

Coos  
County



# Friends of Public Health

OCTOBER 2020



Editor: Stephanie Polizzi

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

## Message from CCFoPH President

It is beginning to sink in that “normal” is not going to return this year and maybe not until later in 2021. When our CCFoPH Board members realized that we couldn’t hold our 11<sup>th</sup> annual fundraising auction this fall, we were disappointed. There continues to be a need. Some families are struggling for basic necessities now more than ever, and we felt it important to try to raise the funds to keep the *Nurses’ Purse* project viable. I am proud that our fundraising committee stepped up to try something new, and created our virtual raffle. I invite you to go to our website [www.ccfoph.org](http://www.ccfoph.org) and spend some money for a good cause, and maybe win a prize! (see page 4)

In this edition of our newsletter, we welcome two new board members, Denise Bowers and Sylvia Miller. We acknowledge the amazing contributions of our 2020 Super Stars, and learn about some generous donations to help Coos Health & Wellness with the COVID response.

Let’s stay the course and stay safe. Keep a 6-foot distance, wear the proper kind of face mask, and wash our hands often.

*Frances Smith*



### Join us!

CCFoPH Board meets monthly  
on the 3rd Tue of the month,  
4:30 to 6:00 pm  
virtually on the Zoom platform

### Contact Us!

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## Better Together During COVID

A message from Coos Health and Wellness Director

I am grateful to Coos County Friends of Public Health and the response from the community to help Coos Health and Wellness as we fulfill our public health responsibilities to fight this virus. These have been unprecedented times and our resources have been stretched thin as we take on new roles while trying to continue our usual programs.

I am grateful to those organizations and foundations who have contributed to the *Better Together* campaign, with donations through CCFoPH to help Coos Health & Wellness in the COVID-19 response.

Thanks to these organizations, **Northwest Farm Credit Services, United Way of Southwestern Oregon, Coos Elderly Services and Oregon Community Foundation** for supporting our community in these unprecedented times. We are all in this together and that is how we will get through this. Together.

The *Better Together* funds will help us secure the resources we will use to keep our community safe. Whether it is isolation/quarantine locations, contact tracers, case investigators, COVID testing, public education or personal protective equipment, these funds will make it possible for us to pay for the staff and supplies that we use every day in our efforts against the coronavirus.

Thank You!  
*Mike Rowley*  
Coos Health & Wellness Director



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*What lies behind us and what lies ahead of us  
are tiny matters compared to what lies within us.*

*Ralph Waldo Emerson*

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## 2020 CCFoPH Superstar Recognition Recipients

Six individuals were selected for the 2020 Superstars by the Coos County Friends of Public Health. They were presented with awards this summer at the studio of the Coos Community Media Center. The superstars represent 5 local organizations that are vital for maintaining the physical and mental health of the community, and these champions have all made significant contributions.

The presentation of the awards can be viewed on the CCFoPH website: [www.ccfoph.org](http://www.ccfoph.org)



### Dale Hodges

is a very active member of the **South Coast Together** Steering Committee. This group has been instrumental in Coos and Curry Counties providing training for local agencies and community members about adverse childhood experiences (known as

ACEs). ACEs have shown to be powerful determinants over the public's health.

By educating the public, and preventing ACEs, organizations like South Coast Together help foster a healthier society for generations to come.



### Kim Singh

is the President of the **Community Emergency Response Team (CERT)**, which educates volunteers about disaster preparedness for hazards that may impact the Coos County area.

CERT offers a consistent, nationwide approach to volunteer training that builds skills so that

those volunteers help to enhance our ability to prepare for, respond to, and recover from disasters.



### Patrick Wright

is the founder of **Operation Rebuild Hope**, a Coos County organization serving veterans who suffer from mental health and homelessness issues as they return to civilian life.

Operation Rebuild Hope offers support, and fast-tracked housing solutions for those in need. They

provide both short and long-term housing and have received three small homes that will become affordable housing for Veterans.



### Phillip Nel

Phillip Nell has served as the Public Health Emergency Preparedness and Response Manager for **Coos Health and Wellness**, and coordinator of the **Coos County Medical Reserve Corps (MRC)**. **Michael Burton** was a Vista Volunteer with MRC.



### Michael Burton

The MRC have gone the extra mile to build and maintain our Medical Reserve Corps presence in Coos County. They develop trainings for MRC members, seek funding, and work with county and state government to assure Coos County is well versed in disaster management, and that our MRC is ready to serve, when and if, needed.



### Bernarda Liggett

is the Director of Client Services for **Coos Elderly Services**, which serves vulnerable people needing assistance in managing financial affairs.

"Vulnerable people" include the elderly, and others of all ages who are physically or developmentally disabled or are suffering from mental disorders.

Bernarda takes great pride in the fact that Coos Elderly Services continues their mission over the years of promoting the dignity and security of people who need financial management assistance.

