



“Working for Your Well-Being!”

CCFoPH Newsletter

Eighteenth Edition – October 2012

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Ready to Smile Program Receives National Award

By Frances Smith, Coos County Public Health Administrator



The *Ready to Smile* school-based dental program is administered by Coos County Public Health in all school districts in Coos and Curry County. It has recently achieved national acclaim! **The Oregon Community Foundation (OCF)**

recently received one of 10 awards given nation-wide by the Secretary of the U.S. Department of Housing and Urban Development (HUD). This award recognizes the collaboration of philanthropic foundations and public partners to enhance the quality of life in their communities. OCF was honored for *Ready to Smile*, which has reached 60% of the targeted students in the second year of the program. *Ready to Smile* focuses on preventing childhood dental disease in 1st, 2nd, 6th, and 7th grades through education about oral hygiene, screening for dental disease, treating with sealants and fluoride varnish, and referral to a dentist for urgent care.

The Oregon Community Foundation provided \$500,000 for this program through its *Regional Action Initiative*. Other partners, who have collectively committed more than \$400,000, include **The Ford Family Foundation, The Mildred E. and Harvey S. Mudd Foundation, Ronald McDonald House Charities of Oregon and Southwest Washington, the Bay Area Hospital Community Foundation, the Coquille Tribal Community Fund, the Three Rivers Foundation, and the Curry Health Foundation**. Funds have also been donated from local service clubs (e.g., Rotary, Soroptimist, and Lions), and other organizations and individuals. (See www.oregoncnf.org for a donor list.)

Tooth decay has for many years been recognized as an unmet health problem in Coos and Curry counties. It is heartwarming to see so many children benefitting now from this community-wide philanthropy and collaboration.



Dear Friends!

Could it be that October is already upon us? Wow! This summer went by fast. The CCFoPH Board met on the 3rd Tuesday of each month, mostly on sunny evenings. Thank you Board Members for your commitment!

The goal of this article is to share some highlights from our board meetings. Since this a new element to the newsletter I would like to back up to the beginning of the year.

- January - Planning of CCFoPH Annual Membership meeting held on January 27th, where election of new board and 2011 year- end report were presented by **Angie Webster**, outgoing President.
- February – Board training, planning and goal setting for 2012. Membership Social organized by the Membership Committee Chair **Connie Bunnell**, hosted at Cicarelli's on Feb. 16th.
- March – Planning for upcoming Super Star Recognition lunch and Public Health Week. Ad Hoc Administrative Committee, to be chaired by VP **Reneé Frati**, formed to review our bylaws and policies.
- April – Board training on County Health Rankings and the CCare (contraceptive care) health department program presented by **Frances Smith**. CCFoPH member, **Dr. Rick Staggenborg**, presented summary on the concept of “Single Payer Health Insurance system for the United States.” **Lynda Buford**, Communications Chair, reviewed upcoming newsletter content.
- May – Review of CCFoPH financials through 1st quarter presented by Treasurer, **Debbie Webb and Sherrill Lorenzo**. Grant opportunities reviewed by **Patty Barton**, Development Chair.
- June – Health Department update by **Frances Smith** included announcement that she will be retiring at the end of this year. **Frances** also reported on her activity surrounding publicity of the County Health Rankings to various Coos County organizations.

- July – Advocacy Chair, **Sylvia Mangan**, researched the “Weight of the Nation” documentary and reported she is working on plans to host a community showing. **Barbara Bassett**, Education Chair, reported on coordinating efforts to participate in “National Night Out on August 7th. Board also discussed efforts to help with the Smoke/Tobacco Free advocacy efforts coordinated by the Health Department staff, **Stephen Brown and Debbie Webb**.
- August – Board voted to transfer \$5,000 of CCFoPH unrestricted funds to the Health Department. Planning for annual “Purses for Nurses” fundraiser underway.
- September – Grants applications submitted to Coquille Tribal Community Fund, Zonta Club of the Coos Bay Area, The World Wine Walk and Three Rivers Foundation. CCFoPH website updated by **Reneé Menkins**, Secretary and **Lynda Buford**, Communication Chair.

If you would like a complete copy of any or all of the board meeting minutes, please email me at ccfoph@gmail.com.

There is no doubt that the most profound bit of news in the list above is the announcement of **Frances Smith's upcoming retirement**. As excited as we are for her and the new adventures she will have, her departure from the Health Department will result in many changes for all of us. Frances has dedicated so very much of her time and energy to the health of our community, going far beyond the responsibilities of her role as Administrator. She will be missed, although I have been reassured by her that she will continue her contributions to the CCFoPH; and for this, we are very thankful.

