



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.

Wa'Lynn Klein, CPP Coalition 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.

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 to age 3.

Preschool classes are offered four days a week including quarterly home visits and school conferences to establish child and family goals. Ages 3 to 5.

All families welcome!
Apply online at oppco.org
There is no charge to participate in these programs.

Questions? **360-734-8396**

Design and lay out of the Hello Neighbor Newsletter is provided by the Mt. Baker Chamber of Commerce.



Visit us in the Visitor Center in the Maple Falls Town Hall at the crossroads of Mt. Baker Hwy., and Silver Lake Rd., Thursday through Sunday from 10 am to 4 pm

What is TRIO Upward Bound? Prep & College Access

Sarah Simpson, Whatcom Community College

Upward Bound Projects began in 1964 and continue to be funded by the U.S. Department of Education, The Whatcom Community College TRIO Upward Bound (UB) Program seeks to identify eligible youths in the region who will benefit from the program elements and support services that Whatcom's Upward Bound program provides. UB will encourage project participants to achieve academically and complete high school while providing the necessary tools to prepare students to enroll and succeed in college.

What are the benefits of participating in TRIO Upward Bound?

- 1-1 academic advising
- Academic preparation and college readiness
- Exposure to college and career pathways
- Expand financial decision-making skills
- Engage in fun enrichment activities
- Build social networks
- Grow Leadership Skills
- Participate in UB Summer Academy

Who can participate in Upward Bound?

- Participants must meet all of the following:
- ✓ Live in Mt Baker, Ferndale, or Nooksack school district
 - ✓ Be a U.S. citizen or permanent resident
 - ✓ Demonstrate academic need with potential for success
- AND must meet at least one of the following:
- ✓ Be first-generation college bound (neither natural or adoptive parent(s)/guardian(s) earned a four-year college degree), OR
 - Meet income eligibility requirements as determined by federal guidelines

How do I learn more about Upward Bound?

We at Upward Bound are dedicated to help students to set and reach educational goals and together we make them a reality! There is no cost to join the program! All services are free! We accept applications on a rolling basis August through May of each year. Please call or email Sarah with questions! **360-383-3134** or ssimpson@whatcom.edu

HELP MAKE A DIFFERENCE!

Community Members are needed to represent our diverse community

WHO ARE WE? We are your neighbors! We are moms, dads, retirees, grandparents, students, and people of all walks of life.

As an under-served population in Whatcom County, Columbia Valley residents were offered a generous grant from the Mt. Baker Foundation in 2019. Our goal is to build a stronger community alliance to support projects that will improve the lives of all of the residents in our community.

The Alliance is seeking individuals who have a passion for making a difference and bringing about meaningful change in our neighborhoods and our lives.

For more information or to get involved, please contact us,
info@foothillscommunityalliance.com

PROJECTS we need help with:

- Local Healthcare
- Local Food Resources
- Public Safety
- Community Clean-up & Beautification
- Parks and Recreation
- **And more!**

Everyone is invited to join us! There is plenty of work for us all. Bring your ideas and passion for your community to our public meetings each month!

Please join us on Facebook and Nextdoor and watch for Zoom Meeting Invitations!



Hello Neighbor!

February 2021

Brought to you by partners of Mt. Baker Community Coalition
Pick up your quarterly newsletter at community locations

Is Your Home Opioid Proof?

Adapted by Wa'Lynn Klein as found at getthefactsrx.com/safe-spaces

As parents, we take a number of steps to make sure our homes are safe spaces for our loved ones. We baby-proof our homes by covering light sockets and scanning for small objects on the floor. We get rid of that coffee table with the sharp edges (that we've bumped our knee on too many times anyways). We store household chemicals like cleaning products where children and pets can't reach them.

Where we store our medications – and what we do after we no longer need them – is part of making a home safe for all ages. An opioid safe home:

- Only has active medication
- Has a safe storage plan for active prescriptions
- Knows the amount and location of active prescriptions

STORAGE

When you or your loved ones have an active prescription, make a plan for storing medication from the beginning. Safe storage can prevent misuse, theft or accidental ingestion by children or pets.

Safe storage options can include:

- A prescription locking bag
- Using a locking device on your medicine cabinet
- A locking file cabinet or tackle box
- Storing medicines in a safe like you would other valuables

DISPOSAL

The safest place for medications you are no longer using? Out of your house!

The best option for disposal is taking medications to a take back site. This keeps unused medication:

- From being used by people they are not prescribed to
- Away from children and pets who might accidentally eat them

• Out of our water systems (so as to not harm the environment)

To find a Take Back site near you or request a medication return envelope go to med-project.org

PAY ATTENTION

When you have an active prescription, pay attention to how that medicine is being used.

