

Coos
County



Friends of Public Health

AUGUST 2024



Editor: Stephanie Polizzi

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

Message from the CCFoPH President



We have such a wonderful summer here. Great weather and lots to do—concerts, the Coos County Fair, festivals, and other outdoor activities.

The Olympics have been so awe-inspiring with the amazing talented athletes.

This summer has also brought a resurgence of COVID cases, which was expected due to waning immunity and new variants, and lots of people traveling. The report from the Oregon Health Authority shows that the positive rate of Covid tests for the week ending August 3rd is **17.5%**. That is the highest rate of positivity in all of 2024.

I know at least 6 friends who have recently gotten Covid, so I thought it timely that we print the guidelines about isolation and mask wearing. I've gotten all the COVID shots and boosters whenever I was eligible, and I'm looking forward to getting the new one this fall.

Take care and enjoy the rest of summer!

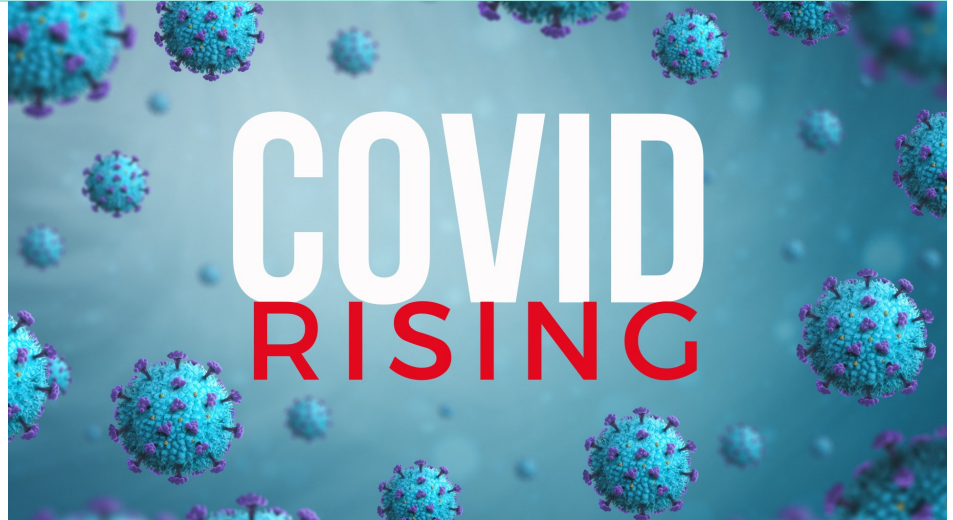
*Frances Smith
CCFoPH President*

Join us!

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

Contact Us!

Coos County Friends of Public Health
PO Box 203, Coos Bay, OR 97420
541-297-0841
CCFoPH@gmail.com www.ccfoph.org



If You Test Positive for COVID-19

Guidelines from the Oregon Health Authority

If you have COVID-19, you do not need to isolate for a set number of days and you do not need to report your positive test results to OHA.

BUT...you can still get others sick.

If you have COVID-19:

- Stay home until you have not had a fever for 24 hours without using fever-reducing medication, and other COVID-19 symptoms are showing improvement.
- Avoid contact with high-risk individuals for 10 days. These include people who live in congregate care facilities or those with weakened immune systems (conditions include cancer, HIV, rheumatoid arthritis, MS and other autoimmune diseases, heart disease, diabetes, organ transplants).
- Mask when you are around other people in the 10 days after you become sick or test positive.

If you have a severe case, are hospitalized or are severely immuno-compromised, avoid contact with high-risk people and mask 10-20 days.

Please contact your healthcare provider for advice on how long to isolate.

Have questions? Need Help?

Call 211 or 1-866-698-6155 or visit 211info.org.

Message from Our Public Health Director



Ever since I joined this wonderful community, I have been fully engaged in understanding its complex dynamics. I have had the amazing opportunity to work closely with our community partners, listening to their experiences and learning about the successes and challenges they face in serving the people of Coos County. Their openness and unwavering dedication are truly inspiring, and I am incredibly grateful for their hard work, which is integral to the success of our community.

Over the last few months, I have been encouraged by many of the individuals and organizations dedicated to serving Coos County and its population. They are addressing community challenges related to housing needs, access to care, employment, and workforce needs, as well as the complex challenges facing not just our community but our state of Oregon, mainly related to the unhoused and houseless population and the growing opioid crisis.

