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# ORCHWA newsletter

OREGON COMMUNITY HEALTH WORKERS ASSOCIATION

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

## Traditional Health Worker Commission by Jean Yamamoto

The Traditional Health Worker Commission, with majority representation from Traditional Health Workers, is now a reality. Tina Edlund, OHA Interim Director, appointed 19 commissioners, of whom 10 are Traditional Health Workers (THWs).

Congratulations to the newly appointed Commissioners! We are proud of you and happy to have a diverse group of individuals who will be representing the voices of THWs and the needs of the communities they serve.

The first order of business of the Commission is to bring everyone up to speed as some are new to the work of the THW Commission and others previously served in the THW Steering Committee. They will organize their work by subcommittees to tackle issues such as establishing the scope of THW work, determining the scoring for reviewing training programs,



approving training programs, and assisting in integrating THWs into the health care system.

The Commission members are:

- Maria Sanchez, THW
- Edna Nyamu, THW
- Phaedra Duarte, THW
- Crescencio Rodriguez, THW
- Pepper McColgan, THW
- Lakeesha Dumas, THW
- Alaiyo Foster, THW
- Raeban Nolan, Doula
- Eric Martin, THW

- Roderick Evans, PWS
- Krissa Caldwell, CCWD
- Connie Miyao, Oregon Nurses Association
- Roxanne McAnally, Homecare Commission
- Open, to be appointed, Oregon Medical Association Physician
- Rosa Klein, CCO
- Jean Yamamoto, Labor Organization
- Kelly Volkmann, Supervisor of THWs in CBO/ Local Health Department
- Cherly Badarocco, Trainer
- Jennine Smart, Consumer

The Commission meets monthly, generally on the fourth Monday of the month. Go to the THW Commission website for more information at: <http://www.oregon.gov/oha/oei/Pages/traditionanl-health-worker-commission.aspx>

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## Featured THW: Anny Chiao-Yun Hsiao

Anny's presence at her sister's labor and delivery, "opened my world to work that I had never considered". Every moment was incredible and it was such a privilege for Anny to be there for when her sister was exhausted. Anny says, "I was nervous and excited but is also felt natural". Anny and her sister are fluent in both English and Mandarin but she found that during labor her sister relied on Any to interpret in mandarin what the midwife was saying.

After this experience Anny looked into the labor Doula program at Birthingway College of Midwifery for formal training and certification. She was fortunate to attend on scholarship to serve the Asian and Pacific Islander community as there are not enough doulas who can reach this population. She said that is is very important to have people of color become doulas who speak their language, understand their cultures, and reduce disparities in health outcomes.



People who would be great doulas sincerely care about the mother, have great compassion, are good listeners and attuned to emotional and physical conditions that are observed. A labor doula is a challenging job where you must drop everything and go to be present at the birth. Babies are on their own schedule and a lot of times arrive in the middle of the night.

Anny currently works at the Center for Intercultural Organizing as an Outreach Coordinator for the API Community, providing information about health insurance coverage. She is completing the requirements for doula certification and working toward a degree as a Certified Nurse Midwife.

## Eight Treasures Porridge (Ba Bao zhao)

A traditional Chinese herbal food that is healthy and filling. You can eat it as breakfast or a dessert. It is tasty even when unsweetened (the dried longan is a lightly sweetened.) You can also sweeten it with brown sugar when serving a bowl. Enjoy it hot or cold!

Prep Time: 10 minutes  
Soak Time: overnight  
Cook Time: 1.5-2 hours

### Ingredients:

1/4 cup Chinese Barley  
1/4 cup Red Azuki beans  
1/4 Cup Dried Longan Fruit (Gui Yuan)  
1/2 Cup Oatmeal  
2 Cups of Red Glutinous Rice (Red or Black Sticky Rice)  
1/4 Cup Kidney Beans  
1/4 Cup Lotus Seeds/ Lotus Nuts  
1/4 Cup Dried Jujube, pitted (Also known as red dates, Chinese dates, or Korea dates. When you purchase them in a Chinese herb shop, some are already pitted)  
Water  
Rock sugar, brown sugar or honey as sweetener (to taste)