Lindi Quinn,
CCFoPH President

Are You Up-To-Date on Your Pertussis (Whooping Cough) Vaccinations?

By Lynda Buford, CCFoPH Communication Chair

The Oregon Health Authority and the Coos County Health Department are strongly encouraging everyone 10 years-of-age and older to get their pertussis booster shot.

Pertussis (whooping cough) is a highly contagious respiratory illness which can have deadly consequences for infants and those with weakened immune systems. Of the 525 Oregon infants diagnosed with pertussis since 2000, almost half have had to be hospitalized. Since 2003, four Oregon infants between the ages of one and three months have died from pertussis.



The number of Oregon whooping cough cases reported this year is the highest since 1959. Between January 1st and October 1st of this year, Oregon had 741 reported pertussis cases; ranging in age from eight days to 90 years, with a median age of ten years. (This compares with 258 cases for the same timeframe in 2011.) Of these cases, 23 infants were hospitalized, 21 of which were three months of age or less. Coos County has had six reported cases since July.

While children receive a series of five pertussis vaccinations between the ages of two months and kindergarten, the effectiveness of these vaccinations wanes over time. The booster vaccine helps maintain

personal immunity to pertussis in adolescents and adults; and helps prevent the spread of the disease to unprotected infants. The pertussis booster is part of the tetanus, diphtheria and acellular pertussis vaccine; known as Tdap. It is 80% effective.

Pertussis starts with cold-like symptoms: a runny nose, sneezing, mild coughing and fever. One or two weeks into the illness the cough becomes much worse, resulting in coughing fits so violent that the patient may turn blue in the face from lack of oxygen, begin vomiting, or even crack a rib. The coughing fits may be followed by a “whooping sound” in small children, as they try to catch their breath. The coughing can make it hard for infants to breath, drink or eat. This phase may last six to ten weeks.

Parents should ensure that their younger children have completed the initial 5-shot series of pertussis vaccinations. Those 10 years of age and older who have not had their Tdap vaccination, should get one as soon as possible. The booster is especially important for those who will come in contact with infants, since infants do not have the full protection of childhood vaccines. People for who vaccination is a priority include parents, grandparents, siblings, babysitters, and healthcare workers. It takes two weeks from the date of vaccination for the vaccine’s protection against infection to become effective.

Pregnant women who have not received the booster should do so after the 20th week of their pregnancy. This will allow the vaccine’s protective effect to maximize prior to childbirth. The vaccinated mother will then provide a partial, passive immunity to her infant; which can help protect it from pertussis for its first couple of months.

Tdap vaccinations are available at the Coos County Health Department, doctors’ offices, and most local pharmacies.

For more information on pertussis, see the Oregon Immunization Program’s “Pertussis in Oregon” page at <http://1.usa.gov/PertussisOregon>.

Meet Your Board Members

By Lindi Quinn, CCFoPH President



The CCFoPH organization has been in existence since 2008. The CCFoPH Board has been fortunate to have many committed members sit through meetings, chair committees and help lead our young organization

through the years. I'd like to share a bit about two of our longstanding board members - Renee' Menkens and Connie Bunnell. Both are active, committed leaders, serving our membership to advance our mission.

I met Renee' and Connie when I joined the board just a few years ago, and have been impressed by their attendance to important CCFoPH work. Renee' is our Secretary which, as many of you know, is a challenging role on a board. Taking good notes while also contributing to the issues being discussed can be difficult. Renee' does both of these very well and with grace. Most recently, Renee' took on the task of updating the CCFoPH webpage, a job she did with skilled attention to detail and appropriate content.

Many of you already know our Membership Chair, Connie Bunnell. She is the person behind CCFoPH membership recruitment, social activities and renewals. Connie is friendly and engaging; and her dedication to the health and safety of our community is obvious to those she works with. Connie works hard on the Purses for Nurses fundraiser each year; gathering many donations from our generous community. She is also our greeter at functions, as she is familiar with our membership and always looking for potential new recruits!

Being asked to step up to a leadership position is a compliment. Saying yes requires a commitment of time and energy. Both Renee' and Connie said yes in 2008 when they were needed, and have been key contributors to our growth. **We truly value their dedication to the CCFoPH organization.**



Connie Bunnell –
CCFoPH Membership Chair
2008 to present.

