

# SAVE THE DATE!



## Risky Business Trainings

Northwest Portland  
Area Indian Health Board



### 2007 Dates

March 7th, 2007 - Coeur d'Alene Wellness Center

April 24th, 2007 - Northwest Portland Area Indian Health Board, Portland, OR (with i-link)

May 16th, 2007 - Seattle Indian Health Board, Seattle, WA

### Agenda

8:30	Welcome, Blessing, Introductions
9:00	Tobacco and Policy Change, WTPP or NTTPN
10:00	Diabetes, Western Tribal Diabetes Program
11:00	Cancer, Northwest Tribal Cancer Control Project
Noon	Lunch (provided)
1:00	Sexually Transmitted Diseases, Project Red Talon
2:00	Maternal and Child Health, Leslie Randall (except May 16th)
3:00	Methamphetamine, Joe Law (IHS), Joyce Oberly, Matthew Town
4:00	Game: Jeopardy
4:20	Evaluation and Closing
4:30	Adjourn - Safe travels!



Target participants: Tribal Health Directors, CHRs, health educators, nurses and others involved in community health education.



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## Registration

Name: \_\_\_\_\_

Tribe/Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

### I will attend:

- ☐ March 7th, 2007 - Coeur d'Alene Wellness Center
- ☐ April 24th, 2007 - NPAIHB, Portland, OR
- ☐ April 24th, 2007 - Online i-link - Email: \_\_\_\_\_
- ☐ May 16th, 2007 - Seattle Indian Health Board, Seattle, WA

**Please fax this registration to Lisa Griggs:**  
503-228-8182 or e-mail: [lgriggs@npaihb.org](mailto:lgriggs@npaihb.org)



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# Risky Business and iLinc Web Conferencing

Web conferencing is a technology that allows people to communicate more effectively over the Internet. A virtual environment allows you to display PowerPoint slides and other files, share documents, and interact with participants much as you would in an in-person training or meeting. The Northwest Portland Area Indian Health Board uses the iLinc web conferencing service through the Northwest Center for Public Health Practice for trainings and meetings and will be offering this service as part of the upcoming Risky Business Training.

## Computer Requirements

- PC (Mac users can use iLinc only if they're running Virtual PC software)
- Internet connection (56K phone modem or faster)
- Web browser (Internet Explorer and Mozilla Firefox always work, other browsers may work)

## Audio Requirements

The audio portion of our iLinc sessions will most often be conducted via teleconferencing. You need a telephone near your computer. Please use a phone with a Mute button to help keep background noise low during the conference call. A telephone headset, or a speaker phone, will make it easier for you to participate in the training. iLinc also supports Voice over Internet Protocol (VoIP). To use this technology, users need a microphone and speaker or a computer headset.

## If participating as a Group in a Common Room you will need:

- Computer connected to the Internet (same requirements as above)
- A projector connected to the computer
- A speaker phone with a Mute button



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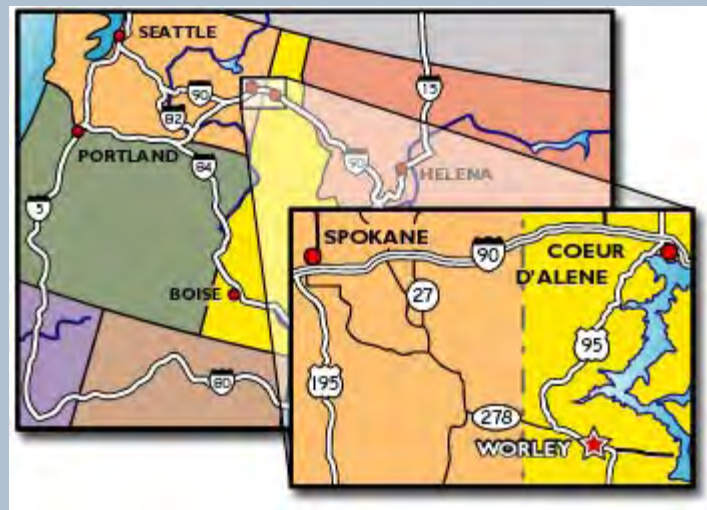
# Travel Logistics



**Coeur d'Alene Tribal Wellness Center**  
1100 A Street Plummer, ID 83815  
208-686-9355

**Please make your own hotel reservations at a local hotel:**

**Coeur D'Alene Casino Resort Hotel**  
US Highway 95, Worley Idaho  
1-800-523-2464



## **From Spokane, Washington**

From I-90, take Pines Exit. Follow Pines south becoming Hwy-27 for 15 miles. Turn left into Rockford. Continue through Rockford to Hwy-278. Hwy-278 becomes Hwy-58. At US-95, turn right. Casino is just around first bend.

