



# CCFoPH Newsletter

HAPPY 2015!

## Annual Membership Meeting Held December 16th

About 30 of us gathered at the Bay Area Hospital Community Health and Education Center on Tuesday, December 16th to hear about the successes and actions of the CCFoPH in 2015 plus take care of some business. Here is a snapshot of what was completed:

- Annual Recognition Luncheon during Public Health Week. Honorees included Stephan Groth, MD (*CCPH Family Planning Volunteer Provider*), Donna Rabin, MD and Jon Yost, MD (*Community Connections Network*), Thomas Holt, DDS & Herman, Brent, and Heidi Pahls, DDS (*Ready to Smile, Neighborhood Dentist Program*), and Debbie Webb (*CCFoPH Volunteer & Living Well With Chronic Conditions*.)
- Fundraising success in 2014 included Purses for Nurses raising \$10,497, Bay Area Hospital Foundation grant of \$5,000, Coos Bay Wine Walk \$738, Spa Culture raffle \$371, Fred Meyer Community Rewards program \$150, Zonta Club of the Coos Bay Area for women's health vouchers \$2,500 and the Cow Creek Foundation granted us \$10,000 to support a GED program for new parents. In 2014 we transferred \$28,750 to the CCPHD. **Additionally \$2500 from Zonta grant and \$1,100 from Wine Walk and Spa Culture raffle were transferred at year's end for a total of \$32,350 in 2014!**
- Finances for 2014 were reviewed and the 2015 budget was adopted.

### Public Health Department Updates from Florence Pournal Stevens

- County Health Rankings - no big changes in 2014 rankings. Coos County remains low in the rankings at 28/33.
- County Health Department Services— Population based services include: Communicable Diseases, Environmental Health, and Health Promotion services (tobacco prevention and Ready to Smile programs) and activities such as the Community Health Assessment and Community Health Improvement Plan. Direct services include: immunizations, well women exams and BCC program, WIC, Family planning, Oregon Mothers Care, Home Visiting, referral to health care services, STI prevention, testing and treatment and as a Safety net clinic for community uninsured.
- Works in progress—Public Health Department Accreditation, CHIP update, Health and Human Services Strategic Plan and New Health Education Department run by Barbara Bassett.
- It was noted that we continue to have a large number of community members without health insurance even with our Coordinated Care Organization and availability of health insurance. We need to continue to be aware that having insurance and having skills to access health care even if insured may be difficult for some county residents and remains a concern. Our public health services are important. In addition, most of our health care providers are full and it may take several months for an appointment.

### Become a Friend of Coos County Public Health

#### Annual Dues

\$20 Individual

\$30 for Family

\$50 Business

Contact Information:

[ccfoph@gmail.com](mailto:ccfoph@gmail.com)

Website: [www.ccfoph.org](http://www.ccfoph.org)

# Purses for Nurses!

On Saturday, October 11, over 120 women gathered at St. Monica's Hall to purchase 51 purses filled with treasures and gift cards and enjoy the company of friends. The 5<sup>th</sup> annual Purses for Nurses fundraising event surpassed expectations, and netted over \$10,000 to support women's health services at Coos County Public Health. In addition to ogling and bidding on the purse packages, guests consumed delicious sweet and savory treats, purchased raffle tickets for a \$100 gas card, and enjoyed the champagne punch on an unseasonably warm day. Stephanie Kilmer of KDOCK radio was our emcee this year, and kept our program on schedule. Our three entertainers this year were **Karissa Thomas, Bay Area Teen Idol for 2014, and contestants Allie West and Jacob Renard.** Florence Pourtal-Stevens, Coos County Public Health Administrator, was also there to describe how the dollars we raised help the clients at the Health Department.

