

CONFERENCE PROGRAM

SEGUIREMOS SANANDO

Culture, Identity & Collective Well-being



AGENDA

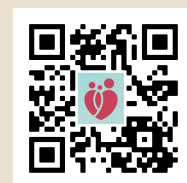
Workshops will have interpretation services in English and Spanish.

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|------------------|---|
| 8:30 - 9:30 am | Check-in & Breakfast |
| 9:30 - 9:45 am | Welcome & Plenary |
| 9:45 - 10:45 am | Keynote Speaker: Andrea Gonzalez - Main Stage |
| 10:45 - 11:00 am | Break |
| 11:00 - 12:00 pm | Breakout Session #1 <ul style="list-style-type: none">• Hermandad: Social & Emotional Wellness among Latine Elders (in English) <i>Breakout Room 1</i>• Breaking the Cycle of Silence with Cervical Cancer among Latinas (in Spanish) <i>Breakout Room 2</i>• Food as Medicine: Reclaiming Our Abuelas Wisdom for Collective Healing (in Spanish) <i>Breakout Room 3</i>• Healing Collective Trauma: Migration, Culture, and Emotional Well-being (in Spanish) <i>Breakout Room 5</i> |
| 12:00 - 1:00 pm | Lunch & Poster Session |
| 1:00 - 2:00 pm | Keynote Speaker: Nanci Luna Jiménez - Main Stage |

| | |
|----------------|--|
| 2:00 - 2:15 pm | Break |
| 2:15 - 3:15 pm | <p>Breakout Session #2</p> <ul style="list-style-type: none"> • Language, Family, and Community: Reimagining Serious Illness Care for Latine Patients (in English) <i>Breakout Room 1</i> • The Body, Ancestral Stories, and Healing (in English) <i>Breakout Room 2</i> • Sanando Juntos: Healing Our Minds, Honoring Our Roots (in Spanish) <i>Breakout Room 3</i> • I Love Myself and I Love You: Tools for Developing Self-love (in Spanish, no interpretation) <i>Breakout Room 4</i> • Recovering Our Well-being (in Spanish) <i>Breakout Room 5</i> |
| 3:15 - 3:30 pm | Break |
| 3:30 - 3:45 pm | Closing Plenary - Main Stage |
| 4:00 - 5:30 pm | Celebration |

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Wifi: Familias en Acción
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MORNING KEYNOTE SPEAKER

Andrea Gonzalez

Co-Executive Director,
Sana Sana Center for Health and Expression
9:45am - 10:45am, Main Stage





Session Description

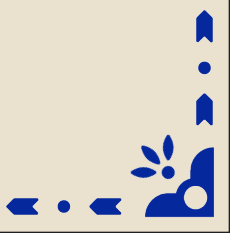

Healing in Latiné communities is not only individual, it is collective, cultural, and deeply rooted in storytelling and creative expression. In this presentation, Andrea Gonzalez will share her personal journey growing up along the U.S-Mexico border and how her lived experience as an artist shaped her commitment to community wellness and social change.

Drawing from her work as co-executive director of Sana Sana Center for Health and Expression, this session will explore how culturally rooted arts programming (such as music education, community embroidery, and youth leadership) functions as a tool for emotional and social healing. Participants will reflect on how music and art can interrupt isolation, reduce stigma around mental health, and build collective resilience. This session centers creativity not as enrichment, but as essential infrastructure for health equity and community wellbeing.

About Andrea Gonzalez

Born in El Paso, Texas and raised in Ciudad Juárez, Chihuahua, Andrea grew up immersed in the realities of life along the U.S.-Mexico border, an experience that profoundly shaped her worldview and artistic voice. She holds a degree in Music Education with a minor in Psychology from New Mexico State University and began her formal training in music at the age of five. Currently, Andrea is the co-executive director and founder of Sana Sana Centro de Salud y Expresión where she works to expand access to mental health resources, arts education, and culturally rooted community spaces for immigrant families.

Andrea believes deeply in the power of art as a tool for social change. She has coordinated and performed in numerous concerts that address pressing social issues such as migration, poverty, and abuse. Andrea seeks to create space for dialogue and healing through music. Andrea's mission is to build compassionate, culturally rich communities where everyone feels safe, seen, and empowered. Whether through music or advocacy, she is committed to creating spaces that honor identity, promote justice, and inspire collective care.



