



Friends of Public Health

JULY 2023



Editor: Stephanie Polizzi

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

Message from the CCFoPH President

After a recent visit to Phoenix, where the temperature was 110° every day, I am so grateful to live here where summers are cool!



I have relatives who are dealing not only with extreme heat, but also alligators, tornados, and floods. Disasters can happen here, and we do have the threat of wild fires, but so far we have been lucky in Coos County.

Anthony Arton's article (pg 2) reminds us that being prepared for emergencies brings peace of mind. Here's wishing you a lovely disaster-free summer!

Frances Smith
CCFoPH President

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!

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Odyssey 2023 Was a Huge Success!

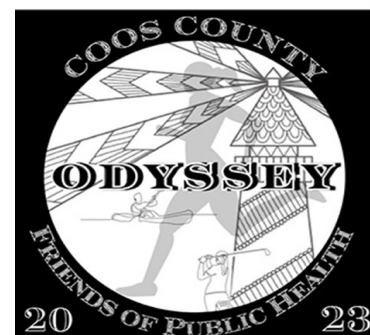
Seventy-one individuals participated in Odyssey 2023 and counted their exercise miles from February through April on the 216-mile virtual course around Coos County.

The top 3 participants who finished first on March 4th were **Carol Davis, Ryan Mill, and Rosa Atencio**. The team with the most members was **Advanced Health** with 13 participants, followed closely by **South Coast Striders** with 12. **Everyone who participated was a winner** because of the benefits received from exercise.

CCFoPH is grateful to all the participants and donors who helped us raise **\$4,500**, which was given to Coos Health & Wellness (CHW) for the *Nurses Purse* fund.

This fund can be accessed by the nurses at CHW to help clients with emergency assistance for essential needs such as food and clothing, medical bills not covered by insurance, and assistance with a utility bill.

Special acknowledgement goes to Tom Orsi, who created the route for the Odyssey, and kudos also to our sponsors for their donations: Molly Ford, First Community Credit Union, and the South Coast Striders.



The Ford Family Foundation Awards \$20,000 to CCFoPH

The **Ford Family Foundation** awarded Coos County Friends of Public Health a **\$20,000** grant in May to help restart the **Babies First** parent education home visiting services at Coos Health & Wellness.

According to their website, The Ford Family Foundation "aspires to a future where all rural families provide children with a nurturing, safe and stable foundation for life". One of their stated funding priorities is to help strengthen connections between a parent or other primary caregiver and a child, and ensure that children have nurturing attachments from their earliest years.

The Foundation's priority is well aligned with **Babies First**, which serves low income, expectant and new parents, infants and children to age 4 years, and youth with special health needs to age 21. The services are voluntary and offered to those who have Medicaid insurance, and who have health and social histories which put the children at risk for poor health and developmental outcomes. Families are provided in-home support with health assessments & screening for the children, skills training for parents, and connections to needed resources and interventions.

Many thanks to the Ford Family Foundation for their donation supporting **Babies First**!

Let's Get Ready for Emergencies

In an unpredictable world, it is crucial to be prepared for unexpected events and emergencies. Natural disasters, such as hurricanes, floods, earthquakes, and wildfires, can strike without warning, leaving communities vulnerable and in urgent need of resources. This is where emergency preparedness kits play a critical role in ensuring our safety and well-being. These kits provide essential supplies and resources to help us survive and navigate through challenging times. Let's explore why having an emergency preparedness kit is so important.

Immediate Response: During a crisis, immediate response is vital. Emergency preparedness kits contain essential items such as food, water, first aid supplies, and crucial information that enable individuals and families to address their immediate needs. With these kits readily available, people can quickly access resources, reduce panic, and take the necessary steps to ensure their survival and well-being.

Self-Reliance and Resilience: Natural disasters often disrupt infrastructure and may cause power outages and limited access to food and water. Emergency preparedness kits help individuals and families become self-reliant during such times. With supplies like flashlights, batteries, and water filtration straws, they can navigate darkness, purify water, and maintain their basic needs until further assistance arrives. This self-reliance fosters resilience and empowers individuals to take control of their situation, minimizing the impact of the disaster on their lives.

Protecting the Vulnerable: Certain segments of the population, such as the elderly, children, and individuals with disabilities, are particularly vulnerable during emergencies. Emergency Kits can help ensure these

Anthony Arton,
Public Health Director



populations have the information and supplies they need immediately after a natural disaster strikes, and can include items like medications, special dietary provisions, and comfort items. By considering the needs of these vulnerable groups, emergency kits ensure that everyone has an equal chance to survive and recover from a crisis.

Peace of Mind: Knowing that you are prepared for any emergency situation brings a sense of peace and security, helping to alleviate anxiety and uncertainty. You gain confidence in your ability to protect yourself and your loved ones, reducing the fear and stress associated with unexpected events. This peace of mind allows you to focus on taking necessary actions and to make informed decisions during a crisis.