- Know how many pills you have available and count them regularly
- Keep a locking bag in the kitchen instead of the bathroom to prevent loved ones from using medicines in secret
- Pay attention to whether or not the prescription is actively being used. If it is no longer needed, it's time for a trip to a Take Back site!

Making a plan for safe storage, disposal and being aware of the medication in your home are all ways to prevent opioid misuse. These strategies also make your home safer for children, pets and the environment.

To Request a free locking bag, contact
Wa'Lynn Klein,
mbcoalition@wfcn.org
Or call/visit the EWRRRC

Protect your loved ones.

Lock up your meds.

Learn more at GetTheFactsRX.org



Take a look around - is your home opioid-proof?

Mt. Baker Community Coalition strongly encourages all households to **lock up medications and substances** such as marijuana and THC products, & vaping products.

Three opportunities to connect in our community

Jessica Bee, Opportunity Council

I am hopeful this new year finds you and your loved ones well. This season, in Hello Neighbor I want to highlight one of the ways to **get and stay hopeful** in difficult times:

[be connected to your community.](#)

Below you will find *three opportunities* to stay connected this year.

Foothills Community Art Project: Do you see yourself as an artist? It may surprise you to know, we do! Even if you have never created any art before this local Project Neighborly is a chance to be connected with your community and add your unique viewpoint to the art installation at the East Whatcom Regional Resource Center in buildings 1 and 2. Are you *curious* about this project? If so give me, Jessica Bee, a

call and I would be happy to tell you more! (Project Neighborly is funded by the Whatcom Community Foundation).

Teen Time D&D: We know how it is, to be a restless teen, under usual circumstances (having been ones ourselves) and now, with all of the isolation and change we have navigated these past months we can only imagine. Teen Time is a virtual way to help youth stay resilient and connected with each other. This free program is open to all youth in 6th grade through 12th grade and offers a great way to use your imagination, people skills, and strategic thinking. Teen Time happens every Friday except on holidays 4:30-6:30pm. Call **(360) 599-3944** or go to bit.ly/ewrrcDnD (link is case sensitive)

Foothills Foodbank needs volunteers, who are not in vulnerable health categories, to volunteer to help set up, pick up, and distribute food to neighbors. This is one way to give back with a little time and stay energized with the benefits of volunteering. You may think it is just an hour or two a month, but even a little time can help nourish hundreds of households in your community. Call **(360) 392-8149** to learn more or sign up!

Are none of these your particular cup o' joe (or tea)? That is fine there are dozens of wonderful ways to get involved and have fun this season. Just give us a call at the EWRRRC and we will help you find some other enticing options!

2020 Community Builder: Amy Margolis

Whatcom Family & Community Network

We lost Amy Margolis late last year, she is remembered by her family, friends, and community. In December Amy received Whatcom Family & Community Networks Ken Gass Community Builder Award for her many outstanding contributions to building community and improving the lives of children youth and families.

“Most people [have] no idea that while working at store, garden, parenting and homemaking she was a professional musician. In addition to being a violinist with the Whatcom Symphony Orchestra (now Bellingham Symphony Orchestra) she was also the violinist in the Sunrise Quartet and on numerous occasions would do solo performance of works by Bach and Beethoven. Her knowledge about natural herbs, nutrition and healing was exceptional and many people sought her advice. The choice of the name Everybody’s was deliberately ecumenical in that each and everyone got her fullest attention [when visiting the store]. “ shared her husband, Jeff.

“I remember Amy as our Angel of the Valley, always working behind the scenes to bring our community together, to keep us informed, entertained, and even well fed! Whether behind the counter at Everybody’s Store, coordinating Van Zandt Community Hall rentals, ensuring that the Hall was presentable for community events, keeping track of South Fork Valley Community Association finances - Amy was there behind

the scenes working selflessly to make our beloved Valley a better place to live and thrive.” said Matthew Thuney.

Community Builder Honor Statement

Written by Detrick Grimes, Board Member
Amy Margolis (mar-go-liss) is truly a foundation and pillar of the south fork valley community and has been so for over 50 years. She and her husband, Jeff moved to the south fork valley area from Massachusetts where Amy was previously a music teacher. She moved to NW Washington with the goal of finding a place to be close to the land and raise their children. They found a secondary goal in business by opening Everybody’s Store and were instantly drawn to the local community and its pioneer spirit. In fact, the Van Zandt community hall, which opened in 1951, was previously a 2-room school house. Amy and Jeff took over the primary responsibilities of the community hall in the late 1970’s as it had transitioned to a community club and center. In this role, Amy was responsible for maintaining and growing the Van Zandt community hall, making it available for the local south fork community to use for family and community events. Over time, many improvements and additions have been made to the community hall including adding an adjacent park in 2001. Even now, as the community hall’s use has been limited due to COVID, many purposes can still be found in it, such as an outdoor book exchange.



