



“Working for Your Well-Being!”

Purses for Nurses
Fundraiser

Mobile Clinic for Flu
Clinics

Healthy Food at CC Fair

A Salon Night Fundraiser

Elder Resource Fair
October 9th at PV Mall

Title X - Family Planning

Thank You Donors!



CCFoPH Newsletter

Tenth Edition – September 2010

Fall Fundraiser

Purses for Nurses!

Mark your calendars for Saturday, October 16th and call (541)-756-2020 extension 525 to reserve a seat at our first annual fall fundraiser! Tickets are \$20 with proceeds going to help support women’s health services provided by Coos County Public Health. The event will be held at St. Monica’s Parrish Hall in Coos Bay, from 2 to 4 pm. A delicious assortment of desserts, along with coffee, tea, and entertainment will be provided.

The name of the event was derived from the theme of the silent auction which will feature a variety of purses designed for every purpose under the sun and filled with goods just as tantalizing.



CCFoPH members and supporters have stepped up to be table captains and are quickly filling seats at their tables. We still have space available, so call the number above to reserve your seat! You don’t want to miss out on a chance to support women’s health services and have so much fun doing so! Local organizations and businesses are donating to this cause and to the silent auction. So come and see what a great assortment of purses you will have to bid on!

Join Us on **facebook** !

The Coos County Friends of Public Health (CCFoPH)
is registered as a “cause” on face book.

Prepare for Flu Season – Now!

In Oregon, the influenza disease usually begins in February and March, but last year H1N1 flu came early and peaked in the fall in Coos County. Every flu season is different, and flu can affect people differently. Illness can last up to 10 days, and includes symptoms such as sneezing, coughing, runny nose, congestion, fever, muscle aches and headache. Older people and those with weakened immune systems are more vulnerable to serious illness (or death) from the flu. When we immunize lots of people in a community, it helps to protect those who are more vulnerable from getting ill.



The seasonal flu vaccine is available now, and The Centers for Disease Control and Prevention (CDC) recommends that **everyone, age 6 months and older receive the annual influenza vaccination** this year. Children age 6 months through 8 years may need two doses.

This year's seasonal vaccine contains H1N1, plus two other flu strains. If you got the H1N1 vaccine during this past year, it is recommended that you get this seasonal flu shot also, because immunity for H1N1 may have worn off and this year's vaccine protects against two other types of flu (H3N2 and an influenza type B). Anyone getting a flu shot in September and October is considered to be protected for the whole season.

Unlike the H1N1 vaccine offered this past year for free, most of the seasonal vaccine had to be purchased by the Health Department. The discounted price for those who self pay at the Health Department clinics is \$20, and Medicare, Oregon Health Plan, Blue Cross/Blue Shield of Oregon, and Pacific Source Insurance can be billed. Flu shots are also available at medical offices and many pharmacies in the area.

Outreach to children and seniors. The Health Department was able to purchase a mobile immunization trailer with special grant funds, and also a supply of flu vaccine to give to children who have no insurance. The mobile immunization clinic will be visiting participating schools in October to offer flu shots to children and their parents. Meanwhile, Coos County Public Health has been providing shots by appointment, and has already held 2 community flu clinics in Lakeside and North Bend.

The Following are the next scheduled Flu Clinics:

Coos Bay Senior Activity Center

Tuesday, September 28, 1-4 p.m.

Bandon Senior Center

Tuesday, October 5th, 1-4 p.m.

North Bend Senior Center


Wednesday, October 6th, 1-4 p.m.






Healthy Food at a County Fair?

By: Molly Ford

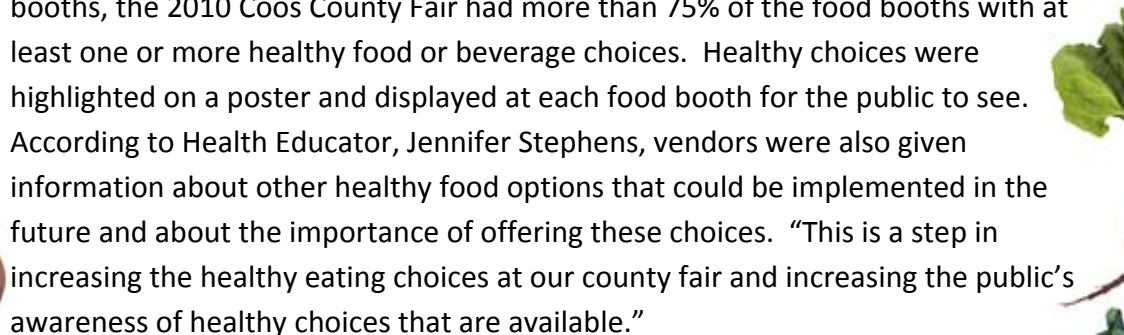


I look forward to the Coos County Fair every year. I like to see the exhibits; and to peruse the local entries in the food, crafts, and animal categories. I plan to spend an entire day there, listening to the music and watching children and families having fun.




Every year I am at a loss when it comes to meal time. I always find myself weighing the options of what is available, trying to decide what will be the least harmful to my body. Don't get me wrong, I like a candied apple or caramel corn as much as the next person. My absolute favorite fair food is a corn dog. Summer time is full of events that entice us to stray from our healthy eating goals -- Barbeques, picnics, family reunions, class reunions, etc. If we give in to them all we'd be in terrible shape to begin the holiday season that is fast approaching after summer is over.

