



Friends of Public Health



Editor: *Stephanie Polizzi*

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

Message from the CCFoPH President



This time of year, a day of sunshine is rare and a blessing! In this newsletter is a brief recap of our annual meeting in December. Looking back at 2023, it was a good year for fundraising, and we were able to distribute **\$77,122** to Coos Health and Wellness to help people in need.

In addition to the grants received, we were blessed with many donations from our members. Thank you! **75** participants are now signed up for **Odyssey 2024**, our current fundraiser, which will help us to fill the **Nurses' Purse**. We are also blessed to have **13 sponsors** this year supporting our event. Tom Orsi, the creator of **Odyssey**, has added historical anecdotes and pictures for the milestones along the route, making it fun and informative.

I feel truly blessed to be working with an amazing board who give their time and talents to keep CCFoPH strong. Renee' Menkens and Cathy Salyers were elected to another term at the annual meeting. Their years of service empower our organization, along with the other board members who are continuing their current terms. Tom Orsi, Alissa Pruess, Molly Ford and Katrinka McReynolds. We also welcome 2 new board members in 2024, Holly Boardman and Else Aung.

We were sad to lose Anthony Arton, Public Health Director, who took a position this month as the Public Health Director in Lake County, California. We anticipate that a new public health director will be hired soon and will fill that ex-officio position on our board. Anthony will be remembered especially for his leadership during the pandemic. We wish him the best in his new job!

*Frances Smith
CCFoPH President*

An Assessment of Health in Coos County

*Sam Baugh, Community Engagement Manager,
Advanced Health*



In the State of Oregon, Coordinated Care Organizations are required to conduct a Community Health Assessment (CHA) every 5 years. In 2023 Advanced Health joined forces with the Oregon Rural Practice-Based Research Network (ORPRN) to conduct interviews, gather data, fill out questionnaires, and get feedback from the public on the overall health of our community. Here are some key takeaways from the assessment:

Health Status Overview:

The assessment offers a snapshot of the overall health status of Coos County residents. It explores various factors such as chronic disease prevalence, access to healthcare services, mental health indicators, and socio-economic determinants of health.

Community Input and Engagement:

A crucial aspect of this assessment was community involvement. Through surveys, focus groups, and interviews, the voices of our residents were heard, ensuring that the report reflects the diverse perspectives and needs of our community.

Identified Priorities:

One of the assessment's main goals was to identify priority areas for health improvement. By analyzing data and community feedback, specific health concerns and challenges have been pinpointed, laying the groundwork for targeted interventions and initiatives.

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An Assessment of Health in Coos County (con't)

Over the next 10 months, the community will be working together to take the information gathered in the CHA and create a Community Health Improvement Plan (CHP). The CHP will allow our community to focus our efforts on making Coos County a better place to live, learn, work, play, and age. The document will be critical in future decisions about which community projects will receive funding from Advanced Health, and can also guide decisions by other community organizations on priorities for addressing our local health needs.

Next steps: The assessment underscores the importance of collaboration among various stakeholders, including healthcare providers, local government agencies, community organizations, and residents themselves. Addressing complex health issues requires a collective effort, and the report highlights opportunities for collaboration moving forward. By working together to build a Community Health Improvement Plan, we will decide which goals will be a priority to focus on over the next five years. These recommendations are evidence-based and tailored to our community's unique needs, serving as a roadmap for future health initiatives and policy decisions.

Through March, April, and May of 2024, we invite you to join us in the ongoing conversation about how we can work together to create a healthier, more vibrant community. Your input and engagement are valuable as we strive to address the health challenges facing our region and promote wellness for all.

We encourage you to explore the full report and share your thoughts, ideas, and feedback. You can contact me at Sam.baugh@advancedhealth.com about ways you can participate. Together, we can make meaningful strides towards a healthier future for Coos County.

The Full CHA can be found on the Advanced Health website by following this [link](https://d2hqgmn08hej2v.cloudfront.net/wp-content/uploads/2023/11/Coos-County-CHA__October-2023.pdf). https://d2hqgmn08hej2v.cloudfront.net/wp-content/uploads/2023/11/Coos-County-CHA__October-2023.pdf



Healthy Bytes Initiative

Food of the Month

Papaya is a sweet, delicious fruit that provides vitamins, minerals and antioxidants that offer a wide range of health benefits. The skin, seeds and pulp are all edible.

Toss diced papaya in salads, salsas, smoothies or cereal. Puree for a thick juice. Use dried papaya for an on-the-go snack or in baked goods. For more HBI recipes go to:

<https://advancedhealth.com/healthy-bytes-initiative> or <https://extension.oregonstate.edu/coos/healthy-families-communities>

Grant Received from Coquille Tribal Community Fund



Holly Boardman, (L) and Frances Smith, (R) represented CCFoPH at the awards ceremony at the Mill Casino. Brenda Meade, Tribal Chairperson, is pictured center.

The Coquille Tribal Community Fund awarded a **\$3,000 grant** to CCFoPH on February 1st for the **Nurses' Purse**. The **Nurses' Purse** is a discretionary fund which can be accessed by public health nurses at **Coos Health & Wellness** to help families in need with essentials such as food, winter clothing, infant care, and payment of medical bills for the uninsured.

On their website, The Coquille Indian Tribe states they are "dedicated to providing assistance to organizations that make lasting contributions to the communities we serve...and through this spirit of giving we allow our communities to grow and prosper."

This year the Fund awarded a total of \$509,976 to 77 organizations. CCFoPH is grateful to be a recipient of this grant for the **Nurses' Purse**, which will help our local families in need.