BREAKOUT SESSION 1

11:00am - 12:00pm



BREAKOUT ROOM 1

11:00am - 12:00pm

Hermandad: Social & Emotional Wellness among Latine Elders (in English)

Maria Monroy-Mota and Hilary Arias

El Programa Hispano Catolico

Social and emotional wellness are foundational to healthy aging, yet they are often overlooked in conversations about elder care. This session explores what it truly means to support social and emotional wellness in older adults—centering connection, purpose, belonging, and emotional resilience as essential components of holistic health.

This session will highlight the importance of social and emotional wellness in aging, further highlighting how it can reduce depression and anxiety, support memory and cognitive health, lower the risk of chronic illness and mortality, and enhance life satisfaction and autonomy. Participants will engage in a brainstorming exercise about the most common challenges Latine elders face followed by a discussion on practical strengths-based strategies to promote social wellness including community and intergenerational programs, storytelling, cultural activities, group activities, volunteering, congregate meals, and supportive use of technology. Emotional wellness strategies will include encouraging emotional expression, mindfulness practices, physical movement, dance, arts, routine-building, and maintaining autonomy.

We will explore the critical role of caregivers, families, and communities with a focus on empathy, active listening, avoiding overprotection, autonomy & choice, recognizing warning signs of isolation or depression, and advocating for inclusive, elder-centered resources.

The session will conclude by reinforcing that aging does not have to mean loneliness or emotional decline, and that small, consistent connections can create meaningful change.



BREAKOUT ROOM 2

11:00am - 12:00pm

Breaking the Cycle of Silence with Cervical Cancer among Latinas (in Spanish)

Cirila Estela Vasquez Guzman and Leda Garside

Oregon Health & Science University

Cervical cancer is one of many disparities faced in our Latinx community, this workshop will take a systems-levels perspective to assess, understand, and deconstruct inequities among Spanish-speaking immigrant Latinas in the U.S. Our research has revealed that too many Latinas experience cervical cancer in silence, and the stigma is what perpetuates inequities with the next generation. It is time to stop/break the silence among both men and women from a sociological perspective.

This will be an interactive workshop where participants will ask questions, find answers, and be able to fill out an action systems-level worksheet so they can leave with concrete next steps around increasing wellbeing for themselves and for their families. The presentation is divided into three parts for more interactive back and forth dynamics. The first part covers systems and language of sociology and structural violence. The second part covers cervical cancer and showcases a video of Latinas who are survivors of cervical cancer. Lastly, the third part focuses on changes and action for next steps. At this point we will form small groups for intimate discussions followed by a larger group wrap up activity.



BREAKOUT ROOM 3

11:00am - 12:00pm

Food as Medicine: Reclaiming Our Abuelas Wisdom for Collective Healing (in Spanish)

Yuridia Segueda McGaha

Yurivida

"Seguiremos Sanando" - we will continue healing. But where is the medicine? It's in our kitchens, in what our abuelas knew, in foods we've been taught to see as unhealthy but are actually healing. This interactive workshop addresses mental, emotional, physical, spiritual, and social healing through food as medicine. Our Latiné community faces significant health challenges - digestive disorders, chronic stress, weakened immunity, hormonal imbalances - while simultaneously experiencing disconnection from our cultural food traditions. This session bridges that gap.

We explore how traditional Latiné foods serve as medicine for digestive health, immunity, stress and nervous system regulation, and hormonal balance. We examine the intersection of cultural identity and collective well-being, showing how reclaiming ancestral food wisdom heals shame, builds pride, and strengthens community bonds.

Participants learn which traditional foods address specific health conditions, understand the connection between cultural identity and healing, and experience food preparation as a collective healing practice.

This workshop proves we don't abandon our culture to heal - we remember it.



BREAKOUT ROOM 5

11:00am - 12:00pm

Healing Collective Trauma: Migration, Culture, and Emotional Well-being (in Spanish)

Carlos Castillo and Daniel Alfaro

Educate Ya

This workshop explores how forced migration and its associated losses impact the emotional health of Latiné communities. Through a culturally affirmative approach, we will analyze migration-related grief, the intergenerational effects of trauma, and the impact on children, youth, and families.

