



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

## President's Message

Greetings! CCFoPH is off to a good start in this new decade. We were 13 years old on January 15th!



At our Annual Meeting in December, we adopted our budget and revised our by-laws, which includes some changes in Oregon law for non-profit organizations, effective January 1<sup>st</sup>. (Our updated bi-laws will be posted on our website in the near future.)

We also welcomed 2 new board members, Kim Rollins and Cathy Salyers. Learn more about Cathy on page 3.

A very special part of our Annual Meeting is being able to give your donations and the money raised through *Purses for Nurses* to the Public Health Division at Coos Health & Wellness. We feel that we are meeting our mission to *enhance local public health services* when these dollars go to help people in our community.

To those who have already renewed your membership, thank you! Your dues help to sustain our organization so that we can pass all of the money we receive in grants to Coos Health & Wellness.

*Frances Smith  
CCFoPH President*

## Join us!

CCFoPH Board meets monthly on the 3rd Tue of the month, 4:00 to 5:30 pm at Coos Health & Wellness conference room

## Contact Us!

Coos County Friends of Public Health  
PO Box 203, Coos Bay, OR 97420  
541-269-9340





CCFoPH@gmail.com      www.ccfoph.org

## CCFoPH 2019 Annual Meeting Highlights

*Renee Menkens,  
Treasurer,  
presents checks from  
CCFoPH to Florence  
Pourtal-Stevens for*



## Foundation Grants Received by CCFoPH in 2019 and distributed to Coos Health & Wellness:

-  **\$2,000** from **Coos Bay Area Zonta Service Foundation** for the health voucher project: women's reproductive health services and immunizations
-  **\$2,500** from **Bay Area Hospital Community Foundation** for printing and distribution of breastfeeding friendly workplace tool kits for employers
-  **\$4,500** from the **Coquille Tribal Community Fund** For the production of videos to educate families about breastfeeding issues relevant to families
-  **\$3,000** from **Powers High School Community 101** Training in the Girls Circle curriculum, for support groups to develop resiliency skills and build on strengths

## Purses for Nurses

We were able to distribute to the Public Health Division of Coos Health & Wellness the proceeds of **\$12,700** from our Harvest Festival Fundraiser of October 26<sup>th</sup>. This money went into a fund to help families with special assistance to improve their health.

This event was a success because of the contributions and donations from many businesses and individuals, and the efforts of our board and volunteers!

*More on page 3*

## Annual Report

Florence  
Pourtal-Stevens  
Public Health Director, CHW



The Public Health Division is excited to announce that its 2018-19 annual report has been published and

is available at <https://cooshealthandwellness.org/public-health/public-health-annual-reports/>.

This report can give you a sense of the tremendous amount of services our Public Health division provides for our community. Our team is constantly working for a healthier and safer Coos County. At right is a snapshot that partly entails that work.

## Annual Report 2018- 2019



9 Drinking Water Surveys completed  
16 contamination alerts responded to



100 Pregnant Women assisted through Oregon Mothers Care



661 Restaurant Inspections done



1,062 Immunizations Administered



45 Pool Inspections done



786 Family Planning Visits for 458 patients



74 RV Park Inspections done



Team helped with 3,532 applications for the Oregon Health Plan



189 Tourist accommodation inspections done



2,468 families served and 71 WIC Satellite Clinics held in the county



1,226 Communicable Disease reported and 378 Investigations conducted



1,668 Nurse Home Visits completed and 105 families & children served



360 STD tests done at the clinic



143 Animal bites reported to CHW



142 Pregnancy Tests done

## Zonta Grant

In December 2019, a \$2,000 grant was awarded from the Coos Bay Area Zonta Service Foundation to the Coos County Friends of Public Health for the Health Voucher Project.

Through this generous award, women will be able to receive health exams, lab tests, and medications through the public health clinic at Coos Health & Wellness.

The goal of the Health Voucher Project is to help women and teens who have no health insurance, or high unmet insurance deductibles which can be a financial barrier to care. The health vouchers help to pay for important reproductive health services, including family planning, pregnancy testing, and treatment of sexually transmitted infections.

Health vouchers have also been used for mammograms, and other imaging for diagnostic purposes.



CCFoPH Board members left to right: Anita Hale, Tom Orsi, Frances Smith, Cynthia Edwards, Renee Menkens

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, scheduled this year on February 29, 2020.

Thank you, Zonta, for 12 years of support for women's health in Coos County through CCFoPH!

## CCFoPH Annual Meeting Highlights (con't from page 1)

### Donations from our CCFoPH members and friends distributed to Coos Health & Wellness:

**\$** \$1,500 for the health voucher project, which provides people in need without insurance health services, such as exams, immunizations, and lab tests.



