



*Promoting the health of Coos County through enhancement of local public health services*

## Message from CCFoPH President

April was a month of mixed emotions. We were deeply saddened by the passing of our long-time Board Member, Patty Barton, on April 3<sup>rd</sup>.



Patty served on our Board for 5 years, and was Treasurer for the last 4 years. We appreciated her efficiency at keeping our fiscal books in order, and her true dedication to our organization, even during her illness. We do miss her.

A week later, on April 10<sup>th</sup>, we joyously celebrated the contributions of this year's Superstars, who have contributed so much to the health of our community.

And what a surprise it was for me when the Board also recognized me with a Superstars tile for my years of service in public health.



Thanks to the Board and all of our members who attended, helping to make this year's Superstars Recognition Luncheon a success!

*Frances Smith*

## ***Hello, Friends!***

Welcome to the second newsletter of 2018, and I'd like to thank Stephanie Polizzi, our Board Education Chair, for her help with this issue.

I am pleased to be getting more hits on our Facebook page. Keep liking and sharing, and sending your feedback! It helps to know that I am reaching you!!

*Jeanne Moore  
Communications Chair*

## 2018 Superstars 11<sup>th</sup> Annual Recognition Lunch

On April 10<sup>th</sup>, the Coos County Friends of Public Health celebrated the outstanding efforts of three individuals and one organization (with four members) who have improved the health of members of our community.

**Char Luther** is passionate about helping the homeless, and the driving force behind the creation of the New Community Coalition, for which she served as Executive Director.

Her leadership contributed to bringing a homeless summit, a comprehensive housing study, the Moving Forward Committee, and an eye-opening poverty simulation workshop to our region. All these efforts were designed to raise awareness and work on solutions to help vulnerable residents in poverty.

**Linda J. Furman Grile**, a passionate advocate for people with terminal illness, worked with community volunteers in 1985 to create this area's first community-based non-profit hospice program.

Linda has served as Executive Director of the South Coast Hospice & Palliative Care Services, Inc. for the past 33 years. She has worked tirelessly to increase and improve hospice services.

Examples include the development of a Community Bereavement and Education Center, and the South Coast Hospice Thrift Store, which helps fund hospice care for those with limited resources.

Linda's advocacy has raised awareness and understanding of management for terminally ill patients' pain. Through her efforts, any community member who needs and wants hospice services has access to them.



*Left to right: Char Luther,  
Linda Furman Grile, Linda Maxon*

*Continued page 2*

## 2018 Superstars 11<sup>th</sup> Annual Recognition Lunch *(continued)*

**Linda Maxon** became the Executive Director of Coast Community Health Center in 2010. She has been a leader in bringing quality, low-cost, accessible health care to the people of Bandon and south to Langlois and Port Orford.

Through Linda's efforts, the Coast Community Health Center became a federally-qualified health center. In 2014, the center expanded to a larger facility at the site of the former Veterans Clinic in Bandon.

Coast Community Health Center has also been able to offer health services in the Bandon schools, and is working to open an additional new clinic in Port Orford on property donated by Umpqua Bank.

The 2018 *Superstars* were honored by a full house at the Black Market Gourmet, which has provided the venue for this celebration for the past 11 years.

He who has health has hope;  
and he who has hope  
has everything.  
*Owen Arthur*

### Healthy Bytes Initiative

*Healthy Bytes Initiative*, or HBI, is an effort to engage local businesses and organizations to invest in the health of our community. They do that by posting and distributing healthy foods messages created by HEAL (Healthy Eating Active Living sub-committee of the Community Health Improvement Plan). Partners are asked to share with their patients, consumers, coworkers, family and friends. After kicking off HBI in October, 2017, we are now starting our 8th month with a focus on asparagus!

HEAL has enrolled 26 community partners in HBI across all sectors. Advanced Health has provided a part-time coordinator for the project, and supplied us with base funding. In addition to in-kind donations like printing from OSU Extension, Bay Area Hospital has contributed cash to help us have a greater community outreach. We are hoping to enlist new sponsors as the project grows in popularity.

**Patty Sanden, Jeanette Sinclair, Robynn Reed and Chelsea Schoeppner.** These four members of **The Coos County Search & Rescue Dog Team Unit** were honored for their service in bringing lost people to safety.

This team, along with their dogs, were praised for saving lives and helping to rescue autistic children, dementia patients, lost hunters and even mushroom pickers.

When local law enforcement has exhausted traditional methods of locating lost individuals, these volunteers can often be called out with their dogs to search at night, under darkness and in all types of weather.

In 2017, they donated 1,539 hours of volunteer labor and logged 13,078 miles in volunteer service.



Left to right: Gabe Fabrizio, Jeanette Sinclair, Robynn Reed, Patty Sanden, Chelsea Schoeppner

In April, the HEAL committee voted to use some of these grant funds to cover printing costs for enrolled partners through the end of September. We are also printing our posters onto fabric for use at markets, fairs and other outdoor events throughout the county.