Promoting Community Resilience: Emergency preparedness is not just an individual's responsibility, it is a collective effort. When a community collectively prepares for emergencies, it becomes more resilient. By encouraging others to create their own emergency kits, sharing knowledge and resources, and fostering a culture of preparedness, we build stronger communities that can face challenges head-on. Prepared communities are better equipped to support each other and recover quickly from disasters.

Emergency preparedness kits serve as a lifeline during times of crisis, providing essential supplies and resources to help us endure and recover. By ensuring immediate response, fostering self-reliance, protecting the vulnerable, promoting peace of mind, and strengthening community resilience, these kits play a vital role in safeguarding lives and mitigating the impact of natural disasters. Take the initiative today to create your own emergency preparedness kit and be ready for anything that comes your way.

Go to www.ready.gov for specific information on kits and getting ready for emergencies.



Marshfield High School Z Club Awards Grant to CCFoPH

Frances Smith, President of CCFoPH, and Katrinka McReynolds CPS, Prevention Services Manager at Coos Health & Wellness, received a grant to purchase naloxone (Narcan) supplies.

Coos County Friends of Public Health was the recipient of a **\$500** grant awarded in May by the Marshfield High School Z

Club, a student club sponsored by the Coos Bay Area Zonta Club. Through the Community 101 project, which is administered by the Oregon Community Foundation, the students had the opportunity to research local nonprofits,

consider community needs, and learn the process of grant writing and selection of projects for funding.

The students awarded grants to organizations addressing the critical issue of drug and alcohol abuse in Coos County. CCFoPH will use the funds to increase access to Narcan supplies, which can prevent death from drug overdose.

**THERE IS NO POWER
FOR CHANGE GREATER
THAN A COMMUNITY
DISCOVERING WHAT IT
CARES ABOUT.**

~ Margaret J Wheatley

Superstars Honored at CCFOPH Recognition Lunch

Frances Smith

The **Superstars of 2023** were honored for their outstanding achievements at the CCFoPH Recognition Luncheon on May 18 at the Black Market Gourmet. CCFoPH members and others applauded the work of 7 individuals who have made a difference in the health of our community members.



Sam Baugh was recognized for his commitment to improving the health of Oregon Health Plan members through his work with Advanced Health's Community Advisory Council. His collaborative partnerships and engagement at many community meetings have helped support positive health outcomes in our community. His involvement in the *Cooking with the Co-op* class with his daughter serves as a role model to parents.



Ralph Mohr was honored for his volunteer work promoting swimming and other water-related physical activities, such as kayaking and paddle boarding. He has kept swimmers informed about options for exercise, offered advice on how to improve their workouts, and provided support for those swimming in open water or competing. He has been an inspiration for seniors and other swimmers in Coos County.



Laura Philips, a Certified Community Health Worker, was recognized for her passionate work with children and families in the *Babies First* home visiting program at Coos Health & Wellness. She helps families identify solutions to their problems, and build on their strengths so that they transform, grow, and thrive. She also co-facilitated a multi-week Community Health Worker certification curriculum, which graduated three cohorts of newly certified Community Health Workers into our county. *[Laura pictured with Anthony Arton, Public Health Director]*



Jeremy Pittz, the Emergency Management Coordinator at Bay Area Hospital, was commended for his efforts to meet the needs of the community during the Covid pandemic. Jeremy organized community volunteers from local ambulance companies, fire departments, and surrounding hospitals for multiple events to meet the needs of the community, including the drive through Covid-19 testing clinics at the hospital as well as mass vaccination clinics.



Debra Richardson, a public health nurse at Coos Health & Wellness, was applauded for her efforts to curtail the rising cases of syphilis in Coos County. She led a task force to develop a protocol for earlier detection of syphilis and to overcome the barriers to treatment, and has hosted trainings for the local healthcare workforce. Debra has also assisted in a wound care clinic at the Devereux Center with a needed service for unhoused persons, which also helps prevent unnecessary visits to emergency departments. *[Debra pictured with Anthony Arton, Public Health Director]*



Jen Shafer, the Executive Director of the United Way of Southwestern Oregon, was recognized for her leadership and ability to mobilize the community to work towards diversity, equity, and inclusion practices, and to fight for the health, education and financial stability of every person living in our area. Under her leadership, United Way has served as the fiscal sponsor for multiple projects serving the community, and has also provided free training in grant writing to help bring in needed funding for programs serving the community.



Matt Voderstrasse, the Executive Director of the North Bend City/Coos-Curry Housing Authorities, has been instrumental in creating a plan for low-income housing in North Bend, and has worked with Coos Health & Wellness to create collaborative systems that will be integral to improving housing options for those who have mental health issues. Providing low-income residents with more options for housing will help to support public health efforts.



