



Friends of Public Health



Editor: Stephanie Polizzi

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

Message from CCFoPH President



Plans are underway for our 14th Annual Recognition Luncheon, May 12th. I am so happy that we are able to hold this event again in person. It will be a joyous celebration to honor the Super Stars of 2022 who have contributed so much to the health of people in our community.

I am also looking forward to seeing some friends “in person” for the first time in several years. Please make your reservation soon so that you can join us. Black Market Gourmet will be providing a delicious celebratory meal!

*Frances Smith
CCFoPH President*

CCFoPH 2022 Board

| | |
|---------------------|-----------------|
| Frances Smith | President |
| Tom Orsi | Vice-President |
| Mary Carol Roberson | Secretary |
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| Alissa Pruess | Communications |
| Jan Hooper | Membership |
| Anthony Arton | Ex-Officio, CHW |
| Katrinka McReynolds | Ex-Officio, CHW |

Join us!

CCFoPH Board meets monthly
on the 3rd Tue of the month,
4:00 to 5:30 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

Meet Katie Tobiska New Employee at Coos Health & Wellness

welcome



Katie grew up in North Bend and went to OSU, where she received her BS in Health Promotion and Education. Upon graduation she moved to the Santa Cruz area where she worked in Public Health, worked with youth who were aging out of the foster care system, and then went to school to become an acupuncturist. Her driving force for the direction of her work is to help people break unhealthy cycles so they can live their best lives.

Since starting working at CHW in October, she has established the Coos County Reproductive Health Coalition, and is collaborating with multiple organizations to increase access to reproductive health services. She has also worked to increase access to a youth program that teaches communication skills which help to build healthy relationships.

At Coos Health & Wellness, she is the lead on the Equity Committee, and has been working to make CHW a more equitable and healthy workplace by addressing *diversity, equity and inclusion*. (See related article by Katie on Reproductive Health Services pg 2)

*Anthony Arton
Public Health Director*



COVID-19 provides a stark reminder of the tremendous social value of robust public health systems and the harrowing consequences when those capabilities are allowed to atrophy.

Reproductive Health Services in Coos County

Coos County has had its community's health in mind since 1922 as Oregon's first established Public Health Department. Its mission to protect and improve the health of community members included reproductive health services. When the Title X act was passed by Congress in 1970 and signed by President Nixon, federal funding assured that family planning services would be available to women below the poverty level at no cost to them.

Coos County successfully provided these services, as did many county health departments, and the health department was the sole source of affordable reproductive health care for low-income women in Coos County for decades.

Unfortunately, in recent years the loss of federal funding, and also the loss of Coos County's general fund support for reproductive health services were major factors in the decision for Coos Health and Wellness to discontinue the reproductive health clinic services on July 1, 2021.

Fortunately, our area has two Federally Qualified Health Centers that can help meet the needs for which the Public Health Department was once the sole provider for so many years. Upon our discontinuation of services, patients were referred to these clinics to avoid any lapse in care.

Having Waterfall Clinic and Coast Community Health Center ensures that the reproductive health needs of the community can continue to be met at multiple locations throughout the county. We are currently developing a follow up survey for the patients who were referred to these clinics to assess their ability to obtain care there.

Coos Health & Wellness (CHW) continues to provide reproductive health services in a different capacity at this point in time. Under Oregon Health Authority's Reproductive Health Outreach Program, CHW is able to fund one outreach position (myself!) and the activities related to the grant parameters.

Here is a list of what has been accomplished under these programs:

- ◆ Creation of the *Coos County Reproductive Health Coalition* where reproductive health providers, advocates, and wrap-around service providers identify and address barriers to care
- ◆ Distribution of reproductive health resources and information at community events, on social media, at specific locations, and through community partners
- ◆ Sponsorship of an after-school program called *Acting Up Academy* that teaches healthy communication skills
- ◆ Development and promotion of a reliable source of online information



As we learned with COVID-19, we do not know what the future holds, but we do our best in the situations we find ourselves in. We are proud to partner with these two health centers, to promote their services, and to continue to educate the community about all that encompasses reproductive health.

I invite anyone who would like to help promote reproductive health services in Coos County to contact me at 541-266-6719.

Katie Tobiska
CHW

Thank you, Friends!

We are grateful to these Friends who have renewed their membership with CCFoPH since January. (Members who renewed in December were included in the January newsletter.)

Membership is open to anyone who supports the mission and purpose of CCFoPH which is to enhance local public health services through education, fundraising, advocacy, and volunteering.

Annual dues are requested by March of each year, although someone can join at any time of the year.

Friends

Anthony Arton
Richard Barron
Margaret Crowley
Molly Ford
Carol Foster
Tina Grile
Lena Hawtin
Lisa Hermann
Haley Lagasse
Maegan Lindsey
Katrinka McReynolds
John Muenchrath
Karen Newmiller
Debbie Schade

Gregory Sell
Nancy Wolgamott

Contributing Friends

Jan Delimont
Shirley MacAdam
Ann McMann
Judy Moody
Kathy Richards
Diane Williams

Sustaining Friends

Paula Bechtold
Alice B. Carr
Dallas Carter MD &
Deb Reid

Pam de Jong
Jill Jacobsen
Janelle Orsi
Mike Rowley

Business Friends

Bay Cities Ambulance
Kathy Ingram, PhD, Inc
Jonathan Park, MD, North
Bend Medical Center
OSU Extension, Stephanie
Polizzi

thank you

Coos Health & Wellness Partners with HIV Alliance for Testing and Prevention Services



Building and creating partnerships is a great way to expand the reach of public health and to ensure access for our community's most vulnerable people. It is also a piece of the solution to inadequate funding for our services.

