



Belong | Include | Empower



Dear OHSU School of Medicine Community:

I am pleased to bring you our November issue. Join us today (Tuesday) as we kick off Native American Heritage Month with a presentation of the Wy'east Post-Baccalaureate Pathway by Dr. Brodt and hosted by the School of Medicine Alumni Association. The Wy'east provides a holistic, culturally-specific framework for the successful recruitment, training, retention and graduation of Native American students. On Friday, Nov. 11, let's take the time to pay our respects to those who have served.

Lastly, if you missed last Friday's Faculty Development meeting, please check out the [recorded session](#) where updates on the promotion and tenure process were presented by Dr. Alan Hunter, chair of the School of Medicine Promotion & Tenure Committee. The emphasis was on diversity, bias and the need for inclusivity.

Best,

Leslie Garcia, M.P.A.
Associate Dean for Diversity, Equity, and Inclusion
OHSU School of Medicine

Six new lactation suites at OHSU



"There is a need for more lactation suites throughout OHSU. If other departments would like to support their employees and patients, I'd be happy to discuss the process we used," said Diane Stadler, Ph.D., associate professor of Medicine and director of graduate programs in human nutrition, OHSU's School of Medicine.

Breastmilk is the recommended food for babies but unfortunately women face many obstacles. Providing a private and convenient lactation space is key to supporting women and their babies. OHSU has six new lactation suites available to staff, patients and visitors. They are located near the NICU and near labor & delivery. These were made possible through the advocacy of many, the leadership of Diane Stadler and a donation from the Moore Institute.

November Observances

[Lung Cancer Awareness Month](#)

More people die from lung cancer than from any other type of cancer. The number of new cases and deaths from lung cancer is highest in Black men. People can lower their cancer risk in several ways. Read about [lung cancer prevention](#).

[American Diabetes Month](#)

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled. More than 37 million U.S. adults have diabetes and 1 in 5 of them don't know they have it. Learn about [diabetes and women](#) and [diabetes and pregnancy](#).

[National Alzheimer's Disease Awareness Month](#)

Women and minorities are at greater risk for Alzheimer's disease. By 2060, the number of cases is predicted to rise to an estimated 14 million people with minority populations being affected the most. Cases among Hispanics will

increase seven times and cases among African Americans will increase four times over today's estimate, which is about 5.8 million people in the U.S. Get your health care provider involved to get an assessment.

[National Family Caregivers Month](#)

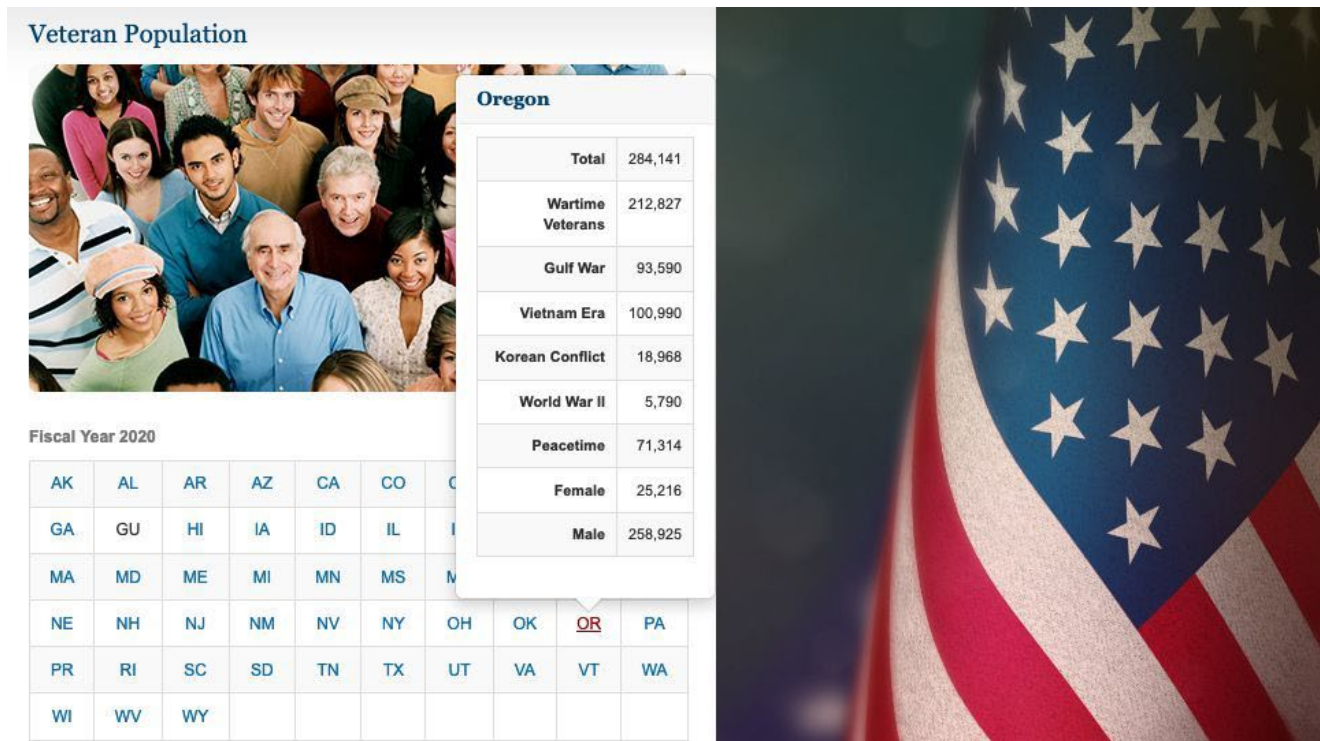
Caregiving is an important public health issue that affects the quality of life for millions of individuals. Caregivers are at increased risk for having multiple chronic diseases as they may neglect their own personal health needs while providing care to others. Learn how to develop a [care plan](#).

