



ORCHWA

newsletter

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OREGON COMMUNITY HEALTH WORKERS ASSOCIATION

A Unified Voice to Empower and Advocate for Community Health Workers in Oregon

2017 ANNUAL ORCHWA CONFERENCE

Our 5th Annual Conference was a wonderful success! This year's conference was attended by nearly 200 Community Health Workers (CHWs), other Traditional Health Workers, and allies from all regions of the state, working in a wide variety of roles in their communities.

Through the support of our board, volunteers, and many community partners—Health Share of Oregon, All Care, Northwest Health Foundation, Care Oregon, Family Care, Age Friendly Portland, and the Multnomah County Health Department to name a few—we were able to provide an engaging two-day conference, and over a dozen scholarships, giving CHW's access to this opportunity to learn and connect with their peers.

Over 400 Continuing Education Units were awarded for conference attendees, including a new training in Oral



"The most useful part of the training is the information related to unhealthy oral health, methods of prevention, and risk factors to help "identify" tendencies for specific oral health problems." —Feedback Conference

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CONFERENCE HIGHLIGHTS



Mental Health/Trauma Informed Care Session

- "Listening to the experiences from the presenters gave us tools, advice and ways to approach our patients."
- "The discussion about meeting the community where they are at and also keeping an open mind as to who you are working with and where they have been ... is a great way to understand and get your work done. "



Annual Meeting

- "Hearing about people's roles, locations, and depth of work. Also important to hear obstacles and triumphs. "
- "Appreciated regional discussions, ORCHWA mission/vision/funding and staff/board intro."
- "I was interested in the action plans for ORCHWA and the opportunities to get involved."

"I enjoyed the location and the food, and that it was a Conference combined with business meeting. The self care addition/inclusion. Great mix, engaging with ORCHWA board, staff and CHW's!" —Conference Feedback



Policy 101 Session

- "Describing lobbying and advocating ."
- "Educating us on how to write to our policy makers."
- "The tree exercise and the information to tell my story. The handouts. The power map-Fiona and Robin using a real example of the CORA Healthcare Bill."



Sexual Health Conversations

- "Talking and sharing information about our values, healthy relationships and learning more about resources."
- "Learning about how to talk with children about sexual health."
- "Understanding people's perspectives and how it's impacted by culture and values differently. Also this training does a great job of understanding and focusing on communication."

"The introductions and history about ORCHWA and the CHW workforce gave me an overview and sense of understanding of the work that CHWs have been doing over the years, and having the different stations of self care throughout the room was a great reminder that we have to learn how to take care of ourselves. because we are going to be affected by our stresses." —Conference feedback

REGION 5 SPOTLIGHT: AFHHO

The African Family Holistic Health Organization (AFHHO) was created in 2014 in part by Portland's Swahili-speaking, community health workers (CHW) seeking to build on their considerable strengths to improve their communities health through peer health education, increased access to health resources, and connecting community members with Portland health providers to create positive change.

These CHWs had experienced life as refugees or immigrants and now represent Multnomah County residents from Burundi, Democratic republic of Congo, Kenya, Rwanda, Somalia, and Uganda - members of our community whose health concerns must be addressed.

AFHHO has provided workshops on healthcare navigation, focusing on understanding how to navigate a complicated healthcare system, accessing preventative healthcare, understanding how and when to seek emergency and urgent care, and breaking down barriers to access needed services in a timely manner.

AFHHO also was one of few organizations to provide workshops on preventative health care during a possible Ebola outbreak among the Multnomah County's African refugee and immigrant populations.



"I am a fighter, and agent in change." - Therese Lugano

They are currently offering a series of workshops from January through June for women around mental health associated with trauma, using gardening, cooking, sewing, and dance to help recreate the social aspects of life that the isolation of living in America can take from them.

AFHHO is currently seeking volunteers with skills such as accounting, secretarial skills, resume writing, grant writing, event planning, coaching, refereeing, and mentoring. AFHHO is committed to promoting community excellence, and needs you to collaborate with them by giving your time, ideas and expertise. For more information: www.afhho.org.

