

Mark Your Calendars!



DECEMBER

EWRRRC

Closed December 25th
Community Coffee & Tea
 Wednesdays, 4 & 11, 9 - 10:30 am
 AA
 Mondays @ 7 - 8 pm
 NA
 Thursdays @ 7 - 8 pm
East Whatcom Open Mic: All Ages
 Saturday, 7th @ 6 pm
DSHS Services
 Wednesday, 11 & 18
 Teen Time
 Fridays, 13 & 27 @ 4:30 - 6:30 pm
Mt. Baker Community Coalition
 Monday 16th @ 1:45-3:45pm
 MBSD conference room

North Fork Library

Storytime (Ages 2-6)
 Tuesdays 10:30-11am
Teen Club
 Thursdays @ 6:30 - 7:30 pm
FNFLC Holiday Tea & Ornament Painting
 Saturday, 14 @ 1 - 4 pm
North Fork Let's Make Presents
 Thursday, 19 @ 3:45 - 4:45 pm
Deming Library
Holiday Tea
 Saturday, 7th @ 1 - 4:30 pm
Learning about Place Through Food
 Tuesday, 10th @ 5:30 - 7:30 pm
Teen Gaming
 Wednesdays @ 4 - 5:30 pm

Deming Storytime

Wednesdays @ 10:30 - 11 am
Deming Let's Make Presents
 Saturday, 14th @ 11 - 12:00 pm
Deming Holiday Craft Bazaar
 Saturday, 14 @ 2 - 4 pm
South Fork Events
SFVCA Meeting
 1st Wednesdays - 7:30pm
 southforkvalley@aol.com

JANUARY

EWRRRC

Closed January 1
Community Coffee & Tea
 Wednesdays, 9 - 10:30 am
 AA
 Mondays @ 7 - 8 pm
 NA
 Thursdays @ 7 - 8 pm
Teen Time
 Friday, 2 & 4 @ 4:30 - 6:30 pm
East Whatcom Open Mic: Teens
 Saturday, 4 @ 6 pm
East Whatcom Open Mic: All Ages
 Saturday, 18 @ 6 pm

DSHS Services

Wednesdays @ 9 am - 3:30 pm
Mt. Baker Community Coalition
 21st @ 1:45-3:45pm
 MBSD conference room
North Fork Library
Storytime (Ages 2-6)
 Tuesdays 10:30-11am
Teen Club
 Thursdays @ 6:30 - 7:30 pm
Persistence of Light- A Memoir
 Saturday, 11 @ 3 - 4 pm

Deming Library

Teen Gaming
 Wednesdays 4-5:30pm
Deming Storytime
 Wednesdays, 10:30-11am
Paddling with Spirits:
A Solo Kayak Journey
 Saturday, 18 @ 3 - 4:30 pm
South Fork Events
SFVCA Meeting
 1st Wednesdays - 7:30pm
 southforkvalley@aol.com

FEBRUARY

EWRRRC

Community Coffee & Tea
 Wednesdays, 4 & 11 @ 9 - 10:30 am
 AA
 Mondays @ 7 - 8 pm
 NA
 Thursdays @ 7 - 8 pm
Teen Time
 Friday, 14 & 28 @ 4:30 - 6:30 pm
East Whatcom Open Mic: Teens
 Saturday, 1 @ 6 pm
East Whatcom Open Mic: All Ages
 Saturday, 15 @ 6 pm
Mt. Baker Community Coalition
 18th @ 1:45-3:45pm
 MBSD conference room

North Fork Library

Storytime (Ages 2-6)
 Tuesdays 10:30-11am
Teen Club
 Thursdays @ 6:30 - 7:30 pm
Deming Library
Teen Gaming
 Wednesdays 4-5:30pm
Deming Storytime
 Wednesdays, 10:30-11am
All About the Hummingbird
 Saturday, 8 @ 2 - 3:30 pm
South Fork Events
SFVCA Meeting
 1st Wednesdays - 7:30pm
 southforkvalley@aol.com

Hello Neighbor newsletter is a collaboration of:



Find us on Facebook: MBCCommunityCoalition
 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.

Wa'Lynn Sheridan, CPP Coalition Coordinator
 (360) 255-7489 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 Dept.



Winter 2019

Hello Neighbor!

Brought to you by partners of Mt. Baker Community Coalition



East Whatcom Health Services Fair Coming in May

East Whatcom Health Fair Planning Team

Hello Neighbor!

