

Community HealthLink



Coos Healthier Together is a coalition of community organizations and advocates who promote healthy behaviors and work toward a healthier Coos County community through the development and implementation of the Community Health Improvement Plan.

South Coast Striders Hiking Group



Tom Orsi, South Coast Striders, hikes the dunes.

CHIP Focus Area: Individual & Families
CHIP Priority Area: Healthy Behaviors

The *South Coast Striders* is a group that supports hiking as a component of healthy living. The goal is to get more people hiking or walking on a regular basis, and to link up with people who are good 'hiking partners' for safe hiking in the area. The South Coast Striders provide group hiking opportunities two or three times each month.

Tom Orsi, the current leader of the South Coast Striders, works hard to support this healthy hiking experience for small groups during this time of COVID-19. This unique opportunity to participate in the hikes, provides a way to explore our beautiful south coast dunes, beaches, sloughs, lakes, and local history.

Meeting new friends and enjoying our wonderful coastal air and hiking trails helps support physical activity and healthy living.

The biggest challenge is a shortage of willing hike leaders. While leading hikes on well-defined trails isn't challenging, few people regularly step up to volunteer. Tom states, "We've been more successful recently with limiting the size of groups to 15 people because of COVID. People have stepped up so that we can have multiple groups."

There is also information about self-guided walks in various towns in Coos County. A Facebook group allows people who are interested in hiking to link up with others. The Facebook group has almost 800 members, and the mailing list for hike announcements has over 600 names (with lots of overlap with Facebook).

Check out the South Coast Strider website for more information about upcoming hikes and registration at <https://coostrails.com/>. <https://www.facebook.com/groups/1719164471638807/>

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To contact the Community HealthLink Newsletter editor Stephanie Polizzi
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CHT Partners

Adapt
 Advanced Health
 Advanced Health Consumer Advisory Council (CAC)
 Coast Community Health Center
 Coos Head Food Co-Op
 Coos County Friends of Public Health
 Coos Health & Wellness
 Department of Human Services
 OHSU Campus for Rural Health
 Oregon State University Extension
 South Coast Education Service District
 South Coast Food Share
 South Coast Head Start
 South Coast Regional Early Learning Hub
 United Way of Southwestern Oregon
 Waterfall Community Health Center

Meet Anthony Arton New Public Health Administrator

We asked the new administrator some “getting-to-know-you” questions:

Who are you and where do you come from?

I consider myself a well-rounded and thoughtful professional that loves to be involved in the community. I grew up in Kansas City where we are known for our Mid-West hospitality and famous BBQ (I fail miserably at BBQ on my own). I am a big Chiefs and Royals fan. I grew up playing various sports and am proud of the skills, and mental team-focus I was taught as a player. I carry on that work ethic and team attitude in my professional life.



Anthony Arton, CHW

Share your degree and work experience as it applies to public health leadership.

I attended the University of Central Missouri, B.S. in Government and Occupational Safety/Health. M.S. in Administration with a focus in Higher Education. I also have certifications/licenses in Firefighting, Hazardous Materials, CPR, Epidemiology, Property/Casualty/Life and Health Insurance, HIPAA, Incident Command and Bio Decontamination.

What brought you to working in public health? What are you passionate about in this field?

A culmination of my experience (Firefighter/Emergency Medical Technician, Fitness Instructor, Tobacco Cessation, Policy Adviser) and education serves me well in this role. Most importantly, my focused purpose in life is to help others enhance their quality of life, whether it be through health, education or obtaining resources so they can live a more fulfilling life and contribute to society. I sleep better at night knowing I made even the slightest impact in helping others in some way.

What do you like most about your experience in our community so far?

A few things: The wide variety of activities the southern coast of Oregon offers. The weather (so far) and the beauty of the area. Most of the people have been very friendly so far and the staff at CHW are incredibly talented, knowledgeable and welcoming. I want to thank everyone for their hard work and dedication. I love the beaches around the area and renting a UTV at the dunes last week was some of the most fun I have had in a long time!

What goals do you have for public health in Coos County.

