

July 24, 2020

Our logo
here!

WHATCOM COMMUNITY HEALTH WORKER NETWORK

July newsletter

In this issue:

- Sponsored Exploring Equity training Aug. 20 + other trainings
- Logo contest —win \$\$
- Want to join the Coordinating Committee?
- Housing Panel now Aug. 28 — send in your questions
- COVID testing info

Bienvenido!

Welcome back to our new CHW monthly newsletter! We appreciate everyone's participation and feedback at our meetings, and we hope this newsletter can help ensure those that cannot attend the meetings feel included! Share your thoughts with us at whatcomchwnetwork@gmail.com and on Facebook (WhatcomCHWNetwork), and share this newsletter with your co-workers, peers, supervisors, anyone who should know what we're doing!

Sponsored training for CHW members

- Whatcom Dispute Resolution Center's sought-after training, Exploring Equity and Cultural Humility workshop, **will be offered for our CHW members on August 20 from 1-4 p.m.**

- Our sponsorship covers the costs for 50 individuals to take part in this virtual workshop. Individual registration for this course is typically \$75+ per person and we are pleased to make this powerful learning experience accessible to members regardless of their ability to pay.
- Register at <https://us02web.zoom.us/meeting/register/tZErdvqvzMvHtHuWOr-Tv1OIYgm3pVSZ4sQ>
- As of July 31, 17 spots are filled!

Next Membership meeting:

August 28 9-11 a.m.

If you don't get the invites, email whatcomchwnetwork@gmail.com for the Zoom link

Starleen Maharaj-Lewis of the Northwest Educational Service District 189 shared how she finds safe activities for her and her son Caleb, including outdoor and physically-distanced activities, in Whatcom and Skagit

Whatcom.kidinsider.com

Skagit.kidinsider.com

Want to help guide this effort? We want you!

The Coordinating Committee is looking for one more member to join our 5-member team.

The overall role of the committee is to have a bird's eye view of the Network's purpose, goals and growth to help the Network accomplish its purpose. Committee members share responsibilities such as budgeting and purchasing, social media, newsletters to members and our stakeholder list. We meet once a month, and ask for a commitment of one year.

Email whatcomchwnetwork@gmail.com for questions and to apply!

Like us on Facebook!



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WhatcomCHWNetwork



Housing Panel on Aug. 28

We will host representatives from Opportunity Council, Whatcom Housing Alliance, Bellingham/Whatcom Housing Authority, Catholic Community Services, and Mercy Housing for a panel on housing needs and issues.

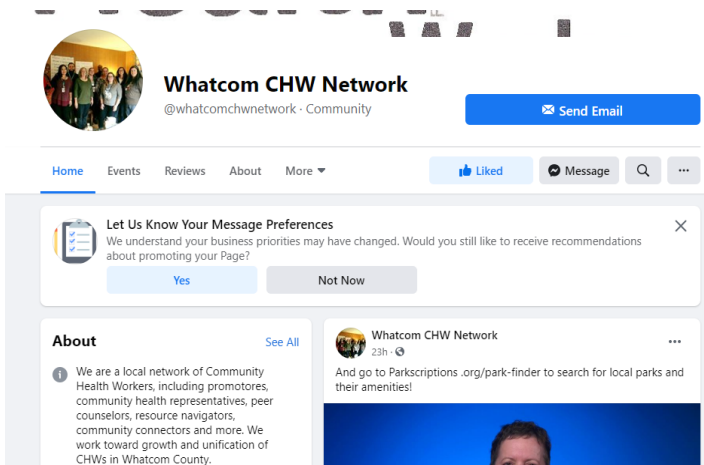
Send your questions for these experts to watcomchwnetwork@gmail.com by Aug. 14

Logo contest!

We'd like to see your ideas on what our organizational logo could look like! Symbols our members thought represented us include bridges, unity, connection, and more. Look for a more detailed email next week!

