



"Working for Your Well-Being!"

# CCFoPH Newsletter

## Fifteenth Edition – February 2012



## *In the Pink of Health*

### *Membership Hospitality and Educational Event*

By Connie Bunnell, CCFoPH Membership Chair

In the Pink of Health  
Membership Hospitality and  
Educational Event

Coos County Public Health  
Annual Report - 2010/2011

Floods & Contaminated Wells

Dues Renewal

CCoPH 2012 Annual Meeting

Election and Introduction of  
New CCFoPH Board Members  
& Officers

New Board Member Profiles

Worksite Wellness – It Can Be  
Done!

Board Members

Save the Date

Come mingle and make friends with your fellow CCFoPH members at this fun membership event at Cicarelli's Restaurant. Educational tri-folds will be placed around exhibiting the activities of CCFoPH over the past year, so members will be able to see the programs their membership donations support. Cicarelli's will provide a wonderful array of fresh veggies, fruits and meats as well as their homemade bread and a no-host bar. Chocolates will be available for sampling.

Continuing members will be able to renew their memberships, and orientation packets will be available for members who have recently joined.

There will be a free drawing for a basket of goodies, including a \$25 gift certificate from Books by the Bay. Plan for a very nice evening, and of course, bring a friend.

Newsletter Editor: Lynda Buford, RN  
Layout & Design: Cynthia Edwards

## **Coos County Public Health Annual Report - 2010/2011**

The Coos County Public Health annual report for fiscal year 2010/2011 has been published. You can read about the health issues in the county, as well as learn more about the services provided by the Health Department. For example: Coos has a lower teen pregnancy rate than the state-wide average; food vouchers worth \$1.12 million were provided to WIC participants in a year's time; and 287 temporary food service licenses were issued for food booths and other special food events. The report is now available on the Coos County website:

<http://www.co.coos.or.us/ph/Documents/annualreport10-11final.pdf>

# Floods & Contaminated Wells

By Rick Hallmark, Environmental Health Program Manager

After a January deluge of rain, and flooding along the Millicoma River, at least one public water system was left with a well under 2 feet of water and certain contamination. This small public water system had 10 homes obtaining water from the same well - a total of about 25 residents. This is the typical size of the public water systems that Coos County's Environmental Health staff work with routinely. The Oregon Public Health Drinking Water Program contracts with Coos County Public Health to work directly with 59 of the 79 public water systems known in Coos County. The larger water systems, such as the Coos Bay North Bend Water Board, have direct oversight from the state. What defines a public water system? It's a well that provides service for at least 60 days per year to at least 4 residential connections or to 10 people or more.

Many of the smaller public water systems are operated by volunteers. Environmental health personnel spend significant amounts of time helping these water system operators understand the regulations which help to assure their water is safe to drink. Having a relevant written emergency response plan that tells what to do if the well is contaminated or flooded is an indicator of a properly run water system.

The "private" water systems, such as a well for a single residence, receive no oversight from Public Health. In the last 10 years, there have been numerous cases of enteric (gastro-intestinal) illnesses where the source of illness was never identified, and where the patients used home water of unknown quality. Sometimes these residents were unaware that their water came from a well, which had not been tested in years. If they call the Environmental Health Office, (541-756-2020, ext. 643) they can be referred to resources, such as the Oregon Drinking Water website, for advice.

For information on treating a flooded well, you may also check out the following web-site:

<http://public.health.oregon.gov/Preparedness/CurrentHazards/Pages/foodwatersafety.aspx#privatewel.l>.

## Dues Renewal

It is time to pay our dues. Individual Membership dues are \$15.00, Family Membership dues are \$25.00, Business Membership dues are \$50.00. Donations can also be made at the same time and combined with your dues. A letter which serves as your receipt will be sent to you indicating payment. This letter will provide all information necessary to qualify your dues and/or donation as a charitable contribution for tax purposes.

Dues can be mailed to CCFoPH, P. O. Box 203, Coos Bay, OR 97420. Please also use this address or our email address at [ccfoph@gmail.com](mailto:ccfoph@gmail.com) to let us know if any of your contact information has changed.

