



August 2022

Hello Neighbor!

Brought to you by partners of Mt. Baker Community Coalition

Pick up your quarterly newsletter at community locations or view at wfcn.org/helloneighbor

Love, Grit, Strength & Hope: A parents testimony to Mt. Baker Head Start

A Mt. Baker Head Start Parent

The youngest of our 5 children has graduated from Mt Baker Head Start, and I have been asked to write a testimony from our family for this program. Every time I start typing, I think of how thankful I am for this school that we hold so dear and tears just start flowing.

Family doesn't quit on family. And this school didn't quit on us. If anything, they embraced us harder and stronger as we dug our way through the deepest of trenches in parenthood with grit and strength. They are everything that a family is. The wisdom and compassion the teachers brought to the table made a world of difference for our family as we grew and faced challenges over the past 7 years. They supported each of my children's individual needs, academically and emotionally. They gave them a home away from home, a place to be wild and free, messy, booger eating, fart filled, giggly, carefree, and worry free. They gave them a safe place.

The teachers saw each child of mine for who they were, where they were, and met them there with arms wide open. They hugged them, love them dearly, and became second, third, fourth, fifth, sixth and seventh mamas to our children. (These seven women pictured aren't even all of the teachers that our family has been so blessed to have as a part of the journey of our children's lives thus far). So many women have loved our babies like their very own-how lucky are we?!

So thank you, Mount Baker Head Start, for loving us, embracing us, guiding us, supporting us, and seeing us through it all until we saw the light at the other side of that long, dark tunnel.

We love you ❤️



early head start and preschool

EARLY HEAD START:

Program consists of weekly home visits that focus on developmentally appropriate play, establishing a family goal, and two socialization experiences per month.
Prenatal - age 3

PRESCHOOL:

Classes are offered four days/week including quarterly home visits and school conferences to establish child and family goals.
Ages 3-5

TODAS las familias son bienvenidas!

Aplique en linea en oppco.org o en persona, 1111 Cornwall Ave. Suite #200, Bellingham WA

PREGUNTAS?
360-734-8396

No hay ningún costo por participar en estos programas.





Wild Whatcom

EXPLORING / SERVING / CONNECTING

Outdoor Education Expands in Whatcom County

Licia Shahgun, Wild Whatcom

A unique collaboration, the Connections Program, reached nearly all Blaine and Mount Baker District elementary students with outdoor education last school year and plans to do the same in the coming year. Through the program, students receive 5-10 hours of outdoor instruction, with lessons ranging from investigating stream health to managing school gardens. This innovative approach leverages several local groups to bring hands-on curriculum at each grade level, starting with experiences on or near school grounds and building to off-site excursions to the North Cascades National Park or Silver Lake. The partnering groups—Camp Saturna, Common Threads, Nooksack Salmon Enhancement Association, North Cascades Institute, and Wild Whatcom—are collab-

orating with the Whatcom Coalition for Environmental Education and School District leadership. "As a rural school district encompassing 622 square miles, surrounded by forest, rivers, and mountains, we believe in the power of our outdoor classroom yet lack the expertise to fully utilize it. We are thrilled to partner with these community organizations to provide outdoor, educational lessons that integrate healthy habits, scientific inquiry, and social-emotional learning," explained Bridget Rossman, curriculum director for Mount Baker School District.

Connections is a continuation of a similar program during the 2020-21 school year in Bellingham, Blaine, and Mount Baker to support students during remote learn-



Wild Whatcom youth discovering nature

ing. Inspired by those efforts, Washington State Rep. Alicia Rule secured two years of funding to continue programs in Mount Baker and Blaine and championed House Bill 2078 to expand outdoor education statewide. The opening text of HB 2078 reads, "The [Washington State] legislature finds that me outdoors helps children thrive physically, emotionally, and academically, yet over the past few generations, childhood has moved indoors. On average, today's kids spend up to 44 hours per week in front of a screen, and less than 10 minutes a day doing activities outdoors... From stress reduction to improved focus and engagement, and better academic performance, outdoor-based learning helps kids thrive."

"As a social worker and mom, I've never seen children's mental health this bad," Rule said. "But we know that crises can also be opportunities if we move forward with hope. It's time to recover together by getting kids out from behind

screens and into nature." The Connections Program complements and builds upon HB 2078, which directs the Office of the Superintendent of Public Instruction (OSPI) to award grants to support schools in offering outdoor learning, gives priority to schools that have been underserved in science education, and encourages work with stakeholders to develop principles for outdoor education.

