

Coos  
County



# Friends of Public Health

JANUARY 2022



Editor: Stephanie Polizzi

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

## Message from CCFoPH President

Looking back on the pandemic and the year 2021, it has been a year filled with hope, relief, and disappointment.



This summer when we thought we were getting back to “normal”, the delta variant arrived. Too many people have suffered illness, the loss of loved ones, and economic hardship. On the positive side, we saw our public health system make great strides in managing COVID. The development and administration of vaccines has been the turning point, with the majority of the population now vaccinated (70 % with at least one dose in Coos County).

Forty members of CCFoPH stepped up to volunteer in the vaccine clinics and did their part to protect people in Coos County. Businesses and schools are open, and new medications will soon be available for treatment of COVID. I expect that in 2022, science will continue to help us manage this virus, along with the extraordinary efforts of front-line workers. We must continue to do our part to follow the public health guidance, especially with the arrival of Omicron. Let's carry on in 2022!

*Frances Smith  
CCFoPH President*

## Join us!

CCFoPH Board meets monthly  
on the 3rd Tue of the month,  
4:00 to 5:30 pm virtually via Zoom platform

## Contact Us!

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## Coos Odyssey Challenge Has Begun!

Join us in this fundraising event which will help families get access to nutritious food and professional nutrition advice through the WIC program.

“Race” around Coos County, Oregon in this virtual odyssey which will take you through some of the unique locations in the county. Get credit for your exercise activities or plan to start a program that builds a new habit. You can exercise in a number of different ways (walk, hike, run, bike, paddle, yoga, pickleball, golf, ski, etc) to earn miles on the virtual platform. Form teams and compete with and motivate your friends and family to start the year off right, achieving your fitness goals.

Here are some details:

- ◆ Sign up for the race by creating an account for yourself by going to: <http://www.ccfoph.org> and scroll down to the SIGN UP button.
- ◆ Entry cost is a \$25 fee, with a processing fee of \$2.45. You also have the option to join a team or create your own team.
- ◆ Log your miles any time after January 1, 2022. For example, if you walk one mile you will log one mile. Thirty minutes of other sustained activity equals 1 mile. Your progress will be recorded on the Coos County map. A video explanation of how to log your miles can be found on the ccfoph web site.
- ◆ The goal is for each of us to reach 216 miles by April 30. (That represents 1 hour of activity each day for 4 months.)
- ◆ Reward yourself with a t-shirt purchased through the website at “Bonfire”. You will also receive virtual badges when you pass milestones on the route.
- ◆ Have fun!

We are grateful to our sponsors and major supporters for this event:

Advanced Health, First Community Credit Union, Inner Sanctum Studios, Bandon-by-the-Sea Rotary Foundation, Bay Area Hospital, Bay Cities Ambulance, 7 Devils Brewing Company, & Southern Coos Hospital



## Annual Meeting Highlights

On December 7<sup>th</sup>, The Coos County Friends of Public Health held our annual meeting at Black Market Gourmet and enjoyed a delicious lunch. In addition to electing board members and approving changes in the by-laws, the meeting consisted of reports from the members on the board who discussed their roles in advocacy, community education, fundraising, and volunteering.

The Friends were very active this year in assisting Coos Health and Wellness (CHW) with the vaccine clinics for the community, helping to inoculate more than 5,000 individuals locally and more than 300 workers on international ships. Coos County started the movement among port cities to give the vaccine to docking crew members, and as of now, more than 5,000 foreign seafarers have been vaccinated nationally, based on the program which CHW initiated.

Anthony Arton, Public Health Director, discussed how some programs provided by CHW served fewer people during 2021 because of the pandemic restrictions. However, a substantial increase in activities related to the pandemic kept public health workers very busy. Coos County noted **2,449** communicable disease reports and investigations, and **5,834** immunizations administered.

Arton was questioned about the recent discontinuation of reproductive health services, which have been provided in CHW clinics for many years, and there was more discussion about how the lack of federal, state, and local funding continues to create a challenge for continuing some of the traditional core services provided by local health departments, such as the WIC program.