**Thank you for your support.**

# CCFoPH 2012 Annual Meeting

By Reneé Menkens, RN, CCFoPH Board Secretary

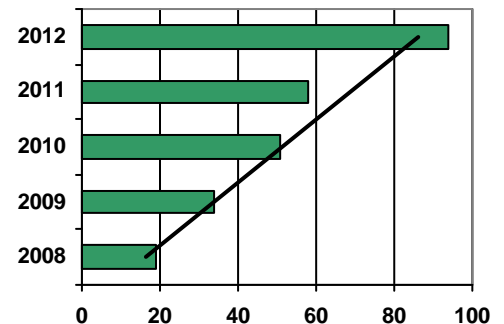
The number of Friends in attendance at the Annual Meeting, on a beautiful Friday afternoon, was wonderful. The luncheon provided opportunities to meet new Friends and reconnect with Friends known and treasured. However, the reports were the highlights of the event.

Angie Webster, our outgoing president, gave a concise review of the Friends activities over the past year. She focused on fundraising activities - Coins for Coos Kids (our ongoing fundraiser), Purses for Nurses (our big event these past two years), and the Wine Walk held in Coos Bay. In addition, Zonta Club and the Coquille Tribal Health Fund were recognized for their grant support for women's health services.

Debbie Webb followed with the Treasurer report and it was noted by members present that our overall projected budget has increased from last year by almost 50%, based on fundraising, membership dues, grants and support from our many Friends.

Connie Bunnell, our Membership Chair, told us that our membership is 108 individuals, which represents 94 memberships (some include family), up 30% from last year.

Membership Growth



Frances Smith gave her update on the public health department. She had good news about the variety of services available to help us stay healthy in Coos County; and sad news about statistics on early deaths, tobacco use, obesity and lifestyle issues that affect many Coos county residents. Child abuse and neglect continue to be significant issues, as do the struggles single parents have in managing family needs on low incomes. Bright lights on this rather dismal picture were the health department's efforts to bring residents together last spring in forums and a final summit session to talk about how to improve the health of those living in Coos County. A follow up to the summit was the recent January Worksite Wellness event that engaged more than 70 people in talking about how to improve our overall health in the county.

New board members were nominated and elected, and our good Friends Angie Webster, Chris Flammang and Stephen Brown were recognized for their outstanding leadership on the board this past year, as they move on to other activities. It is hoped that we will see them frequently as part of Friends activities in the future, even though their board service has been completed.

Reminders were also made to attend the upcoming Membership Social event at Cicarelli's on February 16, from 6:00 – 8:00 p.m.... and to bring a friend to learn more about our amazing Coos County Friends of Public Health, and its purpose to support our much needed public health programs.

# Election and Introduction of New CCFoPH Board Members & Officers

By Lindi Quinn, CCFoPH President

At the Annual Meeting of the CCFoPH the membership elects the officers and members of the board.

On Friday, January 27th Connie Bunnell, Nominating Committee Member and Membership Chair, presented a slate for election which was unanimously voted into office. The following Board member terms are through December 2014:

President:	Lindi Quinn	Development Chair:	Patty Barton
Vice President:	Reneé Frati	Advocacy Chair:	Sylvia Mangan
Education Chair:	Barbara Bassett	Nominating Committee:	Frances Smith

(The term for nominating committee is one year with two positions open.)

The following are board members and ex-officio members are continuing through December 2012:

Treasurer:	Debbie Webb	Communications Chair:	Lynda Buford
Secretary:	Reneé Menkens	Ex-Officio:	Frances Smith, PH Administrator
Membership Chair:	Connie Bunnell	Ex-Officio:	Sherrill Lorenzo, PH Staff

We appreciate all of the time and work these individuals will be contributing to the governing of the CCFoPH efforts. We also appreciate the commitment they have made to uphold the mission of the CCFoPH – To promote health in Coos County through enhancement of local public health efforts.

## New Board Member Profiles

In this issue of our quarterly newsletter we would like to introduce you to two of the four new board members, which include Patty Barton, Barbara Bassett, Reneé Frati and Sylvia Mangan.