Right now I am focused on learning about the organization, how the programs work, the staff members and the response/plans for COVID. I am trying to get up to speed as quickly so I can contribute and avoid mistakes.

Long term goals: I want to make sure we run a balanced budget by promoting growth/ensuring program efficiencies and seeking out additional funding opportunities, reaching under-served communities to enhance health equity and prevent chronic illnesses/conditions, and to continue to form partnerships in the community so that CHW is recognized as a healthcare leader in the state of Oregon.

MEETING TIMES

Coos Healthier Together meets virtually every other month on the 1st Thu at 2 pm

Food & Nutrition Group meets virtually monthly on the 2nd Thu at 2 pm

C3 meets virtually monthly on the 3rd Thu at 2 pm

CHT Partners



Michael Burton, CHW, getting a COVID-19 test

Free COVID Testing Event for fish processing industry workers

CHIP Focus Area: Community Outreach and Engagement; Individuals & Families

CHIP Priority Area: Prevention, early detection screening

Maintaining an intact food chain, including our local fishing and fish processing workers, is a priority during this COVID-19 response. In May, Coos Health & Wellness partnered with the Port of Coos Bay, Centers for Disease Control and Prevention (CDC), Medical Reserve Corps (MRC), and the Community Emergency Response Team (CERT) to provide free COVID-19 testing in the grassy area next to the Sea Basket Restaurant in the Charleston Marina.

A four-person field team from the CDC conducted the testing in conjunction with our MRC (spell out) and CERT (spell out) volunteers and Coos Health & Wellness staff serving in support roles. This was accomplished with very short notice starting with a web conference call on the afternoon before the three day Memorial Day weekend and having the following Tuesday to prepare.

In total, 88 individuals received testing. Samples were sent to the state laboratory for processing and analysis. Individuals that came for testing ranged from boat and company owners to deckhands and fishermen as well as a few ancillary trades and occupations.

All individuals were very positive about the free testing being made available to their community.

Coos Health & Wellness was asked if testing would be provided again in the future and at other ports along the Southern Oregon Coast. Happily, all test results were negative.

If you are interested in learning where routine and on-off COVID-19 testing sites are in Oregon, Oregon Health Authority has developed an interactive map that indicates testing sites within Oregon and Coos County:

<https://govstatus.egov.com/or-oha-covid-19-testing>

Hope and Support during COVID-19



Over the last six months, our coastal community has come together in unprecedented ways to support local residents impacted by the COVID-19 pandemic. For example, Patrick at the Bear Food Cupboard (*right*) lines up the cars in the parking lot, greets everyone as they drive up, and sometimes delivers boxes to shut-ins.

This summer, the communication teams from the Coos and Curry CHIPs collaborated to create a video showcasing recent stories of hope and support from nonprofit and community partners during COVID-19. To watch the Coos/Curry COVID Response video, visit <https://www.healthycurryoregon.org/local-initiatives>.

It's good to know that when times get tough, we are here for one another!

~ Jen Shafer, United Way of Southwestern Oregon



Patrick at the Bear Food Cupboard, Coquille

Food & Nutrition Group

Cooking with the Co-op

Coos Head Food Co-op & Coos Bay Public Library

CHIP Focus Area: Health Equity

CHIP Priority Area: Food & Nutrition

Cooking with the Co-Op is a fun-filled, virtual experience with Jamar Ruff and others demonstrating how to cook simple, healthy dishes. Community members are introduced to ingredients they may not be familiar with and are encouraged to step outside their cooking comfort zones. While unable to meet in person, Jamar engages the community via Zoom to cook, laugh, learn, and eat together virtually.

The goal of these sessions, held on the fourth Thursday each month, is to create a space for community to virtually gather together during this time of COVID-19. Participants register for the event and receive the ingredient list. The idea is that they have these ingredients ready and cook along with Jamar. Participants have access to the program presenters for questions prior to the class.