In March, Coos Health and Wellness began a new partnership with the HIV Alliance. One of their staff members is now working in our building in collaboration with our clinic nurses, health equity specialist and disease investigators. This is a symbiotic relationship that will lead to more prevention, education, earlier detection and treatment.

HIV Alliance will provide these services at the Coos Health and Wellness building every Wednesday from 2:30-4:30pm.

- ◆ HIV, Hepatitis C, and Syphilis Testing
- ◆ Naloxone Resources
- ◆ Needle Exchange services

Although COVID impacted many of our lives and those of our friends and family, it did serve as an opportunity for

Coos Health and Wellness to form new partnerships, with the HIV Alliance being just one of many.

Today our public health employees work very closely with our first responders, the Devereux Center, Coos Elderly Services and many more organizations.

Partnerships and collaboration are vital to the future success of public health and equitable access to the healthcare system for all our citizens, and we are happy to have HIV Alliance join us in the fight against HIV.

Kimberly Hendricks with HIV Alliance is also excited about the new partnership with Coos Health and Wellness. She states,

"We look forward to collaborating with CHW to safeguard individuals through a Harm Reduction approach. That includes knowing one's status around HIV/HCV/Syphilis, reducing the risk of harm through syringe exchange, and providing Naloxone to treat overdose with narcotics."

We are excited to expand Harm Reduction to more people along the coast by adding access. Testing for disease status, providing new equipment for those actively using, and saving lives through Naloxone access are all things we look forward to providing in Coos County."

Anthony Arton
Public Health Director

May *Healthy Bytes Initiative* Food of the Month is Apricots



Apricots are stone fruits, much like peaches but smaller. Like other orange plant foods, they are rich in beta-carotene which is converted to vitamin A. We need vitamin A for good vision, a strong immune system, healthy skin and mucous membranes. Beta-carotene is an antioxidant that protects against damaging oxidation and free radicals. Overtime, free radicals can lead to aging and chronic diseases like heart disease and cancer.

Apricots are also one of the best sources of potassium. This is an important mineral for nerve transmission, lowering blood pressure and muscle contraction, including the heart muscle. They also contain small amounts of calcium, iron and magnesium for healthy blood flow and heart rhythm.

More antioxidants in apricots include vitamins C, E, and polyphenols which protect against inflammation. Quercetin in apricots may help to protect against dementia.

Apricots can be found fresh, dried, freeze dried or canned. Many commercially packaged apricots also have added sulfur dioxide to preserve colors, which can cause allergic reactions in some people. Seek out fresh as first choice, then dried without added sugars or preservatives.

HBI materials for apricots and other whole plant foods also provides recipes.

To download HBI posters, handouts with recipes or PowerPoint slides for your lobby or waiting room, go to:

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.

You can also download the poster and handout on the Coos Head Food Co-op site: <https://coosheadfood.coop/>

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

Stephanie Polizzi
OSU Extension Family & Community Health

The 52-page Nutrition Resource Guide contains links to local food resources, cooking classes, books and cookbooks. Find it here:

<https://extension.oregonstate.edu/coos/healthy-families-communities>

or <https://coosheadfood.coop/food-nutrition-group>

NUTRITION
RESOURCE
GUIDE



CCFoPH 14th Annual

Recognition Luncheon

Tue May 10
11:30 am to 1:00 pm
Black Market Gourmet

RSVP by Apr 25

See invitation next page



Nutrition classes in-person

Mon May 9: Ancient Grains at 6:30 pm.
 Coquille SDA Fellowship Hall. 1051 N Cedar Pt Rd, Coquille. Plant-based potluck begins at 6 pm

Wed May 25: Arresting Alzheimer's at 6:00 pm.
 Coos Bay SDA Better Living Center, 2175 Newmark Av, Coos Bay

May 26: Longevity and Health at 6:00 pm.
 Coos Bay SDA Better Living Center, 2175 Newmark Av, Coos Bay



Check out CCFoPH on FACEBOOK



Our Facebook page highlights the Healthy Bytes Initiative, helpful monthly nutrition information and interesting public health events happening around our community.

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

Electing the Coos County Board of Health

The Coos County Commissioners have many duties, including serving as the County Board of Health, which oversees the local health department (Coos Health & Wellness). Two of these seats for County Commissioner are up for election on May 17: Positions 2 & 3. The League of Women Voters of Coos County is offering interviews of candidates on the League's website and YouTube channel at <https://my.lwv.org/oregon/coos-county> under the menu: VOTING & ELECTIONS, Interviews. Become informed and exercise your right to vote.

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 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 Levels: \$25/yr Individual \$50/yr Business \$50/yr Supporting Friend \$100/yr Sustaining Friend

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!

Coos County
Friends of Public Health
14th Annual



Recognition Luncheon



May 10, 2022

The Coos County Friends of Public Health request your presence
as we honor the **SUPERSTARS** in our community
who have shown outstanding efforts to improve health in Coos County.

Pandemic Response Super Stars

Bay Cities Ambulance

Coos Bay Fire Department

Coquille Indian Tribe

Kat Burgess & René Menkens

Medical Reserve Corps

Becky Fairhurst, Lena Hawtin & Kelsey Orr

Coos Health & Wellness

Community Super Stars

John Lemos

Kids Hope Center

Stephanie Polizzi

OSU Extension Nutrition

Alissa Pruess

Advocate for Women's Health

Barbara Van Slyke

Advocate for Health Care

Time: 11:30 am to 1 pm

Place: Black Market Gourmet, 495 Central Ave, Coos Bay

Menu: Taco Bar (chicken, fish, & vegetarian)

Cost: \$25 each

RSVP by Monday Apr 25, 2022

Reservation line: 541-266-6804

Payment by card via website: ccfoph.org or mail to:
CCFoPH, PO Box 203, Coos Bay, OR 97420