Connie was born and raised in Coos County. After graduating from North Bend High School she attended Southwestern Oregon Community College (SWOCC), majoring in liberal arts. She traveled to Hawaii, married and had her two children there. Today she has seven grandchildren, three of whom are driving. Two are attending college. One is at Southwestern Oregon Community College, and one will be attending Eastern Oregon University (EOU) in La Grande.

Connie worked in Coos County as a hospital administrative secretary, as an Unemployment Specialist for the State of Oregon, as a bank president's secretary, and as a Vocational Counselor.

Connie and her husband, Will Bunnell (a retired aerospace engineer), volunteered with their Rural Fire District group and served as First Responders for five years. This experience solidified Connie's community commitment, leading to many years of volunteer service.

In the past she served as a Red Cross instructor; and she currently serves as a Red Cross Disaster Action Team member, helping victims of fires. She has served as the Membership Chair for CCFoPH since 2008, and as the Vice President of the Southwestern Oregon Public Safety Association (SWOPSA) since 1995. Connie is active in her church and is the co-coordinator of a children's ministry program.

Connie enjoys spending time around her country home, which originally belonged to her grandparents; and likes incorporating her homegrown organic vegetables into healthy meals for her family. Connie boards her Arabian horse; and enjoys the interaction with friends her horse affords her, as well as the exercise component of caring for it.



Renee' Menkens, RN, MS - CCFoPH Secretary, 2008-present.

Renee' has lived in the Coos Bay area for the past 8 years with her husband and several resident family cats. She lived here in the 1970's and early 1980's when her children were young; and then returned when her husband retired, after living in Portland for over 20 years. She loves the salt air, fog and beautiful beaches, and trails for hiking in this area.

Renee' is a Registered Nurse with a master's degree in Community Health Nursing and a post-master's degree in Nursing Education. She was an assistant Professor for SWOCC's nursing program for 7 years. She recently changed positions to teach for the OHSU School of Nursing's online nursing program for Registered Nurses.

WIC Breastfeeding Campaign – “Mother’s Milk – Nature’s Way”

By Frances Smith, Coos County Public Health Administrator

Coos County Public Health’s WIC program had a special campaign this summer to raise awareness about breastfeeding. If you watched the local news or listened to local radio, you probably saw or heard the ads: “Mother’s Milk – Nature’s Way.” The ads were meant to “normalize” breastfeeding, and show how families and health professionals had breastfed their babies and recommend it.

Josephine Morrison, a nurse at the Health Department who is also a certified lactation consultant, enlisted the members of the Coos County Breastfeeding Coalition to star in some of the ads. Also as part of the campaign, Debbie Webb provided information to employers about the accommodation for lactating women that Oregon law requires.

Renee' also works at Bay Area Hospital in the Behavioral Health Unit. However, her passion is public health. “From my perspective as a nursing faculty and as a RN working in acute care, I see the needs for public health and preventative services daily in my nursing practice.”

Renee' has been the Secretary for the CCFoPH board for the last 4 years. “Being the Secretary for the Friends has been an honor, and a wonderful way to support the public health department for our county. Through my work on the Friends board, I have had the opportunity to support the health department programs for women's health and immunizations for kids. These programs are essential for the health of our county. I believe in the work of the Friends, and feel strongly about the need to support our public health services through the efforts of the dedicated members of the Friends.”

This project was funded by a special WIC grant which was awarded to Oregon for our state’s high breastfeeding rates. Coos County WIC participants also have high rates of breastfeeding - initially; but too many quit before the baby is 6 months old.



Julie Abbot, CNM, NP from Bay Clinic promotes breastfeeding in a local TV advertisement.

Women who want to breastfeed appreciate having support in the workplace, and also encouragement from their family and friends. If women are having problems, they can reach out to the experts at the WIC program, the MOMs program, and others in the Coos County Breastfeeding Coalition. A breastfeeding support group called “The Mother – Baby Circle Group”, meets at the Health Department, from 1:30 p.m. – 2:30 p.m. on the second Tuesday of every month.

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 Website: www.ccfoph.org

Save the Date

October 13 **Purses for Nurses** – St. Monica Catholic Church, Coos Bay, 2:00 – 4:00 pm

December 4 **Annual Meeting** – BAH-CHEC Building, 3950 CHEC Building, North Bend, 11:30 am – 1:00 pm

Watch for your membership renewal, coming out in November.