



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

Message from CCFoPH President



Are you eager to get the vaccine? I am, and so are many who are in my age group! What surprises me is hearing about the number of health personnel and others who are refusing it—at least for now.

As I write this, I am listening to Dr. Anthony Fauci explain on TV how the virus is mutating into strains that are more **infectious** and may be more **deadly**. The virus mutates best when it is in people, so we have got to curb the number of infections to curb the mutations.

Vaccinating large numbers ASAP is critical, as is wearing masks with no gaps and several layers—more protection than just a bandana or scarf.

CCFoPH is committed to helping communicate the latest information based on the best science that we have now. I am grateful to our members who help share correct information, and are willing to volunteer their time when the opportunity arises. Watch your email for upcoming events....

Frances Smith



Join us!

CCFoPH Board meets monthly
on the 3rd Tue of the month,
4:30 to 6:00 pm virtually via Zoom platform

Contact Us!

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

Volunteer in Action: Renee' Menkens

Renee' Menkens, our CCFoPH Treasurer, is a retired nurse and volunteer with the Medical Reserve Corps. This week, Renee' volunteered with Coos Health & Wellness staff and other volunteers to give vaccines for police, fire and first responders at the Coos Bay Fire Hall.



COVID Warriors: Back row (L to R): Renee' Menkens, Kat Burgess (MRC volunteers), Front row (L to R): Lena Hawtin, (CHW), seated, Joyce Smith (CHW), Kristy Petrie, Confederated Tribes of Coos, Lower Umpqua, Siuslaw Indians (CTCLUSI)

Last week, Renee had the opportunity to provide COVID shots to staff and residents for older adult group homes in Coos Bay, Empire, and North Bend. Renee gave over 50 shots in two days, traveling to 9 small homes with 1 to 5 residents. Renee said,

"It was insightful to see how many adult group homes are in this area and how important these services are to support care for our elders. I met an interesting woman who was 103! I feel I gained valuable insight on how important it is to provide COVID vaccinations for vulnerable elders who are homebound, as well as their staff and caregivers."

Renee' also conducts "Fit Testing" at the long-term care center in Myrtle Point. She checks to see that staff are using and wearing N-95 masks and visors properly to protect them from the virus.

Kudos to Renee', and also to Coos Health & Wellness staff, the City of Coos Bay Fire Department, and all the volunteers who are working to fight the virus. It "takes a village" to protect our public's health!

Frances Smith

CCFoPH 2020 Annual Meeting Highlights

At our annual meeting on Dec 17 (via Zoom), Board members presented the 2020 accomplishments of CCFoPH. In a year dominated by COVID, we skipped our annual Recognition Lunch in April and instead held a virtual event to celebrate the 6 worthy individuals selected as Super Stars for 2020.

Our on-line fundraising event, the *Nurses' Purse raffle*, exceeded our expectations. Ticket sales, donations and sponsorships raised \$13,877 to help our community members in need.

It was also a record year for grants received by CCFoPH to assist Coos Health & Wellness with COVID-19 response. Thank you to the many organizations, businesses, and individuals who contributed to public health efforts in 2020!



**Total Distribution
to Coos Health & Wellness
\$ 93,927**

Grants received By CCFoPH in 2020:

Health Vouchers for Clinical Services Coquille Tribal Community Fund	\$ 5,000
WIC Nutrition Project United Way of Southwestern Oregon	\$ 1,000
<i>Nurses' Purse</i> Project Looking Out Foundation	\$ 5,000
Purses for Nurses Fundraiser	\$ 13,877
COVID-19 Response – <i>Better Together</i>	
• Coos Elderly Services	\$ 250
• Oregon Community Foundation	\$ 14,800
• NW Farm Credit Service Rural Community Fund	\$ 1,500
• United Way of SW Oregon	\$ 1,500
• Wild Rivers Coast Alliance	\$ 50,000
• Individual Donation	\$ 1,000

Additional donations distributed:

Devereux Center to help unhoused persons:	\$ 918
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Public Health Accomplishments Presented at Annual Meeting: Highlights 2019-2020

Anthony Arton

8 Drinking water system surveys completed	184 Pregnant women assisted through Oregon Mothers Care
36 Contamination alerts responded to	203 Pregnancy tests
510 Restaurant inspections	Family planning visits for 458 patients
42 Pool inspections	1,412 Nurse home visits completed; 107 families & children served
68 RV Park inspections	1,301 families served across 6 WIC Satellite clinics
197 Tourist accommodation inspections	Team helped with 3052 applications for the Oregon Health Plan
222 STD tests	1052 Immunizations administered
388 Communicable disease reports and investigations	130 animal bites reports

It's Time to Renew Your Membership!



CCFoPH is a "member" organization and we so appreciate our members! Many of you have been with us since our inception in 2008!

Your dues, which have remained the same since 2014, sustain our organization so that we can raise funds and receive grants for projects and programs which are administered through Coos Health & Wellness.

For those who have limited time to contribute to activities, we thank you for your support with your membership dues and donations. For your convenience, we now offer the option of paying dues through our website: <http://ccfoph.org>.

Frances Smith

I DON'T KNOW HOW TO EXPLAIN TO YOU
THAT YOU SHOULD CARE FOR OTHER PEOPLE.

Dr Anthony Fauci

Public Health Director's Message



Coos Health and Wellness continues to battle COVID-19. Our amazing staff of Contact Investigators, Contact Tracers and Resource personnel work hard every day limiting the spread of the virus and helping families in need who are quarantined and isolated. They make hundreds of calls a day to contact those with close exposure. This team also works closely with schools, businesses and community organizations to give them the most up to date information on how to prevent and limit the spread of the virus.

