



CCFoPH Newsletter

Spring 2014

Community Health Improvement Plan

By Dr. Nikki Zogg

In the fall of 2013, Coos County completed a Community Health Improvement Plan. Coos County Public Health (CCPH) facilitated the development of the plan with assistance and support from many sectors of the community. These included hospitals, end-of-life care, clinics, mental health, oral health, citizens, educators, city managers, elected officials and media.

The *Coos County Community Health Improvement Plan (CHIP)* was developed following the completion of a community health assessment.

The health assessment revealed eight areas of need:

- Access to Healthcare
- Chronic Illness Management
- Chronic Illness Prevention
- Dental Health
- Fall Prevention
- Maternal & Child Health
- Mental health
- Socioeconomic Disparities

Stakeholders then worked collaboratively to develop specific goals and objectives to address these eight priority areas for the next three years. At the end of 2013, the stakeholders decided that a steering committee was the most practical way to ensure the plan

is implemented, reviewed and revised through 2016.

CCPH led the recruitment and selection of the steering committee members, and the steering committee held its first meeting in February of 2014.

The most important thing to know about the *CHIP* is that it requires the involvement of each individual in Coos County. If you do not think you have the time, resources or know-how to make a difference in the health of Coos County citizens, think again! You can make a difference...

How to Make a Difference

- Feed someone a nutritious meal
- Support the development of a new park
- Focus on your family
- Graduate
- Ask for more bike paths, walking trails or a boardwalk
- Help your neighbor
- Work
- Check-in with your doctor and dentist
- Socialize
- Adopt a health policy (for example, provide healthy food options at meetings)
- Be responsible and accountable
- Play

Collectively, we can all make an impact for the betterment of the community!

You can find the *Coos County Community Health Improvement Plan* at http://www.co.coos.or.us/Portals/0/Public%20Health/Annual%20Reports/CoosCountyCHIP_2013.pdf

7th Annual Public Health Week

Super Star Recognition Luncheon

Thursday, April 10th 11:30—1:00

Black Market Gourmet

\$20 per person Call 541-751-2415 to reserve your seat

Honoring

Stephan Groth, MD
CCPH Family Planning Volunteer Provider

Donna Rabin, MD and Jon Yost, MD
Community Connections Network

Thomas Holt, DDS
Herman, Brent, and Heidi Pahls, DDS
Ready to Smile, Neighborhood Dentist Program

Debbie Webb
CCFoPH Volunteer
and Living Well With Chronic Conditions

Contact Information:

ccfoph@gmail.com

Website: www.ccfoph.org

You Can Make a Difference – One Step at a Time

By Lindi Quinn, CCFoPH President

When the board members gather for our monthly meetings, we start out with a reminder of our mission, **to promote health in Coos County through the enhancement of local public health services.** Ideally, as we make decisions and contemplate actions, we stay focused on the mission. However, it can be challenging to narrow in on effective actions. Fortunately, we have a new tool to help us, the Community Health Improvement Plan (CHIP).

The CHIP was worked on and adopted in 2013 with a goal of accomplishing many of its objectives by 2016. To learn more about the plan please see Dr. Zogg's article in this newsletter which outlines the process and eight areas of need. To learn about the CHIP please plan to join us at the 2014 SuperStar Luncheon on April 10th. At the luncheon several of the key authors of the plan will be presenting an overview of the document, including details of steps you and your organization can take to help implement the CHIP. Learning about and understanding the plan is the 1st step.

The CCFoPH Board has narrowed their focus to three parts of the plan for 2014. They include:

Socioeconomic Disparities – specifically by providing evidence linking health to employment; and additionally joining existing efforts for economic development.

Chronic Illness Prevention – by decreasing tobacco initiations and use which will include advocating for smoke-free ordinances for city and county parks and providing consultation to city and county officials.

Bicycle Racks and Lockers – we hope to increase opportunities for physical activity by making it easier to secure bicycles in our community.

There are many opportunities for you to assist in the process. You might advocate for us with the local decision makers for jobs, for smoke-free policies or for funds for bicycle racks. Or... you could help by teaching someone how to cook a healthy meal, by visiting a park with your family, by supporting a friend trying to get a GED or college education, by checking on your neighbor, by working hard and playing harder. We really are in this together and by working together on the CHIP we can make a difference, one step at a time.

