



CCFoPH Newsletter

Winter 2016

Purses for Nurses!

A Fundraiser for Family Health Services



\$15,000 Raised

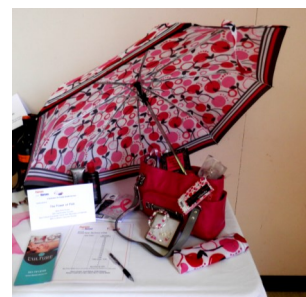
Purses for Nurses 2015, our 6th annual fundraising event, surpassed our expectations this year, netting **\$15,000** !! On October 17th, over 100 women outbid each other for 52 purses filled with donations of gift certificates and merchandise from area businesses, organizations, and individuals. The auction alone raised \$7,695, and over \$2,000 in cash donations were given by individual members and guests! Our emcee, Stephanie Kilmer (K-Dock Radio), kept the music and action in sync throughout the event. The program included messages from Lindi Quinn, our CCFoPH President, and Florence Pourtal-Stevens, the Public Health Administrator, plus entertainment from two Bay Area Teen Idol contestants, who thrilled us with their songs.

Also contributing to the total raised were our generous sponsors: Western Oregon Advanced



Health; the Coquille Indian Tribe; Umpqua Bank; First Community Credit Union; Hough MacAdam Wartnik Fisher Gorman, CPAs; Banner Bank; and Bay Cities Ambulance. Sweet treats were donated by the Pancake Mill, savory delicacies by OCCI from SWOCC, bread from Empire Bakery, and coffee from Vend West. And let's not forget our volunteer servers—the nursing students from SWOCC—who assisted Judy Moody, our CCFoPH board member in charge of coordinating all of the food service that day.

We consider the event wildly successful, primarily due to the money raised which goes to support services for families through Coos Health & Wellness, and secondarily, yet not to be underestimated, because it was **a fun time for women, supporting a good cause!**



MISSION

To promote health in Coos County through enhancement of local public health services.

Message from CCFoPH President, Frances Smith

Happy New Year to all our *Friends*! CCFoPH now has a full Board of Directors, who were elected at our annual meeting in December. Thank you, Lindi, for your leadership as our President for the past 4 years, and for continuing to serve on the Board as Director of Communications. Renee Menkens, who has tirelessly taken minutes since 2008, has now stepped into the Vice-President role, and Debbie Schade is our new Secretary. Lisa Hermann is our new Director for Development and is looking forward to working with many of you on our *Purses for Nurses* fundraiser in October. Directors Jenny Bream, Mike Claassen, and Jeanne Moore are continuing in their roles for education, advocacy, and membership, and Patty Barton, our Treasurer, manages our money to the penny. I am excited to be working with a talented and committed board this year, and also our ex-officio members, Florence Pourtal Stephens, Public Health Director, and Eric Gleason, Health Education Director, who will guide us on how we can best fulfill our mission for “enhancing local public health services.”

This may be the year that **you** would like to get more involved in *Friends* activities. As you will note in the information on the *Blue Zones* website, volunteering can be a factor in a long and healthier life, contributing to a sense of purpose. I hope to see you this year at some of our activities and committee work!

New Year's Resolution? Take the *Blue Zones* Pledge

Are you looking for ways to have a healthier 2016? Adopt the *Blue Zones* pledge. *Blue Zones* are areas in the world where people were found to be living longer—into their 100s—with healthier lives. The *Blue Zones Project in Oregon* encourages changes in our communities that help make healthier choices easier, and we can take some steps as individuals to adopt the habits that have been found to be health promoting. Check out the *Blue Zones* website to learn more and take the pledge.

<https://oregon.bluezonesproject.com/pledge>

Volunteer Opportunities for Friends

Community Health Improvement Plan -

Committee Work: promoting healthy behaviors and working for a healthier future for all Coos County residents.

Contacts listed below:

Healthy Eating and Active Living

angie.webster@bayareahospital.org

Increase access to prenatal care

benm@woahcco.com

Suicide Prevention

eric.gleason@chw.coos.or.us

Increase access to care providers

skaidra.scholey@nbmconline.com

Assisting with *Ready to Smile* program for dental education in schools.

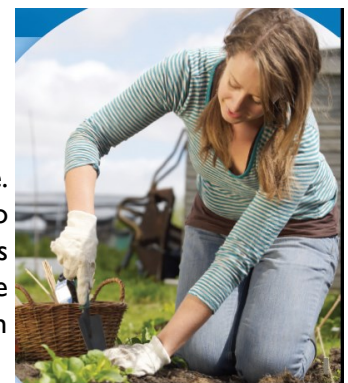
Katrinka.McReynolds@chw.coos.or.us

CCFoPH Recognition Lunch in April – Committee work starts in February

franceshallsmith@gmail.com

Purses for Nurses - Fundraising Event – Committee work starts in July

lhermann63@yahoo.com



Board Members in ACTION!

