



Friends of Public Health



Editor: Stephanie Polizzi

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

Message from CCFoPH President



I am so thankful to all who have renewed their membership in CCFoPH and paid their annual dues for 2021. We strive to keep dues affordable to encourage broad membership from the community. As we wind down our membership drive which started in January, we welcome **67 new members**, making us **142 strong!** See our list of members (current at time of publication) on page 3. If your name is not on the list, we invite you to join us now or any time of the year.

Our members help to support our organization's administrative costs through their dues and donations. That allows us to raise funds and receive grants to support public health programs and activities through Coos Health & Wellness. By keeping our costs low, we were able to distribute 98% of our total income in 2020 for public health programs.

A very important role for our members is to help share public health messages through emails, Facebook, and in person. This is especially important now as many in the community need information and encouragement to get vaccinated.

Another role for our members is volunteering, and many of you have stepped up this year to work in the vaccine clinics. A very important volunteer role for a select group of our members is to serve on our Board. We currently have **two board positions open—Secretary and Membership Chair**—and would love to hear from anyone who is interested!

And for the future, we would like to have an in-person celebration at the end of the summer to acknowledge our community's vaccination success. We could use your help in planning that activity.

Our Board welcomes your comments and ideas on how we as an organization can fulfill our mission to *enhance local public health services*—through advocacy, education, fundraising, and volunteering. Contact us at ccfoph@gmail.com.

*Frances Smith
CCFoPH President*

CCFoPH Volunteers at CHW Vaccine Clinics



Frances Smith represents CCFoPH volunteers at the Coos Bay Fire Hall vaccine clinic.

From February through May, CCFoPH members volunteered in the drive-through vaccine clinics at the Coos Bay Fire Hall, the fairgrounds in Myrtle Point, and the Power Squadron Station in Charleston. We were part of a massive undertaking that also included staff from Coos Health & Wellness, volunteers from the Community Emergency Response Team (CERT), and the Medical Reserve Corps (MRC).

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Join us!

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

Contact Us!

Coos County Friends of Public Health
PO Box 203, Coos Bay, OR 97420
541-269-9340

CCFoPH@gmail.com www.ccfoph.org

CCFoPH Volunteers at CHW Vaccine Clinics (Con't from pg 1)

Volunteers from the MRC included CCFoPH members Renee Menkens RN, Cathy Salyers, RN, and Stephanie Polizzi, RDN.

The CCFoPH volunteers fulfilled the important role of watching for any adverse reactions in people who had received shots and were waiting in their cars in the parking lot for 15 to 30 minutes. We also educated about the possible side effects after vaccination. These post-monitoring duties were shared by 2 to 4 volunteers per shift, who talked to as many as 90 clients each hour of the clinic.

The work required standing for several hours outside in an occasional rain shower and cold wind, but was rewarding. The people getting their shots were in good spirits and grateful. One volunteer summed up her experience, which was echoed by others,

"This was the first time I was in person with new people for more than a few minutes in over a year, so I completely had FUN!"

Thanks to all of the CCFoPH members who served one or more shifts as monitors in the vaccine clinics:



Susan Anderson
Sam Crowley
Gregory & Michelle Dalton
Pam de Jong
Jan Delimont
Mark Driscoll
Melaney Dunne
Molly & David Ford
Tom Granstrom
Genelle Hanken & Tracy Pierce

Anders Hansen
Jerry Harris
Kate Iaquinto
Brandi Jacques
Maegan Lindsey
Sherrill & Ross Lorenzo
Suzie McDaniel
Margaret Melvin
Carol Monohon
Judy Moody

Janelle & Tom Orsi
Carly Otis
Sayana Phillips
Annie Pollard
Alissa Pruess
Lindi and Mike Quinn
Cathy & Dan Salyers

Lori Schmidt
Lani Schreiber
Tim Seeth
Frances & Joe Smith
Tracy Sweely
Madeleine Vander-Heyden
Colleen Wylie



Renee' Menkens, RN, measures vaccine doses at the Myrtle Point vaccine clinic.

Healthy Bytes Initiative June = TEFF

Teff is the tiniest grain in the world with a big nutrition profile. High in protein, it contains the amino acid, lysine, not commonly found in grains. Lysine is essential for production of hormones, enzymes, collagen and elastin. It also supports calcium absorption.



A 3/4 cup serving of cooked teff provides 37% of the Daily Value (DV) for iron, 22% DV of magnesium, 12% DV of zinc and 223% DV of manganese. It is also high in potassium, copper, phosphorus, selenium and fiber and low in sodium.

Teff is native to Ethiopia where 70% of the diet comes from teff. It is a gluten-free grain and teff flour can be substituted for 50% of wheat flour in recipes. Most grocers carry teff. Look for displays of Bob's Red Mill products. It can also be ordered from other vendors online.