"I am honored to be a part of such an innovative effort that models what the next generation of whole-child education can look like in Whatcom County," commented Licia Sahagun, Executive Director of Wild Whatcom. "I hope that we not only create meaningful experiences for students we serve this year, but that we also inspire other school districts to utilize the capacity and expertise of outdoor educators to bring more field-based learning to all students." Learn more about the Connections program at whatcomenvironmentaleducation.com/connectionsprogram



Exploring Science with Wild Whatcom



Strengthening Hope Through Connection Event Success

April Barker and Eileen Lu with Mt. Baker Community Coalition

In partnership with many organizations and community, the Mt Baker Community Coalition (MBCC) had a successful community event on May 25th, 2022 at Kendall Elementary. Many thanks go out to the community members and providers that volunteered and attended. Loads of prizes and take homes were given, much information was consumed, and many laughs were had.

The Mt Baker School District service area is the largest in our state. You have told us that it can be hard to find ways to connect with your neighbors because of that distance. It is one of the top three goals of the MBCC to have more in person, social events to help us all connect, share information and answer questions about youth mental health and substance use prevention. We are excited to keep this going with another event in the Fall and would love for you to share your ideas on what we should do next. Please reach out via email at mbcoalition@wfcn.org to learn more and join our efforts to build a healthy and safe Mt Baker Community together.



21 Century Club Staff tabling at the event.

HOW & WHY TO RAISE HOPE!

SPEND TIME IMAGINING YOUR BETTER FUTURE!

CONNECT TO PEOPLE WHO HAVE ACHIEVED GOALS LIKE YOURS!!

EXPLORE POSSIBILITY

Set Goals

LEARN HOW HIGH HOPE = THRIVING!!

Identify Paths to Reach Them

Take One Step at A Time

FOR MORE ON HOPE SCIENCE CALL WFCN AT 360-738-1196.

Google: Chan Hellman Ted Talk

MBCC Event Report Card

2022 Strengthen Hope Through Connection Event

42

Number of event participants



43

Number of hosts and panelists



17

Number of volunteers



Goal

Raise "HOPE" in Mt. Baker Community by educating Baker families and youth about mental health & substance use prevention and connecting them to local resources and services.

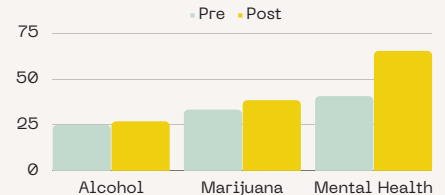


Thank You Volunteers!
Your contribution calculates to a value of : \$2,037

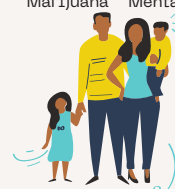
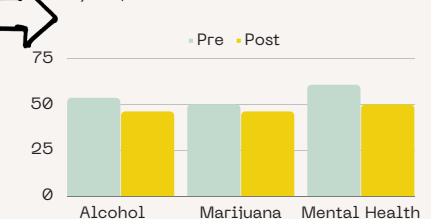
We are always learning what we can do better. Next event we will build in time for practicing dialogue, provide more conversation tips & tricks, and share resources that you can access from home.



More participants report that they are very knowledge of available resources for youth considering alcohol, marijuana, and mental health after the event.



Less participants report they are very comfortable talking with youths considering alcohol, marijuana, and mental health after the event.





Meet Laura Cichowski, Panelist at the Strengthening Hope Through Connection Event

Laura Cichowski, School Counselor, Kendall Elementary

Q: Share briefly your role in the community.

A: I'm the school counselor at Kendall Elementary. I help students by teaching skills for relationship building, problem solving/conflict resolution and self-regulation. I also provide a space for kids to work through some of what the last few years and this world has throw at them. I am a mother of a 9th grade boy, a 5th grade boy and a 2nd grade girl - I'm in it... learning... making mistakes and having some wins :)

Q: What connections exist between mental health and substance use?

A: When any of us, including our children, struggle with mental health issues and lack some of the protective factors or are unaware of healthy coping strategies, substance use is often something we fall into - our society celebrates it - it is everywhere and it is super easy to become dependent if we are not tending to our self-care. It is also cyclical - one impacting the other.

Q: What simple thing can parents/caregivers do to increase protective factors for youth?

A: Connection and communication are key. Practice communication before you HAVE to communicate about the difficult things. Try this:

5 min when they wake up (when you first see them in the day), 5 min when they return home from school or other activity, 5 min before they go to bed at night.

• Check-in: ask things like What is one thing you are looking forward to today? What are

you dreading? What went well & what was difficult? How did you handle that problem? How did that test go?

