

The image features a vast field of yellow daffodils under a cloudy sky. In the foreground, a group of people is shown from the back, wearing blue protective suits and hoods. The text 'M2FO:' is overlaid on the upper left, and 'building awareness, taking action' is overlaid diagonally across the middle.

M2FO:

building awareness, taking action

Introduction

The Medical Society of Metropolitan Portland (MSMP) was founded in 1884 by a group of physicians from across Multnomah County to promote medical advancement and collegiality. Though the group was heavily involved with some of the most notable local public health campaigns throughout the 20th century, financial difficulties and declining membership rates exacerbated by the COVID-19 pandemic forced the MSMP to cease operations in 2020.

One lasting impact of MSMP's work still observable today is the advocacy and sponsorship of "activities which improve health education and the delivery of health care to the community" in the form of Metropolitan Medical Foundation of Oregon (MMFO, or M2FO), founded in 1992 as MSMP's charitable arm.



Since the group's inception, more than \$134,300 in grant funding has been awarded to 89 community health projects across the Portland metropolitan area in Clackamas, Multnomah, and Washington Counties, as well as some parts of Clark County in southwest Washington.

Awards are provided in the form of the quarterly **Delf Mini-Grant** (up to \$500) for small projects, and the semi-annual **Catalyst Grant** (no more than \$2000) for innovative projects which clearly identify an emerging community health need.

Visit www.mmfo.org to learn more.



This zine was created as a tribute to the MMFO and to several important community health projects sponsored by the MMFO since the establishment of the mini-grant program in 2002.

We asked the Board of MMFO what projects they were most proud of supporting...

Butterfly Clinic creates gathering place for Turner syndrome patients, families

Evan Los, MD, was awarded a mini-grant in 2015. Their project supported the newly established Butterfly Clinic at Doernbecher Children's Hospital by organizing social events for patients and their families.

Yoga project supports homeless youth affected by trauma

In 2015, the Sexual Minority Youth Resource Center (SMYRC) was awarded a grant for their yoga project aimed at youth living with trauma. The project was operated by Devin Lee, MD (an OHSU alum), and yoga therapist, Tanya Griego.

Program aims to help teens stay motivated to manage diabetes

Alla Yarmosh, a second-year medical student, was awarded a Catalyst grant in 2015. Their project was "a motivational incentive program" for teenagers with diabetes, aimed at encouraging healthy behavior.

Board members commented, "sometimes communities need just a bit of help to make a difference in the delivery of healthcare."

In 2017, the **Asian Health & Service Center** received a Catalyst grant for their 12th Annual Asian Community Health Fair. The Fair serves members of the Asian community who do not speak English, offering "linguistically appropriate" care. Folks receive health screenings, consultations, health education, and vaccines.



In 2014, **David Liskey**, a medical student, was awarded a mini-grant for his bicycle safety project. Working with I Have a Dream Oregon, the project provided safety education for students at Alder Elementary School. 62 free helmets were also distributed to students in need. In 2006, a similar safety project organized by OHSU medical student **Targol Saedi** was also awarded a mini-grant. Their project was an "injury-prevention intervention [program] for Tualitan, Oregon skateboarders," including "evaluation of its impact on the targeted population." They even held a "Skateboard Fest," which featured music, activities, and a helmet giveaway.



Bridges Collaborative Care Clinic



In May 2019, the MMFO awarded OHSU student **Zoe Teton** a \$1,000 Rob Del Honorary Award towards the **Bridges Collaborative Care Clinic (BCCC)**, the first multi-institutional, multi-disciplinary, and student-run clinic in Oregon that provides free health and social services to underserved populations.

Comprised primarily of students from OHSU, Portland State University, and Oregon State University partnered with Transition Projects, Inc., the mission of BCCC is “to engage vulnerable populations by providing low-barrier, participant-centered care and services in the Portland metro area through an interprofessional, student-led clinic.”

Student roles include clinical volunteer, dental volunteer, medical records volunteer, and participant navigator (in addition to leadership opportunities). OHSU faculty can also get involved with BCCC as preceptors!

Recent activities of BCCC include a partnership with Portland’s Asian Health and Service Center to help distribute COVID-19 vaccines, hand-sewn masks, and care kits to Asian American seniors in the community in 2020 and 2021.

Interested in getting involved? Contact bcccvolunteerinfo@gmail.com for more information!



healing where it's needed most



2010 Health Screening Fair

In 2007, the MMFO awarded a grant to the **OHSU Med Students Policy Group** for its first annual Health Screening Fair, a part of OHSU's "Cover the Uninsured Week." The group received an additional award from the MMFO in 2010.

The Health Screening Fair was held in O'Bryant Square and was staffed by interprofessional students from OHSU, Oregon State University, Portland State University, Pacific University, and folks from local community health organizations.