Jamar aims to provide safe, easy, and healthy recipes to create at home. He has presented wonderful recipes for Coos Head Stir Fry, Jackfruit Sliders, Chana Aloo Curry, Cornbread Fritter with a Slice of Summer and more to come this fall. The presentations are recorded (and stored where) for anyone who would like to view them. Join him virtually for this fun community event! See the Coos Head Food Co-op website for information about these monthly cooking sessions at <https://coosheadfood.coop/>.



*Jamar Ruff
Coos Head Co-Op chef*



Healthy Bytes Initiative

December food of the month: Walnuts

Walnuts, and other tree nuts like almonds and pecans, are rich in vitamins, minerals, healthy oils and fiber. They have been shown to lower cholesterol and inflammation, decreasing risk of chronic disease.

One oz raw walnuts provides 183 Calories, 4 gm protein, 3 gm fiber, 18 g fat and no cholesterol. The unsaturated fats in walnuts include more omega 3 fats than any other plant food. The plant sterols in walnuts can help lower LDL, total cholesterol and triglycerides, and folate detoxifies homocysteine, lowering risk of plaque and blood clots in arteries.

An amino acid in walnuts, L-Arginine, helps the body make nitric oxide, a vasodilator that lowers blood pressure, and improves blood flow and circulation. Vitamin E is a powerful antioxidant that protects free radicals known to cause aging and disease. Toss walnuts into muffins, cookies, or on salads. Grind for walnut butter on toast or add to hummus or dips.

Each month, the initiative highlights a healthy food with free, electronic resources created by a Registered Dietitian. These include posters, articles, consumer handouts, recipes and more. To enroll in the *Healthy Bytes Initiative*, contact shena.holliday@advancedehealth.com or go to www.advancedehealth.com/healthy-bytes-initiative

For questions or comments about the educational materials, contact stephanie.polizzi@oregonstate.edu

- Virtual Nutrition Education
- What's Cooking?
- Did you know...
- Get involved

Food & Nutrition Group



What's Cooking?

Walnut Taco "Meat"

Adapted from www.minimalistbaker.com



Ingredients:

- 2 c raw walnuts
- 3 cloves garlic, minced
- 1/2 c sun dried tomatoes (not in oil)
- 1/3 tsp salt
- 1 Tbsp paprika or smoked paprika
- 2 tsp ground cumin
- 2 tsp chili powder
- 1-2 habanero peppers, chopped (optional)
- 1/4 c water as needed

Directions:

1. Rehydrate sundried tomatoes with warm water (5 min) then drain but reserve water.
2. Pulse walnuts in food processor or high-speed blender into chunky meal. Set aside in bowl.
3. Blend tomatoes, peppers and spices, using reserved water to form pourable sauce.
4. Pour sauce over walnuts and stir.
5. Tastes and adjust flavor as needed adding more salt, garlic or peppers as desired.
6. Use this "meat" for tacos, salads, nachos, burritos and more.

Makes four 1/2-cup servings

Nutrition per serving:

373 Calories, 9 g protein, 33 g fat, 5 g fiber

Leftovers can be stored up to 7 days in the refrigerator or up to 1 month in the freezer.

Virtual Nutrition Education

Each month, free nutrition webinars are provided through Oregon State University Extension Family & Community Health. These classes are presented by Stephanie Polizzi, Registered Dietitian certified in Lifestyle Medicine. Stephanie's classes are designed to demonstrate that food has the potential to prevent, arrest and reverse chronic diseases like diabetes and heart disease. The monthly classes are being sponsored by the North Bend Public Library.

Classes are held live, virtually on the Zoom platform, on the first Tue of the month at noon, and recorded for later viewing. The Dec 3 class will be **Holiday Meals on a Budget**. Classes can be accessed by going to: <https://oregonstate.zoom.us/j/229803250> the day of the class.

