

**My Hair My Health PDX!**

**4<sup>TH</sup> ANNUAL EVENT**

**CENTERING BLACK WOMEN & THEIR FAMILIES'  
HEALING AND WELLNESS**

**EVENT  
INFORMATION**



# Grandma's Hands

*"Grandma's hands, they keep on calling to me"*  
**Passing on Black Cultural Food**

## **Black, Indigenous, and POC Farmers & Food Producers**

- [Mudbone Grown](#) | *Art Shavers & Shantae Johnson, Owners*  
info@mudbonegrown.com
- [Happiness Family Farm](#) (East African) | *Prosper & Rosata Hezumuryano*
- [Black Food Sovereignty Coalition](#) | *Howell Territorial Farm*  
Farming and community partners include: Seku (Kenyan), Khmer (Cambodian), NAYA First Foods Program (Urban Tribal), Black Womyns Herb Collective (African American), PoShines Restaurant (Black), Metro, Village Gardens, African Family Holistic Health Organization, Native American Youth and Family Center
- [Black Futures Farm](#) | *Malcolm Shabazz Hoover & Mirabai Collins, Co-Directors*  
malcolm@deepculture.net | 510-736-6018  
Located on the grounds of the Learning Gardens Lab  
6745 SE 60th Street, Portland, Oregon 97206  
There are a few ways you can be a part of Black Futures Farm:
  1. Drive up market on Mondays (call for schedule)
  2. Donate to support our work: [blackfoodnw.org/donate/](http://blackfoodnw.org/donate/)
  3. Come volunteer with us/Grow food
- [Yasuke Pharm](#) (Caribbean) | [portlandcsa.org/csa-directory](http://portlandcsa.org/csa-directory) | 503-683-2403
- [Flying Dogheart Farm](#) | *Letty Chichitonyolotli Martinez, Owner*



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- [No Mess Chef](#) | Neil Anderson, Owner  
neil@nomesschef.com | @nomesschef on Facebook and Instagram
- [Raceme Farm Collective](#)
- [Wapato Island Farm](#)
- [Village Gardens](#) | vgardens@janusyouth.org  
4625 N Trenton Street, Portland, OR 97203 | 503-927-0820
- **7 Waters Canoe Family** in collaboration with Indigenous Food Sovereignty Project | Follow on Instagram and Facebook
  - Lukas Angus | 971-202-6985 / Kelly Gonzales | 971-344-1236
  - Mick Rose | 971-344-1236 / Monique Lopez | 330-990-3069
- **Farmers Involved with Outgrowing Hunger**  
Call for available produce and location (most are in the East Portland and East county area)
  - Suzanne Namukenge (Congolese) | 503-206-8983
  - Zawadi Baderha (Congolese) | 503-388-1075
  - Ricardo Miranda (Mexican) | 971-282-9187
  - Mohammed Motirahman (Burmese) | 503-676-0831
  - Solyman Idrisov (Uzbek) (son's name is Islam) | 503-501-9604

## Markets

- [Gresham Farmers' Market](#) | every Saturday from 8:30 AM - 2:00 PM
- [The Come Thru Market](#) | Monday, September 21st @ 11:00 AM
- [Lents International Farmer Market](#) | Sunday mornings from 9:00 AM - 2:00 PM

# Tips from Farrah Fatemi

*Healthy Homes Toxics Reduction Program/Waste Prevention  
and Environmental Services Lead, Oregon Metro*

- Find a Community Education volunteer that can help you with non-toxic living projects at [masterrecycler.org/find-a-volunteer](https://www.masterrecycler.org/find-a-volunteer)
- Check out these resources:
  - Marketplace for black-owned beauty companies | [blkgrn.com](https://blkgrn.com)
  - Campaign for safe cosmetics where you can look up how safe the ingredients are | [safecosmetics.org](https://safecosmetics.org)
  - [Think Dirty](#) | phone application that provides ratings for different products
- And browse our website at [oregonmetro.gov/healthyhome](https://oregonmetro.gov/healthyhome) for more tips on green cleaning and healthy living

# **Nourishing Hot Oil & Pre-Shampoo Treatment**

*Prepare your hair for Wash Day with this nourishing scalp and hair treatment!*

## **INGREDIENTS FOR PRE-POO**

- 1 tbsp coconut oil**
- 1 tbsp safflower oil**
- 1 tbsp grapeseed oil**
- 1 jar/pack of vegetable/fruit baby food**
- 1 tbsp raw honey**
- 1 microwave safe bowl**

## **INGREDIENTS FOR HOT OIL TREATMENT**

- 1 tbsp olive oil**
- 1 tbsp safflower oil**
- 1 tbsp grapeseed oil**
- 4 drops tea tree oil**
- 1 plastic bottle with nozzle**