**Patty Barton** – Development Chair - Coordinates fund raising efforts for CCFoPH



Patty moved to the Coos Bay area with her husband in 1994 and has been involved as a community volunteer for several organizations since that time. In 2000 she joined the Court Appointed Special Advocate (CASA) program which provides volunteer advocates for children who are under the jurisdiction of DHS Child Services. CASA advocates provide a voice for children in the judicial and child welfare systems as well as the community. She is an active member of the Zonta Club of the Coos Bay Area and currently serves as treasurer for the Coos Bay Area Zonta Service

Foundation. Patty is also an active member and co-chair of the advisory board for the Healthy Start Program, a Coos County Public Health Department program providing services for first-time parents.

**Sylvia Mangan** – Advocacy Chair - Identifies opportunities for educating others (including elected officials, business leaders, and the general public) about CCFoPH and public health issues.



Sylvia has been an RN for 40 years, has a Masters in Public Health, and has dedicated much of her career to Public Health. Sylvia has been married to Larry for 40 years. They have two grown children, Jesse and Shannon, and are expecting their first grandchild on July 4th! They have lived in a variety of interesting, beautiful areas, but settled in the Bay Area 24 years ago.

Sylvia has always been passionate about Public Health. Her other interests include spending time on her ranch, and enjoying many hobbies such as swimming, gardening, caring for their animals, and traveling.

These two individuals have already shown a commitment to enhancing local public health services through their community service work and CCFoPH memberships.

**Thank you, Patty and Sylvia for stepping up to join the CCFoPH Board.** Learn more about Barbara Bassett and Reneé Frati in the May CCFoPH newsletter.

## **Worksite Wellness – It Can Be Done!**

By Michelle McClure, Prevention Coordinator, and Frances Smith, PH Administrator

Promoting health at work can be as simple as removing the candy dish from the receptionist's desk, and providing water instead of soda pop at office parties. Many other "doable" suggestions were discussed on January 25th at the *A Healthier Coos County: Worksite Wellness Action Forum*. This was the second annual forum presented by the Healthy Communities program of Coos County Public Health.

After a welcome from Coos County Commissioner, Cam Parry, participants walked through a Gallery Guide describing the health statistics relevant to our county's workforce. Then panelists from the Mill Casino, Bureau of Land Management, and Sause Bros. described their current wellness programs. They answered questions about employee health assessments, the incentives for their staff to participate in healthy activities, and lessons learned that would be helpful to others. Each panelist had a wealth of information to provide, which gave the audience numerous ideas of what they could implement at their own worksites. The featured guest speaker, Dawn Robbins, was from the Oregon Health Authority, where she leads the Wellness@Work Initiative. She described how to create a culture of health at the worksite, and also included a guided tour of a web-based tool for developing and expanding worksite wellness programs ([www.healthoregon.org/wellnessatwork](http://www.healthoregon.org/wellnessatwork)). The forum ended with time designated for each business/agency to develop an action plan that included goals and next steps for wellness at their worksite.

The event was deemed a success with over 70 participants and representation from over 35 agencies and businesses. The clear message was that worksites in Coos County can support and encourage employees to live happier, healthier, and more productive lives.

**Coos County Friends of Public Health**

**P.O. Box 203**

**Coos Bay, OR 97420**

**Board Members**

President	Lindi Quinn	Vice President	Reneé Frati
Secretary	Reneé Menkens	Treasurer	Debbie Webb
Advocacy Chair	Sylvia Mangan	Communication Chair	Lynda Buford
Development Chair	Patty Barton	Education Chair	Barbara Bassett
Membership Chair	Connie Bunnell	Ex-officio members	Frances Smith and Sherrill Lorenzo

Contact Information: [ccfoph@gmail.com](mailto:ccfoph@gmail.com) Website: [www.ccfoph.org](http://www.ccfoph.org)

**Save the Date**

- Feb. 16 In the Pink of Health: Membership Hospitality and Educational Event: 6:00 – 8:00 p.m. at Cicarelli’s Restaurant in North Bend.
- Feb. 16 Coos County Medical Reserve Corps (MRC) New Volunteer Orientation Meeting: 5:30 p.m. at the Public Health Department. For more details call Michelle McClure at 541-756-2020 ext. 514.
- March 1 Coos County MRC Unit Meeting: 5:30 p.m. at the Public Health Department.
- April Annual Public Health Week Recognition Luncheon: Exact date, time, and place to be determined.