

# 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.

## Pinwheels for Prevention



The Kids' HOPE Center of Bay Area Hospital has a mission to create a community where no child experiences neglect or abuse. Every year in April, they hold a Pinwheels for Prevention event to create awareness for Child Abuse Awareness Month.

The Kids' HOPE Center provides the only friendly, all-inclusive, non-threatening place for children to divulge their painful stories about abuse in Coos County. We investigate abuse allegations following a medical model, and focus on meeting the whole health needs of the victim: physical, mental, and emotional.

A child visiting the Kids' HOPE Center experiences a single interview with a specially trained forensic investigator who takes a video recording of these neutral, non-leading interviews. A board-certified pediatrician, Dr. Jenni DeLeon, examines child victims to assess their condition and to gather evidence for potential prosecutions.

Throughout the process, children are treated with respect, gentleness, and reassurance. Victims and families are offered support navigating through the challenging legal prosecution system and we have a strong record of contributing to prosecutions and convictions. Intervention and advocacy services are provided to families through referrals and follow-ups with partnering community agencies.

Pinwheels can be purchased in sets of 12 for \$25, or sets of 25 for \$50. A sign with information regarding the pinwheels comes with the purchase of each pinwheel set. These pinwheels are yours to keep and reuse each year as you see fit so that our community can see your support!



If you have questions or would like to purchase pinwheels, please contact Sarah Bright at 541-269-4196.

*~Sarah Bright  
Education Coordinator  
Kids' HOPE Center*

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To contact the Community HealthLink Newsletter editor Stephanie Polizzi  
[stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu)

## Taking Care of Our Mental Health



We talk a lot about taking care of our bodies, but it is easy to neglect our mental health. Mental health can be as simple as creating a mindfulness exercise to help manage stress or a gratitude journal to improve our levels of happiness.

More and more evidence points to mental health being connected to our physical health. Carrying around stress and unhappiness takes a toll on our bodies, leading to chronic and preventable diseases.

At Advanced Health, we are working to create a connected system where mental and physical health are one and the same. For the past 7 years, Shay Stacer, PhD, has been building an integrated behavioral health into the physical health system at North Bend Medical Center, and it is catching on.

What started as a pilot project has grown into integrated behavioral specialists serving at North Bend Medical Center, Waterfall Clinic, Bay Clinic, Coast Community Health Center, and Curry Health Network Clinic.

Integrated behavioral health is a multi-disciplinary approach to medicine that includes a mental health provider as part of the medical team. An integrated specialist works with your primary care physician on a range of mental health goals that you identify with your provider.

## Advanced Health Welcomes New Chief Operating Officer

Advanced Health welcomed Jim Gardner as Chief Operating Officer in December 2020. We'd like you to meet him:

Jim has extensive experience in Medicaid, Medicare and the commercial healthcare industry. He is self-motivated with an open, outgoing and charismatic personality. Jim has a rich, unique and well-rounded range of professional skills and is well-versed with federal regulation interpretation, state regulatory enforcement, and many other areas of experience in managed healthcare. Jim is culturally sensitive and has worked with a vast array of professionals at all levels.



Jim Gardner, AH

But, what is he like personally? Jim tells us, *"I'm an eclectic person who enjoys most anything. I am a HOT YOGA enthusiast and a 200 RYT\* certified yoga instructor. One of my passions is fixing things. I love to create, build, tear down and repair cars, computers, buildings and electronics. I have dabbled in stained glass-making, run RAGNAR\*\* relays and love the outdoors."*

Jim says he welcomes the opportunity to get to know our community members professionally and personally. He will play a role in our community efforts working to align priorities and collaborate. He is very interested in our community work and has been attending the monthly CAC meetings.

~Laura Williams, Director of Community Engagement

\*RYT Registered Yoga Teacher with >200 hours of teaching

\*\*RAGNAR Long-distance, team, overnight running relays in scenic locations across the country

You may see an integrated behavioral health provider for 15 minutes or over the course of several visits as you discuss various goals such as stress, weight loss, smoking cessation, anxiety, depression, or substance use.

Whatever your goals, the behavioral integration specialist is ready to help you on your journey to mind and body wellness. You can access a behavioral health specialist through your primary care provider. If you are interested in taking the next step in improving your mental wellness, Advanced Health has a comprehensive list of behavioral health providers ready to help at [www.advancedhealth.com](http://www.advancedhealth.com).

