



# Friends of Public Health

DECEMBER 2020



Editor: Stephanie Polizzi

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

## Message from CCFoPH President

What a year of challenges and changes this has been! The CCFoPH Board Members have learned new ways of holding meetings and connecting with each other, not to mention the adjustments we've all made in our personal lives.



I hope that you will be able to attend our upcoming annual meeting, held virtually, of course, and learn about our achievements this year. You will meet Anthony Arton, the new Public Health Administrator. We are grateful for his efforts during the two months that he has been here, and also the public health workers who are continuing to work long hours to help us be safer from this virus.

I want to thank everyone who has stepped up to help members of our community who have been challenged in so many different ways this year, financially, emotionally and physically, in ways that we never expected.

I was especially thrilled by the community response to our virtual fundraiser and raffle for the **Nurses' Purse** fund. I am so grateful to our sponsors and donors, who are listed on page 2. We exceeded our goal of \$12,000 and raised **\$13,700** which will be distributed by the public health nurses at Coos Health & Wellness to help families in need. For the past several years the **Nurses' Purse** fund has provided families with food, clothing, infant care, payment of medical bills for the uninsured, and much more. The need is even greater this year.

*Best Wishes* for your holiday season! Continue to be vigilant about following the public health guidance, and stay safe and well. I am looking forward to 2021, with its promise of a vaccine and a return to some normalcy!

*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!

Coos County Friends of Public Health  
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## Welcome Anthony Arton New Public Health Administrator

After many months of looking, Coos County finally has a new Public Health administrator in Anthony Arton!

Anthony comes to us from Warrensburg, Missouri, where he previously worked as a Public Health Director. Anthony also has a background in firefighting and emergency medical services.

He is graduate of the University of Central Missouri where his studies included government, occupational health and safety. He has earned a Master's degree in administration. After college, Anthony lived in Austin and Dallas, Texas where he ran student housing programs.

This will be his first time living on the West Coast. Aside from the opportunity as the Public Health Director for Coos Health and Wellness, Anthony was drawn to Oregon's coastline by the beautiful scenery, numerous outdoor activities, and the famously temperate weather. He is looking forward to seeing very little, if any, snow this coming winter as he loves to spend his time outdoors exploring.

Anthony says, "I am so proud and honored to serve alongside such dedicated and professional staff who work tirelessly each day to slow the spread of COVID-19 and continue our programs that enhance the quality of life for Coos residents."



**CCFoPH Annual Meeting**  
**Virtual by Zoom**  
**Thursday, December 17**  
**Noon-1:00 pm**

*Details page 4*

## Purses for Nurses 2020 Annual Fundraiser

CCFoPH would like to extend a special thank you to all who participated in the 11th annual event and to those who gave donations to the **Nurses' Purse Fund**. This year's event was held virtually due to COVID-19 restrictions. You can see a short video about the Nurses' Purse raffle at [www.ccfoph.org](http://www.ccfoph.org).



## Thank You to our Donors

Stephanie Adams	Dianne Devilliers	Margie Marshall	Donna Rabin
Alloro Wine Bar	Shelly Dubisar	Angela Mayfield	Kathy Richards
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Lisa Desalvio	Ali Mageehon	Mike & Lindi Quinn	Robin Ziuchovski

## Thank You to our Sponsors



## Wild Rivers Coast Alliance Helps Coos Health & Wellness Fight COVID-19

The Wild Rivers Coast Alliance has awarded a COVID-19 Rapid Response grant of \$50,000 to Coos Health & Wellness through the Coos County Friends of Public Health (CCFoPH).

The Public Health Division of Coos Health & Wellness has found its resources stretched thin as it has taken on new roles to fight the virus, while continuing to provide the usual public health programs for the community, such as WIC, reproductive health services, and other communicable disease investigations.

Coos Health & Wellness has partnered with the Coos County Friends of Public Health in the *Better Together* Campaign to secure the resources needed to keep our community safe.

