MEETING THE MOMENT. The year 2020 has challenged our thinking, disrupted our lives and plans, and brought public health and human sciences to the forefront like never before. We had to dig deep into our reserves of patience, trust and faith and create new ways of doing the things we at one time took for granted.

Across the college, faculty, staff and students demonstrated resilience and grit. We made alternative plans for internships and graduation. We adapted to teaching and learning online. And we put our expertise into action by helping lead TRACE-COVID-19 in service of the public’s health.

In addition to TRACE, public health and human sciences faculty across the college are researching the pandemic’s effects in a variety of areas, and we’ve stepped up outreach efforts to help ensure Oregonians’ health and well-being throughout the pandemic.

Sign up for monthly emails at synergies.oregonstate.edu to get health tips, college research and news, and to learn about the many ways we’re supporting students in this new normal.

In health,

F. Javier Nieto, MD, PhD, MPH
Dean, College of Public Health and Human Sciences
Oregon State University
RESPONDING TO CLIMATE CHANGE

Natural disasters alone are not enough to motivate local communities to engage in climate change mitigation or adaptation. Rather, policy change in response to extreme weather events appears to depend on a combination of factors, including fatalities, sustained media coverage, the unusualness of the event and the political makeup of the community.

Leanne Giordano, a CPHHS post-doctoral researcher, discovered these findings as lead author on a study funded by the National Science Foundation. The study, published in Policy Sciences, examined 15 extreme weather events that occurred in the United States between March 2012 and June 2017 and any subsequent local climate change policy.

“ar some ways, it’s not surprising that you see communities that have these really devastating events responding to them,” she says. “What about the vast majority of communities that don’t experience a high-impact event — is there a way to also spark interest in climate change in those communities? We don’t want people to have to experience these types of disasters to make changes.”

REDUCING AIR POLLUTION

Across the world and regardless of a country’s income, long-term exposure to fine particulate outdoor air pollution is a major contributor to cardiovascular disease and death. But even small reductions in air pollution levels can result in a reduction of disease risk.

Perry Hystad, lead author and a CPHHS environmental epidemiologist, found that countries don’t have to immediately eradicate all air pollution to make a difference for people’s health.

“If you reduce the concentration of outdoor air pollution, you’re going to see benefits for cardiovascular disease,” he says. “Before this study, we were not sure if this was the case. Some studies suggested that at high concentration, as seen in many developing countries, levels would have to be reduced by very large amounts before health benefits would occur.”

The international study, published in The Lancet Planetary Health journal, also included fellow CPHHS public health researcher Andrew Larkin.

Protecting worker safety

CPHHS Associate Professor Anthony Veltri explores the balance between safety and profitability and makes the case for regulations that ensure safe workplaces in “Is worker safety worth the risk? The gamble businesses take if they want a better chance at survival.” The article appeared in CEO WORLD Magazine, the world’s leading business magazine for CEOs, CFOs and high-level business executives and leaders.

The article is based on his work as part of an international research collaboration that suggests organizations best equipped to provide safe workplaces are the least likely to do so, because they benefit financially from forcing the cost of enacting workplace safety practices.

EXAMINING POVERTY IN AN UNCERTAIN ENVIRONMENT

A new CPHHS study found that 77 percent of low-to-moderate-income American households fall below the asset poverty threshold, meaning that if their income were cut off they would not have the financial assets to maintain at least poverty-level status for three months.

The study, published in the journal Social Policy Administration, compared asset poverty rates in the United States and Canada. Canada’s asset poverty rate has improved over the past 20 years, while the U.S. rate has worsened.

The implications of these findings have become starkly apparent during the COVID-19 pandemic, says CPHHS Associate Professor David Rothwell, lead author on the study.

“The fact that the U.S. safety net is so connected to work, and then you have this huge shock to employment, you have a system that’s not prepared to handle such a big change to the employment system,” he says. “It results concretely in family stress and strain, and then that strain and stress relates to negative outcomes for children and families.”

Related: David and post-doctoral researcher Leanne Giordano recently released a new state-specific measure of poverty in Oregon. Learn more at health.oregonstate.edu/orpm.

Discover more at synergies.oregonstate.edu/research.