Stay healthy!

~Katy Halverson  
Director, Behavioral Health, AH



- Meet BIG
- SCREL Community Investment
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## Meet BIG

The Bandon Inclusivity Group or BIG is working to make improvements to the lives of those who face inequities. Formed after the wrongful deaths of Ahmaud Arbery, Breonna Taylor and George Floyd in 2020, members of this group take a BIG stand on racial injustice.

Amy Turner, a 2016 graduate of Bandon High School, started the protest on June 2, 2020 and there have been regular afternoon demonstrations ever since at the corners of Highways 101 and 42 South in the center of Bandon.

Their efforts include public demonstrations, discussions and education events, including the BIG Book club to raise understanding of inequities through our speech, behavior and actions. They support social organizations and contact government decision-makers like the Governor's Racial Justice Council. They also promote volunteering with local environmental groups.



*BIG members taking to Bandon Streets for equity*

Check out BIG events and learning opportunities by going to their [website](http://www.bandoninclusivitygroup.com) ( [www.bandoninclusivitygroup.com](http://www.bandoninclusivitygroup.com)), Facebook page or by signing up for their newsletter.

*~ Joe Kuehner, BIG Member*

## SCREL Community Investment



Southcoast Regional Early Learning (SCREL) is continuing to work with community partners to finalize the sub-contract for our Community Investment Fund for the 2019-2021 biennium. We still have funding available. Learn more by going to: [//www.screlhub.com/apply-for-funds](http://www.screlhub.com/apply-for-funds).

Highlights of how our funding impacted families from Oct-Dec 2020:

- **30** Families in crisis received support through the Foster Parent Support line
- **22** Expecting Parents participated in Centering Pregnancy Groups
- **10** Youth and teen parents that participated in the Youth Parent support
- **18** Parents with newborns participated in the Postpartum Support Group
- **14** Parents engaged in the Ready Set Parents Project

*~Sara Stephens  
SCREL Executive Director, SCREL Hub*

## Gender Affirmation Closet



Queers and Allies of Coos County (Q&A), thanks to grant funding from Advanced Health, is in the process of establishing a Gender Affirmation Closet for youth (through age 25) in Coos County. The Closet ensures that local youth can easily access gender-affirming clothing and accessories. Additionally, a fund has been established to aid in legal name changes to support youths' entrance into the workforce with names that reflect who they are.

In addition to the Closet, we are piloting our first internship program! Two youth are currently working with a local professional to build a website which will serve as an information hub for LGBTQ+ events and resources on our Southern Oregon Coast.

The goal is to expand this program in the future to better support the transitional-aged youth in our community who identify as LGBTQ+. For questions or help accessing the Closet, please call: Laura Erceg 503-313-9752 or email: [gandacoos@gmail.com](mailto:gandacoos@gmail.com)

*~Laura Erceg  
Q&A of Coos County*



## Food & Nutrition Group

The 2021 plan for the Food & Nutrition Group is to focus on increasing access and intake of fruits and vegetables and decreasing the consumption of sugar-sweetened beverages. To do this, we are focusing on policy change and education through community outreach.

One avenue is the *Healthy Bytes Initiative* which highlights one healthy food monthly. Materials are free and available for download from the Advanced Health website (see pg 4).

We are launching a new initiative creating podcast interviews, instructional videos and "bytes" of information on a variety of diet and health topics. Our new project will be called *Pea Pod Casts*, with "Pod" representing "Prevention Of Disease." Finished videos and other resources will be housed on the Coos Head Food Co-op website and links will be shared with all our partners.

The FNG meets on the 2nd Thu of the month at 2 pm via Zoom. If you would like to engage in the production of these videos, contribute ideas for topics, or join the group meetings please contact FNG chair, [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu).

## Healthy Bytes Initiative (HBI)



**April food of the month: Split Peas**

See page 5 for more about split peas and try the healthy recipe.

## Fresh Produce at Waterfall "Farmacy"

The Waterfall Community Health Center Veggie Produce "Farmacy" began in 2019 to "provide a one stop shop for clients to get access to healthy foods when at the clinic". They realize food is medicine and want to provide fresh produce for clients who may be food insecure or have chronic conditions that would benefit from a healthier diet.