In my continued introduction to the community and community partners, it has become apparent that we have a community full of caring and compassionate individuals working extremely hard in these areas to drive positive social change and are effective advocates for the community.

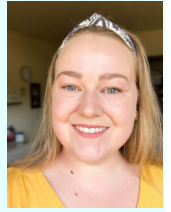
These early months of community engagement have deepened my understanding of Coos County's specific needs, leaving me encouraged and motivated to make a positive difference. The dedication and compassion of the individuals and organizations in this community, who tirelessly work to improve the quality of life for others, are truly inspiring.

I am incredibly fortunate to have the opportunity to serve as the director of public health in such a wonderful community and to assist these incredible partners in tackling all the challenges we face together.

Tim Lynch
CHW Public Health Director

welcome

Meet Else Aung CCFoPH's Board Secretary



Else Aung, a graduate of North Bend High School, now living in the Coos Bay "Pirate Country," is going into the final year of her bachelor's degree in Public Health Community Health Promotion through Portland State University online. Starting as a music major at the University of Oregon in 2010, changing to Linguistics, and then spending seven years abroad in Norway, Thailand, and Myanmar (formerly Burma), she is excited to finally see the light of graduation at the end of the tunnel!

It was while working with S'gaw Karen women on a weaving project in a rural mountain village in Thailand that she first realized the vital need for community health education and promotion. While in Thailand, she met her husband, who was working at the same Christian Bible school as an outreach coordinator to the surrounding villages. They married in 2015, and in 2016 their first son was born. After spending some time living closer to family on a tiny island in Myanmar's Ayeyarwaddy Delta region, her growing family moved to Coos Bay, where their second son was born.

Else is passionate about advocating for the rights of minority groups in Myanmar and has been instrumental in uniting the Myanmar community in Coos Bay and North Bend. She is keen on improving the understanding and relationships between Asian immigrants and their medical teams. She is also very involved in her non-denominational church, serving and caring for the community of Empire in Coos Bay.

Else is currently working part-time as support staff in the Social Health Department at Bay Clinic.

Else joined the CCFoPH Board in January 2024, and we are grateful that Else volunteers her time to serve as our Secretary!

Save
THE
Date

Sunday, October 6, 2-4 p.m.
For members and guests

An Afternoon with Friends



New Resource Guide for Sexual Health Resources

The Coos County Reproductive Health Coalition (CCRHC) has created a high-quality, comprehensive, and

easy-to-use sexual health pocket resource guide for Coos County residents. This guide aims to increase access to sexual health products and services by breaking each resource down into 3 categories:

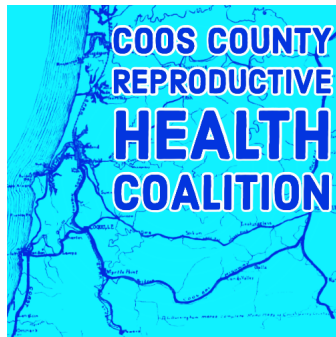
- 1) Free or low cost resources
- 2) Not free resources
- 3) Online resources

The many topics covered range from where to get birth control, well-woman exams or pregnancy tests to where you can sign up for the Oregon Health Plan.

The guide can be given to clients, patient or as a conversation starter for parents. Consider sharing with anyone who could benefit from this information. This guide can also be uploaded digitally on websites.

If you have questions about the guide or would like to submit a request for copies, please send an email to RHProgram@chw.coos.or.us

The CCRHC meets every other month via Zoom to discuss current events surrounding sexual and reproductive health in Coos County. Members who are able may also work on projects to help increase access to sexual and reproductive health products and services.



If you would like to participate in this group, please email the group's facilitator at Katie.Tobiska@chw.coos.or.us

If you are unable to attend the meetings but still want to be kept up to date on topics discussed and other news, you can request access to our Facebook group under, "Coos County Reproductive Health Coalition".

Katie Tobiska
Coos County Reproductive Health Coalition
Coos Health and Wellness

The power of a community to create health is far grater than any physician, clinic or hospital.

~Mark Hyman

The Nurses' Purse Fund

Thank you to our funders!

The **Nurses' Purse** has been a CCFoPH project since 2019. The funds are held at Coos Health and Wellness and public health nurses can apply to this discretionary fund to help families in need. These include essentials such as food, winter clothing, as well as help with utility bills, infant care, and payment of medical bills for the uninsured.

