



Friends of Public Health

JANUARY 2023



Editor: Stephanie Polizzi

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

Message from the CCFoPH President

What will 2023 bring?
World peace? Not likely.
More Covid variants?
Probably.



I am thankful that our public health professionals at Coos Health & Wellness are diligently working to protect our health. In this issue, you can read some highlights of public health services provided last year, (pg 2) and also get acquainted with 2 new CHW employees, Aimee and Doug (pg 3).

This year, CCFoPH plans to hold our Recognition Lunch, and our Odyssey fundraiser will soon be underway. We are also discussing the potential to hold an educational forum for the public. Your ideas are welcome.

I am grateful to Tom Orsi and Alissa Pruess for agreeing to serve another term on the CCFoPH Board. Renee Menkens will stay on as Treasurer until we find a replacement. We also need to fill our Membership chair position. Jan Hooper did an excellent job during her term, and has left the files and procedures in good order.

If anyone would like to be considered for appointment to the Treasurer or Membership volunteer positions, please send an email to ccfoph@gmail.com.

It's a great opportunity to work within a non-profit organization that is dedicated to promoting health in Coos County.

*Frances Smith
CCFoPH President*

Odyssey 2023 Fundraising Event

By Frances Smith

You are invited to join the **Odyssey 2023 Challenge**! CCFoPH is hosting this event to raise money for the **Nurses' Purse**, which is a discretionary fund that can be accessed by public health nurses at Coos Health & Wellness. The **Nurses' Purse** helps families with essentials such as food, winter clothing, infant care, and payment of medical bills for uninsured.

The **Odyssey 2023 Challenge** will start February 1st and continues through April 30th, and you will track your "real" exercise activity through virtual miles along a 216-mile route in Coos County. Many types of exercise count: running, walking, yoga, pickleball, gardening, golf, dancing, and more. Thirty minutes of sustained activity equals 1 mile. A video explanation of how to log your miles can be found on the CCFoPH website.

Registration is now open. To sign up, go to our website: <http://ccfoph.org>. Cost is \$25, plus an extra \$2.50 fee charged by the on-line platform. Form a team, or join one, and help motivate your friends and family to achieve fitness goals. Then start moving on February 1st!



Interested in joining the CCFoPH board?

Contact 541-297-0841 or CCFoPH@gmail.com
if you are interested in the
Treasurer or Membership chair positions.

CCFoPH 2022 Annual Meeting Highlights

Frances Smith

Board members presented CCFoPH accomplishments in 2022 at our annual meeting on Dec 13 (via Zoom).

During the 2022 Recognition Lunch, we celebrated the centennial anniversary of public health in Coos County. We also applauded the contributions of 12 SuperStars (3 organizations and 5 individuals whose work was related to the pandemic, and 4 individuals who have contributed to community health).

CCFoPH also had a successful year raising funds for services and programs offered through Coos Health and Wellness. A big *Thank You* goes to the many organizations, businesses, and individuals who contributed to public health efforts in 2022!

For Restarting the *Babies First* Home Visiting Program

Judith Ann Mogan Foundation grant: **\$45,260**

CCFoPH Fundraiser *Purses for Nurses*: **\$12,480**

Individual donations: **\$7,720**

For COVID Response

United Way of Southwestern Oregon: grant for COVID clinics-volunteer recognition: **\$ 3,300**

For WIC Nutritional Counseling

CCFoPH Fundraiser: *Odyssey 2022*: **\$7,313**

For *Family Films with the Pharaohs* prevention project

United Way of Southwestern Oregon: grant for **\$ 1,000**

For *Nurses' Purse* fund

Individual donations: **\$547**

Highlights of PH Services in 2022

Presented at Annual Meeting by Anthony Arton



14 Drinking water system surveys completed



27 Pool inspections



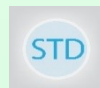
333 Restaurant inspections



40 RV Park inspections



7,462 Communicable disease reports and investigations



127 STI positive Cases



5,716 Immunizations administered



724 Home Visits



1,234 WIC Caseload



477 new applicants assisted by outreach team with Oregon Health Plan
4,820 client encounters

Total Distribution from CCFoPH to CHW in 2022: \$77,620

thank you

Fighting the "Tridemic"

*Anthony Arton
Pubic Health Director*



Coos Health & Wellness Public Health was busy in December assisting the community with the "Tridemic" of RSV, Influenza A and Covid-19. The number of cases led to an emergency declaration by Governor Kate Brown, which expanded the provider to patient ratio so that more patients could get access to care.