- Make a habit of pointing out their strengths - especially when they are in trouble or having a problem -ask them what good strategies are they using; how are they improving in how they deal with hard things?

- When you have to talk about challenging topics - embrace the awkward, jump in. There is no benefit in tip-toeing around things. Expect eye rolls and uncomfortable moments... but if you talk about difficult topics, you will normalize those challenging conversations and let them know they can ACTUALLY come to you for anything, making you a protective factor for you youth.

Q: What should parents and caregivers know about their own behaviors and the impact they can have on their youth?

A: Youth learn from watching their parents. The build excellent coping skills and sometimes take on poor behaviors. Parenting is hard. Things to think about are:

How are you handling the uncomfortable or hard things life throws at you? Be mindful of our own substance use - Ask yourself, "Am I celebrating with friends, enjoying a meal, or having a refreshing beverage on a nice day, or am I washing away the day, avoiding interactions with my family, bored?" If you find that you are numbing yourself with substance use, make adjustments and/or seek help - your

kids see the efforts to change as well!

Replace unwanted coping habits with strong ones. I take students through this too - identify the problem, how do you feel about it, come up with strategies and if the problem can't be solved, how are you going to take care of yourself while dealing with it?

Try basic self-care, connection with trusted friends, movement/exercise, nutrition, creativity. Sit with emotions, be okay with being uncomfortable, and notice how it passes.

Q: What common signs can parents/caregivers look for to help distinguish whether there may be substance use or mental health concerns going on, rather than typical age-appropriate development?

A: Look for changes in behaviors - isolation, aggression, lack of interest in what they normally like to do, sudden change in clothing.

Q: What strategies can be used to open conversation with children about mental health and substance use?

A: Like I said before, embrace the awkward. Have the conversations often, make yourself available and identify other safe adults that they can talk to (and be ok with them going to someone else if they need to). Help them recognize their support system will provide options when/if they are under pressure.

Try texting, letter writing, emailing - take the pressure

of the actual conversation. Kids know more than we give them credit for. Be authentic, while developmentally appropriate. If you have concerns for their mental health because of your own challenges, let them know "Mommy feels sad sometimes and it is important to know that you can get help from me, or grandma or the school"... "Not doing drugs and alcohol is going to be very important for you because we struggle with that in our family, and I want you to be healthy and safe - here are ways to say no, and what to do if you make a mistake"

Q: What resources are available locally for families to access the knowledge and skill building suggested?

A: Keep your ear out for the Strengthening Families program Fall 2022. A great resource for parents and kids to learn how to interact together. Check out Brigid Collins, Northwest Youth Project or contact your School Counselors and Family Services Coordinators. They can provide other resources for specific needs.



EAST
WHATCOM

Health Reporter

Summer 2022

988 Mental Health Helpline Available 24/7

Call for a friend, family member, neighbor or yourself to get help with depression, anxiety, substance use or suicidal thoughts

LOOK INSIDE!

We need your help to decide what projects to focus on in the next 5 years.

Survey on page 2

Community Connections for a Long and Happy Life

Reaching out to Community

Sarah from Health Ministries shows how to craft a closer connection with community on **below**

Path to Your Doorway

A poem about neighbors caring for one another on **page 8**

Seniors Farmer Market Voucher

Learn more on how to get more fresh veggies in your community on **page 7**



Ask a Nurse: Reaching out to our community

By Sarah Lane

One of our Faith Community Nurses just made the move into an older adult community, and someone told her: Four kinds of people live here: those who like to get together and play games, those who volunteer to serve others, those who complain about everything and those who like to keep to themselves.

While we're not so sure that any of us fit neatly into a single category, we know our own tendencies to draw closer to or stay away from community. We may like our quiet, independence, solitude and privacy—or we like to be amidst the voices and warmth of a crowd. And we can name some of the benefits of both on our social, spiritual, mental and physical health. However, here are a few health benefits of being in community that we might consider

as we craft our community, be it one person, a small group or a whole crowd:

- When we are part of a community, people notice when we aren't there and check on us. They think about us—and pray for us.
- When we are a part of a community, we learn where to find resources we may need and may play a vital role in connecting others to important resources. This exchange of giving and receiving is an important part of our place in community.
- When we are a part of a community, we have better mental health, overall. We learned this during pandemic. According to Tulane University's "Understanding the Effects of Isolation on Mental Health," from December 8, 2020, "Mental and physical health are

interconnected. Social isolation's bad/adverse health consequences range from sleeplessness to less/reduced immune function. Loneliness is associated with higher anxiety, depression, and suicide rates. Isolation and loneliness are also linked to poor cardiovascular health and cognitive function."

