

Coos  
County



# Friends of Public Health

OCTOBER 2023



Editor: Stephanie Polizzi

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

## Message from the CCFoPH President

It definitely feels like fall, and the sunny days with no wind are just marvelous!



October has been our traditional time for our fundraising auction, *Purses for Nurses* (which we plan to have again in 2024).

This October, we are holding a social event, *An Afternoon with Friends*, with speaker Lualhati Anderson, MSW, talking about aging. It happens to all of us!

Read more about Lualhati's background on page 3. I expect to learn tips on how to find my often-misplaced house keys!

Do try to make this event, which will provide an opportunity to learn, socialize, and enjoy delicious food at the Black Market Gourmet.

And I hope you can attend our annual meeting on December 13th. We are looking for several board members, so if you are interested, please contact me!

*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!

Coos County Friends of Public Health  
PO Box 203, Coos Bay, OR 97420  
541-269-9340  
CCFoPH@gmail.com  
www.ccfoph.org

## Survival Kit Project

Fundraising for survival kits is currently underway by CCFoPH! This project will distribute survival kits and education about preparedness to low-income parents of young children served through the public health programs at Coos Health and Wellness.

The goal is to help this vulnerable population be better prepared for disasters that can affect the south coast, such as wildfires, floods, power outages, and earthquakes. We know that disasters can have a devastating effect on all of us, and the impact may be especially hard on families who lack the resources to prepare for an emergency.

The survival kits are designed to provide the minimal necessary resources for families until they can get to a nearby shelter within 3-4 days. The contents of these kits have been carefully selected to address immediate needs during an emergency and to increase the likelihood of survival until further assistance can be obtained.

Contents of each kit include a water filtration straw, maps, non-perishable food, first-aid, flashlight, batteries, utility tool, whistle, thermal blanket, waste bags, instructions on developing a family emergency plan, and a bag to hold the contents. The value of each kit is estimated at \$45.00.

So far, CCFoPH has received about \$4,000 from individuals (towards our \$6,000 goal), plus a large grant from the Roundhouse Foundation (*see article pg 3*). Several more foundation grants are pending. We are hoping to raise enough money to create and distribute 1,300 kits.

For those who have contributed, thank you! If you have not yet contributed and would like to make a donation, this can be done through our website [www.ccfoph.org](http://www.ccfoph.org) or by sending a check to CCFoPH, PO Box 203, Coos Bay.



*By Frances Smith*

## A Financial Success Story for Coos County Public Health Services



Anthony Arton,  
Public Health Director

Just a few years ago, Coos County Public Health faced a significant annual deficit. The \$200,000 budget deficit was a grim indicator of the urgent need for change. Public Health was faced with some difficult choices. It was clear that a fresh approach was necessary to address the budget shortfall without compromising the quality of care provided to the community.

In an extraordinary turn at the end of fiscal year 2022/2023, Coos County Public Health has transformed its financial health, moving from a concerning deficit of \$200,000 to being “budget neutral” How did this happen?

An internal review of positions led to combining and streamlining programs and staff time, and not filling positions that lacked funding or could not generate revenue to sustain program services. The Public Health Leadership Team was encouraged to collaborate with other county agencies, nonprofits, community stakeholders. Local volunteers and

community organizations were vital in supporting various health initiatives such as the vaccine clinic PODs during the pandemic, and fundraising efforts to sustain public health services to the community. A significant increase in clinic services as a result of the county’s leadership throughout the Vaccine rollout during the Covid-19 pandemic also aided in generating additional revenue.

One of the most significant contributors to a balanced budget was the successful acquisition of grants and fundraising efforts. The county health department in collaboration with the Coos County Friends of Public health has tirelessly pursued state and local grants, as well as private donations from individuals who were committed to improving public health in Coos County. These funds were used in creative ways to sustain programs and enhance the quality of care, and increase outreach efforts, ultimately improving the health and well-being of the community.