Furthermore, the tridemic has led to a shortage in liquid amoxicillin, which is mostly prescribed to children who may have trouble swallowing tablets. Public health has worked with our local medical community, school nurses, community

organizations and pharmacists to educate about prevention strategies, where to direct patients for supplies, as well as alternative dosing strategies for children if liquid amoxicillin is not available.

Why are people more likely to fall ill come winter time than during the summer, spring, or fall? Why is this year worse compared to others? The long-held theory has been that colder temperatures keep people indoors more where it is often easier to spread germs. New research indicates that may not be the only contributing factor. It turns out that when temperatures outdoors drop, the immune system is impacted inside your nose. A reduction in temperature inside your nose of just 9 degrees can impair your body's

Continues pg 3

Fighting the Tridemic (con't)

front-line defense against harmful pathogens entering into your respiratory system.

In the prior two years during the pandemic, the medical community and scientists were puzzled as to why it is that influenza-like illnesses had dropped so significantly in the winter. The working theory was that mask wearing was preventing the spread of germs mostly by reducing the distance a person's breath would travel. As it turns out, masks may have also contributed to keeping the nose at proper temperature to fight respiratory viruses.

Furthermore, those who contracted and fought Covid-19 the prior two years may be at a disadvantage when fighting off illnesses they had previously conquered in their lifetime. This could be because Covid-19 doesn't only attack the respiratory system, but also a wide variety of cells and tissues throughout the body, including the immune system. A major factor is the attack on T-Cells, cells that store the information to fight off a variety of pathogens. The fewer T-cells a person has, the greater the risk of the immune system needing to re-learn how to properly attack common viruses.

The combination of these contributing factors (being indoors more often, immunity dropping in the nose from colder temperatures, and the impacts of previous Covid infections) are likely the reason why this winter has seen a very rapid and sharp increase in respiratory viruses throughout our population. Check out these websites for more information:

[Cold exposure impairs extracellular vesicle swarm-mediated nasal antiviral immunity - Journal of Allergy and Clinical Immunology \(jacionline.org\)](#)

[ACE2-independent infection of T lymphocytes by SARS-CoV-2 | Signal Transduction and Targeted Therapy \(nature.com\)](#)



Douglas London

Douglas London, PhD, MS, RN, moved to North Bend from Ohio in November 2022 and is now a member of the **Babies First** Public Health Nurse Home Visiting team at Coos Health & Wellness.

Doug's degrees in nutrition and medical anthropology provide him with a well-rounded social and biological approach to public health nursing, including expertise in the cultural determinants of health. His extensive experience includes managing public health programs in Angola, Africa and Central America, and he worked for several years with migrant farmworkers in Pennsylvania and Florida.

His international experiences have given him a perspective on how profoundly human diversity can affect health, and also an ability to find culturally appropriate ways to prevent and resolve health issues.

One of his most enjoyable experiences in public health was working with leaders from several towns in remote rural regions in Guatemala. They worked to get funding and then form and guide committees that constructed 3 elementary schools. This helped hundreds of children, kindergarten through 3rd grade, be able to attend a physical school.

Working with communities to help their children has always been a passion of his. He likes to help people gain self-confidence so that they realize that change is possible for themselves. He says, "Communities are like people. They need to have confidence they can work together successfully before they even consider community-wide projects to benefit their children."