Health Ministries Network and Ask a Nurse wants you to know you're not alone in your spiritual, mental and physical wellness. We appreciate the Mt. Baker Foothills Community for welcoming us into the community and hopes that you'll reach out to us with your health questions and needs. **We will continue to be present at the Foothills Food Bank on the 2nd and 4th Tuesdays of each month through August 2022 and beyond. Or visit us at healthministriesnetwork.net**

This newsletter was created for you, our neighbor in partnership with Area Health Education Center for Western Washington, PeaceHealth, Sea Mar, Northwest Regional Council, Whatcom County Health Department, Whatcom Family and Community Network, The Opportunity Council, PSE Foundation, Health Ministries Network, YMCA, Whatcom County Library and your local caring neighbors. We dedicate this newsletter to Catherine Mahaffey whose internal fire sparked this work & continues to inspire community health action in East Whatcom. All articles are offered for informational purposes only. Please consult your primary care provider for medical care. Note: the EW Health Reporter is a separate newsletter and is delighted to be delivered in collaboration with Hello Neighbor.



EWRRRC Strategic Planning 2022 Survey~Your Voice MATTERS!

It's time once again to create a Strategic Plan for the East Whatcom Regional Resource Center (EWRRRC) and this is your chance to vote! Follow the link for highlights of our two in-person meetings held in April – participants came up with GREAT ideas to fill our “priority buckets” and now we want to hear from YOU! oppco.org/2022-ewrrc-strategic-planning

1. Vote by paper – fill out the survey on the back side and mail OR drop off in person to: 8251 Kendall Rd, Maple Falls, WA 98266
2. Vote online – survey link here: oppco.org/2022-ewrrc-strategic-planning

Need more background information? Follow the link above for:

- History and outcomes of strategic planning - 2011 & 2016
- History of activities and current services
- More about the EWRRRC budget

Have questions? Please call 360-599-3944

Please share your priorities for the East Whatcom Communities!

This will help our community identify projects to focus on in the coming years at the EWRRRC and beyond. Your voice is essential!

1. What is most important for you to see in the community in the next 3-5 years? Choose only 1 top priority.

☐ Food Access ☐ Community Safety ☐ Healthcare ☐ Community Recreation Spaces
☐ Affordable Housing ☐ Community Beautification ☐ Other – please write-in ideas below!

2. Realistically: considering, funding, planning, staff, etc: how soon do you think you could see your top priority completed?

☐ 1 year from now ☐ 2 years ☐ 3 years ☐ 4 years ☐ 5 years

3. Imagine you have \$100 dollars to spend on more than one project. You must spend \$20 dollars at a time but can choose to spend it all in one place or spread it out evenly. How much would you spend on each priority below? ***Careful! Please don't spend more than \$100***

	\$20	\$40	\$60	\$80	The whole \$100	Zero \$
Food Access						
Community Safety						
Healthcare						
Community Recreation Spaces						
Affordable Housing						
Community Beautification						
Other						

Would you like to share first (and/or last name) for future opportunities to participate in public discussion on these community projects?

Address (optional):

If you choose not to share your address please tell us the area you are located (circle one): Deming, Acme, Glenhaven, Columbia Valley/Kendall, Maple Falls, Glacier, or Van Zandt.

What is the best way to contact you? Please enter your phone, email or other best way to contact you so we can invite you to future meetings and design teams for the ideas shared by the community.

Do you want to be added to our email list? ☐ Yes ☐ No

What else would you like us to know?

DUE September 1st, 2022 For more details please visit: oppco.org/2022-ewrrc-strategic-planning Thank You!





Need a COVID-19 Test? Here is How to Access Free Tests

By Bethany Roulston

How many free at-home COVID-19 antigen tests do you have right now? What about your friend or neighbor? Although we are slowly returning to some resemblance of normal, COVID-19 is still here, and people are still getting sick. Having a supply of at-home tests will help reduce stress when you or a neighbor need one.

Take a COVID-19 test when you feel sick, have a known exposure, before a social gathering or before you visit high-risk individuals and travel. There are multiple ways you can access free at-home COVID-19 tests both with and without internet access.

