



## FRANCES HALL SMITH RECEIVES THE CCFOPH

## *Legacy Award*

### FOR DEDICATED SERVICE SINCE 2008

Frances began her public health journey in 1987 and spent the last 13 years of her 26-year career as Coos County's Public Health Administrator. Her leadership brought about major milestones:

- She launched the county's licensing and inspection program.
- She built one of the state's first tobacco prevention coalitions.
- She led the Health Emergency Response Team, setting a gold standard for community collaboration.
- She co-founded SCRIPT, now known as CHI (Coos Health Initiatives) which brought vital federal grants to expand care at Waterfall Clinic and support cancer education through Coos Fights Cancer.
- In 2008, she and Molly Ford initiated the very group behind our recognition event, **Coos County Friends of Public Health**. This model program continues to grow and inspire others across the state.

But Frances didn't stop there.

She's a dedicated volunteer with the League of Women Voters, the Zonta Club and several other organizations, giving countless hours to strengthen our community.

Frances never asked for recognition. In fact, she has politely refused it many times, but her incredible legacy speaks for itself.

Tom Orsi  
CCFoPH Vice-President



## RECOGNITION LUNCH HONORS COMMUNITY LEADERS

By Tom Orsi, CCFoPH Vice-President

The Coos County Friends of Public Health hosted its 17th Annual Recognition Luncheon on April 29<sup>th</sup> at Gloria Dei Lutheran Church. Originally planned to be held at Black Market Gourmet, the event was relocated at the last minute due to unexpected plumbing issues. We extend our sincere thanks to Gloria Dei for providing a new venue on short notice. Despite the change in location, Black Market Gourmet still catered the luncheon, delighting attendees with their delicious Rice Bowls.

During the event, we honored 6 remarkable individuals and presented a long-overdue Legacy Award to a truly exceptional and longtime contributor to our community, Frances Smith. (see pg 1)

### Marissa Nuez



**Food and Faith** in Bandon is a powerful example of community collaboration to address food insecurity and homelessness. It began when Marissa, moved by compassion, started cooking and delivering meals to unhoused individuals.

Her personal initiative expanded after a 2024 city council meeting where she shared stories that helped humanize the unhoused community. This led to the formation of a nonprofit, with support from local government, faith groups, businesses, and volunteers.

Now operating out of the Seventh Day Adventist Church gym, Food and Faith provides food, clothing, and books. Despite her busy life as a mother of three, Marissa continues to cook and inspire others. She is a superstar who contributes to public health every day.

### David and Erin Kauffman



**The Salvation Army**, led by David and Erin Kauffman, has become a key partner in supporting public health in Coos Bay. Designated as an emergency shelter, they received grant-funded supplies such as generators and cots through Coos Health & Wellness. They also operate a community warming center for the unhoused, providing critical protection from the elements.

Thanks to David and Erin, their **Hope Market** pantry now offers fresh food, and they serve after-school meals in a safe, supportive space for children. Their recent event on fentanyl awareness is another example of their proactive outreach.

By helping meet vital community needs, The Salvation Army's David and Erin are clearly public health superstars.

### Erlette Upshaw



**Coos Elderly Services** supports the dignity and financial security of vulnerable residents on the south coast. Under her Executive Director leadership, **Erlette** has expanded the organization significantly over the past five years, offering services such as bill-pay assistance, guardianships, conservatorships, and trustee support.

Erlette has also led innovative outreach through grant-funded programs, from increasing vaccine access during COVID to promoting emergency preparedness for at-risk populations. Her leadership, compassion, and strong partnerships, plus her famous potluck dishes, have built a dedicated team and earned her respect statewide.

Erlette's tireless commitment makes her a great asset to public health in our community.

### Kara Long



Kara is the Prevention Services Outreach Specialist at Coos Health & Wellness who has made a lasting impact on public health in Coos County. During the COVID-19 response, she organized critical resources such as utility and grocery support for those in need.

Known for her kindness, determination, and work ethic, Kara continues to support the community through her outreach role.

Her graphic design talents have enhanced public health messaging, including updating the Coos County Friends of Public Health logo. Kara also leads tobacco retail inspections, ensuring compliance with Oregon laws and promoting healthier communities.

Kara's dedication to service, creativity, and the health of our community truly sets her apart as a public health champion.



## Message from the CCFoPH President



Our Recognition Lunch on April 29<sup>th</sup> was a wonderful opportunity to visit with friends, eat delicious food, and honor the very deserving people who were selected to be our Super Stars this year. (See pgs 2-3)

I am so grateful to the Gloria Dei Church for letting us hold our event in their fellowship hall, which averted a last-minute crisis when we either had to find a new venue or cancel the event.

Much appreciation goes to the church volunteers, Don Blum and Lynn Danner, for assisting in the kitchen, and to Black Market Gourmet for catering our event at the church.

I also applaud Pam de Jong, our emcee, who makes public speaking look like fun. I was totally clueless that the Board had planned to honor me with the CCFoPH Legacy Award at the event.

I credit the achievements mentioned about me to the collective effort of many helping hands, and I am thankful that I have such a dedicated, talented group of board members to work with!

*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!