Native American Heritage Month



This month is a time to celebrate the rich and diverse cultures, traditions and histories of Native Americans and to acknowledge their important contributions. According to the U.S. Census Bureau, the first American Indian Day was celebrated in May 1916 in New York. [Red Fox James](#), a member of the Blackfoot nation, rode horseback from state to state to get endorsements from 24 state governments to have a day to honor American Indigenous people. [Susan La Flesche Picotte](#) was the first known Native American in the U.S. to receive a medical degree as a doctor. She served as the only doctor in a region encompassing 1,300 square miles, among many other things.

Veterans Day, Nov. 11



The observance of Veterans Day not only preserves the historical significance of the date, but focuses attention on honoring America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good. This holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called [Armistice Day](#), a day to honor the end of World War I. However, in 1954, the holiday was changed to Veterans Day to pay respect to all Veterans of all wars.

Resources: [Veteran statistics in Oregon](#) (U.S. Census Bureau) and [Veteran population in Oregon](#) (U.S. Department of Veterans Affairs). Learn about Veterans' [health research](#) and Veteran programs and services: [women veterans](#), [minority veterans](#), [LGBTQ+ veterans](#), and more.

OHSU's Veterans and Military Employee Resource Group (VERG) recognizes and supports veterans and active service members at OHSU. The VERG provides opportunities to socialize, network and increase awareness of the contributions members of the military have made. Contact: verg@ohsu.edu

Enrichment

All events are listed in Pacific Time, even those hosted in other time zones.

[Tuesday, Nov. 1, noon | Accelerating Possibilities for American Indians and Alaska Natives in U.S. M.D.-Granting Institutions](#)

Join us as we kick off National Native American Heritage Month with a highlight of the Wy'east Post-Baccalaureate Pathway, presented by Dr. Erik Brodt and hosted by the School of Medicine Alumni Association.

[Tuesday, Nov. 1, noon | History and significance of Día de los Muertos](#)

OHSU's Culturas Unidas Employee Resource Group will host its 2nd annual Día de los Muertos event. CUERG members will share the history and cultural significance and provide an opportunity to participate in the community ofrenda. Food and refreshments will be provided.

[Wednesday, Nov. 2, 7 a.m. | Building interdisciplinary research careers in women's health 2022 annual meeting](#)

This annual meeting is designed to connect junior faculty to senior faculty mentors with shared interest in women's health and sex differences research. This is also an opportunity to network and share scientific advances.

[Wednesday, Nov. 16, noon | Native American Heritage Month Guest Lecture](#)

Join the National Institute of Health Tribal Health Research Office's guest lecture in recognition of Native American Heritage Month

[Wednesday, Nov. 16, 10 a.m. | Health Care Disparities in the Asian-American Community](#)

This panel presentation and discussion features academic experts and advocates on health disparities in Asian-American communities in the U.S.

[Thursday, Nov. 17, 8 a.m. | Good Trouble: The Pursuit of Health Equity in Pediatric Subspecialty Care](#)

OHSU Pediatric Grand Rounds will host Kelia Lopez, M.D., M.P.H., Texas Children's Hospital. This is an in-person session at DCH1 1600.

[Thursday, Nov. 17, 10:30 a.m. | How Do Diversity Supplements Impact Careers in Biomedical and Behavioral Research?](#)

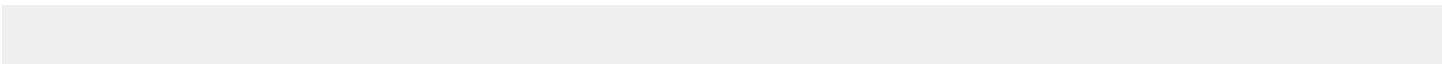
This seminar will feature a panel of experts from academia and the NIH who will share their evaluations on the impact of diversity supplements on researcher's career paths.