Use one (or all) of these options to get your free At-home COVID-19 tests today:

- Washington State Free At-home COVID-19 Test Program: Homes in Washington State can order two sets of five at-home tests per month at sayyescovidhometest.org or call 1-800-525-0127. Language assistance available when ordering by phone.
- PRO TIP: Set a reminder on your phone for the beginning of each month so you can order more tests and always have a stock.
- Federal Government Free At-home COVID-19 Test Program: Every home in the U.S. is eligible to order three sets of four free at-home tests. To order tests through this program, visit covid.gov/tests or call 1-800-232-0233 (TTY 1-888-720-7489). Language assistance available when ordering by phone. Households can order federal tests through the WA call line.
- Whatcom County Library System: Free at-home tests are available at all Whatcom County Library Systems locations while supplies last.
- PRO TIP: Call your local library to see if they have any tests before driving there to save on gas! Go to wcls.org/about-wcls/ to find a list of location phone numbers.
- East Whatcom Regional Resource Center: Free at-home tests are available at the East Whatcom Regional Resource Center while supplies last.
- PRO TIP: Call to see if they have any tests before your trip to save on gas and time at 360-599-3944.
- COVID-19 Pop-up Vaccine Clinics: Whatcom County Health Department pop-up vaccine clinics have a limited supply of free at-home tests to give away. Get details on upcoming pop-up clinics at whatcomcounty.us/covidvaccine or call 360-778-6100.
- Insurance Reimbursement for At-Home COVID-19 Tests: Many insurance providers will pay members back for a set number of COVID-19 at home tests each month for each person on your healthcare plan.
- PRO TIP: Learn about insurance requirements for free tests or reimbursement at go.cms.gov/3QdLm6J or call your insurance provider and speak with a representative.

A stock of COVID-19 tests can make a situation less stressful when you need them. Using free options is an easy, cost-effective way to stock your tests especially when they ship straight to you. **Stop by the EWRRC 8/11, 8/25 or 9/22 for 6 mo. & older vaccines. First and second doses get a \$50 gift certificate.**



2022 Senior Farmers Market Voucher Applications are Now Available

Eligible seniors will receive up to \$80 in vouchers redeemable for produce at the Bellingham, Ferndale, and Lynden Farmers Markets.

To be eligible, you must meet all of the following:

- Be 60 years old or older (55+ if Native American)
- Be a resident of Washington State
- Have an income below:
\$25,142 Annual or \$2,096 Monthly for 1 person, or
\$33,874 Annual or \$2,823 Monthly for 2 people
Add \$728 monthly for each additional person.

Send completed applications to the Bellingham Senior Center.
(address on application)

No proof of income needed.

Vouchers will be mailed starting in late May/ early June.

For more information, contact Julie at 360-733-4030 x1025
or jmeyers@whatcomcoa.org



You can visit the Foothills Food Bank at 8255 Kendall Rd on Tuesdays 8AM-12noon or the East Whatcom Regional Resource Center at 8251 Kendall Rd M, T, W, F 9AM-4PM (Closed noon-1 for lunch) & open 12noon-7PM on Thursdays for help getting market vouchers for Seniors for the above locations and for Twin Sisters Market in East Whatcom.

SPECIAL DELIVERY!

**This is a Giant Hug
to hang on your
wall. Because you
deserve good
things.**



Thank you for being part of our community of
East Whatcom!

~From your EW Health Services Coalition~

The Path to Her Door

By Susan L. Sloan

Down the street
The peaceful valley street
Is a blind woman named after a southern
state.

And in her need
Provoked by her blindness
Is opportunity.

The path to her door is well trodden
And she is wrapped safely
In the caring arms of neighbors.

They are her eyes.

One drives her to appointments
One does yesterday's dishes
Another visits to read her books
Yet another brings a hearty casserole
All performed with love and caring.

One plus one plus another plus yet another
=
The priceless gift of community connection
That empowers one blind woman to dwell
safely in her rural home
for the remainder of her precious life.

And those who walked the path to her door?
Blessings upon blessings
as they search for new opportunities and
new paths and new connections.

FREE YMCA Blood Pressure Self-Monitoring Program at the EWRRC

By Tammy Bennet

High blood pressure is called "The Silent Killer" because there are typically no warning signs or symptoms. High blood pressure is a key, modifiable, risk factor for both heart disease and stroke, which are two of the leading causes of death in the United States.

Learn to monitor your blood pressure with the support of a Healthy Heart Ambassador, and learn to recognize triggers that drive high readings. **Register any 2nd or 4th Tuesday of the month, between 8am & 12pm at the EWRRC.** Free home blood pressure monitor for anyone who does not have one. This program is made possible by a grant from the Mount Baker Foundation.

Improve your health through KINDNESS

Did you know? People with strong social relationships are 50% more likely to live longer! And if we look around we can find opportunities every day to improve our health through acts of kindness. See how many ways you can boost your social well being this week!