Teff has a mild, nutty flavor and makes a great breakfast porridge. It can also be used to make polenta or added to soups and stews as a thickener. It makes a delicious filling for stuffed peppers, or can be tossed with roasted vegetables or in green salads. Try using teff in your summer recipes for a big nutrition punch. It may cost a little more (\$5 for a 1-pound bag) but it surely will top out your nutrition meter.

www.advancedhealth.com/healthy-bytes-initiative

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

For content information on HBI materials, contact stephanie.polizzi@oregonstate.edu.

*Stephanie Polizzi
OSU Extension Family & Community Health*

CCFoPH Members 2021

Susan Anderson
 Alice Jane Aplet
 Anthony Arton
 Richard Barron
 Sandie Beardsley
 Paula Bechtold
 Angie Billings
 Denise Bowers
 Rose Briggs
 Carole Campbell
 Alice Carr
 Dallas Carter MD
 Jerry & Shirley Champagne-Harris
 Mike Claassen
 Ann Collins
 Laura Collins
 Kathy Cooley
 Margaret Crowley
 Sam Crowley
 Gregory & Michelle Dalton
 Mark De Brito
 Pam de Jong, Edwards Jones
 Jan Delimont, RE-MAX South Coast
 Mark Driscoll
 Melaney Dunne
 Patty Flett
 Molly & David Ford
 Lois Forrester
 Carol Foster
 Dena Freed
 Linda Gonzales
 Thomas Granstrom
 Amy and Jason Green
 Linda Furman Grile
 Tina Grile
 Stephan Groth MD
 Carroll Guidry
 Anita Hale
 Jessica Hamner
 Genelle Hanken & Tracy Pierce
 Anders Hanson
 Lena & Brett Hawtin
 Lisa Hermann
 Honda World, Judy Gilbert
 Jan & Steve Hooper
 Anne and Bill Hudson



Kate Iaquinto
 Kathy Ingram, PhD Inc.
 Jill Jacobson
 Brandi Jaques
 Stephanie Kilmer
 Karin Kenney
 Haley Lagasse
 Martha Lane
 Michelle Lariviere
 Sarah Leahy
 Dick Lemery
 Maegan Lindsay
 Sherrill Lorenzo
 Char Luther
 Shirley MacAdam
 Margie Marshall
 Suzie and William McDaniel
 Ann McMann
 Katrinka McReynolds
 Margaret Melvin, Attorney at Law
 Renee Menkens
 Lorlene & Gerald Mitts
 Carol Monohon
 Judy Moody
 Jeanne Moore
 John Muenchrath
 Karen Newmiller
 Margarette Louise Nix
 Doris Olson
 Janelle Orsi
 Tom Orsi
 OSU Extension, Stephanie Polizzi
 Carly Otis
 Jonathon Park MD
 Sayana Phillips
 Nick Preston
 Patricia Price

Sally Prow
 Alissa & Brett Pruess
 Lindi Quinn & Mike Quinn MD
 Donna Rabin MD & Steven Richardson MD
 Victoria Ramirez
 Kathy Richards
 Mary Carol Roberson
 Judy Rocha
 Kim Rollins
 Mike and Monica Rowley
 Cathy and Dan Salyers
 7 Devils Brewing Company, Annie Pollard
 & Carmen Matthews
 Debbie Schade
 Chaune Schafer
 Mary Schamehorn
 Lori Schmidt
 Lani Schreiber
 Tim Seeth
 Gregory Sell
 Alan & Lori Shanks
 Frances & Joe Smith
 Joyce Smith
 Barbara & Mike Snyder
 Kyle Stevens
 NancyLee Stewart
 Barbara Stickler
 Ginger Swan & John Ammon
 Tracy Sweely
 John Sweet
 Madeleine Vander Heyden
 Carol Ventgen and Mike Perkins
 Ronald and Toni Wardman
 Waterfall Clinic, Andrea Trenner
 Diane Williams
 Nancy & Gary Wolgamott
 Colleen Wylie

Public Health Director's Message

For the past 6 months, Coos Health and Wellness has been leading the vaccine coordination between our various health partners in Coos County to ensure a quick and efficient distribution system was in place to get Coos citizens vaccinated. In late December 2020, the Vaccine Priority and Distribution Committee was established with representatives from: Bay Area Hospital, Coquille Valley Hospital, Southern Coos Hospital, Coast Community Health Clinic, The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians, Coos Bay Fire, and Waterfall Health Clinic. Other representatives joined from Advance Health, North Bend Medical Center and Bay Clinic.

Together we worked as one unit to get the vaccine to a variety of locations throughout Coos to make access to the vaccine as easy as possible. Several facilities ran very large clinics or PODS (Points of Distribution) handling up to 1000 doses in a day. Coos Bay Fire Department has been vital to these efforts in providing a central location in Coos Bay that allowed for a drive through clinic that promoted safety for citizens and the many volunteers providing the vaccine.

