces. There are ducted and ductless heat pumps.
- [Community Solar program](#) lets you subscribe to a solar farm in Oregon and you get a discount.

- [Multnomah County Weatherization](#) can save you money on your energy bill and improve your indoor air quality. It is available for people with limited incomes.
- [Community Energy Project](#) partners with low-income communities on the frontlines of climate change to create more resilient, efficient, and healthy homes. They can help you get a new water heater, fix your roof, etc.
- [Verde Heat Pumps](#) helps people save money on their heating and cooling costs, while also lowering their environmental impact by reducing energy consumption. The current program installs both ducted and ductless heat pumps. You may qualify for a no-cost or low-cost energy-efficient, affordable heat pump to heat and cool your home.
- [Energy Friendly Homes Program](#) will provide energy upgrades in 3,100 homes over five years. It assists low-income and moderate-income homeowners, as well as low-income renters living in single-family homes, duplexes, triplexes, and quadplexes.
- [Cooling Portland](#) delivers and installs heat pump cooling units to Portlanders most at risk for heat-related illness.
- There's a solar savings program with the state that will provide \$5,000 or 60% of the cost for solar installation.

Community Events

- **Talk That Talk Policy Cafe** for Black youth, ages 14 to 21. May 23, 12-5PM
 - [Register to attend](#)
- [Active People Toolkit](#) is up on the REACH physical activity page.

Action items