***Congratulations and thank you to all of these champions for their efforts to create a healthier Coos County!***

# welcome

## New Board Members



### Sylvia Miller

joined the CCFoPH Board in June of this year, to fill the vacancy for Membership Chair. She is eager to “learn more about important issues, the people those issues affect, and the impact public health has on our community.”

Sylvia started her career as a Research Assistant at the Cleveland Clinic Foundation in Ohio, where she gained experience performing study interventions and managing clinical trials in Oncology. Her collaboration with drug sponsors, the FDA, physicians, patients and their families was key to her successful work there.

She and her husband, Lucas, moved to Coos Bay two years ago, where she became the Continuing Medical Education and Tumor Board Coordinator for Bay Area Hospital. During that time, she learned about the social determinants of health in our region, which lead her to want to re-enter the world of research once again.

Her employment now is with the Knight Cancer Institute and OHSU Clinical and Translation Research Institute, here in Coos Bay, where she is a health educator and research liaison. She is able to use her skills to assist our community in identifying local gaps and resources to address community-specific cancer issues and cancer-related education to our region. Sylvia’s past experience in fundraising and coordinating volunteers is also a valuable asset to the CCFoPH Board.

### Denise Bowers

joined the CCFoPH Board in June to serve as Communications Chair, where she can share her executive level communication skills. She currently serves as the executive assistant to Brian Moore, CEO of Bay Area Hospital, and also assists the hospital’s board of directors.



Denise’s career path in health care has included employment with the Foundation for Medical Care of Kern and Santa Barbara Counties, Home Medical, South Coast Hospice, and Coquille Valley Hospital. Through these positions, she has developed an understanding of the healthcare industry, and learned the importance of relationships in our community.

Previously, and most recently, Denise worked for the City of Coos Bay as Public Works Codes Specialist and Economic Development Assistant. Her volunteer work has included service on the Junior Chamber of Commerce Executive Board and the Coquille Seventh-day Adventist Church ministries team. Denise was also a foster parent in our community for several years, serving foster children and their parents in Coos County.

Denise and her husband, Brian, have a family that combines both biological and adopted children, and they all love to camp and hike in the beautiful beaches and forests from Brookings to Bend. Denise has lived in the area for over 35 years and is originally from southern California. She says she “grew her webs long ago” as she adapted to the coastal climate here on the south coast. Denise loves to read, drink an excellent cup of coffee, continue her work in pursuing a minimalist lifestyle and clean eating. She says she “loves to serve her community and contribute to the greater good.”

## Healthy Bytes Initiative (HBI)

The Healthy Bytes Initiative is a nutrition education campaign to help residents increase their intake of fruits, vegetables and other plant foods.

The campaign highlights one food per month and provides posters, table tents, consumer handouts with recipes, a short article for newsletters or email blasts, and 6-10 PowerPoint slides for scrolling video used in waiting rooms or lobbies.

The materials are created by a Registered Dietitian with Oregon State University Extension. Electronic materials are free to residents, businesses, service organizations, restaurants and healthcare sites. Hard copies can be purchased at a discount from Coos County OSU Extension.



The October food of the month is pumpkin. Pumpkins are not just for Halloween carving or making pie. Pumpkin provides many vitamins like beta-carotene, and minerals like potassium as well as a dietary fiber that all help fight chronic disease. Toss cubes in soup or stew, puree for a creamy side dish, or bake the seeds for a healthy snack.

To be on the monthly mailing list to receive electronic materials, please contact Shena Holliday by calling 541-269-3215 or email [shena.holliday@advancedhealth.com](mailto:shena.holliday@advancedhealth.com).

To purchase hard copies of posters, table tents or handouts, please call 541-572-5263 ext 25291 or email [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu).

[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)



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AmazonSmile is a simple, automatic way to support your favorite charitable organization at no cost to you.

When you shop at [smile.amazon.com](http://smile.amazon.com), you'll find the same prices, selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Coos County Friends of Public Health.

Just type in our organization or shop directly using the web address: [smile.amazon.com/ch/26-1799802](http://smile.amazon.com/ch/26-1799802), which includes the ID number for CCFoPH.

**We invite you to participate in the CCFoPH 11th Annual Fundraiser Nurses Purse Raffle!**

In keeping with our fundraising tradition of selling purses for a good cause, we are raffling off two high end, designer purses, and two activity bags, plus other fun items.

This year's proceeds will continue to fund the Nurses' Purse project, a fund used by public health nurses at Coos Health & Wellness to help families who are financially disadvantaged and most in need. The money raised by this raffle helps these families overcome challenging circumstances.

We really hope that you will participate in this event, and that your contribution will bring you the joy that comes from helping others!



**Win 1 of 4 Purses**

**Drawing Held November 1, 2020**

**Tickets: \$20.00 each for 20 chances to win**

Purchase tickets October 1-26 through the *Coos County Friends of Public Health* website at <https://ccfoph.org/>



**HAVE YOU LIKED OUR CCFoPH FACEBOOK PAGE YET?**

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!

**It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome.**

*~William James*

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

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 Sylvia Miller 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!***