



# Friends of Public Health

FEBRUARY 2019



*Promoting the health of Coos County through enhancement of local public health services*

## Message from CCFoPH President

Our members convened in December for our annual meeting to approve our budget, elect our board, and hear about our 2018 achievements.



I am grateful for having such a dedicated board who continue to serve with me in 2019: Renee Menkens, Debbie Schade, Jeanne Moore, Anita Hale, Stephanie Polizzi, Melissa Hasart, Florence Pourtal-Stevens and Cynthia Edwards.

Tom Orsi is joining us in 2019, serving as vice-president. He may be familiar to some through his affiliation with the South Coast Striders. Read more about Tom on page 2.

Our 2018 CCFoPH financial highlights are presented here and continued on page 4.

**Thanks to all our members, sponsors, and donors for your generous support!**

*Frances Smith*



## Join us!

CCFoPH Board meets monthly on the 3rd Tue of the month, 4:30 to 6 pm at Coos Health & Wellness conference room

## Contact Us!

Coos County Friends of Public Health  
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**Total amount of CCFoPH funds  
awarded to Coos Health & Wellness  
to serve families in 2018:**

**\$28,519**

## CCFoPH 2018 Financial Highlights

### *Purses for Nurses*

Through this annual fundraising auction in October, we were able to distribute **\$12,000** to Coos Health & Wellness to assist families in need. This would not have been possible without the many donations and contributions from the community.



*Florence Pourtal-Stevens accepts the 2018 CCFoPH donations from president, Frances Smith*

### *Foundation Grants Received in 2018 and distributed to Coos Health & Wellness:*

**\$3,500** from **Coos Bay Area Zonta Service Foundation** for women's health exams

**\$5,000** from **Bay Area Health District Foundation** for health services for families

**\$3,500** from the **Coquille Tribal Community Fund** for a lab refrigerator

**\$600** from **Powers High School Community 101** project in Powers for stress reduction

**\$1,500** from **Jordan Cove/Pembina** for hearing testing device for young children

### *Donations from our CCFoPH members and friends distributed to Coos Health & Wellness:*

**\$1,260** for 3 scanners to be used in the WIC program

**\$659** for a data logger on the lab refrigerator

**\$500** towards hearing testing device for children

*Con't pg 4*



## New Board Member Tom Orsi



Tom Orsi, and his wife Jackie, moved to Bandon from Cincinnati, Ohio in 2012. Motivated by a desire to be in an area that offered good opportunities for hiking and paddling, they chose the Oregon coast. They also wanted to be closer to their two daughters living in the San Francisco Bay area.

Tom retired after dedicating 40 years to the educational publishing business. He had been vice president of sales and marketing for a company's largest college textbook division. In the second half of his career, he worked in information technology, overseeing teams that designed and developed sales and marketing systems for the company's divisions worldwide.

Shortly after retiring, Tom started hiking with the South Coast Striders hiking group. At first, he only hoped to learn about the trails on the South Coast. But soon the connection outlasted just "learning the trails."

The group not only provided fun hiking opportunities, but their mission to provide healthy hikes for South Coast residents resonated with him.

In late 2015, Tom took over as coordinator for the hiking group, a role that involves multiple tasks. He plans at least 25 group hikes a year, maintains the group's website (coostrails.com) and Facebook page, and markets walks and events. Tom also represents South Coast Striders as a member of the Coos County Women's Health Coalition, which plans an annual health/walking event.

In addition to his role with the South Coast Striders, Tom has served on the board for *Connect the Boardwalks*, and is currently a member of the steering committee for the Coquille River Water Trail. Tom also volunteers at the Bandon History Museum (scanning negatives and identifying subjects), and at the Coos History Museum (as host in the Lansing Library).

Please join us in welcoming Tom to the CCFoPH board!



# HEALTHY INNOVATIONS

## Changing our Community One Byte at a Time

The Healthy Eating Active Living subcommittee of the Coos County Community Health Improvement Plan held a community wellness event on Feb 8, focused on healthy eating. The event featured 3 regional OSU Extension Family & Community Health experts from around the state to share the work they've done to improve the health of their communities.

Two speakers were involved with the Blue Zones Project, working to adopt the 9 common characteristics of a healthy community. The third described how her county designed a project called "Year of Wellness" which united the community in a common goal to reduce risk factors for diabetes.

All 3 speakers presented how they worked across sectors to overcome challenges. The common factor was bringing their decision-makers, government officials and CEOs to the table. Only with these power hitters on the team could the projects gain momentum and effectiveness.

Healthy Innovations also celebrated the one year anniversary of the *Healthy Bytes Initiative* which rolled out Oct 1, 2017. [www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

Feedback from the event evaluations has steered the next steps for HEAL to focus on grocery stores and food markets to help them highlight healthy foods. We invite new members to join us in this endeavor.