A Celebration of Generosity  
By Frances Smith,  
CCFoPH Development Chair

The event would not have been successful without the many and generous contributions of businesses, individuals, and underwriting sponsors, which were the **Coquille Indian Tribe, Umpqua Bank, Bay Cities Ambulance, and First Community Credit Union.** There were 84 donors listed in the program, plus other individuals who donated at the event, and sent money afterwards. Awesome! **The SOCC Student Nurses**, who assisted in the kitchen, were greatly appreciated by the *Purses* committee, which consisted of **Patty Barton, Dora Daniels, Lisa Hermann, Sherrill Lorenzo, Renee Menkens, Judy Moody, Lindi Quinn, and Frances Smith.**

We are grateful to all who attended and contributed, and are already thinking ahead to next year's event—which will be the first or second Saturday in October. Don't miss it!

## THANK YOU TO ALL OUR GENEROUS BUSINESS DONORS

Abby's Pizza	Figaro's—Coquille	OCCI -- SWOCC
Art Connection	Garden Elements	Oregon Coast Music Assn.
Bandon Crossings	Get "Pam"pered	Oregon Coast Plastic Surgery
Banner Bank - Octavia Shaefer	Happy Tails	Pancake Mill
Bay Optical Laboratories	Hilltop Restaurant	Park Avenue Dermatology
Bennetti's Italian Restaurant	Honda World	Portland Bagel Company
BiMart	Dr. Hurbis	The Pottery Co.
Black Market Gourmet	Inch Bye Inch	Puppy Love
Brandi Boehme Salon	Jerry's Mail Boats	Rodeo Steak House & Grill
Bree's Upscale Resale	Katrina Kathleen's	Samm's Haircare
Ciccarelli's	KDOCK Radio	Seven Devils Brewery Co.
City Hair—Kim Moore	Kum Yon's	Sun Schroeder—Beauty Bar
City Hair—Alesia Nicholas	La Costa	Three Rivers Casino & Hotel
Coming Attractions Theaters	Liberty Pub	Vend West
Coos Bay Grocery Outlet	Little Caesars	Wanda Weathers—Beauty Bar
Dog Star Grooming	Lori Lemire, DMD	Watson Ranch Golf
Elizabeth's Alterations	Les Schwab Tire Center --Coquille	Dr. Webster - NBMC
Empire Bakery	LeeAnn MacDonald	Wildlife Safari
Eugene Symphony Association	Dr. Edgar Maeyens	Winter River Books
Express Blinds	Mill Casino Hotel & RV Park	WOAH
Family Fun Center (Wilsonville)	North Bend Lanes	Wool Company Monday

## New Board Members

### Mike Claassen – Advocacy Chair

Born in Portland, Oregon, Mike spent the majority of his life in California. After graduating from Fresno State in 1969 with a degree in marketing, he worked for 50 years in retail men's clothing including owning his own men's clothing store in Cupertino, CA. He sold his business to Patrick James, a regional chain, and became their general manager. He also founded, with his wife, a financial services outsourcing firm, which was later sold to Smith Barney.

He retired and moved with his wife to Bandon in 2003. His roots run deep in Southern Oregon. He is a 5th generation member of Coos County with family names



McKuen, Ellingsen, Price & Norton. He has two daughters: Michelle Ochoa, a labor & delivery nurse graduate of Georgetown, married to a minister and graduate of US-NA. And Jennifer De la Rosa, a M & A lawyer graduated USC & Stanford, married to a lawyer graduate of Harvard & Stanford. In 2004 Mike's wife passed away.

Mike has been an active member in the community. He served as a Bandon City Councilor from 2007 through 2014. During this time the Council supported many public health friendly policies including smoke free parks and a ban on backyard burning. He also volunteers his time to manage Bandon Bridge Club since 2012 and is a member of the Coos County Transportation Advisory Committee since 2008.

Mike joined the CCFoPH board in November as our Advocacy Chair and will in this position serve through 2015. As Advocacy Chair he will work to keep us all aware of issues impacting public health. We are excited to have him on the board and know he will contribute a powerful voice of support to our efforts.