Membership Dues Increase Notice

Dear Friends Members:

My name is Reneé Frati and I am this year's Membership Chair. I am excited about my position on the Board and look forward to recruiting new Friends members and becoming better acquainted with current members. This year's Membership Committee is Reneé Frati, Sherrill Lorenzo and Jeanne Moore .

If you have an interest in being part of the Membership Committee please contact me at (541) 756-7574. My committee and I are always excited to have new committee members; and I'll share a little secret with you.... I have been known to provide some great snacks at our meetings.

At the 2013 Annual Membership Meeting, a change in our membership dues was voted upon and accepted. Effective February 1, 2014 annual CCFoPH dues have changed as follows:

Individual: \$20 (formerly \$15).

Family: \$30 (formerly \$25).

Business: \$50 (remains the same).

This is the first Membership dues increase since our founding, and we appreciate all the support we have received thus far!

Respectfully,

Reneé Frati, Membership Chair



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Cow Creek Umpqua Indian Foundation Grant Helps Parents with Education

By Frances Smith, CCFoPH Development Chair

Coos County Friends of Public Health has received a grant from the Cow Creek Umpqua Indian Foundation. The grant is to help with educational needs of parents who are enrolled in Coos County Public Health's home visiting programs. This \$10,000 grant will assist parents who are not high school graduates to overcome the typical barriers that prevent them from obtaining their GED certificates, or high school equivalency credentials.

Kathy Cooley, Nursing Services Manager with Coos County Public Health says that all too often, parents get disillusioned when they realize how much it will really cost them to get their GED. "It's not just coming

up with the money to pay for the GED exam. You have to factor in some of the hidden costs such as paying for child care while you're attending preparatory classes and the transportation costs to get to and from the class. These expenses can quickly add up to \$2,000 or more. For a lot of parents, this is not a financial possibility."

Through the Public Health Home Visiting program, parents are helped to identify challenges, and are given continual encouragement and motivation to work towards achieving their educational goals.

Ms. Cooley notes that "Ultimately, we hope to see families become more competitive and able to seek

higher-wage jobs, better able to help their children with homework, and increase their family's overall functioning. I'm very thankful to Cow Creek Umpqua Indian Foundation and the Friends of Public Health for giving the families we serve this opportunity to better their lives and the lives of their children. This could be the tipping point between their independence and continued reliance on social service programs. It has the

ability to positively impact not only this generation but subsequent generations as well."

In January, The Cow Creek Umpqua Indian Foundation distributed \$467,870 to 65 non-profits, including six grantees in Coos County, which received a total of \$53,500.



CCFoPH Donation and Grant Funding Report - 11/1/13 - 1/31/14

By Patty Barton, CCFoPH Treasurer

| <u>Donations (over \$25)</u> | <u>Grants</u> | <u>Amount</u> |
|------------------------------|--------------------------------|---------------|
| Astrid Diepenbroek | Wine Walk | \$601 |
| Judy Moody | Coos Bay Area Zonta Foundation | \$2,500 |
| Ann Collins | Cow Creek | \$10,000 |
| Patty Cook | | |
| Karen Devereux | | |
| Nikki Zogg | | |
| Dane Smith | | |
| Frances & Joe Smith | | |

THANK YOU TO

**for their *GRANDE*
donation at the 2013
Purses for Nurses event to
support
Coos County Public Health
Women's Health Services.**