[Tuesday-Thursday, Nov. 29-Dec. 1 | Identifying Risks and Interventions to Optimize Postpartum Health](#)

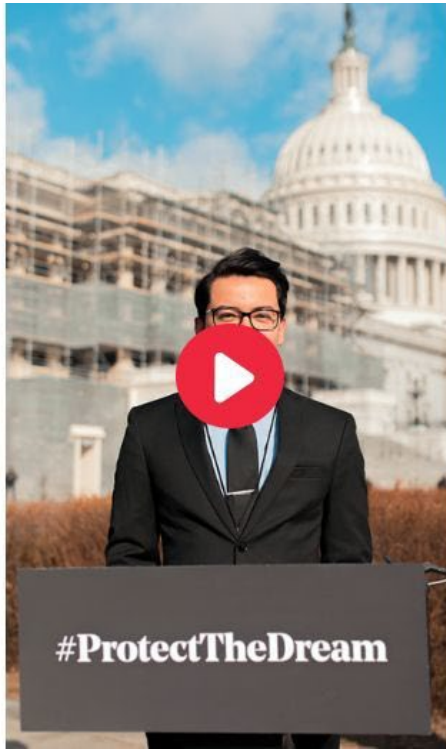
The National Institutes of Health is hosting a free, virtual workshop to identify research gaps related to predicting and preventing poor postpartum health outcomes. The majority of maternal deaths and complications in the U.S. occur during the first year after pregnancy has ended. Many of these negative outcomes are preventable and disproportionately impact Black or African American women and American Indian and Alaska Native women.

[Wednesday, Nov. 30, noon | Biomedical Research in Rural America: Much Accomplished, Much To Do](#)

Dr. Sally Hodder examines West Virginia, the only state located entirely in Appalachia and one that has the lowest life expectancy in the nation and ranks at or near the bottom in many chronic disease categories.



The Importance of Being Bilingual and Bicultural



CME was provided for those who attended the live session. If you were unable to join the discussion, you can listen to the recording [here](#). Recording password: UqwQGvq7

[Goal 1, objective 1.1 of the SoM's DEI Plan \(page 8\)](#) focuses on Education and Training. This [panel discussion](#) is one of the many workshops that we are conducting to cultivate and integrate cultural competency and cultural humility. Key topics covered:

- Importance of speaking more than one language in academic medicine
- Facilitating language concordance of patients in the delivery of services
- Language and level of literacy is important in research and outreach to increase access
- Language-concordant care serves as a window to understanding social determinants of health
- Best practices on how to work with an interpreter
- Tips on how to be supportive of our bilingual/bicultural colleagues

We are gearing up for future important topics and we want to hear from you. Please, share with us your ideas for future workshops!

On the pulse

- [Standing in solidarity with the Iranian people](#)
- [U.S. officially changes names of places with racist term for Native women](#)

Spotlight: Rosa Frutos and Dove Spector



"Both of us have the extreme privilege to serve tribal communities in our jobs. It is an honor and we recognize that our perspectives as Indigenous People enhances the work we do," said Rosa Frutos and Dove Spector (pictured above L-R)

"I support Native learners at OHSU, Native health curriculum development and Indigenous faculty development. I put on a lot of fun events for our learners such as beading days, moccasin making classes, Native Health seminars and I also manage our Indigenous Food Garden with the help of students and staff. I collaborate with Dr. Amanda Bruegl with Indigenous faculty development efforts including coordinating our annual Indigenous Faculty Forum which is open to Indigenous faculty at academic medical centers. Attendees network, receive career instruction on key professional competencies and discuss unique cultural considerations for Indigenous faculty in academia. I also work with Dr. Katie Martin in building Native health curricula that honors Indigenous people and helps trainees and providers learn from the strength and wisdom of indigenous communities," said Rosa Frutos, MSW (Confederated Tribes of Warm Springs), Program Coordinator, American Indian/Alaska Native Learning Northwest Native American Center of Excellence.

"I manage all research aspects of our Community Outreach Program such as telehealth expansion which reduces preventable blindness among underserved communities. Community Health Workers are trained to deliver vision health education specific to their community, effectively screen for vision impairment, and close the vision care referral gap; all while receiving technical and medical support from CEI. The CEI Community Outreach program has served the state of Oregon over the last 10 years via mobile vision screenings and serves 7 of the 9 tribes of Oregon," said Dove Spector (Nez Perce), Research Manager, CEI Community Outreach.

Join OHSU's Indigenous People's Employee Resource Group. Its mission is to honor Indigenous tradition of building community by creating an inclusive and respectful environment for all members to thrive. Connect with us by emailing IPERG@edu.