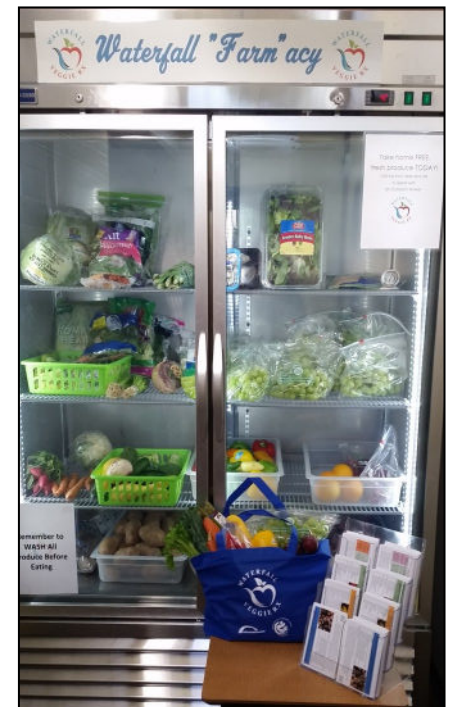
Partnering with South Coast Food Share (SCFS), Waterfall established a budget for the purchase of fresh produce from SCFS and Coos Bay Farmers' Market. Staff pick up the produce 3 times a week from SCFS and have it available outside in a "veggie shed." Clients indicate the produce they would like to take home and staff fill the bag so they do not send something home that will go to waste. The program relies on donations of produce and the food available through SCFS. On occasion, they will purchase produce from local farmers' markets as a supplement. Because Waterfall is an integrated health center, all providers participate in the program. Making it part of the culture of the clinic.

Staff include 4 traditional health workers, a VISTA volunteer, and a manager who pick up and hand out produce, manage the shed and submit reporting documents. They keep monthly records counting number of patients using the services and number of community members or families that benefit from the food program. To date, they have served over 1000 clients and several hundred come inside to the Farmacy every month.

Besides offering produce, Waterfall also partners with OSU Extension SNAP-Education to receive Food Hero nutrition education packets and recipes. Coos Head Food Co-Op provides food demos using healthy recipes. Registered Dietitians from Bay Area Hospital teach patients how to make heart-friendly or diabetic foods. Clients who attend education sessions are provided with gift certificates to shop at the Co-Op.

If you have any questions or would like to discuss the Program, Nicole Norris can be reached at 541-435-7014.

~ Renee' Menkens



*The Farmacy inside Waterfall Clinic*

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- Split Peas (HBI)
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## United Way Fights Food Insecurity



United Way of Southwest Oregon has awarded \$254,000 in COVID Emergency Relief funds over the past 12 months. Nearly 40% of the awards granted, amounting to over \$100,000, were for food assistance programs in Coos and Curry Counties.

Agencies addressing food insecurity were primarily local food pantries and community organizations serving and/or delivering meals to seniors, unsheltered residents, and other vulnerable populations.

**Over  
\$100,000  
in grant funds  
were awarded  
to agencies  
addressing  
food  
insecurity**

Grant funding was used to purchase food, and cover the costs of expenses related to meal service during the pandemic (to-go boxes, canopies for outdoor serving, trash pick-up, and cleaning supplies).

United Way's grantmaking programs are community-driven by local volunteers, and they are always looking for new Grant Allocation Committee members! To help with future grant cycles for our south coast nonprofits, contact [director@unitedwayswo.org](mailto:director@unitedwayswo.org).

~ Jen Shafer, UWSWO



What's

## Cooking?

### Split Pea Dip or Spread

*Adapted from OneGreenPlanet.org*

#### Ingredients:

- |                                    |                          |
|------------------------------------|--------------------------|
| 1 1/2 c green or yellow split peas |                          |
| 1/4 c yellow onion, chunked        | 3-4 c water              |
| 1/2 c carrot, sliced               | 1 clove garlic, mashed   |
| 2 Tbsp olive oil                   | 1 pinch turmeric         |
| 1 Tbsp oregano                     | 1/4 c red onion, chopped |
| Juice of 1 lemon & 1/2 orange      | salt & pepper to taste   |

#### Directions:

1. Simmer split peas on low with water, carrot, yellow onion, garlic and turmeric until mushy.
2. Keep adding water as necessary to get a porridge-like texture (about 1 1/2 hrs). Remove from heat.
3. Mash with spoon or in food processor.
4. Scoop into bowl and squeeze juice from lemon and orange on top. Sprinkle with salt and pepper to taste.
5. Serve as dip with vegetables, rustic bread or 100% whole grain crackers, or use as spread for sandwiches instead of butter or mayo.

