



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

Message from the CCFoPH President



I am so pleased that over 60 people attended our Recognition Luncheon on April 18 to celebrate 5 wonderful Superstars. I was impressed to hear their accomplishments and grateful for what they do for our community. Read a brief description of their achievements on pages 2-3.

Renee' Menkens, one of our own board members, was also honored with the Advanced Health CCO Advocate of the Year award. She is so deserving.

At the Luncheon, the new public health director, Dr. Tim Lynch, told the audience about himself and his vision for public health in our community. I think he will be a great asset for Coos County.

Also, I want to give a shout-out to Tom Orsi for his work on Odyssey 2024. This was the third year that Tom created the route and historical vignettes for the milestones along the way.

I credit Odyssey with the motivation to keep walking during this rainy winter. Here's wishing for sunny days ahead!

*Frances Smith
CCFoPH President*

Join us!

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

Contact Us!

Coos County Friends of Public Health
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541-297-0841
CCFoPH@gmail.com www.ccfoph.org

Advanced Health's ADVOCATE OF THE YEAR Renee Menkens, RN, MS, CHWC

Renee Menkens was honored at the Recognition Luncheon with Advanced Health's 2023 Coordinated Care Organization Advocate of the Year Award.

Renee has been a volunteer board member and an indispensable asset to the Coos County Friends of Public Health since 2008, and is currently serving as Treasurer. Her perspective of the importance of public health in our community has been invaluable in the many settings where she volunteers.

Renee has been involved with Advanced Health's Coos County Community Health Assessment and the Community Health Improvement Plan, and has served on the Coos County Food and Nutrition Group. She has served as the co-leader of South Coast Together, and is a lead trainer for Adverse Childhood Experiences, ACES. As an ACES trainer for more than 5 years, Renee has conducted hundreds of training sessions in both Coos and Curry counties.

In addition, Renee serves on the Board of Directors for the Coos County chapter of the Medical Reserve Corps (MRC). Through the MRC, she has vaccinated many people throughout Coos County, including nursing homes and the crews of visiting ships docked in Coos Bay.

Through all of her activities, Renee has shown leadership and excellence, and has selflessly given of her time for the betterment of the community.



Renee accepts her award from Sam Baugh of Advanced Health

**PUBLIC HEALTH DEPENDS ON WINNING OVER
HEARTS AND MINDS. IT'S NOT ENOUGH
TO JUST HAVE A GOOD POLICY, YOU HAVE TO
CONVINCE PEOPLE TO ACTUALLY FOLLOW IT.**

~ Leanna S Wen

welcome

CHW Public Health Director Tim Lynch, DrPH, MHA



Hello, Friends.

Thank you for this opportunity to introduce myself! I started employment the first week of March at Coos Health and Wellness as the new Public Health Director for Coos County.

I hold a Doctorate in Public Health from Walden University and a Master's in Healthcare Administration and Management from Colorado State University. In 2020-2022, I completed Public Health residency programs that addressed unique community and population health challenges.

Previously, I worked to develop a rural task force aimed at combating the opioid crisis in Eagle County, Colorado. I partnered with local hospitals, behavioral health representatives, and community leaders to create effective resource paths for individuals struggling with opioid use disorder. I also developed partnerships with medical providers to educate and train them on using Medication-Assisted Treatment (MAT).

With over 20 years of experience in leadership and management positions, I have had the privilege of working in a variety of healthcare settings related to direct patient care.

My experience spans across EMS, ambulatory outpatient services, community hospitals, orthopedics, and pain management providers. Additionally, I am a certified Opioid Treatment Specialist with a decade of direct care experience.

I am passionate about wilderness, backcountry activities, and my professional work. For over 15 years, I have volunteered and worked in mountain rescue in Vermont and Colorado. I am thrilled to have the opportunity to explore the beautiful outdoors of Oregon.

I couldn't resist the invitation to move to the picturesque Oregon coast community known for its excellent reputation and the chance to make a positive impact on such a remarkable community. I am excited to immerse myself into the culture and community of Coos County, establish long-lasting connections to public health, and engage with the community.