## **From Coeur d'Alene, Idaho**

From I-90 take the Northwest Blvd Exit. Head south down Northwest Blvd. Take US-95 ramp toward Plummer/Moscow. Head south on US-95 for 25 miles. Casino is on left hand side of US-95.

## **From Lewiston, Idaho**

Head north on US-95 towards Moscow/Coeur d'Alene. Casino is located on the right hand side of US-95 four miles north of Worley.



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# Travel Logistics



## Northwest Portland Area Indian Health Board

**Please make your own hotel reservations at a local hotel:**

### **Marriott Portland - Waterfront**

1401 SW Naito Parkway  
Portland, OR  
503-226-7600

### **University Place at PSU**

310 SW Lincoln Street  
Portland, Oregon 97201  
503-221-0140 Reservations and Events

### **Days Inn (4 star rating)**

1414 SW 6th Ave  
Portland, OR 97201  
503-221-1611

### **Directions:**

#### **TRAVELING NORTH INTO PORTLAND ON INTERSTATE 5**

Traveling north on I-5, follow the signs to the Interstate 405-N exit.

Continue on 405-N/Hwy 26 West for about a half-mile and take the 6th Avenue exit (one-way) on your right.

Continue down 6th Avenue to the second stop light, which is Hall Street. NPAIHB is located directly above the McDonald's restaurant; the elevator to the 3rd floor is to the right of the Student Health Center entrance.

#### **TRAVELING WEST INTO PORTLAND ON INTERSTATE 84**

Traveling west on I-84, get into the middle/left-hand lanes as you approach downtown.

Take the I-5 South exit from the left lane where I-84 ends at the Willamette River.

Cross the I-5 Bridge across the Willamette River (the Marquam Bridge). Immediately on the other side of the bridge take the left-hand 405-N/Hwy 26 West exit. Continue on 405-N/Hwy 26 West for about a half-mile and take the right-hand 6th Avenue exit (one-way).

Continue down 6th Avenue to the second stop light, which is Hall Street. NPAIHB is located directly above the McDonald's restaurant; the elevator to the 3rd floor is to the right of the Student Health Center entrance.



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# Travel Logistics



## Northwest Portland Area Indian Health Board

### TRAVELING EAST INTO PORTLAND ON US HWY 26

Traveling east on US 26 get into the middle lane as you approach the tunnel. Stay in the middle lane as it turns into the downtown exit (Market Street).

Continue straight down Market Street and take a right on 5th Avenue (one way).

Continue down 5th Avenue for four blocks and turn right on Hall Street. NPAIHB is

located directly above the McDonald's restaurant; the elevator to the 3rd floor is to the right of the Student Health Center entrance.

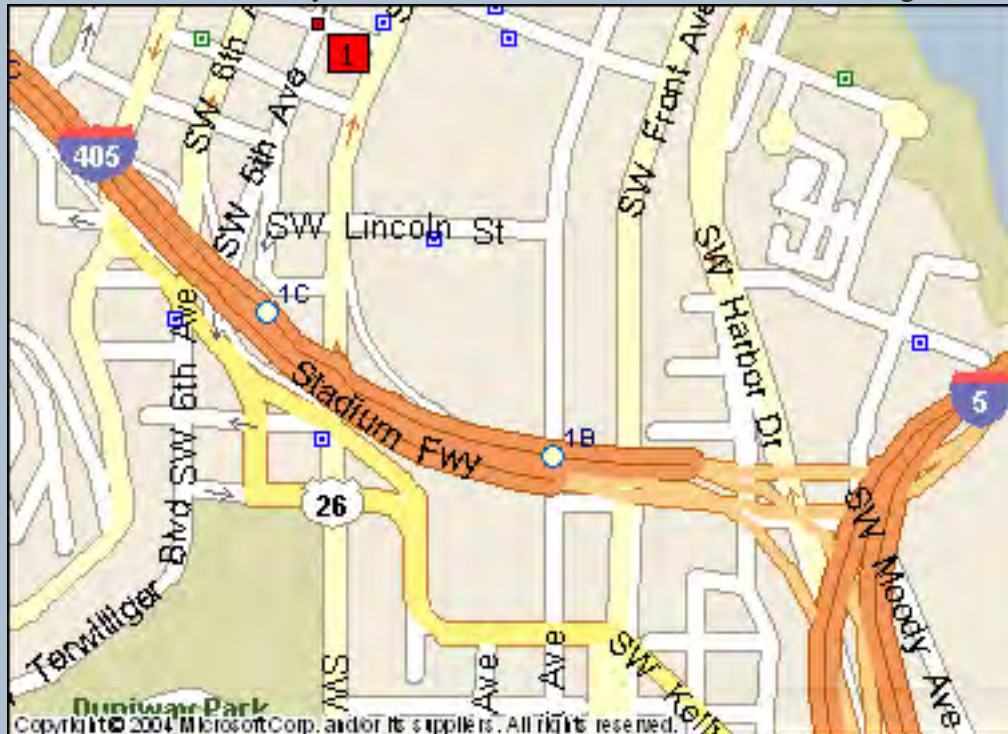
### TRAVELING SOUTH INTO PORTLAND ON INTERSTATE 5