Every day I am astonished at the hard work and dedication of this team to overcome the many challenges and obstacles presented. It is a meticulous and stressful job and they continue to hold their heads high and serve the community. Coos County should be so proud of the work they have accomplished. Their work has saved numerous lives and prevented much suffering in Coos County.

Now with the arrival of the Moderna Covid-19 vaccine, our public health workers will go on the attack against the virus. As coordinator of the county-wide response to vaccine distribution, I am committed to getting the vaccine out quickly and equitably. I commend Bay Area Hospital, Coquille Valley Hospital, Southern Coos Hospital, Coast Community Health Clinic, North Bend Medical Center and others who have committed their time and resources to help in this objective. With citizens now in progress of being vaccinated, we can turn the tide in our favor against COVID.

*Anthony Arton
Public Health Administrator*

WIC Adapts to Meet Needs



*Women, Infants and Children
Supplemental Nutrition*

During the pandemic, Coos County WIC has offered remote visits by phone to WIC participants, following the State WIC guidance, making it possible for participants to receive WIC benefits, Breastfeeding support and nutrition services. We remain committed to ensure the safety of our participants, their families and the WIC staff during COVID-19. Our participants have expressed their gratitude for the flexibility, support and sense of normalcy shown during the pandemic and feel relieved we met them where they are during these trying times.

A WIC client, Arianna Wagner, shares her experience.

"I have been on WIC since 1995. I remember back in the day how we had to write everything we ate on paper for my WIC appointment. It motivated me to eat healthy, making me aware of proper health. WIC always gave us the right foods. Now days, it covers more nutritious foods. Having the eWIC card now has helped with convenience; it's easier at the store to get the benefits.

I also loved how they offer the farmers market during summer, allowing me to get extra fresh fruits and vegetables. As a breastfeeding Mom, I also got so much information and guidance from the breastfeeding educator, Julie. It helped me so much! WIC has come such a long way... I'll miss WIC."

*Rosa Atencio
WIC Coordinator*

Drive-Thru COVID-19 Vaccinations



Health care personnel, educators and first responders are being vaccinated now in Coos County with the Moderna vaccine.

Coming next:
Adults ages 80 and older.

Register at Coos Health & Wellness [website](#) to receive information about when and where the vaccine will be available for your age group.

Vaccine Ingredients

Q: I have allergies. What is in the Moderna COVID-19 vaccine?

A: The Moderna vaccine contains messenger RNA (mRNA) which activates the cells to produce antibodies against the virus. Also, some fats, including cholesterol and polyethylene glycol (an ingredient found in laxatives such as Mylanta) which protect the mRNA until it is injected into your body; products that act as buffers and to help maintain the pH and stability of the vaccine: tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate and sucrose.

Anyone with a severe allergic reaction to any of these ingredients should not get this vaccine.

The vaccine does NOT contain:

- Blood products, like red blood cells, white blood cells, plasma or platelets
- COVID-19 virus cells
- Fetal cells
- Latex stoppers
- Microchips
- Preservatives
- Pork products
- Mercury
- Egg



References: CDC; Mayo Clinic

CCFoPH Board Members 2021

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|---------------------|----------------|
| Frances Smith | President |
| Tom Orsi | Vice-President |
| Alissa Pruess | Secretary |
| Renee Menkens | Treasurer |
| Cathy Salyers | Advocacy |
| Denise Bowers | Communications |
| Sylvia Miller | Membership |
| Anthony Arton | Ex-Officio |
| Katrinka McReynolds | Ex-Officio |



f Check out CCFoPH on FACEBOOK

Our Facebook page highlights helpful nutrition information about the Healthy Bytes Initiative, and interesting events happening in our community.

It's easy to like us. Just search *Coos County Friends of Public Health*. Click like and follow!

Healthy Bytes Initiative (HBI)

The HBI food of the month for February is Barley. Barley is a chewy cereal grain with the texture of pasta. Unlike pasta, it has a low glycemic index due to the beta-glucans, soluble fibers known to lower blood sugars. Like oats, the soluble fiber in barley also helps lower cholesterol.

Barley is available in different forms: hulled, pearled, Scotch or flaked. Hulled barley is the whole grain form, with the most intact nutrition. Pearled barley is more common. The grains have been polished removing the hull, bran and some layers of nutrients, so it cooks faster than hulled. Scotch barley falls between hulled and pearled in processing, retaining more nutrients than pearled but not quite a whole grain.

Barley flour contains only a small amount of gluten, so it is not a good choice for making a traditional loaf of bread. It is most often used for unleavened or flat breads and makes a delicious porridge. Adding a small amount of barley flour



to wheat recipes for breads and muffins will give the baked goods a sweet, nutty flavor.

Try adding barley to your favorite stews and soups. Or substitute barley for rice or pasta in casseroles or ethnic dishes. Stir in cooked barley with other vegetables for extra chewiness and bonus nutrition. Toss chilled cooked barley with leafy green salads or use in cold potato salads.

Next time you're shopping, pick up some barley and give it a try. Your heart will thank you.

www.advancedhealth.com/healthy-bytes-initiative

To be on the monthly mailing list to receive free electronic materials, contact Shena Holliday, 541-269-3215 or email shena.holliday@advancedhealth.com.

For content information on HBI materials, contact stephanie.polizzi@oregonstate.edu.

*Stephanie Polizzi
OSU Extension Family & Community Health*

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 Sylvia Miller at the CCFoPH email at ccfoph@gmail.com or visit 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!