## Recipe by Anny Chiao-Yun Hsiao

### Instructions:

- 1) Wash all the ingredients (except dried longan)
- 2) Soak the rice, kidney beans and red azuki beans in twice as much water overnight. Keep in the refrigerator. For the first time you may want to soak them separate so that you can add the ingredients on by one.
- 3) Next day, boil all the ingredients in medium heat for one hour making sure all the ingredients are covered in water with about 1/2 inch water above.
- 4) Turn the heat down to low and keep the pot partially covered to simmer to a thick consistency for 30 to 45 minutes.
- 5) Add more water if it is too dry. Simmer for longer with the pot uncovered if it is too watery.
- 6) Stir in the dried longan.
- 7) Pour the rock sugar or sweetener (to taste) over the surface of the porridge and close the lid. Let it sit for another 10 minutes or so.
- 8) Serve it hot or you can leave it in the refrigerator over night and serve it cold.

### Suggestions:

As far as ingredients, you are free to change it up. Some other ingredients you could also add are goji berries or Chinese snow fungus.

# Welcome Edna, our new ORCHWA Coordinator!

ORCHWA is growing and changing. Edna Nyamu was recently hired as OCHWA's Coordinator and now works alongside Lizzie Fussell, who has stepped into her new role of Policy and Research Director.



## Lizzie Fussell

Lizzie Fussell is currently the Policy & Research Director of the Oregon Community Health Workers Association (ORCHWA). Lizzie has over 12 years of experience in organizational development and community organizing,

specifically around issues of immigrant rights, worker rights, and environmental justice. Lizzie holds a BA in Environmental Studies & Economics from Lewis & Clark College and a MPH from PSU. Lizzie enjoys running, hiking, laughing, and playing with her daughter.

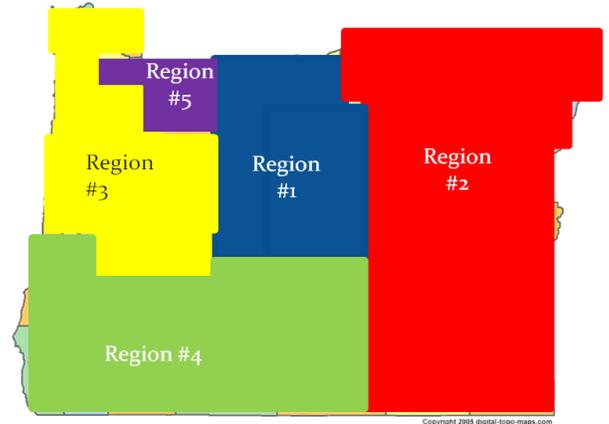
## Edna Nyamu

Edna is a newly certified Community Health Worker. Previously Edna has worked as a certified Child Development Associate (CDA) and as a homecare worker. Edna received her Bachelor of Science from Concordia University and has been an active volunteer at Tuality Community Hospital. Edna speaks three languages, English, Maasai, and Swahili, and does Swahili language interpretation. Edna has been working closely with immigrant, refugees, and people of color for many years and is excited to apply this experience as the Coordinator of ORCHWA. Edna's work will ensure that ORCHWA continues to grow as a self-sufficient, independent voice for CHWS in Oregon.



## Region 5 CHW meeting a success!

On April 3rd, over 50 Portland-metro CHWs met as part of ORCHWA's Regional network meetings. ORCHWA members gathered, broke bread together, and reviewed recent policy regarding certification, and background checks. Therese Lugano, Region 5 Chair said, "CHWs, please reach out to one another in these 3 counties and focus on getting jobs. Also, ..join ORCHWA!" ORCHWA members involved in the Region 5 network have decided to focus their collective energies on supporting a regional, and statewide Jobs Campaign for CHWs. To get more information about how to connect with the CHW network in your region, please contact Edna Nyamu, [ednaglena@orchwa.org](mailto:ednaglena@orchwa.org)



ORCHWA has 5 Regional networks across the state. Please contact [ednaglena@orchwa.org](mailto:ednaglena@orchwa.org) to get connected to your local network of CHWs!