Doug's approach to health will be key to helping families with young children in the **Babies First** program. Doug and his wife Tanya, who is from Ecuador, are looking forward to becoming an active part of the community in Coos County. They are avid outdoors people and in their spare time they will be taking advantage of the fishing, crabbing, hiking, and surfing opportunities.

welcome CHW Employees



Aimee Averett

Amy grew up in a small town on the border of California and Oregon. She attended Cal Poly Humboldt State University and received a degree in Environmental Biology.

After finishing school, she moved to Idaho and worked for Idaho Department of Fish and Game, joined ski patrol, and eventually changed jobs to work at an environmental engineering firm. She met her husband and started a family in Idaho. They have 2 kids, 2 dogs and 11 chickens (the number of chickens changes frequently). Because of the needs of her family, she shifted her career to education and worked as a substitute teacher and librarian.

Amy and her family moved from Idaho to Oregon in 2020 to enjoy the coastal life. Her family enjoys all the outdoor activities this area has to offer. With this move, she also shifted careers (her kids begged her not to work at their schools). She took some time for herself, and searched for work that would help continue her education.

Amy's love of science and food brought her to apply for the Environmental Health Specialist position, where she is being trained to do inspections of food service, public pools, and overnight lodging. So far, being employed with Coos Health & Wellness since August 2022 has been an educational experience, and she's excited to keep learning.

What the new year brings to you will depend a great deal on what you bring to the new year. ~Vern McLellan

Healthy Bytes Initiative



Food for January Amaranth

Amaranth is a small, yellow ancient grain, slightly larger than a poppy seed. It has a sweet, nutty flavor

and is rich in nutrients, fiber and essential amino acids. Its high protein and no fat or cholesterol make it a great substitute for animal protein. It is rich in antioxidants vitamin C, selenium and carotenoids, and minerals manganese and phosphorus.

The health-protective compounds in amaranth are associated with reduced risk of heart disease, diabetes, cancer and obesity.

Learn more and get recipes on pg 2 of the handout which can be found at www.advancedhealth.com/healthy-bytes-initiative or <https://coosheadfood.coop/> and [Facebook.com/FNGCoos](https://www.facebook.com/FNGCoos).

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

Stephanie Polizzi
OSU Extension Family & Community Health



Free Nutrition Presentations

OSU Extension Family & Community Health recognizes Feb Heart Health Month. To receive fliers for these and other nutrition events and newsletters, contact stephanie.polizzi@oregonstate.edu

- ♦ **Heart Health Series, Bandon**
Wed Feb 1: Food as Medicine
Wed Feb 8: Say NO to Disease
Wed Feb 15: Lowering Cholesterol with Food
Wed Feb 22: Fiber and Heart Health
 Bandon Public Library 12-1 pm, in-person
 - ♦ **Mon Feb 13: Lowering Cholesterol with Food**
 Coquille SDA Better Living Center 6:30-7:30 pm, in-person. Plant-based potluck starts at 6 pm
 - ♦ **Thu Feb 23: Say NO to Disease** live webinar online via Zoom, 10 am EST. Create nitric oxide (NO), lower blood pressure and improve circulation with whole food
 - ♦ **Mon Feb 27: Longevity and Health, North Bend**
 Public Library 2-3 pm, in-person and live via Zoom
- Plan, Shop, Save & Cook** 2-day series, Coos Bay Library 2-4 pm. Free for teens 14+ yrs. Win a free skillet
Fri Feb 17 and Fri Feb 24
 Contact nicole.wells@oregonstate.edu for registration

Time to Renew Your Membership!

If you have already renewed your membership for 2023, thank you! CCFoPH is a "member" organization and we appreciate the support of our long-term and newest members.



Your dues support the administrative costs of our organization, and allow us to pass all fundraising proceeds to Coos Health & Wellness for public health services and programs. We recognize that many of our members have limited time to contribute to activities, and we are grateful to those who have chosen to support our organization financially.

A basic membership continues to be \$25.00.

For your convenience, we offer the option of paying dues through our website: <http://ccfoph.org>.

Frances Smith

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.