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CCFoPH@gmail.com  
www.ccfoph.org

## RECOGNITION LUNCH HONORS COMMUNITY LEADERS (con't from pg 2)

**Katrinka McReynolds** received the **Advanced Health CCO Advocate of the Year Award!**

Katrinka is passionate about her role as a Prevention Manager at Coos Health and Wellness and has shown her dedication and creativity in addressing tobacco use and substance use among young people in our county.

Katrinka has moved through several positions in the past decade, showing increasing ability to lead and serve as a public health employee. She chaired Advanced Health's Community Advisory Council for a year and assisted in organizing and moving this group forward effectively to meet goals and direction from Advanced Health and its members.

Anyone who interacts with Katrinka, whether as a volunteer, an employee, or a recipient of services through Coos Health and Wellness, is treated in a thoughtful and respectful manner. She leads by example and provides a focus for keeping program needs up front, while valuing others' perspectives as part of the process.

Katrinka has shown her ability to lead and create a better community through the work she does and through her interactions with others in a positive and professional manner. She is truly a passionate advocate for reducing substance use among Coos County residents.

*Ross Acker*  
Director of Care Coordination, Advanced Health



## COMPASSION BAG PROJECT

### ASSISTING THE UNHOUSED

Coos Health & Wellness is partnering with faith-based communities to reach the unhoused and provide immediate assistance and care with "Compassion Bags."

The Compassion Bags will have basic items that would be of comfort and support, such as a water bottle, first aid kit, socks, large shower wipes, space blanket, non-perishable food and a waterproof cell phone bag.



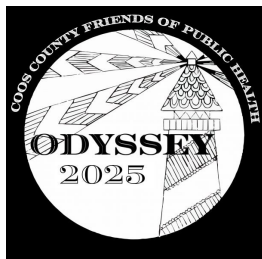
Also included is a waterproof guide with phone numbers and contact information for a hot meal, shelter, and other assistance to transition from homelessness to a more stable living situation, and improved life situation overall.

Each faith-based outreach team will be trained on how to give out Compassion Bags and connect with the unhoused "where they are today."

There will be a meaningful conversation on the next steps to assist individuals. Each Compassion Bag also has a *Unite Us* QR code sticker on it, which can be scanned with a cell phone to reach a self-referral form for many of our community resources and providers.

The Coos County Friends of Public Health has been a huge supporter  
(more on pg 4)

## COOS COUNTY ODYSSEY 2025 WRAP-UP



The Coos County Odyssey 2025 officially came to a close on May 17, capping off another inspiring year of community involvement and dedication to wellness.

This year's event was a resounding success, with **93 participants** collectively logging **21,789 miles** across **5,677 individual exercise activities**, a remarkable accomplishment that sets the tone for a healthier year ahead.

**Carol Davis** receives the 2025 Odyssey Cup at the CCFoPH 2025 Recognition Luncheon for being the first finisher and logging the most miles.



### Awards Presented at the CCFoPH Annual Recognition Luncheon:

- **Top Individual Mileage Leaders:**
  - \* Carol Davis      \* Jessica Anderson      \* Hank Dufort
  - \* Michael Le      \* Ross Acker
- **Team Awards:**
  - \* *Most Total Miles: Coos Health & Wellness Step It Up*
  - \* *Most Miles Per Person: Dancing Divas*

### Community Impact:

Thanks to the incredible efforts of both participants and generous sponsors, **Odyssey 2025 raised \$7,200** for directly supporting community members in need.

**Congratulations to all who took part in this year's journey. Your commitment, energy, and generosity made a real difference!**

Tom Orsi  
CCFoPH Vice-President



## COMPASSION BAG PROJECT ASSISTING THE UNHOUSED (con't from pg 3)

of this project with helping to write grant applications and also providing \$4885.00 in funds for the contents of the bags and the trainings for the faith-based outreach teams. We would like to thank the Friends for all of their time and effort to make this great community health project a success!

Holly Boardman  
Partnership Development, Coos Health & Wellness

## Free Nutrition Presentations in Coos County Jun/Jul From OSU Extension Family and Community Health



**Wed Jun 11: Arresting Alzheimer's.** 12-1 pm. Bandon Public Library, 1204 11th St.

**Thu Jun 26: Food and Mood webinar.** 10-11 am PST. Join here: [beav.es/Nh5](https://beav.es/Nh5)

**Tue Jul 1: How to Adopt a Plant Based Diet.** 12-1 pm. NBMC, 1900 Woodland Drive, Coos Bay

**Wed Jul 9: Ancient Grains.** 12-1 pm. Bandon Public Library, 1204 11th St.

**Mon Jul 14: Healthy Eating on a Budget.** 12:30-1:30 pm. Coquille SDA Fellowship Hall, 1051 N Cedar Pt Rd. Come at 12 for a plant-based potluck

**Thu Jul 24: Longevity and Health webinar.** 10-11 am PST. Join here: [beav.es/Nra](https://beav.es/Nra)

Coos County Friends of Public Health  
Invites You To An



## AFTERNOON WITH FRIENDS

JOIN US FOR APPETIZERS & CONVERSATION

Meet other members and guests.  
Discuss Public Health issues and local initiatives with Dr. Timothy Lynch.

NORTH BEND LANES  
BACK ALLEY PUB AND GRILL  
1225 VIRGINIA AVE, NORTH BEND

RSVP is appreciated  
541.266.6877  
[ccfoph@gmail.com](mailto:ccfoph@gmail.com)

**TUESDAY  
JUNE 10  
5:00-7:00 PM**

