



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

Fundraising is a primary reason for our non-profit's existence! A focus in this newsletter is on two foundation grants that CCFoPH has received this year from the Three Rivers Foundation, and Walmart's Spark Good. These grants support two projects provided through Coos Health and Wellness that assist families in our community: the Lock Box project, and the *Hygiene Bags for Dignity* project.



Our fundraising efforts continue with our *Purses for Nurses* event on October 5th. The proceeds from that event will go to support the WIC program, which helps pregnant women and children here in Coos County. We are looking forward to a good turnout for this event which would not be possible without the broad community support we have received from our sponsors and from donations that will be in the auction. Don't miss it!

It is with mixed feelings that I learned that Stephanie Polizzi is retiring early due to budget cuts at the OSU Extension Family & Community Health Program. She certainly deserves a retirement, but we will miss her nutrition classes, which are done with a dose of humor!

Stephanie has had an awesome career providing nutrition education to both Coos and Curry Counties for more than 20 years. Her Healthy Bytes Initiative project has been a regular feature in our newsletter. Those materials and much more are archived on the Coos County Extension website: beav.es/phg.

Thank you, Stephanie, for your many years of service, including editing our CCFoPH newsletter!

Frances Smith
CCFoPH President



Coos County
Friends
of Public Health
Fall Fundraiser
for WIC

Purses for Nurses

Our Fall Fundraiser *Purses for Nurses* will be held Sunday, October 5th, 1:30-3:30 p.m. at the Black Market Gourmet in Coos Bay. We will have a delicious lunch and a silent auction of themed purses with gift certificates which have been donated by the community.

Tickets are \$50 each and are available through Sept. 19 on the website: ccfoph.org.

Proceeds from this fundraiser go to help our local Women, Infants, and Children's Nutrition program (WIC) in Coos County, which needs additional support to supplement the inadequate federal funding.

WIC helps expecting moms, newborns, and young children by providing free nutritious foods, advice on selecting foods for optimal growth and development, and referrals for needed community services.

In 2024, the Coos County WIC program served 1,870 participants in 7 sites throughout Coos County, including 36% of all the pregnant women in Coos County. WIC has proven to be a cost-effective investment that delivers long-term benefits for individuals, families, and communities.

Coos County Friends of Public Health is grateful to the many donors for the auction items and to these sponsors:

Advanced Health	Costello Law Office
Banner Bank	Cow Creek Band of Umpqua Tribe of Indians
Bay Clinic	Pamela C. de Jong, Edward Jones
Bassett-Hyland Energy Co.	7 Devils Brewing Co.
The Coquille Indian Tribe	Southern Coos Hospital/Health Center
First Community Credit Union	Ziply Fiber

Three Rivers Foundation Awards Grant to CCFoPH

The Three Rivers Foundation granted \$6,000 to CCFoPH in June for the *Hygiene Kits for Dignity* project, which is being managed at Coos Health and Wellness (CHW) by Kimberly McCoy.

Community partners requested that CHW put together hygiene kits which could address the need for personal hygiene for the unhoused population.

With the lack of available public showers and places to clean oneself in Coos County, the hygiene kits provide everything a person would need to fully clean oneself. Each kit includes a comb, toothbrush, toothpaste, deodorant soap, emery board nail file, dual blade razor, bandages, antibiotic ointment, lotion, shave/shampoo/body wash packets, deodorant packets and 2 extra-large body wipes. To date, 780 kits have been distributed.

These kits can also be a catalyst for change, because at the time of distribution, a conversation is started and a referral is made to *Connect Oregon* for helpful resources.

Additionally, the kits can help to decrease the spread of communicable diseases, and can improve a person's mental health, and their dignity.



(L to R) Frances Smith, CCFoPH President; Kimberly McCoy, Special Projects Coordinator, CHW; René Menkens, CCFoPH Treasurer; Holly Boardman, Partnership Development, CHW and CCFoPH Membership Chair

CHW is currently distributing these kits throughout the county by its Mobile Response Team and Clinic Outreach Program. The many community partners who are distributing the kits include:

Coos Bay Police and Fire departments
Central Fire Protection
CCAT buses
Bay Area First Step
South Coast Food Share

HYGIENE KITS FOR DIGNITY



Local churches assisting with distribution include:

Harmony Methodist
First Baptist of North Bend
Life Change Church (via Donna Tyler, aka the Sandwich Lady)
Valley Christian Center
Lakeside Assembly of God

We are grateful to the Three Rivers Foundation for their significant contribution to this project which improves the lives of people who are unhoused in Coos County. The Three Rivers Foundation serves as the charitable giving arm of the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians and the Three Rivers Casino Resort.

Lock Box project funded by a Walmart Sparks Good Community Grant

Coos County Friends of Public Health received a \$500 grant from *Walmart Sparks Good* to purchase locking medication boxes. These boxes are being distributed by Coos Health and Wellness to families to keep prescription medications from getting in the hands of children and other vulnerable persons.

When receiving the free lock box, families are informed about the proper disposal of medications and are also getting information about helpful community resources.

We are grateful to Walmart for contributing to this project which helps to protect children and provide safety education to their parents!



Long COVID: Preventable with Vaccination

One of the concerning outcomes of Covid-19 infection is "long" Covid. This condition is defined by the National Academies of Sciences, Engineering, and Medicine (NASEM) as a chronic condition occurring after Covid-19 infection and is present for at least three months as a continuous, relapsing and remitting or progressive disease state that affects one or more organ systems. In the US, about 7% of adults, 15-20 million, and 1% of children have had long Covid.