The lessons learned from this transformation have positioned the department to continue building on its successes and further improve the health and well-being of the community.

**Thank you** to the Friends, and the many individuals, organizations, and foundations who have helped, and continue to sustain, public health services to people in Coos County!

## Update on the COVID-19 Vaccine

People have been asking about the new COVID-19 shot. Here are some answers in response to questions received.

The COVID-19 shot that is now available is a new shot, and not a booster. It has a different formulation than the previous COVID-19 vaccines. It is supposed to be effective against the latest variants.

There are two options available locally: **Comirnaty** from the Pfizer company, and the **Spikevax**, from Moderna. These are essentially the same vaccine and both are based on an mRNA formulation. Most local pharmacies do have a supply of the Pfizer and/or Moderna COVID vaccines. It is best to check the pharmacy websites or call ahead to make an appointment. Very few pharmacies are currently accepting walk-ins.

Also, there is a newly authorized vaccine: the Novavax COVID-19, Adjuvanted (2023-2024 Formula), which has been updated with the Omicron XBB.1.5 spike protein, and it is an alternative to the mRNA formulated vaccine. It may start showing up in some pharmacies.

As for cost, the vaccine has been privatized and is no longer distributed by the federal government for free. (The COVID-19 emergency declarations, both national and state, are no longer in affect.) Local health departments, such as Coos Health and Wellness, now have to purchase the vaccine from the manufacturers or a third-party distributor. This model has



**Flu shots are now available**  
at Coos Health and Wellness for those who are 6 months or older.  
Call for an appointment at 541-266-6700.  
Walk-ins may be served most days from 8-12 and 1-3, but it is best to call ahead.

resulted in large scale corporations receiving the initial supply due to their large purchases. Therefore, health departments are competing with grocery store pharmacies, clinics and hospitals to purchase the vaccine since the initial supply is low.

In the future, Coos Health and Wellness may be able to receive some “free” vaccine if the Oregon Health Authority distributes it for those who do not have insurance coverage. Meanwhile, Medicare, the Oregon Health Plan, and [most] private insurance companies are now reimbursing for the cost of the vaccine.

The new COVID-19 vaccine is highly recommended for everyone over the age of 60, and especially those who have chronic medical conditions, such as respiratory issues, cancer, and diabetes. If you have questions, please consult with your medical provider for guidance.

By Anthony Arton

Coos County Friends of Public Health invites you to  
**An Afternoon with Friends**

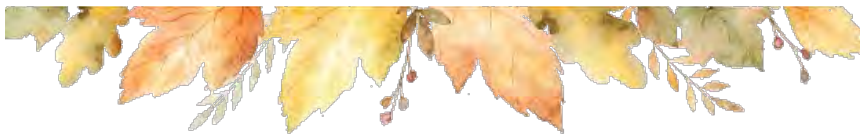


**Aging:  
Challenges, Insights & Strategies**

**Saturday October 28**

**2 to 3:30 pm**

**Black Market Gourmet**



Because seating is limited, please reserve your seat ASAP (541-266-6804) and pay (\$25) on our website: [www.ccfoph.org](http://www.ccfoph.org), or mail a check to CCFoPH, PO Box 203, Coos Bay.

Please join us for a social and educational event on Saturday, October 28, 2-3:30 p.m. at the Black Market Gourmet. Lualhati Anderson, MSW, will be speaking about aging, which is a human condition we all share.

Lualhati is serving as the *Older Adult Behavioral Health Initiative* specialist for Coos and Curry counties. She has spent her entire professional career serving the older adult population, and in her current role she is working to bridge the service gaps for older adults between medical and mental health care.

Her activities include training to increase the knowledge competencies of providers who serve older adults; community presentations; and she also provides complex case consultations to anyone who may need support navigating the health systems of care, connecting to services, or just seeking information or guidance.

In addition to hearing Lualhati share her insights and strategies for successful aging, there will be delicious food (“high tea”, and coffee) and an opportunity to connect with friends.