Steps:

1. Like our Facebook page (WhatcomCHWNetwork)
 2. Submit a drawing, emoji design, photo design, however you'd like to show imagery of a logo, by Messaging our Facebook page, by **Aug. 17** (if you don't have a Facebook, you can email us your design!)
 3. The Coordinating Committee will choose the top 3-5 designs, and post them on our Facebook page by **Aug. 21 for voting!**
 4. The top choice will receive **two \$25 gift certificates** for local businesses
- Bonus!** One person will be chosen at random from our Facebook likes to get a \$25 gift certificate as well!



We also recommend joining the Community Resource Network email list for updates on resources at large in our County.

Email communityresources@oppco.org to be added to the newsletter list.

SO. MANY. TRAININGS.

Check out our Trainings document for upcoming and on-demand trainings including
Contact Tracing
State CHW Training
Research Fundamentals
Panel on credit

Email us your suggested trainings and webinars!

https://docs.google.com/document/d/1yhUYL_XM-z16G1BzVKXFMpxY8-BaoczvVvcZx6QeUc0/edit?usp=sharing

Remember to take a breather from the news and the tough work we are engaged in. Try a 5 -minute break with this meditation video
<https://www.youtube.com/watch?v=inpok4MKVLM>

COVID testing resources

- Whatcom County Health Department is looking for connections to and within the Russian/ Ukrainian/Slavic community for COVID education and prevention efforts
 - Contact Tracing <https://www.whatcomcounty.us/FormCenter/Health-12/Whatcom-County-Health-Department-WCHD-Ca-207>
 - Community connections: email Laura Reardon lreardon@co.whatcom.wa.us or Michelle Cook mcook@co.whatcom.wa.us
- Health Dept posting on testing, insurance and cost: <http://www.whatcomcounty.us/CivicAlerts.aspx?AID=2065>
- Testing webpage: <http://www.whatcomcounty.us/CivicAlerts.aspx?AID=2065>
- Rite Aid in Lynden has started doing testing. An appt is needed <https://www.riteaid.com/pharmacy/services/covid-19-testing>, it's free and no doctor order is required.
- Reopening schools depends mostly on what the level of COVID is in the whole community, not what happens specifically within the schools. What the schools do to prevent is important, but won't work if there is a high rate of disease the community.





Call: (360) 671-4950 Website: www.namiwhatcom.org

All NAMI Whatcom Support Groups and Classes Online

Links available on website www.namiwhatcom.org

NAMI Signature Support Groups

NAMI Connections - Tuesdays 6:30pm - 8:00pm

- Support group for anyone who lives with a mental health condition

NAMI Family Support Group - Wednesdays - 6:30pm - 8:00pm

- Support group for loved ones, family, friends, partner of someone who lives with a mental health condition

NAMI Family Support Group Limited - Mondays - 12:00pm - 1:30pm

- During Covid-19 Phase 2 in person limited attendance

NAMI Signature Classes

NAMI Family to Family - Tuesday & Thursday - Beginning August 4th

- NAMI Family-to-Family is a free 8-session course for family caregivers of individuals living with mental illness.

NAMI Peer to Peer - Date and Time to be determined

- Peer-to-Peer is a free unique, experiential learning program for people living with a mental illness who are interested in establishing and maintaining their wellness and recovery.

NAMI Whatcom Support Groups

NAMI Whatcom **LGBTQ+** Support Group

Mondays - 6:30 - 8:00pm

- Open to all living with a mental illness and to those with a loved one, partner, or friend with a mental illness

Survivors of Suicide Loss Support Group

2nd & 4th Mondays - 6:30pm - 8:00pm

- SOSL Support Groups provide a comfortable, non-threatening setting to share your experiences and thoughts. Or you may just want to listen.

DBSA (Depression & Bipolar Support Alliance)

2nd Tuesday of the month 7:00pm - 9:00pm

- DBSA chapters offer peer-run support groups across the nation where you will find comfort and direction in a confidential and supportive setting, and where you can make a difference in the lives of others.

- whatcomdbsa@gmail.com