Dr Tim Lynch
CHW Public Health Director

SuperStars Honored at CCFoPH



Recognition Luncheon

Since 2008, the Coos County Friends of Public Health have gathered with community members at the Black Market Gourmet to celebrate the outstanding accomplishments of health champions in our community. This year 5 individuals were recognized as Superstars for 2024.



Statia Ryder

Statia is a local Health and Wellness Coach who supports the health of older adults through walking programs and classes on chronic disease and diabetes. She has provided multiple Arthritis Foundation

Walk with Ease programs in both Coos and Curry counties and helped obtain new walking shoes and other supports for seniors. She also launched a free walking program called *Walk for Health* at the Bandon Senior Center for elders to walk with buddies twice a week.



Renee Hacker

Renee Hacker is an outreach worker at the Coos Health and Wellness Public Health Division. For many years she has helped women connect with prenatal care providers and enroll in the breast and cervical cancer screening program.

Renee is well known and highly valued in the community for helping many individuals and families apply for the Oregon Health Plan and the Healthy Kids program. Many rely on Renee for her knowledge about OHP and other resources. She makes the extra effort so that families get their needs met.



Mark Mattecheck

Mark Mattecheck, the owner of North Bend Lanes, has provided recreational opportunities to all residents of Coos County. He has made a positive difference to families with young children, school age kids, adolescents, adults, and seniors, many who would otherwise be isolated and lonely. North Bend Lanes has provided free bowling, shoe rental, and pizzas for families who attend the Group Connections parent-child activities, and has been generous with the Public Health Home Visiting program with free bowling coupons to share with families.

More Superstars pg 3

Superstars (con't)



Rick Hallmark

Rick Hallmark, the Environmental Health Department Manager at Coos Health and Wellness has been protecting the health of Coos County residents and tourists for over 20 years. Rick oversees the safety and sanitation in food service, public pools, RV parks, lodging for tourists, child care facilities and public water systems, and ensures that over 1,000 formal inspections are done each year. Rick helps families in additional ways, such as consulting in the home to alleviate lead exposure after a child has been identified with high lead levels. Currently, Rick is collecting important information and making recommendations to reduce the mosquito population in the Coquille area.



Lualhati Anderson

Lualhati Anderson, an advocate for older adults, is the Older Adult Behavioral Health Specialist for Coos & Curry Counties, at Coos Health & Wellness. Lualhati has gone beyond her work expectations to bring presentations and trainings to local community members to support older adults. Classes, such as QPR (Question, Persuade, Refer) to reduce suicide, and *Living Well with Chronic Illness*, address critical issues regarding older adults and help improve the health and wellness of this population.



Coos Odyssey 2024 A winning combination of exercise & fundraising

By Tom Orsi

We have just completed Coos Odyssey 2024, a successful fundraising event that encouraged healthy exercise habits. In this virtual challenge, participants were awarded miles as they exercised each day. Those miles took them on a 229-mile virtual tour of Coos County, starting at Sunset Bay, and passing through 23 milestone towns and landmarks along a loop that ended at Coos Health & Wellness. Each milestone or stop presented them with a little history of the location.

This year we had 76 people sign up for the challenge and 29 participants completed the whole route. The registration fees, donations, and the sponsorships all go to the *Nurses Purse* fund, which is a discretionary fund that public health nurses can use to help families in need in Coos County.



Medals were awarded during the Superstar Luncheon for accomplishments in Odyssey. Lisa Hermann (left), a member of the team *Are We There Yet?* was awarded a medal for the "most miles", just short of 1090.

Carol Davis was awarded a medal because she was first to have completed the entire route. [no picture]

The third medal went to the team that had the most people complete the entire route, awarded to *Advanced Health*, with 9 finishers, recording 3,847 miles. Award accepted by *Advanced Health's* Ross Acker (right).

Dancing Divas came in second, with 5 finishers. Third place was a tie between *Are We There Yet?* and the *Southcoast Striders* with 4 finishers for each team.



Pam de Jong, emcee, awards Tom Orsi a blue ribbon for his work in creating the Odyssey fundraiser.