Understanding the pandemic’s effects

It’s easy to get caught up in the day-to-day chaos of the pandemic and its effects on disparate pieces of our lives, but Professor Rick Settersten brings it all together as lead author of “Understanding the effects of COVID-19 through a life course lens,” published in Advances in Life Course Research.

He and fellow authors explore the pandemic’s implications for the organization and experience of life transitions and trajectories across multiple domains. They consider the implications of being infected or connected to someone who has, and the social, economic, cultural and psychological consequences.
When the novel coronavirus emerged, the CPHHS dug in.

We used our expertise to help communities understand the pandemic and how public health works in society.

We shared information about ensuring health and well-being and engaged in research into the impact and prevalence of COVID-19.

We kept programs running in new ways, and we quickly transitioned to teaching and advising online.

When the pandemic ends, our work goes on.

To understand and confront health disparity.

To fight for health as a human right.

To create the next generation of globally-aware public health and human sciences problem-solvers who will make a difference OUT THERE.
Jeff Bethel has found his moment. For him, and others in public health, the COVID-19 pandemic has put a spotlight on the work they do every day, work that happens behind the scenes and isn’t visible until disease or disaster strikes.

An associate professor, Jeff is also an epidemiologist. Epidemiologists can be thought of as health detectives, combing through clues — data — in an effort to piece together the causes of disease and injury. Instead of investigating crime, they investigate how diseases occur in different groups of people, how to lower rates of disease, and how to prepare for and reduce the impact on human health from disasters.

Jeff, who previously worked as an epidemiologist at the Centers for Disease Control conducting infectious disease surveillance studies and pandemic influenza planning, studies how infectious diseases are impacted by a changing climate, as well as the health impacts of natural disasters and disease outbreaks. Co-leading Oregon State’s TRACE-COVID-19 public health surveillance project is the perfect alignment of interests and expertise. Still, it has been a unique experience.

“The principal investigators don’t even meet in person; we’re doing everything virtually, including planning in an environment of social distancing, training field staff in that environment, and collecting data. This work is also completely different in terms of sense of urgency, the sense of anxiety permeating throughout the entire world, and its importance.”

Until TRACE, Jeff says he didn’t know many of his fellow researchers. “It’s been great working with them, and we work really well together, even though we’re not meeting in person,” he says. “Things are moving fast, understandably, and the team has responded well to that sense of urgency.”

As co-principal investigator and co-director of the study, along with Assistant Professor Ben Dalziel in OSU’s College of Science, Jeff’s main responsibility is to oversee data collection, train field teams, identify random samples of houses in neighborhoods, collect samples and more.

As the study continues to expand and garner attention across the state, Jeff has taken on a new role — spokesperson — and a renewed appreciation for communicating to the public.

“I had never done a live interview before. It’s been very new, but exciting. It’s taken me out of my comfort zone, but I’m getting better at it.”

Being in the media’s lens, he says, is helping him learn about communicating to the public and OSU community in an environment of uncertainty and anxiety.

“We’re in very unique circumstances, so messaging internally and externally needs to be done in a responsible way. I knew that, but I’m learning to do that even better.”

**Epidemiology: The Foundation of Public Health**

In addition to TRACE, Jeff conducts research and teaches graduate public health students in the CPHHS, which he’s done for nine years. His own journey to public health began while working at a biotech firm in San Diego after earning a bachelor’s degree in biochemistry.

“I knew pretty quickly that a career on the bench wasn’t for me,” he says. “I’d always had an interest in health and public health and was talking to a friend earning her MPH in epidemiology at UC Berkeley. I didn’t know a lot about epidemiology at the time and thought, ‘This is for me.’ It combines this interest in health and improving people’s lives. On top of that, it’s a quantitative field, which aligns with my interests and skills.”

“From there, I knew going to grad school would be important for me to further my career in public health, and that’s what I did. Like many people going into public health, as opposed to medicine, I thought I could make a bigger difference in people’s lives at the population level.”

When he looks back at his career and forward to the legacy he hopes to one day leave, he thinks of one thing: IMPACT.

“My biggest goal is to make an impact on the communities I serve, in Oregon and beyond.”
Public health explained

WHAT IT IS, HOW IT WORKS, AND WHO DOES IT

BY KATHRYN STROPPEL

THE YEAR 2020 WAS THE YEAR FOR PUBLIC HEALTH.
But have you ever asked yourself, “Just what is public health?”