This year at the Coos County Fair I was pleasantly surprised to find some help in my endeavor to not gain weight. I saw a sign posted at a food vendor telling me what my "healthy option" would be. I quickly glanced around at other food vendor trailers and saw similar signs posted on them. Hurray! I could choose something good for lunch, guilt free!



As a result of Coos County Public Health's Healthy Communities Project staff who worked with fair food vendors in highlighting healthy eating options available at their booths, the 2010 Coos County Fair had more than 75% of the food booths with at least one or more healthy food or beverage choices. Healthy choices were highlighted on a poster and displayed at each food booth for the public to see. According to Health Educator, Jennifer Stephens, vendors were also given information about other healthy food options that could be implemented in the future and about the importance of offering these choices. "This is a step in increasing the healthy eating choices at our county fair and increasing the public's awareness of healthy choices that are available."



If you missed the healthy food poster this summer, look for it next year. Somehow everything tastes better when eaten outdoors, in the sunshine, amongst friends.

Salon Night Fundraiser at The Hair Company



The Hair Company in Coos Bay will host a salon night fundraiser to benefit CCFoPH. The event will take place on Wednesday, October 13th at 7:00 pm. The cost is \$15.00 and one third of that will go to support The Friends. The rest will cover the cost of services provided by The Hair Company. Those attending will be able to choose two services from the following list:

- Hair wash and cut
- Chair massage
- Manicure
- Pedicure
- Waxing

Space is limited. Call Penne' Wagner at (541)-269-5483 or Molly Ford at (541)-290-9598 to make your reservation.

Two Anniversaries Important to Women

By: Frances Smith

This year we celebrate two anniversaries of milestone events that have had enormous impact on the lives of millions of women—and society. The “pill” celebrated its 50th anniversary, and the Title X family planning program its 40th. The pill has provided a reliable, easy to use contraceptive that promised 99.7% effectiveness, with proper and consistent use. An estimated 80% of all American women have taken the pill. It has allowed women to choose whether or not to become pregnant, and for those wanting a family, to time their pregnancies. The baby boomer women, and subsequent generations, have had many more options than their mothers for managing education, careers, and child rearing, thanks to the pill.

The Title X program is about “access” to affordable contraception. In 1970, when Nixon was President, Title X (ten) of the Public Health Service Act was established by Congress—fulfilling Nixon’s declaration that “no American woman would be denied access to family planning assistance because of her economic condition.” For 40 years, Title X has been an integral part of our public health care system, and health departments in Oregon are required to provide this important service. Coos County Public Health is the only agency providing Title X in our county.



What does Title X do? Any woman of reproductive age can receive services, which include a woman's annual gyn exam, lab tests for cancer screening, and contraceptive method of choice--which now includes the patch, depo shot, IUD, ring, diaphragm, and spermicide and condoms, in addition to pills. (Men can also be Title X clients and get condoms, and sometimes a special project will fund vasectomies.) The services are charged to the client on a sliding scale, based on ability to pay, which is determined by income and family size. Those who are below 100% of the poverty level are not charged for any of the services--exams or contraceptives--and at Coos County Public Health 70% of those who receive services are below the poverty level.

So how do we pay for it? Women who have a birth certificate to prove citizenship will be eligible for CCare, which is a special Medicaid program for contraceptive services. The CCare payments to the Health Department cover some of the Title X services for the eligible women--but not all. Although Title X is a federal program mandated for everyone who seeks services, the federal dollars are too few to provide free services to everyone who needs them. The federal funding peaked in 1980, and since then has declined significantly--not keeping pace with the increased costs of salaries, contraceptives, laboratory tests, clinic supplies, insurance, etc. Taking inflation into account, funding for Title X was 62 percent lower in FY 2008 than in FY 1980. Our local program is struggling to make ends meet, and has turned to local County dollars (which are scarce) and grants and donations so that women in need can receive these services. (Note the *Purses for Nurses* fundraiser scheduled for October 16!)

The need for access to affordable family planning remains strong. Each year, half of all pregnancies in the U.S. are unintended, and half of unintended pregnancies end in abortion. (Title X does not provide or pay for abortions, but helps to prevent them.) The comprehensive Title X family planning program not only empowers women, but supports stronger families, a more nurturing environment for children, and a stronger, more prosperous and productive society.



Elder Resource Fair

Friends are needed to help us staff a booth at the 2010 Elder Resource Fair on Saturday, October 9th at the Pony Village Mall. This is an annual event which provides valuable health and other resource materials for our seniors in Coos County. CCFoPH will be providing information on health services for

seniors at the Public Health Department with a special focus on nutrition. This is a one day event beginning at 10:00 am and ending at 2:00 pm. If you can help us for an hour or two, please send an email to: ccfoph@gmail.com or call our Education Chair, Karin Kenney at 541-756-2020 x 645.

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Contact Information: ccfoph@gmail.com, 541-888-6871 or 541-756-2020 x 543

Thank you most recent Donors!

David and Molly Ford, Sherrill Lorenzo, Renee' Menkens, Michael and Lindi Quinn, and Maria Wartnik.