Frances Smith, CCFoPH President, reported that the Friends' fundraising efforts to enhance local public health services began in 2008, and the Friends have raised **over \$350,000** since then through grants, donations, and events. The annual fundraising event, *Purses for Nurses*, which had been a silent auction since 2010, was transformed in 2020 into a virtual raffle, the *Nurses' Purse*, bringing in many sponsors and community participation.



Left to right: Mary Carol Roberson, Secretary; Anthony Arton, Public Health Director; Frances Smith, President; Renee Menkens, Treasurer

This year the local Zonta Club of the Coos Bay Area funded the *Nurses' Purse* project with a **\$5,000 grant**, a discretionary fund available to the public health nurses which can help women and children with needs such as clothing, infant care, immunizations, and transportation. Also received in 2021 was a **\$15,000 grant** for *Healthcare Heroes*, from the Marie Lamfrum Foundation. This award was to show appreciation to public health staff and volunteers for their outstanding efforts in the Covid response.

The proceeds from the Friends' fundraising in October was designated for the nutritional counseling services in the WIC program, supporting healthy pregnancies and optimal growth in babies and young children. The **\$6,000** raised from the letter campaign was combined with other donations from community members, and a check for **\$8,000** was presented to Anthony Arton, the Public Health Director. Fundraising for WIC continues in January 2022 with the Odyssey Challenge (see more on page 1).

Many of the Friends expressed happiness in being able to visit with long-time and new members at the first in-person meeting since the pandemic began in March of 2020. It is hoped that there will be other opportunities for Friends to gather in 2022!

Frances Smith

## CCFoPH 2022 Board & Terms

- Frances Smith, President 2022-23
- Tom Orsi, Vice-President 2021-22
- Mary Carol Roberson, Secretary 2022-23
- Renee Menkens, Treasurer 2021-22
- Cathy Salyers, Advocacy 2022-23
- Alissa Pruess, Communications 2021-22
- Jan Hooper, Membership 2021-22
- Anthony Arton, Ex-Officio, Coos Health & Wellness
- Katrinka McReynolds, Ex-Officio, Coos Health & Wellness

“EXERCISE:  
The more serious  
you are, the more  
FUN it becomes”

Wong Yu Jin

welcome

## Welcome New Board Member

Jan Hooper, Membership

One of our newer board members is Jan Hooper, who is serving as our Membership Chair through 2022. Jan and husband Steve moved to North Bend from southern California in 1988 to continue their teaching careers at Southwestern Oregon Community College. Jan was involved in computer information systems as a programmer and systems analyst for several years before she found the joy of teaching in the same field.

Before and since retiring from the local college, Jan and her husband have had the great good fortune to travel extensively. Their adventures have taken them to much of North America, western Europe, Mexico and Asia, including extended time as expatriates living in the Philippines and China. These travel experiences have substantially informed Jan's world view and appreciation for our beautiful location and close community.

Jan has served in many non-profit roles since retiring. She has the most affection for her experience as president of the Oregon Coast Music Association, but she has also volunteered for League of Women Voters of Coos County, CASA, Friends of North Bend Library, the Coos History Museum, and as a commissioner for the Oregon Government Ethics Commission.

Jan also enjoys the practice of watercolor art, concerts (especially classic and Celtic music), museums, reading and study, and shares in her husband's interest in classic automobiles.

CCFoPH is grateful that Jan brings her wealth of experience to our board, and has taken on the very important role of managing our CCFoPH membership!

### Avocado Chocolate Mousse

Chocolatecoveredkatie.com

#### Ingredients:

2 ripe avocados, halved, seeded      1/4 c maple syrup  
 1/4 c cocoa powder                      1/2 tsp vanilla extract  
 1/4 c melted chocolate chips        1/8 tsp salt  
 3 Tbsp milk of choice (almond, soy)  
 Optional: Mix in cooked quinoa for added protein

#### Directions:

1. Combine all ingredients in a blender or food processor. Add milk as needed to reach desired consistency.
2. Serve in pudding dishes or spread into graham cracker crust to make pie (*doubled recipe*).