### Jeanne Moore—Membership Chair

Jeanne has lived in North Bend for almost four years after spending the last 20 years on the big island of Hawaii. She and her husband Bruce are the proud owners of the Portland Bagel Company in North Bend. They have 3 dogs and enjoy the beach in their spare time.

She has been active in the community since she arrived and finds community service a very rewarding calling. She has coordinated four "community needs" drives through Portland Bagel Company each year. Jeanne is a member of the Zonta Club of Coos Bay Area and the Bay Area Chamber of Commerce.

She first became acquainted with the Friends by attending a Purses for Nurses event which she supported with generous donations from her business. She is excited to now be a member of the Friends Board as our Membership Chair.



She feels "Any education and information that we can share with our community about the public health services here and the ongoing need to support them through the Friends is time well spent."

*Thank you to all our board members for their commitment to the good work of the CCFoPH and to our mission:*

**To promote health in Coos County through enhancement of local public health services.**

### Board Members

<b>President</b>	Lindi Quinn	<b>Vice President</b>	Judy Moody
<b>Secretary</b>	Reneé Menkens	<b>Treasurer</b>	Patty Barton
<b>Advocacy Chair</b>	Mike Claassen	<b>Communication Chair</b>	OPEN
<b>Development Chair</b>	Frances Smith	<b>Education Chair</b>	Jenny Bream
<b>Membership Chair</b>	Jeanne Moore	<b>Ex-officio members</b>	Florence Pourtal-Stevens & Barbara Bassett

## How to Stay Healthy During Flu Season

The end of October marked the start of influenza “flu” season that can last until spring. With the flu comes sniffles, sneezes, fever and aches. Coos County Health & Human Services want to share three simple ways to help you remain healthy during this time period:

**Wash Your Hands** before, during and after you prepare food; before eating; after playing outdoors or with pets; after using the bathroom, blowing your nose, covering your cough, handling garbage or changing diapers; and when they are visibly dirty. See *How to Wash Your Hand with Soap and Water*, *Cleaning Your Hands with Hand Sanitizer*, and hand washing video link below.

### Cover Your Cough & Sneeze:

Cover your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the waste basket.

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

**Get Your Flu Shot:** Flu shots are available in the Public Health Clinic. Call 541-751-2400 to schedule an appointment today.

**How to Wash Hands with Soap and Water** - Washing your hands is not complicated, but it does need to be done correctly to be effective. Follow these steps for success:

It is best to use warm running water and soap. Wet your hands with warm running water. If the water is too hot it can chap your skin. Apply soap. Liquid or foam soap is best as bar soap can harbor germs.

**Scrub** and rub your hands vigorously **for 20 seconds** creating a lather. Singing the ABCs or Happy Birthday twice is approximately 20 seconds. Pay special attention to:

Finger tips    Area under nails    Between fingers  
Palms    Back of hands    Base of thumbs    Wrists

Rinse off well. Rinsing removes soap and germs and prevents skin irritation.

Dry your hands off with a paper towel.

Turn off faucet with a paper towel.

Open door with a paper towel, if possible.



**Cleaning Your Hands with Hand Sanitizer** – Washing your hand with hand sanitizer is easy and works well when you do not have access to water.

- Use only when there's no visible dirt or material on your hands.
- Use a hand sanitizer that is 60%+ alcohol.
- Rub in until dry. Remember to pay special attention to your fingertips, under your nails, between your fingers, palms, back of hands, base of thumbs and your wrists. This will take approximately 15-20 seconds if proper amount of sanitizer is used.

In order for a hand sanitizer to be effective, your hands need to be fully dry before coming into contact with people or objects.

### Hand Washing Video Links:

Wash Your Hands: <http://www.cdc.gov/CDCTV/WashYourHands/>

Clean Hands Help Prevent the Flu: <http://www.youtube.com/watch?v=XHISh559oho>

For more information visit [www.cdc.gov/handwashing/](http://www.cdc.gov/handwashing/) or call Cynthia Edwards, Coos County Health Education Coordinator at 541-294-6643.