2014 Membership List

| | | |
|-----------------------------------|--------------------------------|------------------------------|
| Betty & Eric Albertson | Julie Entz | Jeanne Moore |
| Nadine Archer Allen | Kathy Erickson | Karen Newmiller |
| Susan Anderson | Courtney Flathers | North Bend Lanes |
| Mary Anker | Patty Flett | OSU - Coos County Extension |
| Bandon Community Health Center | Renee Frati, State Farm | Kim Penski |
| Patty & Jon Barton | Karen Gooding | Paige Pyner |
| Paula Bechtold | Genelle Hanken | Mike & Lindi Quinn |
| Carol Bender | Diana Harvey | Kathy Richards |
| Patti Bennett | Lois Harvey | Judy Rocha |
| Teresa Bennett | Dale Helland | Marilyn Safier |
| Shelli Berkenbile | Lisa Hermann | Lonnie Scarborough |
| Jennifer Bream | Jan and Steve Hooper | Chris Shangraw |
| Rose Briggs | Anne and Bill Hudson | Crystal Shoji |
| Karen Brown | Kathy Ingram | Carl Siminow |
| Stephen Brown & A. Morgan | Stephanie Jakovac | Chris Sjogren |
| Lynda Buford | Sue & Dick Lemery | Frances & Joe Smith |
| Maud Capps-Marceau | Bernarda Liggett | John Sweet |
| Mike Claassen | Sherrill & Ross Lorenzo | Leila Varoujean |
| Ann Collins | Cheryl Lucero | Mike Perkins & Carol Ventgen |
| Patty Cook | Sandra MacPherson | Twila Veysey |
| Coquille Valley Hospital | Margie Marshall | Maria Wartnik |
| Pam Cottrell | James & Georgia Martin | Debbie Webb |
| Karen Cyris | Angie & Mark Mattecheck | Margery and Bill Whitmer |
| Dora Daniels | Suzie & William McDaniel | Syd Wiesel |
| Pamela DeJong | Carla D. McKelvey, MD | Linda Wilcox |
| Jan & Bill Delimont | Jacqueline McPartland | Diane Williams |
| Karen Devereux & Rick Staggenborg | Renee Menken & Nicholas Boutin | Nikki & Rick Zogg |
| Astrid Diepenbroek | Michael Brown Construction | |
| Jo Donaldson | Judy Moody | |

Getting to know the CCFoPH Board Members

By Lindi Quinn, CCFoPH President

The CCFoPH Board is a busy board which requires committed members who sit through meetings, chair committees and help lead our young organization. I'd like to share a bit about one of our longstanding board members – Lynda Buford.

Lynda, CCFoPH Communications Chair since 2011, was born at the old McAuley Hospital in Coos Bay, and grew up in Coos County. She earned her Bachelor of Arts degree in English and Political Science from Linfield College; and later received her Associate of Science in Nursing from Southwestern Oregon Community College. In 2009, she graduated Summa Cum Laude from Oregon Health Science University with a Bachelor of Science in Nursing. Before becoming a nurse, Lynda worked as a legal proofreader; a call center customer service representative, quality assurance specialist and team lead; and for several years as a home health manager.

Lynda enjoys nature photography, gardening, reading, and volunteering. In the past she volunteered for the Coos Cooperative Library Service, selecting, delivering and sometimes reading materials to the home-bound; and for a time was the editor of the Retired Senior Volunteer Program's newsletter. She has been a Coos County Public Health Department volunteer for several years. Currently, she works as a primary health care nurse at a local medical clinic.

Coos County is a wonderful place to live, with its clean air and water, mild weather and beautiful natural surroundings. Lynda would like to help it be an even better place to live, by contributing to the improvement of its population's health. Being asked to step up to a leadership position is a compliment. Saying yes requires a commitment of time and energy. Lynda possesses valuable skills and resources which she applies to her board efforts. We truly value her dedication to the CCFoPH organization.

Health Department Updates

By Dr. Nikki Zogg

Coos County Public Health is a busy place these days. The best way to speak to the impact the 20-some staff make in the community each day is to highlight each program area.

Environmental Health & Preparedness: A day in the life of an environmental health specialist typically includes food facility, daycare and hotel/vacation rental inspections, handling complaints, and investigating human diseases of suspected food, water and vector-borne origin. Most recently, the staff were involved in managing an outbreak of campylobacter bacteria. While no new cases have been identified, the source of the outbreak remains unknown.