SAVE THE DATE

- **December 17-22** Join the Wood Village Community for Las Posadas as we serve food, break piñatas, distribute gifts, and many more surprises! Various locations, 6pm, contact Teresa Campos for more info: trioscampos@yahoo.com.
- **January 25** Advocacy and Outreach Workers of Lane County Networking Meeting, featuring information on Overdose Response and Prevention in Lane County. 11am-1pm, HIV Alliance, 1195A City View, Eugene
- **February 22** Advocacy and Outreach Workers of Lane County Networking Meeting, featuring information on the Resources and Outreach happening at Parenting Now! 11am-1pm, HIV Alliance, 1195A City View, Eugene

Please Note: ORCHWA will be closed for the Holidays

From all of us at ORCHWA:

Happy Holidays!

Felices Vacaiones!

节日快乐

Ngày lễ hạnh phúc!

Sikukuu Njema!

행복한 휴일 보내세요

Счастливых праздников!

Joyeuses fêtes!

Schöne Ferien!

ハッピーホリデー

Shub Naya Baras!

Maligayam Pasko!

छुट्टियाँ आनंददायक हों

Selamat Hari Natal!

عيد عرس قزاجا

LETTER FROM ALISE MARIE SANCHEZ, E.D.

It's been an exciting year here at ORCHWA, and you were a huge part of that! Thanks to our Board, volunteers, and community partners, we were able to expand our community-based projects, build policy advocacy capacity, and engage community health workers from across Oregon in professional development opportunities, including our 5th Annual ORCHWA Conference.

As we look forward to 2018, we are excited to continue advocating for the needs of Community Health Workers across Oregon. Our supporters, including Health Share of Oregon, Kaiser Permanente, Meyer Memorial Trust, and the Oregon Health Authority, have given us the ability to grow our agency's staff and capacity, and to build critical infrastructure to ensure that CHWs can be fully integrated and well supported across systems in Oregon. We are implementing a comprehensive statewide needs assessment, which will guide our workforce development plan for the next biennium, and we are excited to roll out new training opportunities and benefits for our membership.

Oregon is a national leader in Community Health Worker policy, integration, and workforce development. Your continuing support of the Oregon Community Health Workers Association makes it possible for us to do innovative work, grounded in social justice, and guided by the voices of our membership and the communities they serve. In these uncertain times, we feel blessed to be given the opportunity to continue that work.

We look forward to continuing to partner with you in 2018!



Community Health Workers and ORCHWA Community Programs Coordinator, Chi Bui, at a recent policy training

WARM AND TASTY

Tom Yum Soup Recipe

- 8 cups of water
- 4 stalks of lemongrass
- 1 inch chunk of galangal
- 10 kaffir lime leaves
- 10 Thai chilies
- 5 cloves of garlic
- 1 pound shrimp
- 10 ounces of oyster mushrooms
- 2 roma tomatoes
- 2 white onions (medium sized)
- 2 teaspoons of sugar
- 8 - 12 tablespoons of fish sauce (depending on your taste)
- 8 - 12 tablespoons of lime juice (10 - 15 limes)
- Handful of cilantro



1. Bring the water to boil and throw in the lemongrass, galangal, kaffir lime leaves, garlic and chilies.
2. Boil your soup with all the herbs in it for about 10 minutes, and add shrimp, mushrooms, tomatoes and onions.
3. Next, add about 6 tablespoons of fish sauce first, and 2 teaspoons of sugar. You may need more of each, but start with that.
4. Boil your tom yum for another minute or so and then turn off the heat. You don't want your tom yum to be overcooked. The mushrooms and onions should be soft, and then it's ready.
5. Make sure you taste test until it's perfectly sour and salty. You might need to add more fish sauce, sugar, or lime juice.

You now have Tom yum goong nam sai (ต้มยำกุ้งน้ำใส), the clear version of tom yum!

Recipe submitted by:
Chi Bui
ORCHWA, Region 5

CONTACT ORCHWA

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Find us on Facebook, Twitter and Instagram @ORCHWA!

GET INVOLVED

- Become a member
- Attend a quarterly meeting
- Join a committee
- Make a donation to support CHWs in Oregon at orchwa.org



**Oregon Community
Health Worker
Association**

www.orchwa.org