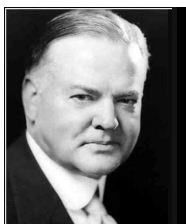
Those with long covid can have disabling effects and recovery may take weeks, months, or a year or longer.

Symptoms may result in disabilities and can affect daily activities. Symptoms range from fatigue, dizziness, digestive symptoms, cough, joint or muscle pain, and brain fog, to being bedridden from repeat hospitalizations. Others experience challenges with work and doing basic tasks such as getting dressed, showering or completing everyday errands like grocery shopping or household chores. Many adults living with long Covid indicate it has a major effect on their physical, mental, and social health. One study found long Covid patients were three times more likely to be hospitalized when compared to those without it and this may prolong their illness.

The risk of developing long Covid is significantly reduced with being up to date with Covid vaccines, reducing exposure during surges, hand hygiene, and taking care of your overall health. Even if previously infected with Covid, vaccination 90 days following infection can reduce the risk of reinfection. The evolving Covid virus requires updated vaccine strategies to maintain broad protection. And of course, staying current with Covid vaccinations can reduce the likelihood of severe disease and hospitalization if at high risk due to underlying health conditions.

So, in summary, long Covid can occur after infection with the virus. This risk, although small, is motivation to keep current with your Covid vaccinations this fall, especially if you are 65 or older or have underlying health conditions. As always, consult your health care provider if you have any questions about your health or the vaccine.

Reneé Menkens, CCfOPH Treasurer



Public health service should be as fully organized and as universally incorporated into our government system as is public education.

The returns are a thousand fold in economic benefits, and infinitely more in reduction of suffering and promotion of human happiness.

~Herbert Hoover



References/resources

CDC. (July 24, 2025) Long COVID signs and symptoms. https://www.cdc.gov/long-covid/signs-symptoms/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2F covid%2F long-term-effects%2F long-covid-signs-symptoms.html

Jetelina, K. & Totte, H. (August 20, 2025) Long Covid research roundup. Your local epidemiologist. https://yourlocalepidemiologist.substack.com/p/long-covid-research-roundup-f37?utm_campaign=email-half-post&r=4d7v3z&utm_source=substack&utm_medium=email

Nania, R. (June 17, 2024). Most common symptoms of long Covid. AARP. https://www.aarp.org/health/conditions-treatments/long-covid-symp-toms/?cmp=UY1LV1KW6P&qclid=9be925bda41c19ac245f4d1b85016e8f&qclsrc=3p.ds&msclkid=9be925bda41c19ac245f4d1b85016e8f&utm_source=bing&utm_medium=cpc&utm_campaign=Health-COVID-NonBrand-Ex-act&utm_term=long%20covid%20symptoms&utm_content=L ong-Covid-Symptoms

Wesley, E. E., Brown, L. M. & Fineberg, H. V. (July 31, 2024). Long COVID defined. 391, 18, 1746-1753. <https://www.nejm.org/doi/full/10.1056/NEJMs b2408466>

2025 CCFOPH Board

President	Frances Smith
Vice President	Tom Orsi
Secretary	Sam Baugh
Treasurer	Reneé Menkens
Advocacy Chair	Cathy Salyers
Communications Chair	Brinkley Webb
Development Chair	Lisa Hermann
Membership Chair	Holly Boardman
Ex-officio Members	Tim Lynch, DrPH & Katrinka McReynolds

Join us!

CCFoPH Board meets monthly
on the 3rd Mon of the month,
12:00 to 1:30 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

**Please consider joining or renewing
your membership to CCPOFH**



welcome

Lisa Hermann, CCFoPH Development

Lisa was born and raised in Coos County. Two months after graduating from Coquille High School she was hired as a secretary for the Coos County Planning Department. Over the next 6 years, due to county budget cuts in the 1980's and having to move to other departments, she also worked for the Coos County Parks office, State Watermaster, and Intergovernmental Coordinator, Crystal Shoji. She worked at the Coquille Valley Sentinel as a typesetter while in high school.

After a 3-year break to be a stay-at-home mom, she was hired at Coos County Public Health half time for several years until her daughters were older, and then worked full time. Retiring in December 2024, she felt very fortunate to have been a part of Public Health for the last 34 years. During that time, she worked with the WIC program, Immunization program, Family Planning clinic, cashiering, Vital Records and, for a short time, was the Environmental Health Secretary.

Lisa has been married to Dan for 40 years and is very fortunate to have her daughters, Jennifer (husband Jesse), Jackie (husband Shane), and Jessica living close by, allowing her to spend time with grandchildren Lucas, Hallie, Charlotte and Paisley. In addition to attending many sporting events, theater and school activities for her grandchildren, she occasionally plays the piano, volunteers at the Coquille Elks Lodge, loves playing bunco, and spending time with family.

As a tribal member, she attends many events throughout the year with the Coquille Indian Tribe and is currently volunteering on their Election Board.

This will be Lisa's second time on the CCFoPH Board and she is looking forward to meeting more members, helping with fundraising, and wants to make a positive difference in our community.

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!



Coos County
Friends of Public Health
Fall Fundraiser

for the Women, Infants
and Children (WIC)
Nutrition Program

Purses for Nurses

Silent Auction of themed purses filled with gifts

Sunday October 5th

1:30 to 3:30 pm

Black Market Gourmet

495 Central Ave, Coos Bay

Lunch: Leek and gruyere tart, butternut squash, salad and dessert

Reservations by Friday Sep 19th

Reservation line: 541-266-6877

Payment by card via website at ccfoph.org

or mail check to:

CCFoPH, PO Box 203

Coos Bay, OR 97420