- 1 SAY HI**
Waving hi to a neighbor or even a stranger driving by is a great way to boost your mood and theirs. See how many folks you can wave to each month and keep track for a fun activity.
- 2 PUT IN TIME TO GET TO KNOW A NEIGHBOR**
"Making social connections is an important way to be healthy and strong, just like exercising, drinking water and eating nutritious food. And just like those traditional ways to build wellness, making social connections requires investing time, energy and intention" according to Hello4Health. You can start with simple conversations with a next-door neighbor or invest time to find a local walking buddy/craft partner to meet up with weekly.
- 3 MAKE A NEIGHBORHOOD MAP**
Neighborhood maps can help you know who is who in your neighborhood for when you have extra to share. Who in your neighborhood has a pet? Who loves to garden and could use coffee grounds? If you keep a map/list you can be sure to continue to foster connections near your home through community activities and opportunities. Neighborhood maps often list names, pets, hobbies, and children. (Allina Health)
- 4 PLAN ACTIVITIES TOGETHER**
From community barbeques to kids chalk art days and clothing exchanges, your community is ripe with opportunities to gather and connect. Once you know two or three neighbors the sky is the limit!
- 5 VOLUNTEER LOCALLY**
Volunteers experience a mood boost research shows. When we help out on a regular basis the physical activity, connection with the community and fellow volunteers can help protect against depression. This is especially true for folks 65 and older. (Mayo Clinic Health System)

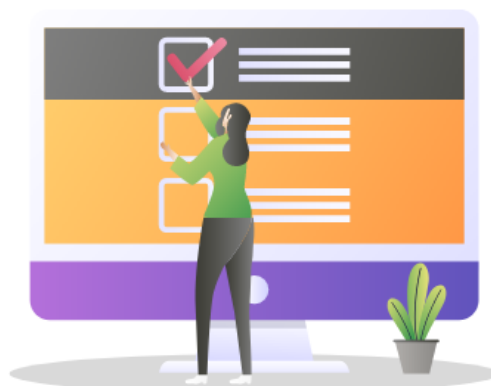
WITH OUR EVERYDAY CHOICES WE CREATE A BETTER WORLD TOGETHER

Created by Jessica Bee

2022 Community Survey

Help improve youth health & well-being in our community.

Spanish



ONLINE SURVEY ENGLISH

English



<https://www.research.net/r/WHMTBAEN2022>

ONLINE SURVEY SPANISH

<https://es.research.net/r/WHMTBASP2022>

SURVEY RUSSIAN paper copies available

email mbcoalition@wfcn.org

South Fork Summerfest!

Summerfest will take place **Saturday, August 20, 1:00pm until dusk at Josh Vander Yacht Memorial Park**, 4106 Valley Highway (Highway 9) in Deming/Van Zandt. Setup begins at noon.

Summerfest is an excellent opportunity for community organizations, businesses, vendors, and artisans to reach out to folks in the South Fork Valley and Foothills region of East Whatcom County. Reserve your spot now! It's cheap: Free for non-profits and just \$25 for vendors.

Live music, dancing, community picnic, and it all begins with the commemorative "Reading of the Names" of our local young people who have left us all too soon. Community building and bonding; that's what Summerfest is all about. Make your plans now! See you at Summerfest! Prevailing COVID protocols will be observed.

A Community Resource Highlight from your East Whatcom Regional Resource Center

Jessica Bee

Community is built one relationship at a time. We all have busy lives and that is why we are thrilled to have the EWRRRC be freely available to community members for meetings, gatherings, and any non-commercial use during business hours.

One of the ways community members have used the space is for Kendall Senior Activities. This gathering happens Wednesdays 2-4PM and is organized by Rochelle Hollowell with other senior community members. This fun free gathering has been quite the hit!

Just think of what else may be possible: potlucks, children's activities, and so much more.

Call or stop by to connect with this resource. [360-599-3944](tel:360-599-3944) at 8251 Kendall Rd Maple Falls, WA.

Feeling Neighborly?

Leah DeAngelis

Start your summer off right by helping out a neighbor!