Renee' Menkens, our long-time Board Secretary and current Vice President, has received a prestigious award: **Culture of Health: Breakthrough Leaders in Nursing**. Renee' is one of 10 Breakthrough Leaders in the nation receiving this award, which is supported by The AARP and Robert Wood Johnson Foundation. Those receiving this award are Registered Nurses who are working to make sure that all in our diverse society will live healthier lives – now and for our future generations. Renee' has been involved as the Friends liaison to the Community Health Improvement Plan (CHIP) subcommittees on Access to Health Care Providers and Healthy Eating, Active Lives. She is a strong advocate for nursing as well as improving the health of our county residents. She was nominated for this award by the Oregon Action Coalition, a statewide coalition of nursing and other organizations, focused on improving health care and advancing the nursing profession. In addition, our Coos Health and Wellness Public Health Director, Florence Pourtal-Stevens, supported Renee's nomination because of her involvement in the CHIP subcommittees. As Renee' said, "It is an honor to be selected. It is an amazing opportunity to support the important work of the CHIP in our county. Being part of this leadership group will help me learn more on about being a leader to improve the health of our county residents." Renee traveled to Washington D.C. in early December to receive the award, meet the other nine "Breakthrough Leaders", and learn how to be more effective in supporting health for our county and advancing nursing as a leader in health care.



Zonta Grants Serve Women in Need

Coos Health and Wellness (CH&W) reported in December that **38 women**, who were in financial need and ranging in ages from 18 to 76 years, **were served with the Zonta Community Grant award** during the calendar year, 2015. CCFoPH was the recipient of the \$2500 Zonta grant that provided health vouchers at CH&W for services such as family planning, pregnancy tests, breast and pelvic annual exams, immunizations, and treatment for sexually transmitted infections. The value of the vouchers provided by the Zonta grant ranged from \$10.35 for a lab test, to \$188 for a full exam with multiple labs.

AND, there's more good news! CCFoPH was awarded a grant for \$3500, which will serve even more women through Coos Health & Wellness during 2016. Board members Jenny Bream, Jeanne Moore, and Mike Claassen attended the awards luncheon to accept the check on December 18th. The Zonta Club of the Coos Bay Area raises funds for community grants and scholarships through its annual Celebrity Dinner, which is scheduled this year on February 20th. Thank you, Zonta, for assisting low income women in Coos County with their health care needs!



ZONTA

CLUB OF
COOS BAY AREA

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY



Jennie Bream, Jeanne Moore and Mike Claassen accepting funds from Zonta Club at December 18th program.

Your Dues Are Important! At our annual meeting in December, we approved our operating budget for 2016. Our operating expenses are projected to be minimal --\$1800. We ambitiously projected substantial fundraising and grant income in 2016, and designated dollars are passed through to Coos Health & Wellness for services and programs without any administrative overhead for CCFoPH. We expect that our operating expenses will be covered by membership dues.

If you have already renewed your membership, thank you!

If not, or you would like to join, see below for more information. We are grateful for those who support this organization with their membership dues and donations.



Coos County Friends of Public Health

MEMBERSHIP FORM – New or Renewal

Mail to: PO Box 203, Coos Bay, Oregon 97420

Welcome to all new and returning members! We want to keep our numbers strong to support Public Health services in our community. Renewing members, please return dues and this form by **January 15th**. If you have questions or want more information you may contact us at the CCFOPH email at info@coosfop.org or visit www.coosfop.org.

Name: _____ Email: _____

Address: _____ City: _____ State/Zip: _____

Phone: (h) _____ (w) _____ (cell) _____ Fax: _____

The best way to reach me is: _____

Membership Dues for: ☐ \$20/yr Individual ☐ \$30/yr Family ☐ \$50/yr Business

I wish to donate: \$ _____ enclosed for public health services. Thank you for your support!

CCFOPH is a Non-Profit 501C-3 and your membership dues and donations are tax deductible.

A list of the membership contact information will be provided to members only. Please provide either a phone number or email address (or both) so that other members can reach you.

I would like my ☐ Email, or Phone number - ☐ cell, ☐ home, or ☐ work listed in the CCFoPH Directory.

I would be interested in serving on:

- | | |
|--|---|
| <input type="checkbox"/> Membership Committee | <input type="checkbox"/> Public Education Committee |
| <input type="checkbox"/> Development Fundraising | <input type="checkbox"/> Advocacy Committee |
| <input type="checkbox"/> Communications | <input type="checkbox"/> Serving on the Board |

I would like to receive my copy of the CCFOPH Newsletter by: ☐ Email ☐ US Post

I would be interested in helping out with or have special skills and expertise in:

Mission Statement: *"To Promote Health in Coos County Through Enhancement of Local Public Health Services."*

Purpose: To promote an understanding of the public health needs of communities in Coos County and availability of services to address those needs; To increase community collaboration to achieve public health goals and to provide public health services; To encourage volunteer involvement in local public health programs; To educate about the important relationship between resources and essential public health services; and To generate resources in fulfillment of our mission.

"I support the mission and purpose of Coos County Friends of Public Health"