



CCFoPH Newsletter

Fall 2016

Hello, Friends!

It's Annual Meeting time— scheduled for December 12, 11:30 to 1:00 p.m. at the Venture Inn at Inland Point. What a great opportunity to visit with Friends and enjoy lunch! We need a quorum of members to do business—our by-laws require our members to approve our annual budget and elect our board members. It's also a good opportunity to renew your membership if you have not already done so. (See information on the back page.) I look forward to seeing many of you on Monday, the 12th.

Frances Smith, President of CCFoPH

Purses for Nurses — A Smashing Success!

So many purses, so hard to choose! Thanks to the 125 women who attended on October 22nd and bought 51 purses filled with all kinds of goodies. Thanks to our generous donors—businesses and individuals—who helped us create our auction packages—the purses, themed items and certificates for services and merchandise. The auction alone raised \$7,300! We are tallying the final proceeds, and will be issuing a check to Coos Health & Wellness on Dec. 12 at our annual meeting, What a fun way to raise money to go to support family health services at the public health clinic. Thanks to our donors for the delicious food: The Pancake

Mill, The Mill Casino Food & Beverage Dept., Vend West, Empire Bakery, & The Grounds Cafe.

Thanks to our underwriting sponsors: Western Oregon Advanced Health, Gail McClave & Bandon Family Health, Coquille Indian Tribe, KDOCK Radio and Stephanie Kilmer (our emcee), Banner Bank, First Community Credit Union, Umpqua Bank, and Bay Cities Ambulance.

Thanks to our outstanding helpers, the student nurses from SOCC. Thanks to our Bay Area Teen Idol contestants for inspiring us with song. *We are grateful to all who helped make our 7th annual fundraiser such a success!*



for YOUTH by YOUTH

By John Trapold and Cynthia Edwards

The *for Youth by Youth* (FYBY) Coalition is a new coalition backed by Coos Health & Wellness, Kairos, and Oregon Youth MOVE, as well as volunteers representing 12 societal sectors. **This coalition formed in April to address substance abuse and other health issues experienced by youth in our community.** Efforts at a drug free community in Coos County have been happening over many years, but the approach of this newly formed coalition is different. Past efforts have been adult centered, including youth. This time it is youth centered, including adults. **This coalition is youth driven!**

What that means is that the youth are the decision makers, and they are directing the course the coalition is going. These young people have the support and available guidance of adult mentors. These adults have pledged to take a step out of the usual adult directive role and are excited to see youth leadership emerge. It is the belief within the coalition that youth know best what is happening and needed with their peers, as youth see it every day—in schools, on the streets or in their homes. FYBY's mission is to *Help Empower Youth to Create a Brighter Future.* FYBY is in its six month since inception and already has had some exciting things going on to fulfill their mission:

Coos Empowered Picnic: In June, a fun day to engage and recruit more youth.

Youth Suicide Prevention Focus Group: In September, a focus group for the State Youth Suicide Prevention Program.

Youth Leadership Training: In September, hosted a kick off informational session about an upcoming Youth Leadership Training that will be facilitated by Oregon Youth M.O.V.E. Eighteen youth attended the kick off session and nine youth signed up to attend the trainings. The trainees meet twice a month for two hours and cover topics such as Youth as Policy Partners, Advocacy 101, and Leadership 101.

Bowling for Recovery: In September, for community awareness about alcoholism and drug addiction and to celebrate National Recovery Month.

SW Oregon Opioid Summit: In October, FYBY presented information about Prescription Drug Abuse and Heroin: Regional and Statewide Impact on Youth and Young Adults.



Over the next six months the coalition will continue leadership training and focus on completing a community assessment, developing a five year work plan, outreach and recruitment in schools and furnishing the FYBY headquarters. (If you have any couches, arm chairs, end tables, lamps, or rugs to Donate, please email Cynthia.edwards@chw.coos.or.us). All members of FYFY hope that as youth learn more about this youth-led coalition that they will want to participate and have their voice heard while making a difference!

Blue Zones for Coos County? — An Update by Florence Pournal-Stevens

Some of you have been asking to get some updates regarding our Blue Zones application. As you may remember, the Healthy Eating Active Living (HEAL) subcommittee of the Community Health Improvement Plan (CHIP) applied on behalf of the cities of Coos Bay, North Bend and Coquille to be considered to become the second Blue Zones demonstration community in Oregon.

The application was due at the end of August 2016. At the end of September, the Blue Zones state team informed us that we had been selected – along with six other communities in the State – to move along in the process and get a site visit from various representatives of the Blue Zones team. Our site visit was a way for the Blue Zones team to get to know us better and to assess our community health outcomes, strengths and challenges and get a sense of our community readiness to implement the Blue Zones project. Some of the requirements of the visit were that we had to build a robust presentation about our community featuring who we are, some of our history and context, our strengths, challenges, and opportunities for a Blue Zones project, and also some of the work we have accomplished as a community. We also had to show that we are ready for this project and invited key stakeholders from each three communities in the various sectors that Blue Zones works with, e.g. governments and policy makers, restaurants and grocery stores, work sites, schools, faith based organizations, civic organizations and the media, to be part of the site visit. Also, if people were unable to make our meeting they had to sign a document pledging their support to the project if we were to be selected.

Well, what we can say is that we did everything we could to make a strong case for our communities! We had a tremendous show of people: approximately 80 people came and participated in the event held at OCCI on October 10th 2016. When the Blue Zones team asked people if we were missing anyone, the response was clear: “No, everyone you would need is either here or has signed the pledge”! Since the visit, we have been waiting to hear back from the Blue Zones team. They delayed their announcement to December 2016. So as soon as we know we will be sure to let you all know of their decision!



Thanks again for your support and continued interest in this project and in making our community a healthier place to live, learn, work and play!

The **Downtown Coos Bay Wine Walk** has selected CCFoPH as a recipient again for next year. Mark your calendars for April 7, 2017. We are grateful to the **Rotary Club of Coos Bay—North Bend** for the donation of \$ 656.00 received in 2016 from Wine Walk!

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 about membership, contact Jeanne Moore at the CCFoPH email at ccfoph@gmail.com or visit www.ccfoph.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: \$_____ in support of CCFoPH. _____ I wish my donation to remain anonymous.

CCFoPH is a Non-Profit 501c3 and your membership dues and donations are tax deductible to the full extent of the law.

We appreciate your support!

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.

Contact Us!

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Board Members — 2016

President	Frances Smith	Vice President	Reneé Menkens
Secretary	Debbie Schade	Treasurer	Patty Barton
Advocacy Chair	Mike Claassen	Communication Chair	Open
Development Chair	Lisa Hermann	Education Chair	Jenny Bream
Membership Chair	Jeanne Moore	Ex-officio Members	Florence Pourtal-Stevens & Eric Gleason