



CCFoPH Newsletter

December 2017

Hello, Friends!

Welcome to the fourth Newsletter of 2017!! A big thank you to all of our supporters for your enthusiasm in the information posts on our Facebook page. The page has reached 6,420 contacts since January with just 40 posts! I chose topics of general interest that you may not come across in your daily activities. Please feel free to share these posts with friends and family! I would always be happy to highlight a special topic of interest! Feel free to leave a message on the page and I will try to feature information on that topic!

Jeanne Moore, Communications Chair

Zonta Club Awards CCFoPH Grant for Women's Health

Women in need can again receive health services through the generosity of the Zonta Club of the Coos Bay Area. The Zonta grant to CCFoPH will provide vouchers for health exams, lab tests and medications through the Coos Health & Wellness—Public Health Clinic. Board members Stephanie Polizzi, Frances Smith, Debbie Schade, Florence Pourtal-Stevens, Lisa Hermann, Renee Menkens, Mike Claassen, and Anita Hale (not pictured) were present at the awards ceremony on De-



cember 15 and accepted a check for **\$3500**. The Zonta Club of the Coos Bay Area has a goal of improving the health of women, and raises funds for community grants and scholarships through its annual Celebrity Dinner (held this year on February 24). **Thank you, Zonta, for 10 years of support for women's health in Coos County through CCFoPH!**

MESSAGE FROM THE PRESIDENT, Frances Smith

Our annual meeting was special this year—our 10th anniversary—and we enjoyed a review of the past accomplishments of a decade. In our first year, 2008, under the leadership of President Molly Ford, we wrote comprehensive policies and obtained our non-profit status with the IRS; we formed a political action committee to advocate for a 9 cent county property tax measure to support public health services (it didn't pass); and we also held our first Recognition Lunch event during Public Health Week in April, which became an annual tradition.

Through the years we have volunteered at educational booths at health fairs, festivals, and the Coos Bay Farmer's Market; advocated for adequate budgets to fund public health at the state and local level; testified about the importance of smoke-free environments; and had some fun at "hospitality night" events. Our members have volunteered at clinics and participated in focus groups.

Fundraising has been an important part of our mission and purpose. With the help of our volunteer members and many contributors from the community, we have held *Purses for Nurses* fundraising events annually since 2010. This year, Florence Pourtal-Stevens, Public Health Director, was presented with a check for \$14,400! These proceeds help pay for health services through the public health clinic, for those in financial need.

We have been able to obtain grant awards from foundations over the years which have helped to fund special projects at the Health Department, such as equipment for the WIC program, educational materials for the *Ready to Smile* Dental program, and suicide prevention on the McCullough Bridge. A continuing need has been to help support health exams for women and men through the public health clinic. (See related article on Zonta grant—front page—received in December.) This year, in 2017, adding up the grants received from the Coos Bay Area Zonta Service Foundation, Bay Area Health District Foundation, the Wine Walk, and Bandon High School's Community 101 award, *plus* the *Purses for Nurses* proceeds, *and* the generous donations from our members, individuals and businesses, **we were able to award \$31,731 to Coos Health & Wellness to enhance local public health services.**



During the business section of our meeting, we passed our budget and elected new board members Stephanie Polizzi as Education Chair, and Lonnie Scarborough, as Development Chair. We also thanked retiring board members, Lisa Hermann and Mike Claassen, for their service. Anita Hale, Membership Chair, announced that we have 103 members for 2017.

I am grateful for the support of our board and our members over the years, who have contributed by paying dues (to fund our administrative costs), and also through service of their time and participation in our sponsored events. I am looking forward to a productive year in 2018!

Thank You!

to our Sponsors and Donors for the *2017 Purses for Nurses Fundraiser*

Western Oregon Advanced Health; Umpqua Bank (Coos Bay & North Bend); The Mill Casino - Food & Beverage; K-DOCK Radio; Honda World; Banner Bank; Bay Cities Ambulance; First Community Credit Union; Hough MacAdam Wartnik Fisher & Gorman CPAs; Vinny's Smokin' Good Burgers & Sandwiches.