Practical healing strategies rooted in culture and identity will be shared, including the use of community, storytelling, rituals, and ancestral knowledge as resources for well-being. The workshop will also offer simple tools for emotional regulation and community-based self-care, fostering resilience and strengthening support networks.

Participants will find a safe space to reflect, learn, and connect with collective healing practices, honoring the identity and history of the Latiné community.



AFTERNOON KEYNOTE SPEAKER

Nanci Luna Jiménez

Founder & President,
Luna Jiménez Institute for Social Transformation

1:00pm - 2:00pm, Main Stage



Session Description

Grounded in her Healing-Engaged Leadership approach, Nanci Luna Jiménez's session supports authentic connection, leaving participants feeling accompanied, resourced, and equipped to continue healing in community. Through storytelling and personal connection, Nanci will guide the audience through an interactive, culturally grounded relational practice—one rooted in being listened to without judgment or advice—that strengthens trust and belonging. Participants will walk away with shared language for what is happening beneath the surface, renewed dignity in their cultural identity, and a concrete practice they can integrate into their lives, allowing their healing to ripple through their organizations, families, and communities to support collective well-being.

Nanci creates a space where people feel seen, held, and connected. At a time when our communities face political violence and ongoing attacks, she supports participants in processing the resulting fear and grief. Bringing heart, cultural truth, and a pathway forward, Nanci names how internalized oppression lives inside us—as language shame, colorism, and the quiet forgetting of our own brilliance and ancestral wisdom.

About Nanci Luna Jiménez

Nanci Luna Jiménez has committed to her own healing for more than 30 years to be a transformative guide, heart-centered listener, and authentic companion for leaders and change-makers committed to racial healing and social justice. Since founding the Luna Jiménez Institute for Social Transformation in 1994, she has reached tens of thousands of people with her core message of human goodness and connection as a transformational approach to social change.

Nanci's approach centers healing and authentic relationships as the foundation for sustainable systems change and accountability. She gently reminds people what they already know: oppression can only end with their healing, and, with support, they can completely heal! Nanci is of Afro-Puerto Rican and Mexican heritage and is a sought after TEDx speaker, coach, and master-level facilitator. Nanci's approach honors the legacy and teachings of Dr. Erica "Ricky" Sherover-Marcuse, who coined the term "unlearning racism," and Lillian Roybal Rose, M.Ed., an expert in cross-cultural communication.

BREAKOUT SESSION 2

2:15pm - 3:15pm



BREAKOUT ROOM 1

2:15pm - 3:15pm

Language, Family, and Community: Reimagining Serious Illness Care for Latine Patients (in English)

Rayna Ross

The Center to Advance Palliative Care

Latine patients with serious illness often experience fragmented care that does not fully reflect their linguistic needs, family-centered values, or deep connections to community. While health systems continue to invest in clinical interventions, growing evidence suggests that healing for Latine communities is most effective when care extends beyond traditional medical settings and is grounded in language, relationships, and collective support.

This breakout session introduces a Latine-centered conceptual framework for serious illness care rooted in three core domains: language as healing, family and collective decision-making, and community as care infrastructure. Drawing from a comprehensive literature scan of more than 70 Latine-focused interventions, along with patient interviews and supporting data, the session explores community-centered models that bring this framework into practice. These models include community health worker and promotora-led programs, faith- and community-based partnerships, family-centered advance care planning approaches, and home- and community-located palliative care.

Participants will engage through guided reflection prompts and brief case examples that illustrate how community-embedded approaches foster trust, dignity, and access for Latine patients and families.



BREAKOUT ROOM 2

2:15pm - 3:15pm

The Body, Ancestral Stories, and Healing (in English)

Luis Villafuerte and Eduardo Torres

Villafuerte Counseling

This breakout session explores how healing lives in the body through ancestral stories, intergenerational patterns, and lived experience. In many Latiné communities, care, resilience, and survival were often communicated without direct language about emotions or mental health. Instead, they were passed down through silence, behavior, and the body itself. This session invites participants to examine how what was never fully named still gets carried and how reconnecting to story and body can be a powerful pathway toward healing.

Participants will be introduced to the concept of endurance as distinct from resilience, reframing survival not as an individual trait but as a response to historical and systemic conditions such as colonization, migration, and displacement. These forces are named to help participants better understand how coping strategies, survival behaviors, and ways of relating are passed across generations.

