



CCFoPH Newsletter

Fall 2014

Bike for Fun and Health Day – June 28!

By Renee' Menkens, CCFoPH Board Secretary

The Friends of Coos County Public Health supported a “non-event” event last June with a Bike for Fun and Health Day. The idea was to support the Coos County Health Improvement Plan to promote physical activity. This was an opportunity to encourage anyone with a bicycle to dust it off, put on their helmet and bicycling gear, and join up with friends for java and a bike ride!

The perk for the day was for bike riders to bring their bike helmet (safety first!) to get a free coffee at several of our local Coos Bay, North Bend, Coquille and Bandon coffee shops and coffee kiosks. We had wonderful support from the local coffee shops and kiosks for this non-event event, even though the day was a typical grey one for early summer.

The Friends are hoping to hold a similar Bike for Fun and Health day next spring in May during National Bike Month.

North Bend

Blondies

The Grounds Cafe

Portland Bagel Co.

Red Rock

Top Dog Espresso

Coos Bay

Empire Bakery

Kafe 101

Metro Bru

Bandon

Brewed Awakening

Bandon Coffee



Bike riding lets you add a fitness activity into your day even when you think you don't have time for a workout. "You get the same [cardiovascular](#) benefits from cycling that you get from any other form of [aerobic](#) exercise—walking, jogging or dancing," says Lisa Callahan, MD, medical director of the Women's Sports Medical Center at the Hospital for Special Surgery in New York City. "It can be a very effective cardiovascular benefit." *Excerpt from Healthy Women—Informed Empowered* <http://www.healthywomen.org/content/article/benefits-bike-riding>

Contact Information:

ccfoph@gmail.com

Website: www.ccfoph.org

Public Health Services – Always in need of our Support!

By Lindi Quinn, CCFoPH President

Public Health Services covers a lot of territory. Think mosquitoes (Bandon), restaurants, emergency preparedness (tsunami), tobacco prevention (Coos County - highest use rate in Oregon), access to clean water (Ten Mile Lake). Now think about Ebola virus and measles... these issues have found the national headlines and are very serious. Protecting our citizens is one of the most fundamental duties of the government and a very reasonable expectation. Yet – funding for these mandated services remains lower than what is needed to provide the coverage we need and expect.

Trying to stretch resources is one of the key jobs of our leaders who oversee Public Health Services. Our tax dollars help support their efforts and when that is not enough, they must search for ways to supplement those funds. Which brings me to my point – **The 2014 Purses for Nurses Fundraiser** is just around the corner – **Saturday, October 11** at St. Monica Catholic Church in Coos Bay.

Each year this **FUN** event has grown, with more money being sent to the Coos County Public Health Department for **women’s health services**. In 2013 we raised over \$9,000 at the fundraiser. The need to raise funds continues. Even with the Affordable Health Care Act many women remain without insurance or access to providers. Our health department is a key frontline to services for many women and their families for family planning, parenting classes, WIC services and immunizations.

Your support of this event can come in many forms – a cash donation (easy), auction donation, attendance with your friends and family, and/or maybe, a corporate sponsorship. Your contributions add up to thousands of dollars – in support of critical services in our local health department. We hope you will mark your calendars and join us for **The 2014 Purses for Nurses Fundraiser** on Saturday, October 11, at St. Monica’s.

CCFoPH Donations & Grant Funding Report 2/1/14-7/31/14

By Patty Barton, CCFoPH Treasurer

Donations (over \$25)	Grants Received	Transfers to CCPH	Amount
Caddie & Jeff McKeown	Bay Area Hospital \$5,000	Cow Creek Grant	\$ 10,000.00
Renee Menkens		Cow Creek Matching Fund	\$ 750.00
Lena & Brett Hawtin		Coquille Tribal Fund	\$ 1,250.00
Jennifer Groth		Bay Area Hospital	\$ 5,000.00
Patty & Jon Barton		Other donations	\$ 1,000.00
Kathy Newhouse			
Patty Cook		Total Transfers	\$ 18,000.00
Molly & David Ford		To Coos County Public Health	
Diana Wall			
Lindi & Mike Quinn			
Donna Rabin &			
Steve Richardson			
Dr. Robert Gerber			



Purses

for **Nurses!**



Silent Auction of Purses with Creative Themes

Save the Date

Saturday, October 11th, 2-4 pm

St. Monica Catholic Church

357 South 6th Street, Coos Bay, Oregon

Florence Pourtal-Stevens new Public Health Administrator

Florence Pourtal-Stevens started as the new Public Health Administrator on Monday, July 7th. Originally from France, her family moved to live in Africa for 7 years when she was a child, exposing her to various cultures and living conditions. This gave her a passion for traveling and for working at improving the lives, health and well-being of vulnerable populations.



Among other degrees, Florence graduated with a Master's in Public Health from the London School of Hygiene and Tropical Medicine. Florence has many years of experience in health care program management and administration. She worked specifically on programs focusing on prevention and treatment of STDs, access to primary health care services, early childhood development, and provision of emergency medical services to underserved populations in Africa and Asia. She married a Coos County native in 2011, and has lived in the county on-and-off again since 2008.

New AmeriCorps VISTA Volunteer at CCPH By Nicole Bowman

Nicole Bowman is an AmeriCorps VISTA volunteer who has begun her year working with the Coos County Public Health Department. She is working on several projects, including a survey that she is promoting to all residents of Coos County.

Coos County Public Health would like to identify barriers, both actual and perceived, for those in the community who are not accessing available public health services. The survey will help Coos County Public Health understand why people may not be coming in. Reasons may include lack of awareness of the services available, lack of transportation, lack of insurance coverage, distrust, etc. The information gathered from the surveys will be used to mitigate or eliminate these barriers.

The survey can be found online at: <https://www.surveymonkey.com/s/publichealthservices>

Nicole is also working with the Emergency Preparedness Department to implement a county-wide project addressing life-critical and psychotropic medications used by Coos County residents. This data will be used to establish an initial request for medications in the event of a disaster. This is an extremely vital project in order to keep our community members on their proper medications, if the normal pharmaceutical supply is breached.

She hopes to work with many of you over the course of her year with Coos County Public Health.



**YOU CAN HELP COOS COUNTY FRIENDS OF PUBLIC HEALTH
EARN DONATIONS
WHEN YOU SHOP WITH YOUR FRED MEYER REWARDS CARD!**

Fred Meyer has donated **\$98.38** so far (through the 2nd quarter) to CCFoPH, with six households designating our organization as a recipient. Thanks to Fred Meyer for this generous donation, and to those who have signed up. We hope more will specify **CCFoPH** because Fred Meyer is donating \$2.5 million per year to non-profits in the Northwest, based on where their customers tell them to give. Here's how the program works:

Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to **CCFoPH** at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number **87719**.

Then, every time you shop and use your Rewards Card, you are helping **CCFoPH** earn a donation! (Note that fuel purchases don't count towards the program.)

You will still earn your own Rewards Points, Fuel Points, and Rebates!

Fred Meyer says they do not share your personal information with anyone else.

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	OPEN	Communication Chair	Lynda Buford
Development Chair	Frances Smith	Education Chair	OPEN
Membership Chair	Reneé Frati	Ex-officio members	Florence Pourtal- Stevens & Sherrill Lorenzo