The relatively small assistance from this fund can be a big boost for a family without other resources to help overcome obstacles to their health and wellbeing.

In 2023, **\$7929.12** from the Nurses' Purse fund assisted 44 low-income families and individuals.

We are grateful to the following organizations who awarded grants this past June to CCFoPH:



The **Eugene and Marlaina Johnston Charitable Foundation** awarded \$3650 for *the Nurses' Purse*. This foundation, located in Coos Bay, was created in 2012 to support charitable organizations aligned with their mission. Funded projects provide education, nutrition, or assistance related to the health and wellbeing of humans, and also the care and shelter of animals.



The **Marie Lamfrom Charitable Foundation** awarded \$1500 which was distributed to *the Nurses' Purse*. This foundation held a special fundraiser in honor of the birthday of the founder and namesake of its foundation, which prioritizes arts, creativity, education, mentorship, health and wellbeing. Glass floats were assigned to non-profit organizations that applied and were selected, and hidden on the beaches around Lincoln City. A found float resulted in a donation, and CCFoPH was fortunate that our float was found!



Individuals and business sponsors have also contributed to *the Nurses' Purse*.

- ◆ **Coos County Odyssey 2024** raised \$6,200.
- ◆ **Bottledrop Give** proceeds have brought in \$1,000 from recycled bottles and cans.

We are very thankful to CCFoPH members and to the community who have participated in both of these fundraisers to help our local families in need.





UPcoming EVENTS



Free Nutrition Presentations

Stephanie Polizzi, Registered Dietitian Nutritionist
OSU Extension Family and Community Health

Thu Aug 22: Plant Protein. 10-11 am PST **webinar.** Plants provide all the essential amino acids for making protein, without the saturated fat or cholesterol. Plus they contain fiber for added health benefits. No registration needed, just join here: <https://beav.es/pQz>

Thu Sep 5: Ancient Grains. 11 am-12 pm. Reap the benefits of ancient grains amaranth, buckwheat, millet, quinoa and teff. Gold Beach Community Center, 29841 Airport Way, GB

Mon Sep 9: Longevity and Health. 5:30-6:30 pm. *Note the time change in effect through Oct.* We will discuss simple nutrition and lifestyle approaches for a healthy, productive life. SDA Fellowship Hall, 1051 N Cedar Pt Rd, Coquille. Come at 5 for a plant-based potluck

Wed Sep 11: Bone Nutrition. 6-7:00 pm. Discover nutrients that help to build and maintain healthy bones through the lifespan. Bandon Public Library, 1204 11th St SW, Bandon

Wed Sep 18: The Endocrine Connection. 12-1 pm. We will investigate how food choices affect endocrine hormones that run our metabolism and energy levels. *New location:* Chetco Community Public Library, 405 Alder St, Brookings

Thu Sep 26: Reading Labels. 10-11 am PST **webinar.** Buying healthy packaged food products can be easy when you know how to read food labels. No registration required. Join here: <https://beav.es/p78>

Thu Sep 26: Cooking with the Co-op 5:30 pm on Zoom. Stephanie Polizzi, registered dietitian from OSU Extension will be preparing curry quinoa with corn salad. The Coos Bay Library hosts this event with ten \$25 ingredient vouchers available at the Co-op one week before the event. Register here: <https://bit.ly/3powyqG>

Healthy Bytes Initiative Food for September

CHAYOTE

Chayote is a fruit AND a vegetable, much like a tomato. Its mild flavor is often described as a cross between a cucumber and zucchini with the texture of a pear.

All parts of the chayote are edible, including the skin, pit and roots. It is low in calories, high in vitamin C and other antioxidants and fiber. Minerals potassium and manganese are also prominent.

Chayote pairs well with chiles, cilantro, corn, lime, onions, sweet peppers and tomatoes.



Use raw chayote in salad, slaw or salsa or slice for extra crunch on sandwiches.

Roasting or grilling brings out natural sweetness. Sauté with onions for a delicious side dish or stir fry with mushrooms and noodles. Stuff chayote with grains or beans.

For more HBI recipes go to:

<https://advancedhealth.com/healthy-bytes-initiative> or

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

FOLLETOS EN ESPAÑOL



— SEPTEMBER IS —
HEALTHY AGING MONTH