Traveling south on I-5, get into the middle/left-hand lanes as you approach downtown.

Stay on the freeway and cross the I-5 Bridge across the Willamette River (the Marquam Bridge).

Immediately on the other side of the bridge take the left-hand 405-N/Hwy 26 West exit.

Continue on 405-N/Hwy 26 West for about a half-mile and take the right-hand 6th Avenue exit.



Continue down 6th Avenue to the second stop light, which is Hall Street. NPAIHB is located directly above the McDonald's restaurant; the elevator to the 3rd floor is to the right of the Student's Health Center entrance.

The parking garage entrance is between 5th and 6th on Harrison St.

Please call 503-228-4185 if you have any trouble along the way.



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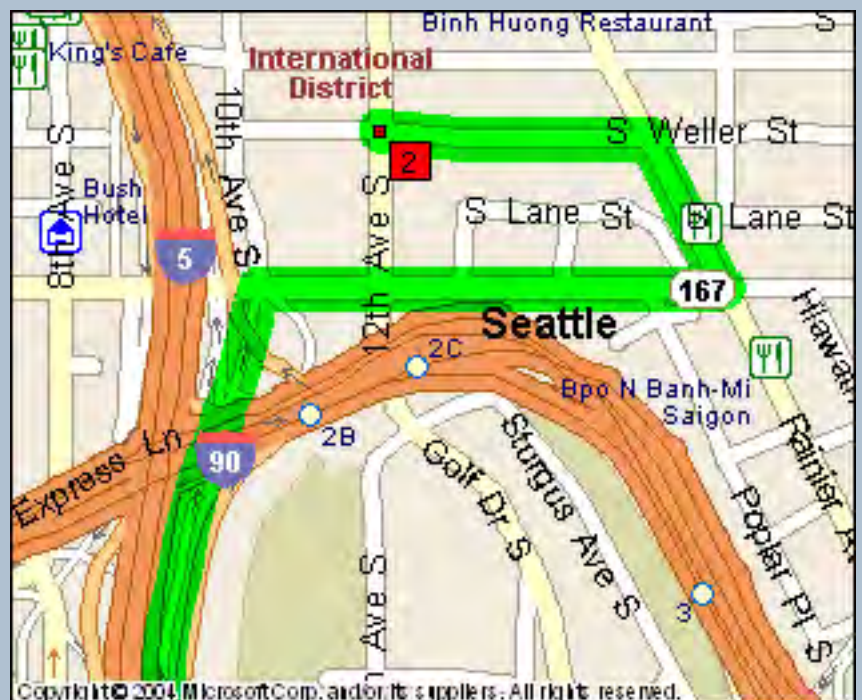
# Travel Logistics



Seattle Indian Health Board  
606 12th Avenue S,  
Pearl Warren Building,  
Seattle, WA 98144  
(206) 324-9360

## Directions:

I-5 N toward SEATTLE  
At exit 164A, turn RIGHT onto Ramp  
Keep LEFT to stay on Ramp  
Keep RIGHT to stay on Ramp  
Turn RIGHT (East) onto SR-167 {S Dearborn Street}  
Turn LEFT (North) onto Rainier Ave. S  
Turn LEFT (West) onto S Weller Street



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