Amy has connected people of the south fork community in so many ways over the decades and has given of her time and talents. She was instrumental in the founding of the south fork community association, a community organization dedicated to the preservation of the area. She and Jeff have started local radio stations and she has shared her love of and musical talent by performing in the Whatcom symphony for 33 years. Of all of her successes, she is most proud of raising her children, including Beth Anna Margolis, the author of uplifted downs syndrome. Amy was properly described as “the conductor who orchestrated the ability of friends and families to become acquainted and informed throughout the south fork valley.” A quiet leader, loved and respected by per community, she epitomizes what community building is all about.

Medication Assisted Treatment & Medication Assisted Recovery

Lifeline Connections - lifelineconnections.org

Have you wondered about the terms Medication Assisted Treatment (MAT) and Medication Assisted Recovery (MAR)? These are common terms in the substance use treatment world, but what are they, really and how can they help someone begin their journey to recovery?

Medication Assisted Recovery (MAR)

At Lifeline Connections, MAR is an umbrella term that offers different levels of care throughout the recovery continuum. It offers medication assisted treatment (MAT) and additional support programs. It provides Narcan training, tobacco cessation, health screening, insurance set up, needs assessments and referrals if needed.

Medication Assisted Treatment (MAT)

MAT is a part of that program that is used to help individuals into recovery by reducing cravings for opioid or alcohol use. Medications such as Vivitrol, Buprenorphine and a combination Buprenorphine via tabs, strips and in visit injections are used. Learn more by visiting FDA.gov and searching “MAT”

How to Start

There are many different ways to combat substance use disorders and each patient is different. If you or someone you know is looking for treatment, please contact the professional team at Lifeline Connections. There are three local locations to serve you and your neighbors.

What are the “Levels of Care” at Lifeline Connections?

Stage 1

The first stage in a harm reduction model like MAT provides walk-in times for any patient. This is known as Rapid Response. Everyone starts at this stage. Lifeline Connections sees patients more during this stage and assesses the patient’s needs more. Once needs are progressing and substance and alcohol use is minimal to none, then they go to the next stage. Providers may recommend additional substance use or mental health treatment. Patients must have a recovery goal or objective to measure progression.

Stage 2

The next stage MAT is a more flexible program for patients who have been through our Rapid Response program. This has more spread out visits and patients can make appointments rather than showing up to the walk in times. Providers may also still recommend additional substance use or mental health treatment

Stage 3

Medication management is when you graduate MAT. For example, this consists of fewer visits and check-ins. This is also where a plan is developed to taper off the medication.

Bellingham Office:

4120 Meridian St. Ste. 220
Bellingham, WA 98226
P: **(360) 922-3030**
Office Hours (Walk-in or by appointment)
Mon-Thu: 8:30am – 3:30pm

Mount Vernon Office:

2105 Continental Pl. Ste. A
Mount Vernon, WA 98273
P: **(360) 399-6900**
Office Hours (Appointment only)
Mon-Thu: 8:00am – 3:30pm

Oak Harbor Office:

1791 1st. Ave.
Oak Harbor, WA 98277
P: **(360) 399-6900**
Office Hours (Walk-in or by appointment)
Wed: 9:30am – 3:30pm

Are you a parent or a caregiver?

Would you like some support or how about just a visit?

A group of community organizations are working together to understand more about how we can support you in doing all the good we know you already do as a caring parent. Would it feel good to have a person connected to resources stop by?

Who are we?

We at **Common Threads** are folks who are part of the work done usually at your local school. This new project is just getting rolling, but we know this newsletter only comes around once a season, so if you’d like to learn more, please fill out your contact information by using this link bit.ly/3bqcRYD or call to speak with the EWRRRC staff at **360-599-3944**.

Columbia Valley Park & Recreation District Update

Jessica Bee, CVPRD Commissioner

The Columbia Valley Park and Recreation District is excited to share with you some recent updates.

First, we are thrilled to announce the new Columbia Valley Park and Recreation website cv-prd.org. This website was developed in partnership with WWU Students from Dr. Tammi Laninga Community Development Course. There you will be able to find our video along with more information such as our soon to be finalized Comprehensive Plan for the Columbia Valley Park and Recreation District.

The CVPRD Comprehensive Plan was put together with community member input alongside the work of Sarah Parker a WWU Graduate Student and Lindsey MacDonald

Director of the WWU Office of Sustainability. With this plan in place the CVPRD will be able to connect with new funding opportunities to bring more recreation to our community.

We are also happy to welcome our newest Commissioner Cindy Johnson to position 3. She has been a long-term resident as well as a local volunteer and parent in our community. If you would like to learn more or get connected to the work as a volunteer please attend one of our regular meetings on the 2nd Thursday of every month at 5PM by going to join.freeconferencecall.com/cvpark-sandrec or calling **(425) 436-6324** with access code: **5397130#**. You can also email us at cvparksandrec@gmail.com