### 12th Annual Public Health Week

## Recognition Luncheon



**Tuesday, April 2, 2019  
11:30-1:00 at Black Market Gourmet**

## Coos Health & Wellness Helps With Access to Health Care



For the past few years, the Public Health Division of Coos Health & Wellness has been the recipient of an outreach grant that allows us to assist our community with getting on the Oregon Health Plan. This grant helps to navigate the system of the coordinated care organization, and get assigned a healthcare provider.

Through this grant we have reached out to vulnerable populations in our communities to reduce the transportation and linguistic barriers to accessing our services. We go out to them, rather than having them come to us!

We have successfully partnered with the following programs and organizations:

### **Department of Human Services**

We have an assister present almost every day of the week at the DHS office.

### **The WIC Program**

We are available at the satellite clinics in Coquille and Myrtle Point.

### **The Devereux Center**

We help our homeless population enroll in the Oregon Health Plan so they can get access to healthcare and mental health services.

### **The Coos County Jail**

We go every week to assist inmates who are being released from jail with getting on the health plan.

### **Bilingual Outreach**

We hired a bilingual assister to reach out to the Spanish speaking communities in Coos County.

Our team of two assisters is absolutely tremendous, and their reputation for being welcoming, thorough, and very professional has been growing in the community.

In fiscal year 2016-17, the team assisted 1,857 people with the Oregon Health Plan. In fiscal year 2017-18, this number more than doubled, as the team was able to assist 3,767 people.

This work really impacts access to health care services in our community, as it allows community members to get access to health insurance and to a system of care that can provide them with physical, dental and mental health services.

*Florence Pourtal-Stevens  
Public Health Administrator*

## Coos Bay Area Zonta Service Foundation Grant for Women's Health Exams

CCfoPH Board Members, Debbie Schade, Florence Pourtal-Stevens, Frances Smith, Stephanie Polizzi, Anita Hale, Jeanne Moore and Renee Menkens, were on hand to accept a grant award for \$3500 from the Zonta Club of the Coos Bay Area in December.

Through this generous award, women will be able to receive health exams, lab tests, and medications through Coos Health & Wellness.

This fund will especially help women who have no health insurance or have high unmet insurance deductibles that are a barrier to receiving services.

The Zonta Club of the Coos Bay Area has a goal of improving the health of women, and raises funds for community grants and scholarships through its annual Celebrity Dinner held this year on March 16, 2018.

Thank you, Zonta, for 11 years of support for women's health in Coos County through CCFoPH!



*Zonta representative Megan Jacquot (back left) awards the Zonta Service Foundation Grant to CCFoPH board members*

**Healthcare is vital to all of us  
some of the time,  
but Public Health is vital to all of us  
all of the time.**



*~C. Everett Koop*

## Financial Highlights *(Con't from page 1)*

Our organization operates with minimal expense as an all-volunteer organization. Our membership dues (which have not increased since 2012) are projected to cover all of our administrative expenses of \$1,622.

Our total budget for 2019 is projected to be \$33,522. Most of that will be dedicated to our fundraising efforts. We also hope to obtain multiple grants which will allow us to continue to enhance public health services and projects through Coos Health & Wellness.

## Communicable Disease Update

Thanks to funding from the state of Oregon, Coos County has partnered with Curry and Douglas Counties to hire an epidemiologist to improve reporting on communicable diseases in our region.

The enclosed insert focuses on the main diseases that were reported in our region in 2018, an update on sexually transmitted infections and a discussion of the measles outbreak.

## Thank You and Farewell



*Frances celebrates Ginger's retirement with flowers from CCFoPH.*

At the annual meeting, CCFoPH members thanked Ginger Swan, former director of Coos Health & Wellness, for her many years of service.

We all wish her well in her retirement (January, 2019).



**Please take a moment to renew your membership!**



## HAVE YOU LIKED OUR CCFoPH FACEBOOK PAGE YET?

Jeanne Moore, CCFoPH communications chair, says, "Don't miss out!"

Our Facebook page reached over 1700 people in January with helpful and delicious nutrition information about the Healthy Bytes Initiative, and interesting events happening in our community.

It's easy to like us. Just search *Coos County Friends of Public Health*. Click *like* and *follow*!

We invite you to join CCFoPH! We want to keep our numbers strong to support Public Health services in our community. If you have questions or want more information about membership, contact Anita Hale at the CCFoPH email at [ccfoph@gmail.com](mailto:ccfoph@gmail.com) or visit [www.ccfoph.org](http://www.ccfoph.org). Fill out the form and send payment to PO Box 203, Coos Bay, OR 97420.

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!***