BottleDrop®
Give

**Donate your
cans and bottles**
to support the
Nurses' Purse fund.

Pick up blue bags from Coos Health & Wellness
Or call 541-751-3590
Drop off recyclables to the redemption center
1701 Newmark, North Bend



welcome

Kara Long was hired this July for the new full-time position of **Prevention Services Outreach Specialist at Coos Health & Wellness.**

She was born and raised in Delaware, Ohio and moved to Coos Bay in 2014 to take the Executive Director position at the Egyptian Theatre. She has an extensive background in operating historic theaters, including the Strand Theatre in Ohio, which has been continuously operating and showing movies since April 10, 1916.

During the pandemic, she decided to retire from theater operations and took a part-time job with the COVID team at Coos Health and Wellness, helping with resources. She really enjoyed her time at CHW and in March 2022, she began to assist Katrinka McReynolds with prevention activities.

Kara lives in Coos Bay with her wife and three fur babies, Harley, a 9-year-old Boxer, Ryker a 2-year-old Chinese Shar-Pei and Daisy, a 6-month-old Boxer. She enjoys photography, traveling around Oregon on little Adventure Days, tide pooling and sitting by any river watching birds and the world go by. She loves her Ohio State Buckeye Football team and has been trying to also root for the Ducks and Beavers.



Healthy Bytes Initiative

August: JICAMA (*Hih-ka-ma*)

*Aug HBI created by Colleen Duddy, BS,
Dietetic Intern for OSU Extension*

Jicama is a crunchy vegetable with a thick, brown skin and a white, crisp inside. Jicama is a prebiotic food, rich in fiber, nutrients, and water. It has a slightly sweet and nutty flavor, described as a cross between an apple and a potato.

One cup fresh jicama provides just 49 calories. It is high in vitamin C that fights free radicals that contribute to aging and disease. Jicama is high in potassium for healthy blood pressure, and magnesium for muscle and nerve function. It also contributes iron for transporting oxygen to our tissues, organs and brain.

Jicama is a good source of dietary fiber, delivering nearly 7 gm of fiber towards our daily minimum of 25-30 gm. It contains soluble fiber, which has been shown to lower cholesterol and to help regulate blood sugars. Soluble fiber also feeds our healthy gut microbiome, which protects our immunity and our ability to fight obesity and disease.

Since jicama grows in the ground, it is important to wash before peeling or cutting. Usually eaten raw, peel and slice thin for sandwiches, cube in salads or cut sticks for hummus dip. It can also be marinated and added to stir fry, or cooked over low heat until tender.

HBI, created in 2017 by a registered dietitian, now includes more than 70 different healthy foods. Free resources include posters, handouts with recipes, and slides for your waiting rooms or lobbies
<https://extension.oregonstate.edu/coos/healthy-families-communities>



Coos County Fair July 25-July 29
Visit Coos Health & Wellness's booth

Restoring Hope: Health Equity Fair
August 25 4-7 pm, Mingus Park, Coos Bay

Free Nutrition Presentations

From OSU Extension Family & Community Health

- ♦ **Thu Jul 27: Bouncing Back: Nutrition and Resilience** Live webinar online via Zoom, 10-11 am. Learn foods that boost your immunity and fight disease. Join online: <https://beav.es/TSF>
- ♦ **Mon Aug 14: Beauty Food** Foods to keep you beautiful inside and out. In-person. Coquille SDA Better Living Center, 6:30 pm. Come at 6 for a plant-based potluck
- ♦ **Thu Aug 24: Foods That Fight Cancer.** Live webinar online via Zoom, 10-11 am EST. Discover dietary factors that prevent cancer, enhance treatment and improve outcomes. Join online here: <https://beav.es/TA3>

To receive fliers for these and other nutrition events, contact stephanie.polizzi@oregonstate.edu

Mango Jicama Slaw

Eatingbirdfood.com



Ingredients:

- 1 cup julienned jicama
- 3 cups shredded green cabbage
- ½ cup mango, thinly sliced or julienned
- ¼ cup fresh cilantro, chopped

Mango Dressing

- | | |
|---------------------------------|------------------|
| ¼ cup mango chunks | 2 Tbsp honey |
| 2 Tbsp olive oil | 2 tsp lime juice |
| 2 Tbsp rice vinegar | 1 clove garlic |
| ½ tsp crushed red pepper flakes | ¼ tsp sea salt |

Instructions:

1. Prep slaw ingredients and place your cabbage, jicama, mango and cilantro in a salad bowl. Toss to combine.
2. Add all ingredients for the mango dressing into a blender and blend until smooth. The batch will make about ¾ cup. Pour ½ cup over slaw mixture and toss to combine. Taste and add more dressing if needed.
3. Store any remaining dressing and salad in a sealed container in the fridge for up to 3 days.