If so, CPHHS faculty are here to help.

In summer 2020, they joined the OSU Alumni Association, OSU Foundation and OSU Center for Health Innovation in a webinar series on public health.

Here is a summary of what they shared. Better yet, watch the recorded webinars on the college’s YouTube channel.

“Think before you speak, be an informed citizen, vote and help others vote.”

HEALTH FOR ALL DOESN’T HAPPEN BY ACCIDENT
What influences your health? Why do health disparities exist among people in the same community? What can we do to ensure health and well-being for all?

Assistant Professor Kari-Lyn Sakuma tackles these questions and more in “A public health crisis: Factors that impact your health outcomes.”

The answers aren’t random, she says. “Places and communities are built by purpose, not chance, and if we look at the causes behind the official causes of death, we’ll start unlocking answers to health — after first asking many questions. For public health practitioners, this is called going upstream to identify the factors that contribute to health. The factors themselves are called the social determinants of health.”

As an individual, what can we do to influence these determinants and improve the health of our community?

“We learn, listen and practice,” Kari-Lyn says. “Find free resources, examine your own impulses, think before you speak, be an informed citizen, vote and help others vote, consider joining local groups and initiatives promoting causes you care about, think about how actions affect most marginalized groups and those without power — and don’t give up.”

“There is no certificate or finish line. This is a long-term commitment to better health and justice for all.”

PUBLIC HEALTH 101
Hosted by professor and epidemiologist Viktor Bovbjerg, Public Health 101 explores the meaning of public health, defined by the CDC as “The science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, public and private communities, and individuals.”

Although definitions abound, Viktor says they all share five key themes: Science, communities, prevention, equity and collective action.

When considering public health challenges, including the recent pandemic, he says that public health professionals ask themselves four main questions:

1. Is this a public health problem? If so, for whom?
   What’s the prevalence and impact?

2. If yes, what are the causes at the individual and/or collective levels?

3. If we know the cause, what action can we take?
   Should we focus on primary prevention or early diagnosis/treatment, reduce impact/complication — or some combination?

4. Was the public health action effective and for whom?
   Ensuring equity and access demands finding approaches that work for every group.

In the CPHHS, students and researchers are at an advantage, he says, because all key public health disciplines are represented and are complemented by the human sciences, which are powerfully connected to public health. “Our impact goes well beyond what we can do individually.”

“Public health professionals get it done.”

Healthy behaviors and living a healthy life are influenced by an expansive number of health professionals, ranging from medical care to prevention and education, says Karen Elliott, senior instructor II and public health internship coordinator.

In “Public health careers: The world needs you,” Karen shares that if you’re making a career change or beginning your education, public health offers a number of options for those wanting to improve health and well-being.

“Where do you see yourself?” she asks students. “Get some experiences there. Take leadership positions while a student. Explore the programs and jobs graduates land after graduation. Talk to professors and advisors. Learn about research and career tracks. Participate in internships and experiential learning. Ask for informational interviews. Reach out to directors and researchers. Discover your passion and why and how you want to make a difference. There are a lot of options!”

The good news for students considering earning a degree in the CPHHS: Demand for professionals in public health and health fields is growing.

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“There is no certificate or finish line. This is a long-term commitment to better health and justice for all.”
Nothing tastes sweeter than shared success

LONGTIME COLLEAGUES TAKE HELM OF KEY OSU NUTRITION CENTERS

BY KATHRYN STROPPEL

Colleagues for more than eight years, Emily Ho and Siew Sun Wong have long supported each other’s success.

Emily, who has been with the CPHHS for 17 years, six of them as inaugural director of the Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health (MFC), recently was named endowed director of the Linus Pauling Institute (LPI). Soon after, Siew Sun assumed her endowed role in the MFC.

“I am extremely excited to pass the baton to Siew Sun,” Emily says. “Her expertise in technology and nutrition education are a perfect fit for the vision of Bob and Charlee Moore. I am excited to see the innovations and new directions she can bring to the center.”

Siew Sun says she’s grateful for the team Emily has built in the MFC, as well as her mentorship. Her goal for the center is to enable practical, innovative, collaborative work that supports healthy living and to apply digital technology to enhance the center’s research, education and outreach programs.

Both leaders see collaboration, diversity and a holistic view of health across the lifespan as keys to their success.