**Total Distribution to Coos Health & Wellness from CCFoPH in 2019:**

**\$** \$26,200

## Reproductive & Sexual Health Needs Assessment Findings

*By Florence Pourtal-Stevens*

In the spring of 2019, Coos Health & Wellness Public Health, in collaboration with the Reproductive Health Collaborative, conducted a needs assessment that specifically addressed reproductive health and sexual health in the community. Community members, service providers and adolescents were surveyed and focus groups were organized to elicit feedback.

The main finding identified a county-wide need for reproductive health services and education. Community members expressed interest in gaining control of their reproductive health. This demonstrated a need for quality, comprehensive reproductive healthcare and education. A high number of members reported they did not receive the care they expected which indicates there are improvements to be made in the quality of services and treating patients well. Other areas for improvement include clinic efficiency and the process for making appointments.

Adolescents reported interest in reproductive health education and services and showed a lack of awareness about available resources, especially regarding confidentiality policies. This, in combination with low levels of adolescents reporting a health care professional having provided them with reproductive health education, indicates a need for further outreach and education in order to adequately meet the individuals' needs and empower them to achieve their goals, as well as properly address issues related to preconception care. Adolescents also reported transportation as a barrier to accessing services.

In accordance with past needs assessments, clients continue to report family and friend word-of-mouth referrals as the most

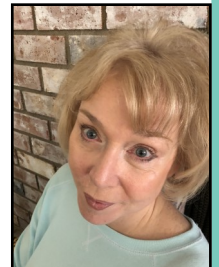


### 2020 Board Members

Frances Smith	President
Tom Orsi	Vice-President
Kim Rollins	Secretary
Renee Menkens	Treasurer
Anita Hale	Membership
Jeanne Moore	Communication
Cathy Salyers	Advocacy
Florence Pourtal-Stevens	Ex-officio
Cynthia Edwards	Ex-officio

### **New Board Member** **Cathy Salyers, MSN, RN, PHN**

A Registered Nurse, Cathy began her nursing career as a critical care nurse working for Kern Medical Center, a busy county hospital in Bakersfield, California. It was a field she enjoyed.



She then began working in mental health and worked concurrently in critical care and central health for several years before transitioning full time to mental health. A move took Cathy and her husband to Sacramento, where she worked for Sacramento County in their mental health treatment facility.

She appreciates the public health nursing experience she received while earning her Public Health Nursing certificate. That involvement gave her an appreciation for responsibilities and contributions that public health departments make to their communities. She is grateful for the opportunity to serve on the CCFoPH Board.

Cathy and her husband recently moved to Coos Bay from Sacramento to be closer to her aging parents. And after settling here, she and her husband found they truly enjoy this community and the people. Aside from volunteer service, Kathy enjoys exploring the natural beauty of this area, and downhill skiing.

common ways in which they learn about available services. Community member and adolescent survey respondents reported frequent use of online and social media, indicating an opportunity to employ social marketing tools and outreach strategies to increase awareness in the community.

## 2019 Novel Coronavirus News from the CDC

The Center for Disease Control is closely monitoring an outbreak of respiratory illness caused by a novel coronavirus (2019-nCov). For the general American public, who are unlikely to be exposed to this virus, **the immediate health risk from 2019-nCoV is considered low.** As of Jan. 31<sup>st</sup>, there were **6 confirmed cases in the United States.** The goal of the ongoing U.S. public health response is to prevent sustained spread of 2019-nCoV in this country. **For the latest information: [www.cdc.gov](http://www.cdc.gov).**

### What about the Seasonal Flu?

The CDC estimates that so far this season there have been at least 19 million flu illnesses, 180,000 hospitalizations and 10,000 deaths from flu.

Flu vaccine effectiveness estimates are not available yet this season, but vaccination is always the best way to prevent flu and its potentially serious complications. It's not too late to get a flu shot!



**SAVE THE DATE**

CCFoPH  
*Recognition Luncheon*

**April 14, 2020**  
**11:30 am to 1:00 pm**  
**Black Market Gourmet**



**Have you *LIKED* CCFoPH Facebook Page Yet?**

Just search *Coos County Friends of Public Health.*  
Click like and follow!

## Support CCFoPH when you shop at Amazon

When you shop at [smile.amazon.com](http://smile.amazon.com), Amazon will donate a portion of the purchase price to Coos County Friends of Public Health. Just type in our organization or shop directly using the web address: [smile.amazon.com/ch/26-1799802](http://smile.amazon.com/ch/26-1799802), which includes the ID number for CCFoPH.

You'll find the same prices, selection and convenient shopping experience while contributing to the CCFoPH mission.

**Please take a moment to renew your membership!**

**JOIN OR RENEW TODAY**

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!***