## **DIRECTIONS**

- 1. Mix the ingredients for the hot oil treatment in a plastic bottle with a nozzle. Heat up a cup of water and let the bottle warm up for about 3 minutes.**
- 2. Mix the pre-poo ingredients in a microwave safe bowl, making sure to stir well. Place bowl in the microwave for 30 seconds.**
- 3. To apply, lightly wet your hair. Then apply the hot oil treatment to the scalp and along the length of hair.**
- 4. Apply the pre-poo ingredients to the length of hair, making sure to saturate the hair and paying close attention to the ends.**
- 5. Cover with a plastic cap with or without heat. Let sit for at least 40 minutes.**
- 6. Wash, deep condition and style as usual.**

# Tips from Tabiba Styles

## *Black Owned Brands*

- **Top 5 familiar brands**

- **Shea Moisture**
- **Miss Jessie's**
- **Camille Rose**
- **Curl**
- **Design Essential (chemically & natural)**

- **More new clean products**

### *Sunday II Sunday*



A vegan and gluten-free haircare line used for post-workout hair. The line serves up truly healthy hair solutions for your gym kit so that you can work out, forego a full wash, and still look pulled together. The products are made with active ingredients designed to restore moisture loss due to sweat, buildup and the environmental damage that takes place in between washes. There's a micellar spritz, enhanced with apple cider vinegar, to remove

product build-up and oil; a revitalizing, moisturizing spray that adds bounce back to lifeless manes, and a cooling serum with peppermint oil to provide relief for dry and itchy scalp.

## Wonder Curl

### ***Detoxifying and curl defining***

The totally clean formulas (that's zero sulfates, parabens, phthalates, or silicones) of this buzzy vegan brand pack a serious punch. The Get Set Jelly is renowned in the curly girl community for its ability to revive and define lackluster curls without the dreaded crunch factor. Another fan favorite is the Restoring Hair Treatment, which boasts of Tamanu oil, shea butter, and panthenol to strengthen and provide deep hydration to fragile, thirsty strands.



## Girl + Hair

### ***For protective hairstyles***



If you wear a protective style (we're talking weaves, wigs, extensions, braids or locs), scalp build up can be a real issue. Dermatologist Camille Verovic's haircare operation specifically addresses this problem. The targeted treatments come with a pointed applicator to dissolve dirt and oil in hard-to-access spots while preserving the hair's natural moisture and sheen. The Nourish Leave-In Conditioner is especially

useful for those who suffer from dry, itchy scalps during the cold winter months. It contains shea butter, tea tree and neem oils to help soothe any itchiness, calm inflammation, and soften brittle strands.

## Loving Culture

### *Hair oil (texture 2-3)*

Loving Culture is a sustainable, holistic hair oil brand that's equal parts hippie (see: sage burning and yoga inspo on the brand's Instagram feed) and chic.

Founder Mary-Andrée Ardouin- Guerrier incorporates hair-loving spices into the toxin-free recipes as a nod to her West Indian heritage.



## Uhai Hair

### *Full hair care line for restorative hair care for 3-4 type*



Uhai's products are infused with high quality African ingredients such as superfood baobab, (that is cherished for being anti-inflammatory and antioxidant-rich), coconut oil and shea butter, which deliver key health benefits and address dryness and breakage.

# DIAMOND ND

IN THE *Rough*  
HAIR SPA

## **Cinnamon Scalp Detox**

***Use: to prevent dry scalp, use this treatment as a deep clarifying cleanse once per month.***

### **MATERIALS:**

**Toothbrush  
Shower cap**

### **INGREDIENTS:**

**Baking soda  
Cinnamon  
Olive oil**

### **DIRECTIONS:**

***For dry application***

**Part hair into small sections and apply the scalp detox with a toothbrush. Massage detox with a toothbrush into the scalp using a gentle circular motion. Cover hair with shower cap for 10-15 minutes. Shampoo, condition and style your hair as desired.**



# About Our Presenters

## **Jo Ann Hardesty**

### ***Portland City Commissioner***

Commissioner Hardesty oversees Portland Fire & Rescue, Bureau of Emergency Management, Bureau of Emergency Communications, Fire & Police Disability and Retirement Fund. Committed to building a livable and sustainable city with and for all Portlanders with transparency, accountability and opportunity.

## **LaTosha Wilson**

### ***Fitness Instructor & Creator / Co-creator of PadioFitness<sup>®</sup>, Hip Hop HIITs<sup>®</sup> and Fitness for Followers<sup>™</sup>***

LaTosha Wilson is a computer geek turned fitness instructor turned lifestyle coach. She began teaching fitness in 2005. Since then she has created and co-created some of the most sought after premier lifestyle and fitness brands including PadioFitness<sup>®</sup>, Hip Hop HIITs<sup>®</sup> and Fitness for Followers<sup>™</sup>. LaTosha's motto is to learn, do and teach. She has a growth mindset so she is always seeking the latest and greatest when it comes to living a healthier lifestyle.

