

# 2009 Risky Business Training Series



Moving Beyond  
Risky Business 101

Northwest Portland  
Area Indian Health Board



***ROTATING TOPICS: Tobacco, Diabetes, Cancer Control,  
Sexually Transmitted Diseases, MCH, Immunizations,  
Suicide Prevention, Access to American Indian Recovery (AIR)  
Other Hot Topics - What's New in the Field?!***

## Travel Logistics

**Date:** Tuesday, February 24th, 2009  
**Time:** 8:30 - 4:30 (Lunch provided at noon)  
**Location:** **Great Wolf Lodge**  
20500 Old Highway 99 SW, Centralia, WA  
Reservations: 800.640.9653

**Date:** Thursday, March 5th, 2009  
**Time:** 8:30 - 4:30 (Lunch provided at noon)  
**Location:** **Northwest Portland Area Indian Health Board**  
527 SW Hall, Suite 300, Portland, OR 97201

**Date:** Wednesday, April 29th, 2009  
**Time:** 8:30 - 4:30 (Lunch provided at noon)  
**Location:** **Couer d' Alene Tribal Wellness Center**  
100 A Street, Plummer, ID



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



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## 2009 Dates

February 24th, 2009 - Great Wolf Lodge, Chehalis, WA

March 12th, 2009 - Northwest Portland Area Indian Health Board, Portland, OR (with i-link)

April 29th, 2009 - Couer d'Alene Tribe Wellness Center, Plummer, ID

## Registration

Name/Title: \_\_\_\_\_

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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

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

### I will attend:

- February 24th, 2009 - Great Wolf Lodge, Chehalis, WA
- March 12th, 2009 - Northwest Portland Area Indian Health Board, Portland, OR
- i-link: email \_\_\_\_\_
- April 29th, 2009 - Couer d'Alene Tribe Wellness Center, Plummer, ID

Limited  
hotel,  
mileage, &  
flight  
reimbursement  
is available!

**Please fax this registration to Lisa Griggs:**  
503-228-4801 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 offered through the Northwest Center for Public Health Practice, and will be offering this service as part of the upcoming Risky Business Training.

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### 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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# Great Wolf Lodge - Travel Logistics



**Reservations:** 800.640.9653

**Hotel Direct:** 360.273.7718

Rooms are blocked under the group name of "Risky Business". Rooms at this hotel are \$125 plus 7.5% tax. Please call the Great Wolf Lodge by Monday, February 2, 2009 to receive the group rate. Reservations received after this date will be accepted on a space available basis and at the regular room rate.

## FROM SEATTLE:

- \* Merge onto I-5 N toward I-84 E/ THE DALLES/ SEATTLE (Crossing into WASHINGTON).
- \* Take the US-12 W exit, EXIT 88B, toward ABERDEEN.
- \* Turn SLIGHT RIGHT onto US-12/ HWY 99 SW.
- \* Turn LEFT onto OLD HWY 99 SW.
- \* End at 20500 Old Highway 99 SW Centralia, WA



## FROM PORTLAND

- \* Merge onto I-5 S via the exit on the LEFT.
- \* Take the US-12 W exit, EXIT 88, toward ABERDEEN/ TENINO.
- \* Turn RIGHT onto US-12/ HWY 99 SW.
- \* Turn LEFT onto OLD HWY 99 SW.
- \* End at 20500 Old Highway 99 SW Centralia, WA



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# Plummer, ID - Travel Logistics



## Coeur d'Alene Tribal Wellness Center

1100 A Street, Plummer, ID

**Please make your own hotel reservations at a local hotel or the  
Coeur D'Alene Casino Resort & Hotel  
Reservations 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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# NPAIHB - Travel Logistics



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

**Marriott Portland - Waterfront**  
1401 SW Naito Parkway  
Portland, OR  
(503)-226-7600



## **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.

### **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.



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