## Split Peas (HBI)



Split peas belong to the family of legumes alongside beans and lentils. They contain nutrients that support health and prevent chronic diseases like heart disease, diabetes, high blood pressure, inflammation, osteoporosis and cancer.

Active nutrients include phytates, isoflavones and the mineral molybdenum which helps to metabolize chemical toxins like sulfite preservatives.

Like all legumes, split peas are a good source of protein. The 8 grams in 1/2 cup split peas is equivalent to that found in 1 oz of meat, 1 egg or an 8 oz glass of milk, but contain no fat or cholesterol. They are rich in soluble fiber, which helps to lower blood sugars and cholesterol. Throw them in soups or cook and puree them to make hummus, dips or spreads.

Each month, a healthy food is highlighted with free, electronic resources created by a Registered Dietitian. These include posters, articles, consumer handouts, recipes, table tents for waiting rooms or lunch tables and slides for lobby TVs.

To enroll in the HBI: [shena.holliday@advancedhealth.com](mailto:shena.holliday@advancedhealth.com) or go to [www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative). For questions about materials: [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu).

~ Stephanie Polizzi, OSU Extension



## WHAT ARE YOU DOING TO INCREASE INTAKE OF FRUITS AND VEGETABLES?

Let FNG know what you or your business is doing to increase 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](mailto:renee.menkens@gmail.com).

- CHIP Priorities
- Meeting Times
- Local Resources
- Join C3

## CHIP Priorities

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

## MEETING TIMES



**Want to join in? Contact these meeting organizers for an invitation link!**

**Community Advisory Committee (CAC)** meets virtually the 1st Thu of the month at noon  
[laura.williams@advancedhealth.com](mailto:laura.williams@advancedhealth.com)

**Coos Healthier Together CHT (CHIP)** meets virtually every other month on the 3rd Thu at 2:30 pm. Next meeting is Apr 15  
[laura.williams@advancedhealth.com](mailto:laura.williams@advancedhealth.com)

**Communication team (C3)** meets virtually every other month on the 3rd Thu at 2:30 pm on alternate months from CHT. Next meeting is May 2  
[laura.williams@advancedhealth.com](mailto:laura.williams@advancedhealth.com)

**Food & Nutrition Group (FNG)** meets virtually each month on the 2nd Thu at 2 pm  
[stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu)

**Housing/Homelessness** meets virtually, regular dates TBD. Next meeting is Thu Apr 8 at 11am  
[dfarmer@coosbay.org](mailto:dfarmer@coosbay.org)

**Social Services Connect** meets virtually on the 2nd Tue of the month at noon  
[director@unitedwayswo.org](mailto:director@unitedwayswo.org)

**South Coast Equity Coalition** meets virtually on the 3rd Wed of every month at 2 pm  
[cdumond@wfall.org](mailto:cdumond@wfall.org)

**South Coast Together** addresses resilience and more, meets virtually on the 2nd Thu from 10-12  
[renee.menkens@gmail.com](mailto:renee.menkens@gmail.com)

## Local Resources

### COVID

Coos Health & Wellness COVID-19 Updates - <https://coos.healthandwellness.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\\_86307ac8804745b2a93d326d3a525fia.pdf](https://89066abf-ee61-4039-990e-29fd6d464398.filesusr.com/ugd/d6707a_86307ac8804745b2a93d326d3a525fia.pdf)

OSU Extension Nutrition Seminars recorded and archived <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 o = zero) 541-269-1101

### OTHER

Small Business Resources During COVID-19 - <http://www.oregon4biz.com/Coronavirus-Information/?fbclid=IwARoKQLVYYDtbmt3p-IFIAOqBwJ8gnbC4bv3bdEaRLEj-QzTLc3DmALlvITo>

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

South Coast Connects is the online source for community events, news and local projects <https://southcoastconnects.org/>



**PLAY and WIN**  
a \$25 gift card

**Name one community partner that is part of the Waterfall "Farmacy" initiative.**

Email [info@unitedwayswo.org](mailto:info@unitedwayswo.org) with your answer by Apr 30 and be entered into a raffle drawing.

## COMING NEXT ISSUE

Meet CAC Officers

CHIP Grantee Success Stories

Advanced Health SHARE Initiative