Archived nutrition and wellness presentations (*see list below*) can be viewed on-demand by going to :

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

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|------------------------------|----------------------------------|
| ◆ Diabetes Reversed | ◆ Lowering Cholesterol |
| ◆ Food as Medicine | ◆ Magic Beans |
| ◆ Foods that Fight Cancer | ◆ Plant Power |
| ◆ Healthy Eating on a Budget | ◆ Sitting is the New Smoking |
| ◆ Intermittent Fasting | ◆ The Fire Within (inflammation) |

If you would like to receive notification of upcoming classes via email (flier and Zoom link), please send your contact information to stephanie.polizzi@oregonstate.edu

Did you know... A local 2019 study of the healthcare sites across Coos County showed that 98% of healthcare providers and 96% patients believe nutrition should part of a treatment plan for chronic conditions. Due to time and other constraints, it is unlikely these services can be provided at the healthcare site.

As an alternative, residents are encouraged to participate in local nutrition programs including those highlighted in this CHT newsletter. You might also consider seeking assistance from a certified health and wellness coach, trained to help you overcome barriers to meeting your health goals.



GET INVOLVED

FNG is asking for community partners to share their efforts in increasing access to, and intake of, healthy foods for Coos County residents. Our short reporting form is an easy way to document your efforts and keep the committee informed. It is also a way to request assistance or support for your project. To request a form, please email renee.menkens@gmail.com.

Local Resources



Resource Spotlight

Connecting Coos County with Local Resources

South Coast Oregon Connects (SCOC) is your online Coos County source for community events, news, and local projects, including a section for Coos Healthier Together!

This season, the SCOC team invites you to post holiday events to our community calendar, submit a news story about a local holiday event (the team will post this to the SCOC Facebook page for even more visibility), or send a holiday event press release to a variety of news sources, all with just a few simple clicks.



To learn more, visit <https://southcoastconnects.org/> and view a quick "how-to" video from the home page, or send an email to contact@southcoastconnects.org. Be sure to list your organization in the directory while you're there!

COVID

Coos Health & Wellness COVID-19 Updates - <https://cooshealthandwellness.org/public-health/novel-coronavirus-2019-covid-19/>

Additional COVID-19 Resources - <https://southcoastconnects.org/covid-19-information/>

Oregon Coast Community Action Resources - <https://www.orcca.us/covid-19-resources>

To report a communicable disease, please call: 541-266-6700

FOOD

Coos County Food Resources - https://89066abf-ee61-4039-990e-29fd6d464398.filesusr.com/ugd/d6707a_86307ac8804745b2a93d326d3a525f1a.pdf

OSU Extension Nutrition Seminars: Held virtually on the first Tue of the month at noon <https://oregonstate.zoom.us/j/229803250>. Seminars are also recorded and archived on the Coos Co Extension site <https://extension.oregonstate.edu/coos/health6hy-families-communities>

Coos Head Food Co-Op virtual cooking classes every 4th Thu of the month <https://is.gd/OPTIGU> (the 0 = zero) 541-269-1101

OTHER

Small Business Resources During COVID-19 - <http://www.oregon4biz.com/Coronavirus-Information/?fbclid=IwARoKQLVYYDtmbt3p-IFIAOqBwJ8gnbC4bv3bdEaRLEj-QzTLc3DmALlviTo>

OHA en Espanol page: <https://www.facebook.com/OHAespanol/>

Reminder...
**WHAT IS
CHIP?**

Alone, we can do so little. Together, we can do so much.
~Helen Keller

Join
US

The 2019-2022 Coos County Community Health Improvement Plan (CHIP) is a community-level plan that aims to improve the health of individuals, families and the community at large. The CHIP is based on, and compliments, the 2018 Community Health Assessment (CHA) which identified significant health needs facing the community.

In the fall of 2019, CHIP collaborators reviewed CHA data and established the four broad focus areas and nine priority areas (right). From there, Coos Healthier Together formed. The 2 priority areas of focus for 2019 are in orange.

For more information, contact Laura Williams (laura.williams@advancedhealth.com)

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| <p>1 Access & Capacity</p> <p>Access & integration of healthcare services Behavioral health & addiction</p> | <p>2 Outreach & Engagement</p> <p>Coordination, collaboration & communication</p> |
| <p>3 Individuals & Families</p> <p>Support resilience from adversity, trauma & toxic stress Prevention services</p> | <p>4 Health Equity</p> <p>Housing/homelessness Food & nutrition Transportation Economic stability</p> |