This year, the Environmental Health program is looking to expand its role by adding a vector surveillance program, which will be responsible for monitoring diseases that can be transmitted from animals (e.g., mosquitoes, ticks, dogs, cats, rats, etc.) to humans, as well as nuisance critters like bed bugs. The program is also considering assuming responsibility of the on-site septic inspection program from the Oregon Department of Environmental Quality (DEQ). Presently, DEQ is not able to meet the demands of the new builds, repairs and complaints in Coos County. By assuming responsibility for the on-site program, CCPH will be in a position to ensure septic systems are properly installed and functioning, and can work with land owners to address health and safety issues when septic systems fail.

Preventive Health Clinic: Despite the further implementation of the Affordable Care Act (ACA), CCPH has not seen a decline in patient flow or health need. CCPH is continuing to experience a financial strain in this area. Prior to the expansion of the Oregon Health Plan (OHP), most reproductive health patients qualified for a program known as Contraceptive Care (CCare). CCare helped fill the gap for uninsured women needing reproductive health services. Most of these patients are now insured on OHP, but at lower reimbursement rates. Because CCPH cannot deny services and must provide a sliding fee schedule that goes to zero, the ability to sustain clinical services is diminishing. In 2014, CCPH will be seeking sustainable business models to continue to fill existing gaps in service in the community.

In the last several months the Women, Infants and Children (WIC) program has been doing some exciting things. In December WIC, in partnership with Advantage Dental, began providing preventive dental services twice a month at the North Bend Annex. The partnership has already expanded by providing the dental hygienist at satellite clinics. The expansion of services is becoming so popular that we are hoping to expand dental services beyond two days a month at the Annex. In addition, the WIC Coordinator is working to start a pilot project in Bandon that would build collaboration between WIC and local farmers to set up a small farmer's market at the monthly WIC clinic in Bandon. This collaboration would be mutually beneficial, bringing healthy food options to pregnant women and young children as well as boosting business for local farmers.

Community Health: The home visiting programs at CCPH continue to work towards building capacity to meet the ongoing need. In addition, the home visiting manager is seeking opportunities to expand preventive health services in the home in 2014. CCPH is also looking to partner with agencies to provide a more seamless experience for citizens of our community that are trying to navigate the healthcare system.

This school year, Ready to Smile has traveled to 10 schools to provide preventive dental services to students in the 1st, 2nd, 6th and 7th grades in Coos and Curry Counties. Over 584 children have been served, equating to a value of approximately \$188,349. Ready to Smile has eight more schools to serve this year.

Administration: CCPH is taking on several new initiatives in 2014. In addition to continuing to prepare for National Public Health Accreditation, CCPH is focusing its efforts on addressing root cause issues that lead to poor health outcomes. Much of this is new territory for CCPH, so we are treading slowly and cautiously as we work to improve the way we address the health status of residents. One effort that we are particularly excited about involves partnering with city and county managers, land-owners and other community partners to explore redevelopment options for lands designated as brownfields. "Brownfield" is used to describe properties with contamination concerns that are idled, underused, or abandoned. Cleaning up and reinvesting in these properties protects the environment, reduces blight, and takes development pressures off greenspaces and working lands. It is CCPH's goal to integrate health considerations into brownfield planning through collaboration with multiple sectors of the community, provide health-based education and recommendations, and maximize the community health benefits of redevelopment.

Coos County Friends of Public Health
P.O. Box 203
Coos Bay, OR 97420

Board Members

| | | | |
|--------------------------|-------------------|----------------------------|----------------------------------|
| President | Lindi Quinn | Vice President | Judy Moody |
| Secretary | Reneé Menkens | Treasurer | Patty Barton |
| Advocacy Chair | Courtney Flathers | Communication Chair | Lynda Buford |
| Development Chair | Frances Smith | Education Chair | Lonnie Scarborough |
| Membership Chair | Reneé Frati | Ex-officio members | Nikki Zogg & Sherrill Lorenzo |

SAVE THE DATE

| | |
|------------|--|
| April 5th | Family Fun Day and Run at Topits Park |
| April 10th | 7th Annual Recognition Luncheon Black Market Gourmet 11:30—1:00 |
| April 26th | United Way Day of Caring |
| May 10th | Women’s Health Coalition—Let’s Walk and Talk in the Park |

For more information on these activities please email ccfoph@gmail.com