Through storytelling, reflection, and audience interaction, participants will explore how ancestral narratives are felt as much as they are told. A brief, accessible embodied practice will invite participants to notice how their bodies hold memory, stress, connection, and care. This session closes by integrating the three pillars—the body, ancestral stories, and healing—as a way to emphasize mental, emotional, physical, spiritual, and social well-being as deeply interconnected.



BREAKOUT ROOM 3

2:15pm - 3:15pm

Sanando Juntos: Healing Our Minds, Honoring Our Roots (in Spanish)

Lupe Hernandez and Irbin Saucedo

Adelante Mujeres

This breakout session explores culturally grounded approaches to emotional and mental healing within Latino communities, emphasizing the integration of mind, body, culture, and collective experience. The session addresses key healing topics including emotional well-being without stigma, intergenerational and migration-related trauma, culturally responsive mental health practices, and community-centered models of care.

Participants will examine how historical, social, and cultural contexts shape Latino experiences of stress, grief, resilience, and healing. The session highlights holistic and culturally rooted approaches such as somatic awareness, mindfulness adapted to cultural values, ancestral wisdom, spirituality, and collective healing practices. These approaches are framed not as alternatives to clinical care, but as complementary pathways that honor lived experience, cultural identity, and community strengths.

Audience engagement will be central to the session. Attendees will participate in brief reflective exercises, guided discussions, and case-based examples that invite critical thinking and personal connection. Small-group dialogue will allow participants to share insights, challenge dominant narratives around mental health, and explore how healing can be reimagined beyond individual pathology.



BREAKOUT ROOM 4

2:15pm - 3:15pm

I Love Myself and I Love You: Tools for Developing Self-Love (in Spanish, no interpretation)

Dr. Ruth Zuñiga and Leocadia Montero-Hainley

Raíces de Bienestar

In times of uncertainty—during traumatic experiences, disasters, and moments of high stress, such as those we are currently experiencing in the wake of the prevailing sociopolitical climate—it is common to neglect our emotional health and struggle to prioritize our own needs. Yet, now more than ever, it is essential that we focus on our well-being—and, indeed, on our self-love.

This session, conducted entirely in Spanish, will focus on providing and practicing tools designed to help us cultivate self-love, while taking into account our personal values and cultural background. Through popular education techniques, participants will have the opportunity to share their experiences and collectively learn various tools for self-care and self-love. We will utilize empowering activities grounded in psychological evidence to foster reflection, honor our lived experiences, and facilitate personal healing—all with the aim of learning how to cultivate our own self-love.



BREAKOUT ROOM 5

2:15pm - 3:15pm

Recovering Our Well-being (in Spanish)

Anabertha Alvarado, Gladys Alvarado Martinez and Amy Alvarado Martinez

De Malva Enterprises

In this session, we will address four of the nine dimensions of holistic wellness: intellectual, emotional, physical, and social. Most of us begin taking action regarding our own well-being in adulthood; however, it is crucial to address wellness starting from early childhood. In this session, we will explore strategies and techniques that tackle this subject and encourage us to take conscious action in our interactions with children—approaching this from a holistic perspective that integrates lifestyle, personal histories and origins, culture, and the social environments of each family and individual.

We will acknowledge the actions we are already taking—or have taken in the past—that serve to strengthen the connection between cognitive stimulation and the conscious practice of wellness. We will create spaces for community sharing, allowing us to learn from one another and adopt new practices that foster well-being. We will equip participants with activities and information proven effective by research in the fields of brain development and cognitive stimulation; furthermore, we will incorporate healing practices that are both culturally relevant and engaging.



MEET OUR STAFF

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Health Navigation Program
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Staying relentless in the pursuit of health justice for Latiné families. **CareOregon** is proud to partner with **Familias en Accion** to advance Latiné communities.



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Manteniéndose firmes en la búsqueda de la equidad en salud para las familias latinas. **CareOregon** se enorgullece de colaborar con **Familias en Accion** para impulsar a las comunidades latinas.





LINGUAVA

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9 out of 10 patients struggle to understand their care instructions when there's a language barrier.

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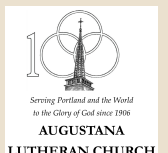
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