The medical services offered included first aid and general medical examinations, as well as foot exams, dental exams, vision/hearing exams, diabetes screening, free reading glasses, and hygiene kits. If patients needed services beyond the scope of the Fair, they received on-site referral resources. They even offered haircuts and free pet exams.

That first year, over 100 people received care at the Health Fair. "Cover the Uninsured Week" has since evolved into "Health Care Equity Week," and the Health Fair is now hosted in Pioneer Courthouse Square. After being cancelled in 2020 due to COVID-19, the Fair was back in October of 2021 for its 13th year. Over 300 people were served.

The **2022 Health Fair** will take place on **October 2 from 10am-3pm**, again aided by funding through MMFO. A volunteer sign-up sheet will be distributed soon, or you can reach out to events@ohsu.edu for more information.



2014 Health Fair

How can I help build healthier communities?

According to Merriam-Webster, community can broadly be defined as a “unified body of individuals.”

This means that everyone can be part of the change that communities need to overcome barriers to healthcare access, including you.

COMMUNITY

Take a moment to consider the following questions about community health education and the delivery of health care, and how you might answer them personally or in your practice:

- 1. What is a healthcare issue that members of my local community face?
- 2. Where could I learn more about this issue and what work is already being done?
- 3. What can I personally bring to the table to help make things better for members of my community?
- 4. Can anything be done at a community-wide scale to help solve this issue?

Resources for getting involved!

Local organizations to volunteer with:

Outside In (www.outsidein.org)

- has received multiple MMFO grants over the years for their work increasing access to health care for the underserved
- operates clinics in Downtown and East Portland, as well as a health center at Milwaukie High School and a Mobile Medical Outreach
- volunteers can work in social services, clinic services, or other roles
- positions in the clinic include lab assistant, care coordination assistant, syringe exchange assistant, and more
- for more information, email info@outsidein.org

Cascade AIDS Project (www.capnw.org)

- provides all-around support for folks with HIV/AIDS
- locations in Portland, Vancouver, and Longview
- volunteer orientations are 3rd Tuesdays of each month at 5:30pm (contact info@capnw.org for registration)

hygiene4all (www.h4apdx.org)

- provides essentials to the houseless community, like showers, port-a-potties, and first aid supplies
- also operates a clothing and bedding exchange
- supports initiatives led by houseless folks
- submit your info in the contact form on their website to get involved

Additional inspiration and guidance:

“Access in the Bluegrass: Kentucky Health Justice Network” (available online through Berea College)

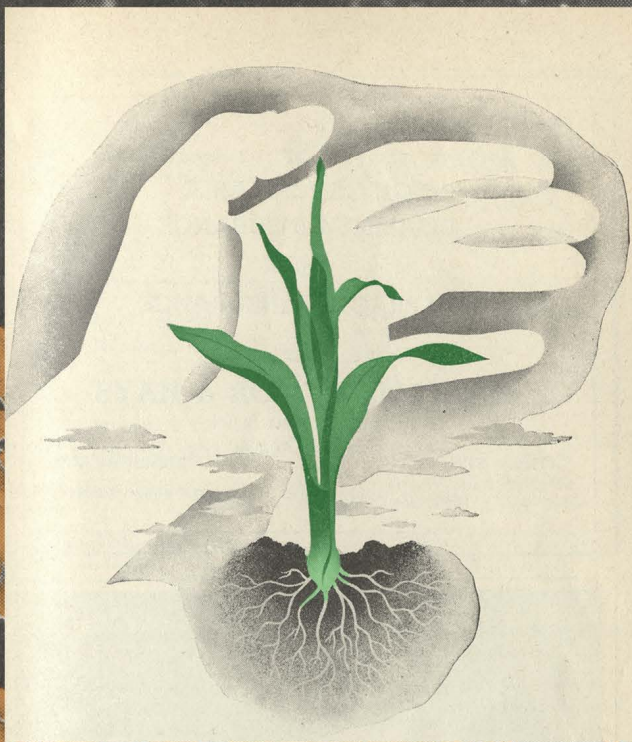
- free zine!
- describes the KHJN, a regional organization aimed at supporting reproductive justice and autonomy
- they provide peer support, financial assistance, transportation, lodging, and interpretation services

Ricardo Levins Morales, “Tending the Soil: Lessons for Organizing” (www.rlmartstudio.com)

- free printable zine!
- includes eight “lessons” offered by a veteran activist

Neighborhood Anarchist Collective, “Organizing Resources” (www.neighborhoodanarchists.org)

- available on the web or as a printable zine
- includes helpful guides on community organizing, starting a successful group, and how to facilitate a meeting



River Freemont and Jordan Jedry, 2022

**"Treat Local: The Medical Society of
Metropolitan Portland, 1884-2020"**

Reproductions and information from the
Medical Society of Metropolitan Portland
records, Coll. 2021-001. OHSU Historical
Collections & Archives.

www.ohsu.edu/historical-collections-archives