## January Healthy Bytes Initiative is AVOCADOS



Like most fruit, an avocado is a good source of antioxidants and healthy phytonutrients. But unlike most fruit, the avocado fruit is low in sugar and high in fat.

Avocados are a rich source of antioxidants including vitamins C and E, carotenoids *lutein* and *zeaxanthin* for eye health, and B vitamins for energy production. Vitamin K is a fat-soluble vitamin responsible for blood clotting and bone health.

Avocados are rich in minerals. Potassium promotes healthy blood pressure and copper is essential for energy production, iron metabolism, brain development and immune function. Magnesium is important for muscle and nerve function, blood glucose control, energy production, bone synthesis and maintaining heart rhythm. Avocados also contain small amounts of iron and calcium.

Avocados also contribute healthy unsaturated fats and both soluble and insoluble fiber. Their unique composition of fat and water content help the body to absorb both water-soluble and fat-soluble vitamins. The avocado has been shown to help lower blood pressure, improve glucose control and reduce risk of heart disease and stroke.

The texture and flavor of the avocado make it a healthy, whole food substitute for butter, mayonnaise or oil in cooking, baking and food preparation. Use instead of oil or mayo in salad dressings or as a butter substitute in baked goods.

Toss chopped or sliced avocado in salads, sandwiches, vegetables or smoothies. Mash with potatoes or spread on toast. Enjoy avocado chocolate mousse (left). More avocado recipes are located on the January HBI handout.

To download HBI posters, handouts with recipes or Power-Point slides for your lobby or waiting room, go to: [www.advancedhealth.com/healthy-bytes-initiative](http://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](mailto:shena.holliday@advancedhealth.com).

You can also download the poster and handout on the Coos Head Food Co-op site: <https://coosheadfood.coop/>

For content information on HBI materials, contact [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu).

Stephanie Polizzi  
OSU Extension Family & Community Health

## Don't Forget to Renew Your CCFoPH Membership

New membership categories and the amount for dues were approved at the annual meeting on Dec 7<sup>th</sup>. A membership in the Friends is now \$25.00.

For those who would like to provide additional support, there are two new categories of membership: Supporting Friend (\$50 level) and Sustaining Friend (\$100 level). The category for a Business Friend continues at the \$50 level.

Your dues support the administrative costs for our organization, and allow us to pass all fundraising proceeds to Coos Health & Wellness for public health services and programs. In 2021, we had 149 voting members.

Thank you to those friends who have renewed for 2022 (at time of publication):

### Friends

Rose Briggs  
Jennifer Bream  
Mike Claassen  
Kathy Cooley  
Anita Hale  
Kate Iaquinto  
Karin Kenney  
Richard Lemery  
Margie Marshall  
Renee Menkens  
Louise Nix  
Doris Olson  
Judith Rocha  
Mary Schamehorn  
Tim Seeth  
Joyce Smith  
Kyle Stevens  
NancyLee Stewart  
Barbara Stickler  
John Sweet

### Supporting Friends

Susan Anderson  
Kristen Crusoe  
Genelle Hanken  
Ann & Bill Hudson  
Tom Orsi  
Lindi Quinn  
Lori Schmidt  
Jen Shafer  
Colleen Wylie

### Sustaining Friends

Ann Collins  
Jan & Steve Hooper  
Patty Flett  
Annie Pollard  
Alissa Pruess  
Donna Rabin  
Carol Ventgen & Mike Perkins

Mary Carol Roberson  
Cathy and Dan Salyers  
Lonnie Scarborough  
Frances & Joe Smith

### Business Friends

Honda World, Judy Gilbert



**"There is no power for change greater than a community discovering what it cares about."**

MARGARET J. WHEATLEY

## Don't Forget to Sign Up For Coos Odyssey Challenge

<http://www.ccfoph.org>



### 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](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 Levels: \$25/yr Individual \$50/yr Business \$50/yr Supporting Friend \$100/yr Sustaining Friend

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!**