The Volunteer Chore Program is looking for volunteers to assist with:

- Yard care
- Transportation to Medical Appointments
- Grocery Shopping Assistance
- Dog walking
- Cleaning

Or, if you need assistance with any of these tasks, give us a call at [360-734-5121](tel:360-734-5121) Ex. 1172. We accept clients depending on the current volunteer capacity, so services are not guaranteed. Chore Program clients are low-income seniors and adults with disabilities. Feel free to stop by for an application in person at the EWRRC, located at 8251 Kendall Rd. Open M,W,F 9AM-4PM (closed 12-1PM for lunch) and Thursdays 12-7PM.

neighbors helping neighbors

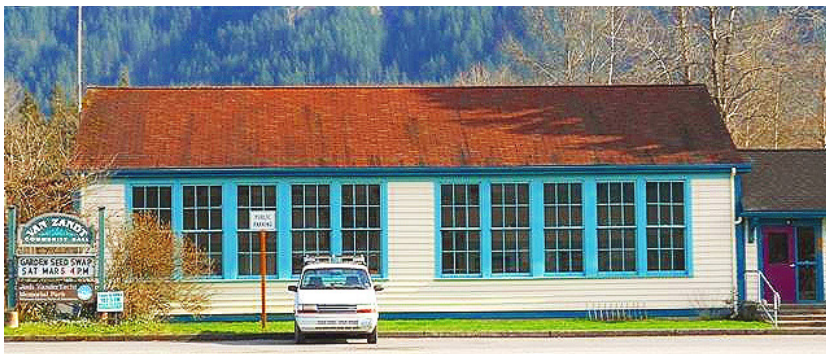


The Volunteer Chore Program is seeking Volunteers!

Please contact us:

chore@whatcomvolunteer.org

360-734-5121 x1172



South Fork Valley wants to hear from you

Cindy Fabbri with the South Fork Community Association

The South Fork Valley Community Association is interested in hearing from local youth and families to learn more about the types of activities they would like to see in the South Fork Valley. If you are likely to attend events at the Van Zandt Hall, please take this short survey and tell us what you would like to do. We would also like to hear from educators, individuals, and community organizations who would consider offering or sponsoring youth/family activities in the South Fork Valley. Maybe you know how to teach guitar and would be willing to hold a class at the Van Zandt Hall for South Fork youth, or maybe you know a lot about birds and would take families on a bird walk. It could be anything, stretch your imagination and think of ways you can share your talents and skills with our families and youth. Thank you for taking our survey.

Youth Activity Survey:
surveymonkey.com/r/CY2FJ96

Youth Activity Provider Survey:
surveymonkey.com/r/2TDVWLY



Rebound
CONNECTING | EMPOWERING | RESTORING



Leap of Hope Camp

**ONE WEEK SUMMER CAMP
FREE!
AUGUST 8-12TH
9AM-3PM
AGES 5-12
CORDATA PRESBYTERIAN CHURCH**

**Leadership &
Character Building
Crafts
Games
Field Trip
Snacks and Lunch**

Registration info at
reboundfamilies.org/ray-of-hope

**THOSE WHO HAVE A STRONG
SENSE OF LOVE AND
BELONGING HAVE THE
COURAGE TO BE IMPERFECT.
-BRENE BROWN**



3 Opportunities in the Nugent's Corner Area

Nancy Workman



A Thrift Shop, a Cancer Support Group and a Grief Partnership Support Group have all made their appearance in our community this past year.

If you have any questions, please contact Nancy Workman 360-592-5398, she will be happy to talk with you.

Helping Hands Thrift Shop is located in a red building behind Immanuel Lutheran Church on

Lawrence Rd. We are open every Saturday from 10-2pm and accept practical, seasonal donations during the open hours. Everything in the shop is \$0.50 and the money supports students in the Mt. Baker School District who are experiencing homelessness. We have purchased several pair of glasses for students, caps and gowns, yearbooks, water bottles, a small heater, among other things. It is a great place to meet and greet neighbors in our community and to donate to an important cause.

The Cancer Support Group meets at Immanuel Lutheran Church on the first and third Thursdays of each month. People who are going through treatment or who have gone through cancer treatment and their caregivers are invited to join us at 6:30 pm on the 1st and 3rd Thursdays

of each month. We meet at Immanuel Lutheran Church in the fellowship hall, 5782 Lawrence Rd. Everson. Come to the back parking lot and use either door. We are a group that reminds us we are not alone in our journey of healing and you are invited to join us.

Grief Partnership Support (GPS) "Grief is just love with no place to go." (Jacqueline Bussie). The GPS group was formed after the death by suicide of 2 young people in our community. It is a place to share stories, have snacks, participate in activities and form new friendships through the lens of shared grief and hope. It is not limited to grief of suicide survivors, but includes all forms of grief experienced by people in our community. We meet the 2nd and 4th Thursdays of each month from 7-9 pm at Imman-

uel Lutheran Church, 5782 Lawrence Rd., Everson. (Just north of Nugent's Corner) You are invited to join us.

**WSDOT SR 542
Deming Corridor
Study
online open house**



**Scan to learn more
and participate!**

Got Power of Ease?