## **Farrah Fatemi**

### ***Healthy Homes Toxics Reduction Program/Waste Prevention and Environmental Services Lead, Oregon Metro***

Farrah manages the Healthy Homes program at Oregon Metro, where she supports community projects that reduce toxic chemicals in the home – especially those found in cleaning products and personal care products. She is a scientist by training, with a Ph.D. in Environmental Science, and has worked on a broad range of topics around health and sustainability. As an Iranian American, she supports systems, policies and opportunities that move us towards greater equity across race and gender – locally and globally.

## **Abibat Durosimi**

### ***President & Creative Director, Tabiba Styles***

Abibat Durosimi is an award-winning entrepreneur and celebrity HMU artist with over 15 years of experience, who encourages diversity in the beauty, fashion and wellness industries. As the founder of Bloom Beauty Collective and Bloom by Design, she has curated a space for BIPOC creative entrepreneurs to collaborate, educate, and provide real world experience for all artists of color. Abibat is also a certified yoga instructor and the owner of HiYoga, a multi-sensory CBD, and yoga experience. Through HiYoga, she encourages a holistic lifestyle that focuses on beauty, fitness, nutrition, and mental wellness.

## **Dr. Jacqueline Roebuck Sakho**

### ***Assistant Professor in Educational Leadership and Program Director for the Preliminary Administrator Licensure Program at Lewis & Clark College, Graduate School of Education & Counseling***

Jacqueline Roebuck Sakho, Ed.D. is Assistant Professor in Educational Leadership and Program Director for the Preliminary Administrator Licensure Program at Lewis & Clark College, Graduate School of Education & Counseling. In addition, Dr. Roebuck Sakho reclaims her communal labor as an independent scholar-practitioner specializing in Adult Development and Learning through a Black Activist Mothering lens. As a Black Activist Mother herself, Jacqueline has birthed 6 children, two with exceptional needs and enjoyed three of those births as home births “in this America”.

## **Melinda Sandifer**

### ***Executive Chef & Owner, Miss'ipi Chef LLC***

Miss'ipi Chef is a local catering company - one of the many minority owned firms that has served the I-5 Rose Quarter Improvement Project. During COVID-19, she offers weekly meal delivery service, homemade power bars, and healthy snacks. Melinda Sandifer, owner of Miss'ipi Chef LLC, uses Mississippi recipes passed down from three generations to fulfill her legacy: preserving the human connection to her roots through food.

## **Renee Mitchell**

***Speaker, Writer, Educator, heARTivist, Poet & Expert in Culturally Relevant Youth Empowerment***

S. Renee Mitchell is best described as a Creative Revolutionist™ because she is difficult to define & too multifaceted to compartmentalize. Renee, 2019-20 Spirit of Portland Award winner, is an experienced storyteller, performer and stage actress. Motivated by intention, joy and heART, she is also a published author, novelist, poet, playwright, and lyricist, with talents honed by 25 years as an award-winning, former newspaper journalist. As an artist, Renee creates Afrocentric mixed-media acrylic paintings, quilts, wearable fashion art and jewelry, under the moniker Twysted Healing Systahs. Renee is also a certified Reconnective Energy healer, providing a cellular level of balance and harmony.

## **Adejoke Babatunde**

***Executive Director of My Hair My Health PDX!, SNAP-Ed Program Coordinator, OSU Extension Service's Family & Community Health***

Adejoke is a native Oregonian and long time employee of OSU Extension Service's Family & Community Health (FCH) program. FCH serves Oregonians through research, knowledge, education and community partnerships and focuses on programs that promote healthy individuals, families and communities. As the Program Coordinator of one of Multnomah County's Supplemental Nutrition Assistance Program Education (SNAP-Ed) programs, Adejoke's work focuses on reaching African heritage populations in the Portland metro area. As the daughter of Nigerian immigrants, Adejoke's upbringing taught her the importance of community and understanding the value of group support to accomplish goals.

## **LaShanda Friedrich**

### ***Health Systems Integration Specialist with Maternal and Child Health at Oregon Health Authority***

LaShanda Friedrich, MPH, CSMC is the Health Systems Integration Specialist with Maternal and Child Health at Oregon Health Authority. She has been a part of the My Hair, My Health PDX! planning committee since 2016. In her abundant free time, she enjoys traveling with her husband, cuddling with her cat Gabrielle, working out, indulging in self-care and sitting in quiet introspection.

## **Della Rae**

### ***Self-Agency Advocate, Author & Proprietor of Oregon Women's Health Network***

Della Rae is the Director of The Oregon Women's Health Network (OWHN), a trusted women's empowerment agency. For over twelve years, she has been committed to advancing women's self-agency as an advocate, event producer, and author of "Little Book of Self-Care."



**THANK YOU**

**[myhairmyhealthpdx.com](http://myhairmyhealthpdx.com)**