“Our team camaraderie grows steadily through a nurturing work culture that values mutual respect, reliability, accountability, trust and flexibility to be productive and creative,” Siew Sun says. “I live by the values of diversity, determination, discipline and distinction. I believe my passion and curiosity to improve human health through nutrition education and behavior change have opened doors for me to work with people from different backgrounds.”

Emily, who maintains her role as faculty in the college’s nutrition program and in the MFC, says these experiences influence her approach as LPI’s director.

“The MFC directorship has prepared me in a lot of different ways, but one of the biggest things I learned about is the power of collaboration and getting different walks of life together committed to making a difference in moving the dial toward health,” she says.

“The college as a whole is a perfect example of spanning the entire spectrum of human health research and how they fit together to solve big problems. Being able to interact and see the different approaches to public health, and also experience the power of community-informed research and practice, has really helped reshape my approaches to engaged health research.

“The College of Public Health and Human Sciences will always have my heart and be my home.”

YOUR IMPACT — AMPLIFIED

GIFTS HELP STUDENTS, FACULTY AND RESEARCH THRIVE

BY LAURA PIZZO, OSU FOUNDATION

The COVID-19 pandemic is highlighting the importance of family and community relationships — and the inequalities at the intersections of families, work, child care and policies.

There is an immediate need for evidence-based research to help policymakers make informed decisions about these issues and to educate families and communities about solutions. The college has been able to respond rapidly thanks in part to graduate student fellowships.

Brenda Barrett-Rivera, the Cheryl J. Lutz Family Policy Fellow at the Hallie E. Ford Center for Healthy Children and Families, worked with fellow graduate student Asia Thogmartin and Assistant Professor of Practice Megan Pratt to quickly develop a policy brief titled “Oregon COVID-19 child care policy changes and family well-being.” It will be used as researchers and policymakers wrestle with the effects of the pandemic on Oregon’s children and families.

She also worked closely with Associate Professor David Rothwell on a grant application that received $500,000 in funding from the U.S. Department of Health and Human Services for a five-year project about paid family leave and family self-sufficiency in Oregon.

“Return on investment has never been greater, and fellowships are investments that pay dividends for years to come, supporting all three parts of OSU’s teaching, research and outreach mission and making a remarkable difference on society’s most pressing issues,” says CPHHS Dean F. Javier Nieto.

In addition to fellowships, scholarships are needed to support student retention and success, including Ecampus and transfer students.

“This support helps ensure that students are able to work alongside researchers and that they are ready to join the workforce,” Javier says. “It also helps the college recruit, retain and graduate purpose-driven students, especially those who are first-generation or who demonstrate financial need.”

Endowed faculty positions support the researchers themselves. Endowments help faculty think big and pursue game-changing research into some of society’s most critical issues affecting health and well-being, particularly in the areas of community health, mental health, integrated health and global health.

“It’s important to understand that you can make a difference and be part of our vital work at this historic time,” Javier says. “Everyone has a role to play in making the world a healthier place for all.”

“Fellowships are investments that pay dividends for years to come, supporting all three parts of OSU’s teaching, research and outreach mission and making a remarkable difference on society’s most pressing issues.”

– Dean F. Javier Nieto

Visit health.oregonstate.edu/giving to learn more.
She didn’t know where the road would lead, but

THE JOURNEY HAS BEEN A BLAST

GRAD STUDENT IS ROLLING TO A BRIGHT FUTURE

BY KATHRYN STROPPEL

Making an impact is something Kathleen McCarty knows well. When she’s not making a ‘t-stop’ or ‘passing the star’ as Samwise Banshee on a roller derby track, she is working toward her PhD in inclusive health policy.

A Robert Wood Johnson Health Policy Research Scholar and Fellow, Kathleen is connecting with a multidisciplinary cohort of students across the nation interested in inclusive health policy.

“As a scholar within that program, supported by OSU, I feel I’m getting such a rich, robust education and understanding for what I can and should be doing with my work,” she says. “I’m the first to tell people that research isn’t my strong suit; it’s not the thing that gets me up in the morning. It’s service and working with others that does. Being in this program makes me think about how research can help me engage in that service more. My experience is beyond what I ever thought possible.”

Connections and conversation extend to her cohort in the CPHHS as well.