## Upcoming Events and Trainings

**Community Capacitation Center Training:** Popular Education workshop, May 21 9:00am-4:30pm, at East County Health Center, 600 NE 8th St., Gresham, Oregon. For more information or to register, contact Elizabeth Rees Morgan at [Elizabeth.rees@multco.us](mailto:Elizabeth.rees@multco.us)

**Please join Oregon Family Support Network** in Salem at the State Capital for Children's Mental Health Awareness Day on Thursday, May 8th from 10am-2pm. For more information, please contact Shawn Clark at 503-945-9720 [shawn.clark@state.or.us](mailto:shawn.clark@state.or.us)

**Addiction and Mental Health (AMH) & ACCBO Approved 40 CEU's** June 16, 17, 18, 19 & 20<sup>th</sup> Monday – Friday 9:00am-5:00pm. Any questions please contact: Dionne Preston 971-227-6497.

# Warriors of Wellness (WOWs) Celebrate their Graduation

Please join us in congratulating the Warriors of Wellness (WOWs), on finishing their 90 hour Certified CHW curriculum through the Multnomah County Health Department's Community Capacitation Center (CCC)!

The WOW Cohort includes 21 CHWs, many of whom are involved in ORCHWA's pilot project of culturally-centered CHW services contracted through Health Share of Oregon. This pilot project, including the training, was funded by a generous grant from Kaiser



Candi Brings Plenty, CHW from NAYA, receives her certificate from Teresa Rios-Campos & Beth Poteet from the Multnomah County Health Department's CCC.

Permanente.

The WOW Cohort CHWs are from various community based organizations in the Tri-county area including: The Urban League of Portland, Native Youth and Family Center (NAYA), Catholic Charities, Northwest Family Services, Immigrant Refugee Community Organization (IRCO), The Oregon Intertribal Breastfeeding Coalition, Metropolitan Family Services, Wallace Medical Concern, Kaiser Permanente.

The graduation was held at the Native Youth and Family Center and featured an incredible dinner with food from all of the cultural traditions represented. Speakers included Catherine Potter from Kaiser Permanente, Rosa Klein from Health Share, Candi Brings Plenty and Joe Enlet. Finally, we closed with Chenoa Landry leading all of the attendees in a Round Dance.

***"All the social determinants of health, the social injustices, the prejudices, the unjust structures, and any barrier will have to answer to the men and women who call themselves the "Warriors of Wellness." -Joe Enlet in his closing speech***



Oregon Community  
Health Worker  
Association

w w w . o r c h w a . o r g

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[www.orchwa.org](http://www.orchwa.org)

Find us on facebook: ORCHWA

## Get Involved!

Become a Member

Join a Committee

Make a donation to support CHWs  
in Oregon

## To learn more, please contact:

Edna Nyamu, ORCHWA Coordinator  
[ednaglena@orchwa.org](mailto:ednaglena@orchwa.org)  
503-754-6965

## Meet ORCHWA's Board Members

### ORCHWA Executive Work Group

**Interim President:** Abdiasis Mohamed

**Interim Vice-president:** Teresa Rios- Campos

**Treasurer:** Layna Lewis

**Interim Secretary:** Adriana Rodriguez

### ORCHWA Subcommittees

#### Membership & Communication

*Chair: Crescencio Rodriguez*

#### Education & Training

*Chair: Maria Perez*

#### Policy & Advocacy

*Chair: Layna Lewis*

#### Strategic Development:

*Chair: Teresa-Rios Campos*

### ORCHWA Regional Networks

Region 1: Maria Sanchez

Region 2: Pepper McColgan

Region 3: Vacant

Region 4: Margie Rodriguez & Jessica Velazquez

Region 5: Therese Lugano

### Ally Members (non-voting)

Christina Cleary

Noelle Wiggins