Alloro's Wine Bar	Fred Meyer	Reedsport Pharmacy
Anonymous	Jennifer Groth	Rodeo Steak House
Art Connection	Jan Guthrie	Edna Ryzebol
Art of Life—Molly Ford	Anita Hale	Safeway—Coquille
BJ's Ice Cream	Genelle Hanken	Lonnie Scarborough
Bandon Crossings	Diana Harvey	Second Street Gallery
Patty & Jon Barton	Lisa Hermann	Sempert's Drug Store
Carol Bender	Honer Penny Labor	Siltcoos River Kayak Rental
Billy Smoothboards	Rachel James	Janet Simpson
BiMart	Jennie's Shoes	Janice Simpson
Black Market Gourmet	Jerry's Rogue Jets	Frances Smith
Bree's Upscale Resale	Katrina Kathleen's	SOCC Nursing Club
Canard Labs	Ken Ware Chevrolet	So It Goes Coffee
Chan's Wok	La Herradura	Southwest Physical Therapy
Patty Choquette	Sue Lemery	Spruce St. Bar & Grill
Kelly Church	Local Oceans Seafood	Studio Four—Bonnie Shively
Mike Claassen	Lord Bennett's Restaurant	The Mill Casino Hotel & RV Park
Coach House	Sherrill Lorenzo	The Studio—Leann
Coastal Mist Chocolate	Suzie McDaniel	MacDonald & Debi Hawley
Cobbler's Bench	Margarita's Mexican Grill	Three Rivers Casino & Hotel
Ann Collins	Margie Marshall	Tin Thistle
Coming Attractions Theaters	McKay's Market—Coquille	Top Dog Coffee
Coos County Parks & Recreation	Renee Menkens	Judith Vanduzer Uno
Coquille Valley Elks	Tina Milburn	Valley River Inn
Cow Creek Band of Indians	Mo's Restaurant—Florence	Vend West
Cranberry Sweets	Moe's Super Lube	Cathy Vitale
D's Scissors—Jonell Bishop	Jeanne Moore	Wardrobe Cleaners
Pam C. de Jong	Karen Newmiller	Watson Ranch
Devon's Boutique	Delaine Nored	Jenny Webster
Dog Star Grooming	Northwest Hardwoods	Western Beverage
Dolphin Players	Oregon Pacific Bank	The Wheelhouse Restaurant
Downtown Health & Fitness	Oregon Zoo	Margery Whitmer
Dutch Brothers	Painted Zebra	Wildlife Safari
Edgewater's Restaurant	Pancake Mill	Wilsonville Family Fun Center
Elizabeth's Alterations	Pony Village Mall	Winter River Books
Empire Cleaners	Puppy Love	Barbara Wyrick
Eugene Symphony Assoc.	Page Pyner	John L. Young
Face Rock Creamery	Lindi Quinn	
Frazier's Bakery	Donna Rabin	
	Railroad Cafe	

Supporting Breastfeeding in the Workplace,

by Florence Pourtal-Stevens, Public Health Administrator

Most Coos County mothers (91%) are breastfeeding their infants at birth. However, many quit when they return to work. To help support breastfeeding in Coos County, Amber Madigan, an Americorp Vista volunteer with the Public Health Division of Coos Health and Wellness, will be promoting practices in the workplace to help mothers continue to breastfeed:

1. **Identify workplaces** willing to share their successful breastfeeding-friendly practices with other employers;
2. **Gather feedback** from employers about the current knowledge, attitude and practices supporting breastfeeding mothers when they return to work;
3. **Develop a toolkit** to support employers, e.g., help with policy writing; education about the benefits of breastfeeding for both babies, mothers and employers; tips on how to set up a lactation space, and provide enough break times to express milk, if needed;
4. **Promote the toolkit** through a workshop and the media in the spring of 2018.

If you know of any employer that might be interested in participating in the project, please contact Amber Madigan at amber.magigan@chw.coos.or.us or at 541-751-2436.



Mission Statement: *“To Promote Health in Coos County through Enhancement of Local Public Health Services.”*

Welcome to all new and returning members! We want to keep our numbers strong to support Public Health services in our community. If you have questions or want more information about membership, contact Anita Hale at the CCFoPH email at ccfoph@gmail.com or visit www.ccfoph.org.

Name: _____ Email: _____

Address: _____ City: _____ State/Zip: _____

Phone: (h) _____ (w) _____ (cell) _____ Fax: _____

The best way to reach me is: _____

Membership Dues for: \$20/yr Individual \$30/yr Family \$50/yr Business

I wish to donate: \$ _____ in support of CCFoPH. _____ I wish my donation to remain anonymous.

CCFoPH is a Non-Profit 501c3 and your membership dues and donations are tax deductible to the full extent of the law.

We appreciate your support!