“Faculty within kinesiology allow us the autonomy to literally say to them, ‘Hey, we don’t think we’re doing enough to understand race, gender and disability. Can we lead some discussions so we can all talk about this?’”

“The college has been open and supportive, and I’ve been able to have hard conversations with colleagues and professors,” she says. “I think OSU does a really good job of offering programs that help me develop a more critical mindset, particularly the dialogue facilitation lab through the Office of Institutional Diversity and the Social Justice Education Initiative with Jane Waite, Policy Research Scholar and Fellow Kathleen McCarty, Robert Wood Johnson Health Policy Research Scholar and Fellow

white place. It’s important that we have a social justice mindset and build curriculum that’s more inclusive for people with disabilities and those from marginalized communities.”

Expecting to graduate in 2021 with a PhD in kinesiology with a concentration in adapted physical activity, Kathleen is considering her professional options — and where she can make the greatest impact.

“I’m keeping my mind open to the possibility of something in respect to policy or where I can advocate for the needs of the disability community and help uplift their voices in some way,” she says. “I’ve always loved teaching and coaching, and I’ve always sought out jobs and positions that allow me to center that. Academia might position me to continue centering teaching in a way that I love.”

Staying in academia also allows her to champion change from within.

“Even my own field is problematic in the way it views disability. By calling it a ‘special population,’ it’s already putting people in a norm-other binary. I have a critical perspective, but my optimistic side tells me I can work within academia to change these problematic structures.”

LIFE IS THE BEST TEACHER

Kathleen grew up in small town in Michigan she calls “shockingly like Corvallis,” and her parents both work in academia.

“Disability was always something I was aware of and saw a lot of nuance in,” she says. “My language in college was ASL, and I interned with an agency for the deaf outside of Detroit. A theme of disability has been prevalent in my life, but it wasn’t until much later that I discovered that in my career.”

A first-generation college student, she earned her undergraduate degree at Oakland University. She then moved to Atlanta and spent four years weaving and whipping around the roller derby track at the semi-elite level. That experience ignited a love for sport, physical activity and coaching, which led her to San Diego. There, she worked in a variety of fitness jobs while earning her master’s degree in kinesiology/rehab science.

As part of her job working in an outreach clinic for adults with disabilities, she began researching similar programs offered by universities and discovered the college’s IMPACT program. Already considering a PhD, she says her discovery felt serendipitous.

“I thought, ‘Maybe I should apply to OSU and see what happens.’ So, I did! And I got in!”

Now, with less than a year until commencement, Kathleen has a new appreciation for the journey that brought her to this moment. Her life experiences, it turns out, made all the difference.

“I remember someone saying how much they appreciated the kinesiology program because faculty have a philosophy of ‘no walls’ — meaning they collaborate with others outside their discipline. That really resonated with me as someone who grew up doing theatre and communications, who then transitioned into physical activity, biomechanics, disability and policy,” she says.

“As someone who has lived a life before grad school, I can see how all of my experiences have come together to create this moment I’m in right now. To be able to use and blend my skills and put them into my work has been incredibly meaningful.”

Kathleen as Samwise Banshee
2021 To-Do List

☐ **Make a difference.**
Be the reason a student continues their education by giving to student scholarships. Learn more at health.oregonstate.edu/giving.

☐ **Get inspired.**
Sign up for monthly news updates, health tips, event information and more at synergies.oregonstate.edu.

☐ **Be informed.**
Watch the 2020 Bray Health Leadership Lecture at health.oregonstate.edu/camara, presented by Camara Jones, MD, PhD, MPH and learn why racism is a public health crisis — and what we can all do about it.

☐ **Listen up.**
Hear what 2020 CPHHS Alumni Fellow Rebecca Hernandez ’05, associate provost of local and global engagement at George Fox University, has to say about diversity and inclusion in higher education at health.oregonstate.edu/rebecca-hernandez.

☐ **Help others.**
Support CPHHS students, faculty and staff facing unexpected financial needs due to COVID-19 through Beavers Care. Learn more at health.oregonstate.edu/giving.

☐ **Join a community.**
Learn how by contacting CPHHS Alumni Director Casey Farm at casey.farm@osualum.com.

☐ **Talk with us!**
Find us on social media @cphhs.

☐ **Enjoy a happy and healthy 2021!**