OHSU's Campus for Rural Health medical, dental and nursing students are helping to enroll partners and evaluate impact. They will be holding focus groups in May to gather information on community awareness about health programs and resources.

In April, HBI was highlighted in The World newspaper and, with the help of Advanced Health and PAC West, we will be putting monthly articles in the Thrive section. For more about this initiative, you can go to [www.advancedhealth.com/Healthy-Bytes-Initiative](http://www.advancedhealth.com/Healthy-Bytes-Initiative).

## Coquille Tribal Community Fund Grant Received

A \$3500 grant was awarded to CCFoPH on March 2<sup>nd</sup> for a special refrigerator to store lab specimens at the Coos Health & Wellness Clinic. Donations of \$659 from members of CCFoPH also contributed to the purchase, and the refrigerator has now been installed!

Founded in 2001 by the Coquille Indian Tribe, the Tribal Community Fund has distributed more than \$6.1 million in a five-county region of Southwestern Oregon. Grant funds support projects in the areas of education, health, public safety, arts and culture, problem gaming treatment and historic preservation. This year the Fund awarded 57 grants totaling \$291,164.

Supported by a percentage of revenue from The Mill Casino, the fund is managed and distributed by a board of community leaders and Tribal representatives, and reflects the commitment of the Coquille Indian Tribe to take a proactive, positive role in the community's wellbeing.



Left to right: Brenda Meade, Chairperson for the Coquille Indian Tribe, Frances Smith, CCFoPH President accepting the grant award, Lena Hawtin, CHW Clinic Supervisor and Denise Hunter, Trustee of the Coquille Tribal Community Fund



Lena Hawtin, RN, poses with the new refrigerator



## Breastfeeding Friendly Workplace Tool Kit and Workshop June 19

by Amber Madigan, AmeriCorps VISTA

Over the last few months, Coos Health & Wellness has developed the Coos County Breastfeeding Friendly Workplace Toolkit. We sought input from employers, conducted literature reviews, and reviewed similar toolkits.

The comprehensive toolkit conveys the importance of breastfeeding and walks employers through breastfeeding friendly practices to eliminate barriers for mothers who wish to continue to breastfeed after returning to work. The toolkit will be available to the community in early June.

Coos Health & Wellness will be hosting a Breastfeeding Friendly Employer Workshop on June 19<sup>th</sup> for human resources and managers of local organizations and businesses to gain knowledge to improve workplace support for breastfeeding mothers. The workshop is free and lunch will be provided. Register now since the number of spots is limited.

If you know of any employer that might be interested in participating in the workshop, they can register at <https://bit.ly/ccbfworkshop>.



Whiskey Run Mountain Bike Trails are 10 brand new miles of clay dirt trails that wind through Coos County Forest from Charleston to Bandon.

Grand opening event is Saturday, June 9th, from 10:30 am to 4:30 pm. Trail leaders offer 3 ride experiences: Ice-breaker beginner, Whiskey Sampler intermediate and the Full Flight advanced rides. Rides start at trail head on Whiskey Run Road, Bandon.

Pick up registration packet 5-7 pm at Bandon Brewing. After the ride, join the after-party celebration also at Bandon Brewing, 395 2nd St, Bandon.

### Food as Medicine

Celebrate the grand opening of Coos Bay's Natural Grocers. Join Stephanie Polizzi, Registered Dietitian for Oregon State University Extension Service, for a presentation that could change your mind about health. Learn how simple foods can prevent and reverse many of today's chronic diseases.



**Food as Medicine** will be held on Saturday, May 19 from 2 to 3 :30 pm at Natural Grocers, 598 North Broadway in Coos Bay.

The celebration continues on Saturday, May 26 at 2 pm with a second presentation: **Healthy Foods on a Budget**. Both presentations are free.



## HEALTH & FITNESS WALK

Sponsored by the Women's Health Coalition

- Speakers
- Vendors
- Fitness sessions
- Power Stations
- Music
- Raffle prizes
- Free Registration 9:30 am

**Sat May 12**  
**10 am to 1 pm**  
**Pony Village Mall**  
*Come join the fun!*

Coos County Friends of Public Health Education Chair, Stephanie Polizzi, RDN, will be presenting a session on **Sports Nutrition** at the walk!

### Contact Us!

Coos County Friends of Public Health  
PO Box 203, Coos Bay, OR 97420  
541-269-9340  
CCFoPH@gmail.com    www.ccfoph.org

We invite you to join CCFoPH! 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](mailto:ccfoph@gmail.com) or visit [www.ccfoph.org](http://www.ccfoph.org). Fill out the form and send payment to PO Box 203, Coos Bay, OR 97420.

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!**