



CCFoPH Newsletter

Spring 2016

Hello, Friends!

There are several events happening this month that you won't want to miss! There is the walk in the park this Saturday, **May 7th**, and an exciting opportunity on **May 18th** to learn about the **Blue Zones**—and how we can apply for a grant as a community to bring this nationally recognized program to Coos County. Also in this issue—receipt of a foundation award and a recap of our Recognition Lunch, April 5th. It was great to see so many of you at that event to applaud our Superstars!

Frances Smith, President of CCFoPH

Move to the Music — May 7th

Please join the Coos Co. Women's Health Coalition for the 8th Annual Walk & Talk free event on May 7th in Coos Bay's Mingus Park. Registration is at 9:00 a.m. Visit the many booths offering information from our communities' many healthy related services and opportunities. While you are walking, you can "Move to the Music" with the variety of dance demos ongoing throughout the walk event.

As you walk your laps around the park, collect raffle tickets for the many prizes offered by the vendors in Vendor Village. Want to know more about WHC? Visit that booth too! CCFoPH has several members who are also involved in the Women's Health Coalition, and others are welcome, including men. It's all about helping our community be a healthier place to live.



Let's Walk & Talk Together!
Stepping up for Women's Health

MISSION of CCFoPH

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

Superstars Recognized by CCFoPH for Outstanding Contributions

On April 5th, 90 people met at the Black Market Gourmet for delicious food and fellowship, and to honor the four individuals and one organization who have made outstanding contributions to improve health in our community.



The Power's Lions Club, represented by Charlie Possee (pictured on the left), were acknowledged for their efforts to encourage active living through the *Tour de Fronds* cycling event. This recurring event in June brings citizens together to work on common goals, promoting bike riding, fresh air and exercise. The Powers Lions Club's efforts are recognized for their unique way to improve the health of our county residents.

Two of our superstars this year are advanced practice nurse practitioners who have contributed to tribal and public health and have provided outstanding health care for community members.

Audrey Duke, FNP, has provided access to health care for many of our county residents over the years through North Bend Medical Center, and served at the first walk in clinic established there. She also provides service as a board member for Crossroads Community Café in North Bend, which is an important resource for vulnerable groups to reduce hunger in Coos County.

Pat Dudas, FNP, has been an advocate for breast and cervical cancer screening. She has worked at the Coos Health & Wellness reproductive health clinic for the past three years after retiring from service at the Coquille Tribal Health Clinic, where she worked as their Nurse Practitioner for over 16 years!

Phil Greenhill, CEO of WOAH, was recognized as a Public Health Superstar for his vision and collaboration with Coos Health & Wellness in the development of a new campus. The new building, which will house Western Oregon Advanced Health (WOAH) and Coos Health & Wellness, will be placed near other community service providers in our area, helping to support better integration of services and strengthen communication among service providers for the vulnerable populations served.

Anna-Marie Slate, Community Volunteer has been an advocate for the homeless, and is serving as President of the WOA H Community Advisory Committee. This Superstar has given voice to the needs of WOA H members, and raised awareness of health issues affecting vulnerable populations.

Additionally, **Florence Pourtal-Stevens, Coos Health & Wellness Public Health Director**, was applauded by the CCFoPH Board and awarded with a *Super Hero* cape for her work to revitalize the Community Health Improvement Plan (CHIP). Florence has recruited community members to develop a decision-making process with vision and mission statements, and develop work plans. Her work on the CHIP contributes to the goal of better health for all county residents!



New Board Member – Debbie Schade -- Secretary for CCFoPH



Debbie Schade and her husband Wayne were both raised in Reedsport and moved to North Bend in 1974, where they have raised their two sons. Debbie has always had a passion for health and medicine. Choosing a career in physical therapy, she has worked as a Physical Therapy Assistant for over 40 years, and has found gratification by helping people improve their lives by improving their health and fitness. She was introduced to Zonta ten years ago, which opened new doorways, including being involved with the Women’s Health Coalition--another way to reach out and help others realize how important health awareness is. This also led to another door being opened when she was asked to be part of the Board for the CCFoPH. She is learning more of what our community offers in many other health care services. Debbie likes

to tell her clients “the best health insurance is being in good health.” Through her part in CCFoPH, she is learning more ways to help others in our community become more educated about their health and fitness for a better life.

Blue Zones!

Learn More on May 18

Hello, CFoPH members.

We have an exciting opportunity! Coos County could apply to become the 2nd **Blue Zones** Project Demonstration community in Oregon. Jordan Carr from the Blue Zones project in Oregon is scheduled on **May 18th at the Bay Area Chamber of Commerce’s Weekly Business Lunch, 11:30—1 pm** to talk about what this could mean for Coos County. We are all invited, so **RSVP to 541-266-0868 by May 17th!** Also, to show our support, CCFoPH members are invited to be part of a video that will be filmed by Coos Health & Wellness next week. This video will feature organizations and individuals that pledge to support and adopt activities that help people live healthy, active lives. Watch for more information on the time and place for the filming of the video.

Coquille Tribal Community Fund Grant

A \$4,000 grant was awarded to CCFoPH in February for **Ready to Smile**, a school-based oral health program managed by Coos Health & Wellness. Pictured below are Frances Smith, CCFoPH President, and Eric Gleason, Coos Health & Wellness - Health Promotion Manager, accepting the grant award from Selena Kelly-Irvin (on the left) and Brenda Meade, Chairperson for the Coquille Indian Tribe (on the right). The grant will be used to share knowledge about good oral health practices with parents and other care providers, and encourage them to foster and reinforce good dental and nutritional behaviors for their children.

Founded in 2001 by the Coquille Indian Tribe, the Tribal Community Fund has distributed more than \$5.5 million to support projects in the areas of education, health, public safety, arts and culture, problem gaming treatment and historic preservation, in a five-county region of Southwestern Oregon. This year the Fund awarded grants totaling \$400,000.



Supported by a percentage of revenue from The Mill Casino, the fund is managed and distributed by a board of community leaders and Tribal representatives, and reflects a commitment by the Coquille Indian Tribe to take a positive, proactive role in the community’s wellbeing.

Thank you to Our Donors!

The Board of CCFoPH is grateful to our Friends and community members who have generously contributed during this year, January 1 through April 30, 2016.

Anonymous	Mike Claassen	Gail McClave
Susan Anderson	Molly & David Ford	Renee' Menkens
Chris Beebe	Renee Frati	Petal to the Metal Flowers
Black Market Gourmet	Robert Gerber	Lonnie Scarborough
Jenny Bream	Lena Hawtin	Frances Smith
Toni Brend	Sue & Dick Lemery	Nancylee Stewart
Connie Bunnell	Sherrill Lorenzo	Leila Verojean
		Maria Wartnik

Bay Area Rotary: Wine Walk — April : \$656.00

Contact Us!

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 541-269-9340

The CCFoPH Board Needs You! Looking for a volunteer opportunity that makes a difference in our community? The Coos County Friends of Public Health welcomes members to be part of the Friend's Board. We have an opening in our Communication Chair position. You can also help by being involved in Friends fundraising events that support public health services at Coos Health & Wellness. Contact Renee' Menkens, Vice President (541-404-1386 or email at renee.menkens@gmail.com) for more information.

Board Members

President	Frances Smith	Vice President	Reneé Menkens
Secretary	Debbie Schade	Treasurer	Patty Barton
Advocacy Chair	Mike Claassen	Communication Chair	Open
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