Kristi Slette, Whatcom Family & Community Network

We all know stress and recognize it in our bodies—clenched jaw, sore shoulders, racing heartbeat, sweat. It is true that not all stress is bad for us. We need it at times for motivation! However, stress that is not buffered by healthy relationships and coping strategies can become toxic—literally flooding our systems with dysregulated hormones that overtime, break down our cells and create disease.

The opposite of disease is EASE!

Do we know ease? What does relaxation, comfort and wellness feel like in your body? The power of ease is understanding that just as we each have stress reflexes, we also have relaxation reflexes and we can activate them in our bodies intentionally. We each have the Power of Ease within us! Activating it brings more balance in our lives and more wellbeing. We can claim our calm and tap into the

exquisite intelligence of our bodies. We can do this as children and as adults! Learning how to increase our ease is natural in so many ways—we just need to remember and practice.

As stress rises in our day—you overslept, you can't find the car keys, the dog ran off, your child is home sick, your boss just moved up a deadline, your elder parent is in hospital—you can counteract its impact on your body by turning on your ease responses with simple breath and micro-movements. Increasing ease in your life takes seconds and with practice can become everyday behaviors that overtime lowers reactivity to stress, including lowering blood pressure, releasing tension and lowering pain, increasing oxygen and blood flow to increase mental focus and clarity, sending safety signals to your brain so you can respond to stress with controlled decisions and

collaborative spirit. Stress doesn't have to send us into Flight or Fight or Freeze and Float modes. We can aim to engage in Attend and Befriend behavior that helps build positive relationship with our housemates, family members and coworkers.

Try it free! Go to powerofeasekeys.com

Or, sign up free: "Power of Ease" is a series of three, 2-hour sessions that provides emotional self-regulation skills free of charge or by donation to anyone in Whatcom County. The next series takes place on Fridays August 26; September 9 and 16. Go to wfcn.org/events to register or for more information. You can also visit powerofeasekeys.com for information and training outside of Whatcom County or to become a trainer yourself.



Mt. Baker
Community
Coalition
Prevention Works



Pick up your quarterly Hello Neighbor at local businesses!

Hello Neighbor Newsletter is a collaborative effort. Mt. Baker Community Coalition's mission is to strategically build a strong community that offers well-being to all by focusing on youth and families through substance misuse/abuse prevention strategies and mental health promotion. We work together to provide education, resources, eliminate risks, increase protective factors, and leverage community strengths and assets. Want to add something to Hello Neighbor? Email me,

April Barker, Interim Mt. Baker Community Coordinator
mbcoalition@wfcn.org

Funded by: State Opioid Response Grant US Substance Abuse and Mental Health Services Administration, WA Health Care Authority, and Whatcom County Health Department.

Whatcom Family &
Community Network
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WHATCOM
INTERGENERATIONAL
HIGH SCHOOL

Join Whatcom Intergenerational High School

Mady Schroeder

Whatcom Intergenerational High School is a newly opened, tuition-free public charter school serving students in Whatcom County! WIHS is an intentionally small, diverse learning community offering students an alternative high school experience. We envision learning designed with students and supported by community Allies generating deep inquiry skills, thoughtful interactions, and critical consciousness, ensuring every young person can contribute to a more just and sustainable world. WIHS will ensure that Whatcom County high school students- regardless of their life circumstances- develop the competencies and agency for success in career, college, and life.

WIHS is currently enrolling 9th, 10th, and 11th graders for the 2022-23 school year! Visit intergenerational.school to learn more. Sign up for an info session or schedule a tour today by emailing office@intergenerational.school or calling us at 360-543-8295.

Have Fun and Make a Difference in Your Community

Kelsey Cartwright

With inflation, rising gas prices, and food shortages, everyone's been struggling. **Foothills Food Bank is open to everyone**; we're currently serving roughly 180 households (or 500 individuals) every week, and we rely heavily on volunteer support to make that possible. In the words of one of our volunteers "I started volunteering at the Foodbank from a suggestion of a friend when I was new to the area. I keep volunteering because I've enjoyed meeting other volunteers, connecting with the community, and the mission statement resonates with me - 'The Foothills Food Bank shall distribute quality, nutritious food to community members in need, and deliver services with respect and dignity.'"

Whether it is jamming to music during shifts, networking with someone you wouldn't normally get to know, or socializing over a potluck, we have fun at the food bank while making an impact. We have volunteer opportunities almost every day of the week! If you have the time and the energy, please don't hesitate to reach out at foothillsfoodbankcontact@gmail.com or call 360-392-8149. We hope to see you at the food bank!