We are happy to announce the upcoming "East Whatcom Health Services Fair" held on May 16th from 10AM-6PM. This is an opportunity to take care of not only ourselves but our families and the community at large. As many of us know, East Whatcom residents experience higher than average obstacles to access healthcare.

Medical screenings will be offered regardless of health insurance status with all ages and stages of life welcome. Those who attend can look forward to family fun activities, a no cost healthy lunch, mini workshops, as well as resources for alternative pain management and healthy living.

Our planning team seeks to partner with local vision and dental service providers to host even more services on May 16th. We welcome support for extra transportation and a supervised play space, as well, on the day of the event. If you or someone you know would like to volunteer or support the first ever East Whatcom Health Fair in other ways please contact Jessica Bee or Abby McKinley at 360-599-3944 at the East Whatcom Regional Resource Center.

The East Whatcom Health Services Team includes PeaceHealth, Whatcom County Health Department, Sea Mar, Northwest Regional Council, Mt. Baker Community Coalition, Unity Care NW, Opportunity Council, Whatcom County Library System as well as local community members and

other community partners. We are working to ensure this event builds stronger relationships between community members and our local health care service providers. Community showing up and participating through attendance will help us to build more opportunities for care in our neck of the woods.

AT THE EWRRRC CAMPUS 8251 KENDALL RD

EAST WHATCOM



HEALTH SERVICES FAIR

MAY 16TH | 10AM-6PM
FREE HEALTH SCREENINGS

Those with or without insurance are welcome. All ages and stages served.

Family Friendly Activities
& Lunch provided.
Call 360-599-3944
to learn more & RSVP!

ANYONE CAN BECOME ADDICTED TO OPIOIDS

see | understand | prevent opioid addiction and abuse

whatcomhope.org WHATCOM HAS HOPE

Give Thanks and Get Real About Opioids

Mt. Baker Community Coalition

One honest conversation this holiday could save a life

Thanksgiving is a time for family and friends to come together to give thanks for health and happiness. But as loved ones gather this holiday, consider this time together a valuable opportunity for something else: an honest conversation about opioid misuse and abuse.

Opioids are a class of drugs commonly used to reduce pain. Heroin, a commonly known illegal drug, is considered an opioid, as are many of the legal prescription pain relievers prescribed by doctors, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine and many others.

Opioid pain relievers are generally safe when taken for a short time and as prescribed by a doctor. But these prescription medications are being misused at an alarming rate. In fact, opioids are now one of the leading causes of injury-related deaths in Washington state. More people die from overdose than from car crashes. We can all play a role in preventing opioid abuse. Having a conversation with family or friends is a simple step to take.

It's not easy to talk about, but a meaningful discussion this holiday about the real dangers of opioid misuse and abuse could save a loved one's life. Here are some tips to help start the important conversation:

- Arm yourself with the facts. The more you know, the more you can share with others. You can have an informed discussion backed by facts and be prepared to answer questions with confidence. Find accurate information here: GetTheFactsRx.com.
- Talk with your kids. It's never too early to talk about the dangers of opioids. Kids are 50 percent less likely to use drugs when parents tell them about

- the risks associated with opioid misuse and abuse.
- Discuss pain-relief alternatives. Prescription pain medication can be highly addictive. If a loved one has been prescribed a painkiller, discuss the risks and encourage them to talk with their doctor about other options for managing pain.
- Offer love, not judgement. A loved one struggling with opioid abuse needs to know you'll be there, even when things get tough. Keep it a constructive conversation, not a lecture. Do more listening than talking, ask questions and reassure them they're not alone.
- Know where to go for help. If a loved one asks for help, acknowledge their courage and offer your support. Remind them that treatment works. Encourage them to see a doctor for an evaluation or call the Washington Recovery Help Line at 1 (866) 789-1511.
- Be part of the solution. 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member. Protect your loved ones and talk with them about locking up medications and safely disposing expired or unused prescriptions at a take-back program near you. Find one at TakeBackYourMeds.org.

When it comes to preventing opioid misuse and abuse, change can happen with one conversation. Make a difference this holiday and help keep your loved ones safe.

Sources: Washington Healthy Youth Coalition, Center for Disease Control and Prevention, Substance Abuse and Mental Health Services Administration, Washington State Department of Health

one
honest conversation

Opioids are now one of the leading causes of injury-related deaths in Washington State.¹

75 percent of opioid misuse starts with people using medication that wasn't prescribed for them—usually taken from a friend or family member.²

You can be the one to help keep your family safe. Talk with your kids and share the facts with other parents.