The grant funds awarded from Wild Rivers Coast Alliance will support contact tracers, case investigators, COVID testing, public education and personal protective equipment.



Mike Rowley, Coos Health & Wellness Director, says "We are so grateful for these funds, which make it possible for us to pay for the staff and supplies that we use every day in our efforts against the coronavirus."

The Wild Rivers Coast Alliance, which has made the largest contribution received to date for the *Better Together* Campaign, is the grant making arm of the Bandon Dunes Golf Resort. All net proceeds from Bandon Preserve at Bandon Dunes Golf Resort are dedicated to the grant making of Wild Rivers Coast Alliance to support a thriving South Coast region through conservation, community and economic development projects.

## Looking Out Foundation Grant

The **Looking Out Foundation** has awarded a special emergency response grant of \$5,000 to CCFoPH for the **Nurses' Purse** project.



*Looking Out* was founded by Grammy-winning artists Brandi Carlile, and Tim and Phil Hanseroth, "who band together with fans, nonprofits, and corporations to translate voices of song to voices of action."

CCFoPH is grateful for their contribution to help people in our community.

## Healthy Bytes Initiative (HBI)

The Healthy Bytes Initiative is beginning a new year of healthy food resources. Since its inception in 2017, monthly materials have highlighted nutrition recommendations to increase the intake of plant foods like fruits, vegetables, legumes, whole grains, nuts and seeds.

These foods contain compounds like dietary fiber, antioxidants and other nutrients that help fight aging, chronic disease and obesity.

This year's food lineup includes lesser-known or rarely-used foods like figs, barley and Bok choy and will include a focus on non-dairy milks.

Kicking us off in January is leeks.

Leeks are a member of the allium family which also includes onions and garlic, and have many of the same healthful nutrients. They are an excellent source of antioxidants like vitamins C, K and beta-carotene. They have anti-aging, anti-inflammatory, and cardiovascular benefits.

Leeks are good source of folate and B6, which work to keep homocysteine levels low, preventing artery damage and reducing formation of blood clots. One compound, kaempferol, helps the body to produce nitric oxide, a gas that triggers arteries to relax and widen, lowering blood pressure and improving circulation.



Leeks look similar to green onions but are much larger, up to a foot long and 1-2" in diameter. They have a mild, sweet onion flavor and can be used to season other dishes or cooked as a delicious side dish in their own right. They are delicious used raw in salads or dips.

To retain healthful nutrients in leeks, as with other allium vegetables, chop and let rest for 5 minutes before cooking.

Electronic HBI materials are available for free. Hard copies can be printed onsite or purchased at discount rates from Coos County OSU Extension Service.

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

To purchase hard copies of posters, table tents, articles 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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[smile.amazon.com/ch/26-1799802](https://smile.amazon.com/ch/26-1799802), which includes the ID number for CCFoPH.

## CCFoPH Annual Meeting (con't from pg 1)

Thursday, December 17  
Noon-1:00 pm

CCFoPH is a non-profit membership organization, and all members are encouraged to attend this virtual meeting. Members will vote on our annual budget for 2021 and vote to fill board positions for the coming year. We will also share our accomplishments for the year.

A Zoom link will be sent to all members by Dec 16th. If you are not a member and would like to attend to learn more about CCFoPH, please send an email to [ccfoph@gmail.com](mailto:ccfoph@gmail.com).



## Coos Health & Wellness Hosts Free Flu Shot Clinic

**When:** Friday, December 18, 2020  
9am to 1pm

**Where:** Pony Village Mall  
South end, near the old Macy's



## HAVE YOU LIKED OUR CCFoPH FACEBOOK PAGE YET?

Our Facebook page reached many people this year 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*!

Nothing in life is to be feared.  
It is only to be understood.  
Now is the time to understand more,  
so that we may fear less.

~Marie Curie

**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!***