



## Thank You....and WOW!

We received **510 abstract submissions** this year. That is the most ever! It is a sign that the refugee healthcare movement has really picked up some steam and there are a lot of people out there doing great work and they want to use our venue to highlight that work.

With that many abstracts we could literally move the conference from 3 days to 5 days and still would have to turn down submissions. Hey....that is a thought....stay tuned... we might be increasing the number of days the NARHC is held in years to come.

Our abstract review team has a busy couple of weeks ahead of them. Unfortunately, not all submissions can be selected. If you are in the group that doesn't get selected I hope you will still join us for the 2018 NARHC and also hope you re-submit for the 2019 Toronto NARHC.

Thanks again for all your wonderful submissions. Now we have to roll up our sleeves and actually read them. Good luck!

To see our conference page and register:

<http://nasrhp.org/>

### Important Dates

Notification of Abstract and Workshop Acceptance

April 1<sup>st</sup>, 2018

Last Day to Book a Hotel Room at Conference Rate

May 9<sup>th</sup>, 2018

Conference Begins!

June 7<sup>th</sup>, 2018

### Planning on Playing Hooky?



[oregontourco.com](http://oregontourco.com)

There are lots of tour companies in Portland. Some are mellow and offer bus tours and others are extreme and offer mountain climbing. We have done your homework for you and settled on one that offers a little bit of both.

The problem is....most of these tours are 3-4 hours or a full day. So....unless you are going to play hooky and skip a day of the conference (something we would vehemently discourage you from doing), you should plan to come a day early or stay a day late to see some of the beautifully mountains surrounding Portland.

### Conference Weather

No changes..... Still excellent weather!



75° F

# We Have Saved the Best for Last!

We have reviewed most of our keynote speakers in our first edition of the newsletter. Now it is time let you know about our final three. Yes, of course, we saved the best for last.

## FRIDAY 8 AM

### *The Dark Side of Immigration Medical Screening*

**Brian Gushulak MD**

Migration Health Consultants, Inc.  
Qualicum Beach, BC



When looking at investments, a typical prospectus is always quick to warn that “past results don’t necessarily predict future performance.” That is OK for investing, but doesn’t help us in medicine. It is important to understand how we got to where we are today.

Brian is our resident “historian” and has a unique way of showing us why we do what do today based on how we used to do it in the past. OK, I know that is a confusing sentence but you won’t find Brian’s presentation confusing at all. That is why we asked him to speak.

Brian was the previous Director of Migration for the IOM and the Medical Services Branch of the Canadian Department of Citizenship and Immigration. He is such a good speaker that he could literally read the phone book and it would still sound interesting! We have convinced him to come out of retirement and asked him to teach us a little about the past. Get ready for a great lecture.

## FRIDAY 9 AM

### *Refugee Resettlement: America’s Most Noble Tradition under Attack*

**Chris George**

Executive Director, Integrated Refugee and Immigrant Services  
New Haven, CT



This is the first NARHC keynote for Chris but he comes highly recommended from several sources. He has spent most of his professional career working in the Middle East, including seven years in the West Bank and Gaza Strip.

He has an engaging presentation that walks you through the resettlement process. It really helps you understand the human toll it takes and allows you to see beyond the process and understand how it affects real lives.

## SATURDAY 8 AM

### *The Birth Lottery*

**Yasmine Mustafa**

CEO and Founder  
ROAR for Good  
Philadelphia, PA



We wrap up our conference with a story of success from a previously resettled refugee. Yasmine has a fascinating story to tell that not only takes you through the early part of her life, but the struggles and success she has had in American as she pursued her dream of starting her own company.

## Don't Forget to Bring Your Appetite!

To visit Portland and not visit a food truck is almost considered criminal. With more than 600 tiny kitchens and counting, Portland's food-cart scene is legendary. The flavorful proliferation has drawn raves from *Bon Appétit* magazine and CNN (which declared Portland home to the world's best street food).

Unlike other cities' mobile food trucks, most Portland carts stay put in one place dubbed "pods," making it a snap to sample several at a time. One pod is literally 2 blocks from our conference hotel (Duniway) and has over 50 trucks.

And these are not your normal food carts. Chefs from high-end specialty restaurants from all over the Northwest purposely set up carts in these pods to try out new recipes, new combinations of ingredients, and dishes that eventually make it on their permanent menus. They actually keep track of trends of who keeps coming back to determine which dishes are catching on.

These carts (trucks) are no joke: check out some of the reviews:

[http://www.oregonlive.com/dining/index.ssf/2017/07/downtown\\_portlands\\_10\\_best\\_foo.html](http://www.oregonlive.com/dining/index.ssf/2017/07/downtown_portlands_10_best_foo.html)

<https://roaminghunger.com/food-trucks/or/portland/1/>

<https://www.theguardian.com/travel/2014/may/30/top-10-food-trucks-portland-oregon>



## Some Quick Updates...

### **Scholarships...**

We have 34 previously resettled refugees that have applied. 5 scholarships have been awarded. You can donate when you register or at this web link. Donations are tax deductible.

<https://nasrhp.z2systems.com/donation.jsp?campaign=1&>

### **Hotel Rooms...**

Still plenty of hotel rooms left but don't wait too long! They generally start filling up in March and April. Go here for our conference hotel landing page:

<http://nasrhp.org/hotel-information>

### **Note from the Chair....**

net-work-ing

*verb*

To interact with other people to exchange information and develop contacts, especially to further one's career

*Merriam-Webster Dictionary*

The most frequent comment we get on evaluations is "Give us more networking time!"

We have made several attempts at this....One year we emailed attendee's names before the conference so people could connect but that went over like a lead balloon (People didn't want their personal information released). One year we organized networking sessions where people interested in a topic went to a room for an hour and did "ice-breakers" and sat at tables and told each other about themselves. That was a spectacular failure. Networking has to be organic and in the moment, and can't be forced or artificially created.

You will notice large blocks of time at the conference this year where nothing is happening. 15 minute "transition times" to get to the next session (hint - it doesn't take 15 minutes to walk to the next session), or 30 minute breaks in the morning and afternoon (hint again - it doesn't take 30 minutes to go to the restroom then grab a cup of coffee or tea). This downtime is strategically placed throughout the three days to allow for networking to naturally occur. This allows you to stay after a lecture for an extra 5 minutes and introduce yourself; give your card; ask a question; or tell the speaker that you are doing similar work in your region. The breaks allow you to connect with colleagues you haven't seen in a while and catch up.

If you are an introvert - like me - you can use the time to catch up on emails so you know what is going on back home, or pretend that you are working while you Google where you want to go eat that night. Either way, it is all good.

You are welcome ☺...

Best,  
Jim Sutton, Chair, 2018 NARHC