## The Roundhouse Foundation Funds the Survival Kit Project

The **Roundhouse Foundation** has awarded CCFoPH with a \$20,000 grant to fund the survival kit project. The grant will be used to purchase supplies for the survival kits, which are being distributed to Coos County families served in the WIC and Babies First Home Visiting programs at Coos Health and Wellness.

The Roundhouse Foundation was founded by Kathy Deggendorfer, with the support of Deggendorfer’s mother, Gert Boyle, the matriarch of Columbia Sportswear, and by 2014 was joined by family members Erin Borla and Frank Deggendorfer. Gert funded and the family Trustees direct The Roundhouse Foundation.

The Roundhouse Foundation is dedicated to supporting programs that inspire creativity, connect people with each other and their sense of place, and ensure sustainability for the



long-term economic success of Oregon’s rural communities.

Over the past several years Roundhouse has worked to establish four dynamic program areas of support: arts and culture, environmental stewardship, education and social services.

The specific funding toward the Survival Kit project came out of *access to health needs* funding. The Roundhouse Foundation has spent 2023 learning how rural and tribal communities in Oregon are achieving access to healthcare.

We were awarded this grant because Coos Health and Wellness is striving to provide services in support of urgent and vital needs of the community.

*By Frances Smith*

**PUBLIC HEALTH IS NOT JUST  
THE ABSENCE OF DISEASE;  
IT IS THE PROMOTION  
OF OVERALL WELLBEING.**



**BottleDrop®  
Give**

**Donate your cans and  
bottles to support the  
Nurses’ Purse fund.**

Pick up blue bags from Coos Health & Wellness  
Or call 541-751-3590  
Drop off recyclables to the redemption center  
1701 Newmark, North Bend



## Healthy Bytes Initiative

**OCTOBER**  
**Food of the Month:**  
**BUTTERNUT SQUASH**

This is a variety of winter squash, but contrary to its name, it is grown during the summer and harvested in fall. Because of its thick skin, when stored correctly, it lasts well into the winter months.

One cup cooked butternut squash contains 82 calories, 2 grams protein, 7 grams of fiber and no fat. One cup also has more potassium than a large banana, helping to control high blood pressure. The compounds that provide the bright orange color also protect against cancer, inflammation, heart disease and asthma, and the fiber helps to lower blood sugars and reduce risk of intestinal disorders like constipation and diverticulosis.

Butternut squash is naturally sweet. Try slicing raw for dipping into hummus or shred into salads. Add chunks to vegetable soup, mash instead of potatoes or use in place of pumpkin in pies or baked goods.

For more HBI recipes go to:

<https://advancedhealth.com/healthy-bytes-initiative> or

<https://extension.oregonstate.edu/coos/healthy-families-communities>

*By Stephanie Polizzi*

## Free Nutrition Presentations

From OSU Extension Family & Community Health

♦ **Wed Oct 25: Scary Food.** 6:00-7:30 pm. In-person. Get in the Halloween spirit with this scary exposé. Bandon Public Library, 1204 11th St SW, Bandon

♦ **Thu Oct 26: D for Deficient.** 10-11 am PST. Webinar. Adequate intake of vitamin D may prevent or delay the complications of many chronic diseases. Join webinar here: <https://beav.es/TRB>



## SAVE THE DATE CCFoPH Annual Meeting

The annual meeting of the Friends is scheduled for Wed, Dec 13<sup>th</sup>, from 11:30 a.m. to 12:45 p.m. This year, the meeting will be via Zoom. This will save on travel time for those members who are working and on a lunch hour.

In addition to conducting our necessary business in preparation for 2024, we look forward to sharing our highlights from this past year, and hearing about the accomplishments of Coos Health and Wellness. We hope you will plan to attend!



## Coos Odyssey Challenge 2024

Coming in January: A virtual race, tracking your real time mileage from physical activities on a Coos County map! Watch for details to come.



## It's time to Renew Your Membership for 2024!

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!***