Over 2,500 Coos Citizens have received their shot in this manner and over 100 volunteers lent their time and energy in running these mass vaccination events. This made Coos County a leader in the state of Oregon for such a quick and efficient process. Several times Coos was one of the first counties to move into new priority populations ahead of schedule such as school district employees and the senior citizen population.

This was a monumental effort involving hundreds of healthcare personnel and citizen volunteers to achieve this success, and it couldn't have been done without the assistance of our volunteer groups! Volunteers came from the Medical Reserve Corps, Community Emergency Response Team, and the Friends of Public Health!



Today the strategy is shifting to targeted smaller clinics to make access to the vaccine even easier. Coos Health and Wellness, as well as our partnering facilities, are hitting the road to come to you! We are hosting dozens of events the next several months including community events, schools, industry, churches, and rural areas. Our goal is to get to 65% of the eligible (16 and over) population so that we can remain in the low-risk category. As of this writing we have exactly 7,000 citizens to go to achieve this mark.

Please help us in spreading the word that this is the best avenue forward to keeping our businesses open and returning to a mostly normal lifestyle.

The COVID-19 vaccines are safe and effective, as evidenced by our case numbers dropping significantly since the roll-out of the vaccine, and fewer than a dozen citizens having any adverse reactions out of 48,000 doses! So, if you haven't received your vaccine yet, please schedule at one of our many partnering locations found at: [Community COVID Vaccination Events \(communityhealth.events\)](https://www.cooshealth.org/communityhealth.events) and tell your family and friends!

*Anthony Arton
Public Health Administrator*

Zonta Club Awards \$5,000

The Zonta Club of the Coos Bay Area awarded a \$5,000 grant in April to the Coos County Friends of Public Health for the *Nurses Purse* fund, which is administered at Coos Health & Wellness (CHW). The public health nurses and WIC staff at CHW can apply to this fund to help their clients who are struggling financially and have critical needs that affect their health.

When there are no other resources or government programs available, the *Nurses Purse* fund can provide assistance for a broad range of needs, such as food, clothing, medications, baby supplies, rent, and transportation. The *Nurses Purse* fund was started in 2019 by the Friends, and has been supported through our fundraising events, such as the *Purses for Nurses* auction in 2019 and the *Nurses Purse* raffle in 2020.

This special grant from the Zonta Club will help many of our less-fortunate neighbors this year, especially



Pictured left to right: Zonta Club President, Lindi Quinn & Zonta member, Jan Vigue; Kathy Cooley RN, Coos Health & Wellness Home Visiting Manager and Anthony Arton, Public Health Director; Frances Smith, President of Coos County Friends of Public Health, with Renee Menkens, CCFoPH Treasurer.

women and children. The nurses at Coos Health & Wellness and the WIC staff share in the gratitude of their clients who have been helped by the *Nurses Purse* to overcome "seemingly insurmountable obstacles" at challenging times in their lives. Thank You, Zonta Club members for serving our community in this way!

CCFoPH Board Members 2021

Frances Smith	President
Tom Orsi	Vice-President
open	Secretary
Renee Menkens	Treasurer
Cathy Salyers	Advocacy
Alissa Pruess	Communications
open	Membership
Anthony Arton	Ex-Officio
Katrinka McReynolds	Ex-Officio

Please contact CCFoPH@gmail.com if you are interested in either of the two open positions on our board.



**WE CAN Tier 2 Community Presentation
Tue Jun 22 from 12-1 pm via Zoom**

We Can (Wellness Education for Cancer Nutrition) is a local cancer study being conducted by OSU Extension Family & Community Health and funded by OHSU's Knight Cancer Institute. The study is designed to identify and bridge gaps in resources and services for providing cancer patients with helpful nutrition therapy.

There are 3 Tiers to this study. Tier 1 was an assessment of our county's resources in 2019-2020 which resulted in the development of 3 intervention strategies. These strategies were developed and implemented at Bay Area Cancer Center in 2020-2021.

The results of the implementation phase will be presented in a free, community-wide virtual session on Tue Jun 22 from noon to 1 pm, with a question & answer session from 1 to 1:30.

Virtual attendees will receive a gift certificate for lunch at Tin Thistle Restaurant or a gift card for produce at Coos Head Food Co-op. Bay Area Hospital will be providing CMEs. Registration for the event is free but required.

To Register, go to: <https://beav.es/3Ap>

Once registered, you will receive a Zoom link to the presentation.

For information, contact the Primary Investigator: stephanie.polizzi@oregonstate.edu or 541-404-7982.

**WHEN "I"
IS REPLACED WITH "WE"
EVEN ILLNESS BECOMES WELLNESS!**

~Malcom X

f Check out CCFoPH on FACEBOOK

Our Facebook page highlights the Healthy Bytes Initiative, helpful monthly nutrition information and interesting public health events happening around 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 CCFoPH email at ccfoph@gmail.com or visit 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!