The participants logged over 15,000 miles, or an average of 197 miles per participant. (Many stopped recording when they reached the 229 mile target).

We would also like to give special recognition to our 13 sponsors of Odyssey 2024:

NW Natural
Bigfoot Beverages
Banner Bank
First Community Credit Union
Pacific Power
Southern Coos Hospital
7 Devils Brewing Co.

Blue Ridge Strategies
Advanced Health
Eva & Steven Shimotakahara
Coos History Museum
Wild Coast Running Co.
South Coast Striders

This year the Odyssey raised over \$6,200 for the fund. At the recent Superstars Recognition Lunch, Public Health Director, Dr. Timothy Lynch (right), was presented with a check for the amount raised.

Coos County Odyssey was a success as both a fundraiser and a catalyst for healthy habits, and we hope to continue it in the future.





Safer Homes for Coos County Families

The *Safer Homes* project, sponsored by the Coos County Friends of Public Health and Coos Health and Wellness, will provide safety devices to protect children from harm in the home.

Low-income families who are aware of the need to protect their children often have to choose between paying for groceries or utility bills instead of buying safety devices to prevent future accidents. The safety equipment, which will be distributed based on need, includes smoke and carbon monoxide detectors, baby gates, window and cabinet door locks, outlet protectors and more. Families served by the project will be those enrolled in the WIC and/or the Home Visiting Programs at Coos Health and Wellness.

Thank you to these contributors to the Safer Homes Project!

United Way of Southwestern Oregon	\$ 2,250
Barbara Emily Knudson Foundation	\$ 1,500
South Coast Early Learning Hub	\$ 6,825
Coos County Friends of Public Health	\$ 1,000

We need an additional \$750 to reach our funding goal.

If you would like to help, a donation can be made by credit card through the ccfoph.org website (designate *Safer Homes*) or by check made out to CCFoPH, PO Box 203, Coos Bay.

thank you

Healthy Bytes Initiative Food of the Month



Cilantro, also known as coriander, has antioxidant and anti-inflammatory properties that have been shown to help lower high cholesterol and blood pressure.

Cilantro leaves are rich in folate, vitamin K, vitamin C and other antioxidants including beta-carotene, lutein and zeaxanthin. Cilantro is a good source of potassium and other minerals calcium, phosphorus, magnesium and sodium.

Fresh cilantro leaves are often used in Mexican foods such as salsa and guacamole. The seeds (coriander) are used in Indian curry, as well as soups and stews.

Use cilantro in hummus, salads, vegetables or rice. Or puree fresh leaves for pesto sauce on pasta or farro.

HBI FOLLETOS EN ESPAÑOL

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

For more HBI recipes go to: <https://advancedhealth.com/healthy-bytes-initiative> or <https://extension.oregonstate.edu/coos/healthy-families-communities>

Stephanie Polizzi, OSU Extension Service

Free Nutrition Presentations

From OSU Extension Family & Community Health

Mon May 13: Sleep and Health. 1:30-2:30 pm. In-person. Class covers the importance of restorative sleep and the connection between food and sleep patterns. SDA Fellowship Hall, 1051 N Cedar Pt Rd, Coquille. Come at 1 pm for a plant-based potluck

Wed May 15: The Fire Within. 12:30-1:30 pm. In-person. Fight chronic inflammation and disease with simple food choices. Chetco Activity Center, 550 Chetco Lane, Brookings

Wed May 22: Food and Mood. 6-7 pm. In-person. Nutrition plays a vital role in thinking, behavior, learning, memory and emotions and affects cognition and mood. Bandon Public Library, 1204 11th St SW, Bandon

Thu May 23: Nutrition and Arthritis. 10-11 am PST **webinar.** Discover dietary choices that can help prevent and alleviate the pain and inflammation of arthritis. Join here: <https://beav.es/cDr>

Thu Jun 6: Food as Medicine. 12-1 pm. In-person. Discover how simple foods can prevent or reverse many of today's chronic diseases. Gold Beach Community Center, 29841 Airport Way, Gold Beach



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 at the redemption center
1701 Newmark, North Bend