Learn more at
GetTheFactsRx.com

STOP OPIOID ABUSE
Your influence matters

- ✓ Kids are 50 percent less likely to use drugs when parents tell them about the risks.²
- ✓ Talk to your kids about the risks of opioid abuse.
- ✓ Encourage your kids to talk with their doctor about other ways to treat pain.
- ✓ Lock up your medications.
- ✓ Dispose of unused medications safely at a take-back program near you. Find one at TakeBackYourMeds.org.

Mt. Baker Community Coalition Prevention Works
Washington State Health Care Authority

Working Together to Protect the Air We Breathe

Northwest Clean Air Agency

Hello Neighbor!

Winter is fast approaching and that means people using wood-burning appliances to keep warm. As each home navigates the cold and festivities, we wish to increase warmth and safety for all. We invite you to help us balance every community member's needs for safe, healthy air and home environment.

Too much smoke from burning wood for home heating and from outdoor burning damages local air quality. That isn't good for people who live in the area, especially those with health concerns that can be aggravated by the fine particles ("particulates") in smoke. You can do your part to reduce smoke by burning only clean, dry wood and by looking at your stack to make sure you can only see very little or no smoke.

NWCAA is a small local government organization that works to protect and improve air quality in Whatcom, Skagit and Island counties. We're located in Mount Vernon, but we spend a lot of time and effort working to improve air quality in the Columbia Valley urban growth area (which includes the Peaceful Valley and Paradise Lakes developments) in Whatcom County.

Sometimes, we at the Northwest Clean Air Agency (NWCAA) call air quality burn bans that are meant to limit burning to help improve the community's air quality. At times we ask people to use a different heating source, like electrical power, for just a few days to reduce smoke so we can avoid the need for a burn ban. Columbia Valley is a safer healthier community because you care.

Here's some good news:

If you have an older wood-burning stove, you may be able to take part in our Woodstove Change-Out Program! This program helps residents in the Columbia Valley urban growth area replace old woodstoves with new, certified wood or pellet stoves and/or heat pumps. It is open to Columbia Valley residents who heat with wood.

Through partnership with NWCAA, the Opportunity Council helps individuals apply for the program and often are able to provide many resources to lower heating costs and keep homes warmer during the winter. If you want to see if you qualify for the change-out program and other energy assistance programs, contact Eryn Spellman at the Opportunity Council at 360-734-5121 ext. 102 or by email at eryn_spellman@oppco.org.

You may be able to change out your old woodstove for a new, cleaner-burning wood or pellet stove and/or efficient heat pump at no cost to you!

For more information about clean burning practices or tools like moisture meters and stove-top thermometers, please email NWCAA's Julie O'Shaughnessy with "Columbia Valley Woodstove Change-Out" in the subject line, or call her at 360-428-1617 ext. 210.



A Note from Our Librarian

Katrina Carabba, Deming Branch Manager WCLS

Hello Neighbor!

Looking for a great way to meet your neighbors and engage in meaningful and fun conversation? Joining your local library book club might be the perfect thing. The Deming Library and the North Fork Library both host book clubs that meet monthly. Everyone is welcome to participate. Just read the book for that month and show up for the meeting.

The Foothills Book Club meets on the second Tuesday of the month at both 1:00 pm and 6:30 pm at the North Fork Library. For the December 10th meeting read "The Immortalists" by Chloe Benjamin. Enjoy a hot drink and cookies while partaking in an insightful discussion with your neighbors.

The Deming Library Books on Tap meets on the third Tuesday of the month at 7:00pm at the North Fork Brewery, 6186 Mt Baker Hwy. Books on Tap is reading "Home Fire" by Kamila Shamsie for the December 17th meeting.

Books can be requested through the library catalog at WCLS.org or by contacting your local library. Most titles are available in audio if you prefer listening. Hope to see you at book club!

Keys for a Healthy Future

Mt. Baker Community Coalition

What is a key to building healthy youth and ensuring future generations are supported to thrive? We believe one key is leadership!

From providing opportunity for youth to build leadership skills to modeling leadership in community, everyone can be a key part! If you live or work in the Mt. Baker Foothills area and care about providing our area youth with affirmative activities and strong support, then you just might be a Key Leader! The Mt. Baker Community Coalition is a group of individuals from many sectors working together to understand what protects our youth and implement best prevention practices and resources for families, schools, and within community.

We host our *Key Leader Luncheon* each year in December. This year it takes place on December 13 at noon.

To discover more and RSVP, please contact mbcoalition@wfcn.org

You could hold the keys to our children's future.

Come join us!

