



# ÓRALE

ORGANIZING ROOTED IN ABOLITION, LIBERATION AND EMPOWERMENT

## 2023 HEALTHY LIVING CONFERENCE

### SUMMARY

ORALE's Thriving and Healthy Immigrant Families supported and increase families' access to healthcare via outreach and education safety-net programs like Medi-Cal enrollment; education and resources on the Covid-19 vaccination; referrals to health providers. As we know im/migrant families, those who are undocumented, have limited access to social, economic, and financial resources that would otherwise be available for those who are citizens with greater capacity to access public benefits.

Through our Mutual Aid Tuesdays, ORALE provided fresh foods and nutrition access to community members including children who participate in our mutual aid program, twice a month. Because our food distribution comes directly into the neighborhoods that live in limited access to healthy and fresh foods, individuals are able to simply walk to the distribution site, without having to drive or take public transportation in order to receive access to our food and nutrition services.

### FUN FACTS

- ORALE's members are primarily composed of spanish speaking immigrant women ages 25 to 65.
- ORALE works in partnership with the Long Beach health department to ensure families have access to Medical enrollment and access to safety net resources.
- Our social media engagement for Medi-cal and COVID-19 content grew by 10%!
- This grant allowed us to build stronger partnerships with Providence Wellness Center in the city of Wilmington, CA.
- We rebranded our organization during this grant period!



### ORALE in Action!

Our Goals:

- Im/migrant families gain access to digital workshops and learn about health equity and access, Covid-19 protocols, and how to enroll and navigate safety net programs like Medi-Cal
- Im/migrant families will gain access to and receive healthy whole nutritious foods via ORALE's Mutual Aid Tuesdays Nutrition Program

What we did:

- Created Facebook Live video in partnership with The Children's Clinic in Long Beach to inform our audience about Medi-cal eligibility and how to apply.
- Created 1 video for social media that walked our audience through Providence Wellness Center to show them where to apply to Medi-cal. We introduced key staff in the video so our followers could know who to reach out to. We were able to reach 700 people via social media.
- During the grant period, we were able to provide 1,650 families with fresh produce in Long Beach and Wilmington.