Frances Smith



welcome

Holly Boardman joins Coos Health and Wellness and the CCFoPH Board

Holly is the new Partnership Development Coordinator for Coos Health and Wellness and also the new Membership Chair for CCFoPH. Holly previously worked as the Executive Director for the Coos Bay Downtown Association and also as the Executive Officer of the Coos County Board of Realtors. She has over 13 years of experience in writing and managing grants, and she has many great ties to the community, which she sees as an asset in her new positions.

Holly graduated from Marshfield High School in Coos Bay and went on a presidential scholarship to attend Hollins University in Roanoke, Virginia. She was a starting member of the soccer team and spent a semester abroad in London. During her first January term, she learned to fly a small airplane. She has a liberal arts background with a Bachelor's degree in philosophy and a minor in general art, which is a combination of studio art and art history. She enjoys crafts as a hobby.

Her daughter is a freshman in college in Hawaii, studying molecular biology, and her son is a freshman at Marshfield High School. Holly is excited to be working with both Coos Health and Wellness and CCFoPH to increase the overall well-being of our community. Welcome Holly!

Racing around Coos County for the Nurses' Purse

Odyssey 2024 is underway and 9 of the 75 participants have already reached the finish line!

The challenge continues through April, so it's not too late to sign up on our website, ccfoph.org.

So far, 7,500 total miles have been logged by participants. For those who are curious how it works, participants log their actual exercise activities on the virtual route of 229 miles. Time spent exercising can be converted to miles, and many types of activities are included, e.g., walking, biking, running, swimming, pickleball, bowling, and dance.

This fundraiser costs \$25 to participate (plus a \$2.50 signup fee), and donations are also appreciated. The proceeds will help Coos County families in need through the *Nurses' Purse* fund at Coos Health and Wellness.

We are grateful to the sponsors who are supporting this fundraising event: Advanced Health, Banner Bank, Big Foot Beverages, Blue Ridge Strategies, Coos History Museum, First Community Credit Union, NW Natural, Pacific Power, 7 Devils Brewing Co., Eva and Steven Shimotakahara, South Coast Striders, Southern Coos Hospital, and Wild Coast Running Co.

Frances Smith



2023 Annual Meeting



Two community events were held: **Recognition Lunch** honoring 7 Superstars, and the **Afternoon with Friends**, a social event with discussion about the challenges of aging.

\$77,122 (from grants and donations) was distributed to Coos Health and Wellness in 2023 to help Coos County families in need. Projects funded were:

- ◆ **Restart the Babies First Home Visiting program**
- ◆ The **Survival Kit** project
- ◆ The **Nurses' Purse**

Annual Budget for 2024 was approved; 70 members paid dues in 2023.

Public health achievements were reported by Anthony Arton, Public Health Director.

Board members were elected: Frances Smith, President; Renee' Menkens, Treasurer; Cathy Salyers, Advocacy; Else Aung, Secretary. Holly Boardman, new Membership Chair, was introduced. Continuing board members: Tom Orsi, Vice President; Alissa Pruess, Communications; Molly Ford, Development; Katrinka McReynolds, Ex-Officio.

To learn more, visit our [website](http://ccfoph.org) (ccfoph.org) where the minutes from the annual meeting and the PowerPoint presentation will be posted soon.

Frances Smith

PUBLIC HEALTH DEPENDS ON WINNING OVER HEARTS AND MINDS. IT'S NOT ENOUGH TO JUST HAVE A GOOD POLICY, YOU HAVE TO CONVINCE PEOPLE TO ACTUALLY FOLLOW IT.

- LEANA S. WEN



Class Opportunity

Do you have any of these health issues? Diabetes, arthritis, respiratory disease, heart disease, depression, or other physical and mental health conditions? Do you want to learn to take control of your own health and enjoy life to the fullest while managing a chronic illness?

A free class, **Living Well with Chronic Conditions**, is starting March 25 through April 29, and is taught by Lualhati Anderson, CSWA, QMHP-C and Renee' Menkens, MS, RN.

The class meets for two hours once a week for six weeks at Pony Village Mall, Suite 125. The coaches teach skills such as problem solving, goal setting, and action planning. Topics include the basics of healthy eating, exercise, relaxation, communication, medication management and emotional empowerment.

The class is offered through funding from the Area Agency on Aging/SCBEC and Coos Health & Wellness.

Contact Lualhati Anderson at 541-751-5024 for more information and registration.

Free Nutrition Presentations

From OSU Extension Family & Community Health

Wed Feb 21: Lowering Cholesterol with Food. 12:30-1:30 pm. In-person. Learn how foods can lower cholesterol, blood pressure and risk for heart attack. Chetco Activity Center, 550 Chetco Lane, Brookings

Thu Feb 22: Say NO to Disease. 10-11 am webinar PST. Nitric oxide (NO) from whole plant foods can lower blood pressure and improve blood circulation. Join here: <https://beav.es/qz6>

Mon Mar 11: Fueling For Energy. 1:30-2:30 pm. In-person. Learn how to prevent cravings and fuel your activity. Coquille SDA Fellowship Hall, 1051 N Cedar Pt Rd, Coquille. Come at 1 for a plant-based potluck

Wed Mar 20: Diabetes Reversed. 12:30-1:30 pm. In-person. Learn how foods can reverse type 2 diabetes into remission. Chetco Activity Center, 550 Chetco Lane, Brookings

Thu Mar 28: Oral Health, Chronic Disease and Diet. 10-11 am webinar PST. Discover links between oral health and diseases like diabetes and heart disease. Join here: <https://beav.es/cjh>

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
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541-297-0841
CCFoPH@gmail.com www.ccfoph.org



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 at the redemption center
1701 Newmark, North Bend

Renew Your Membership for 2024!

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) _____ (Circle preferred phone)

I support the mission and purpose of CCFoPH. Signature _____

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

Enclosed is \$ _____ for membership. I also wish to donate an additional \$ _____ to CCFoPH.

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!