

# WHATCOM COMMUNITY HEALTH WORKER NETWORK

*Our logo here! coming soon*

## September newsletter

### In this issue:

- Schools update
- Last chance Facebook prize!
- New trainings
- COVID and Health Insurance Open Enrollment updates

### Next Membership meeting:

October 23 9-11 a.m.

If you don't get the invites, email [whatcomchwnetwork@outlook.com](mailto:whatcomchwnetwork@outlook.com) for the Zoom link



## Happy Fall!

### RE-ENERGIZE THIS WEEK

Members shared what they do to re-energize when feeling low

- Sleep
- Family tradition of pressing apples for cider
- See some good friends for a physically distanced catch up
- Play outside with my kids
- Take a bubble bath
- Stay cozy indoors with my wife and dog
- Decorating the house for fall!
- Going on a ride down Hwy 9
- I am excited to eat good food :)
- Make lots of soup!



## Health Insurance Open Enrollment coming soon!

Medicare Open Enrollment begins Oct. 15 till Dec. 7

Unbiased help at

- Opportunity Council

Webinars (over Zoom) <https://www.oppco.org/shiba/>

Contact (360) 734-5121 ext. 342 or [shiba@oppco.org](mailto:shiba@oppco.org).

- Unity Care NW (360) 788-2669

Healthplan Finder Open Enrollment begins Nov. 1 till Dec. 15

Free, unbiased navigators for Apple Health and Healthplan Finder (Qualified Health Plans and new Cascade Care)

- SeaMar 1-855-289-4503
- Unity Care NW (360) 788-2669

More info at [www.whatcomcounty.us/3375/FAQs#insurance](http://www.whatcomcounty.us/3375/FAQs#insurance)

### WA State CHW Association

The state CHW network is called Washington Community Health Worker Association (WACHWA)

Monthly meetings have begun again on the 3rd Tuesday of the month, 4-4:45 p.m. To join, email the Coordinator Ifrah at [chwswf-wa@gmail.com](mailto:chwswf-wa@gmail.com)

Check out the WACHWA Portal at [waportal.org/partners/home/community-health-workers](http://waportal.org/partners/home/community-health-workers)

## New email address!

For administrative reasons, we have switched our email to [whatcomchwnetwork@outlook.com](mailto:whatcomchwnetwork@outlook.com)

Don't worry — if you forget and email our Gmail address, it will still get to us.

But please update your contact list now with our new email —

[whatcomchwnetwork@outlook.com](mailto:whatcomchwnetwork@outlook.com)

## COVID testing resources

Non-insured can get tested for free through HRSA grant; the clinic does the application (not the patient)

SeaMar, UCNW and Whatcom Co Health Department use the HRSA grant; inconsistent with other providers

Health Dept Testing Page with locations across county: <https://www.whatcomcounty.us/3388/COVID-19-Testing> in each school district.

Schedule on line at [testdirectly.com/Whatcom](http://testdirectly.com/Whatcom) Or via Health Dept at 360-778-6075 (Monday-Friday from 8:30 a.m. to 4 p.m.)

If people get a bill, HRSA enrollment can be done retroactively; contact the Health Department

Ifrah recently announced they have childsize masks available – email her with your request

## We have a Logo !

We have a winner! Between Facebook and our September meeting, you voted on your favorite logo submission! Thank you and congrats to Mario Banelos! We are going to have a graphic designer polish it up a little, and change the color scheme (members suggested changing the colors to Washington green and blue).



### Bonus — Like Us on Facebook:

- o Last chance to Like us on Facebook [facebook.com/whatcomchwnetwork](https://www.facebook.com/whatcomchwnetwork)
  - You'll get timely updates about news, trainings, requests from members
  - You may win a \$25 gift card to a local Black-owned business! We will choose a person at random from our Like list on **Friday Oct. 9**

## SCHOOLS UPDATE

How are our CHW colleagues working for the school districts? A few of them shared an update:

- Some School Districts are looking to have their general education students return next month, K-2 grade levels, as in person support. Look up each district's website for their plan.

— Starleen Maharaj-Lewis, Behavioral Health Navigator at the Northwest Educational Service District 189, which serves Whatcom County. This organization provides technical support to the school districts that don't have structural supports to roll out a program (like student assistants, trainings/professional development for staff and administrators, school safety, etc.)

- Given out at least 150 hot spots, small internet café for a few students that are in a 'dead' zone Lunch and dinner school meal pick ups, clothing bank, school supplies, and toiletries available (always accepting donations)

Still in need of Holiday assistance, so far is sounding like serving half of the typical number of children/families.

Challenges: Increased needs across the board, fewer donations, not seeing students and parents daily

Good things: Always good to connect with students and families

— Margaret Vailencour, Family Community Services Coordinator at Lynden School District

- Students and families are struggling with online school. Parents/adults not always available to support students.

Giving out hotspots to families and Ferndale opened spaces for students with no home WiFi- Home visits: seeing dark houses, kids "holed up" inside, sometimes alone, sadness and depression. Taking food, in-person contact seems to be very meaningful and important

Good to know there are other CHWs out there doing similar work.

— Alicia Roberts, Family Services Coordinator at Meridian School District

## Upcoming Trainings

- New England Public Health training center has tons of free trainings! <https://www.nephtc.org/index.php> (thanks Katie Stephens of UCNW!)
- Threat Assessment Training, hosted by NW Educational Service District 189 (thanks Starleen!) She recommends this training for CHWs with connections to youth and schools to understand the process that can happen at school – Oct 20 9-11a email Starleen [smaharajlewis@nwesd.org](mailto:smaharajlewis@nwesd.org)
- Addressing Maternal Mortality – on going – <https://www.optumhealtheducation.com/health-equity/maternal-mortality#group-tabs-node-course-default1>
- Freedom from Smoking – free training and materials to provide smoking cessation classes! Contact Liz Hall ([liz.hall@lung.org](mailto:liz.hall@lung.org))

## 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.



Check your voter registration, and share with your clients if they have questions! Go to [Vote.org](https://www.vote.org) to check your registration by Oct. 26, and you'll receive your ballot in the mail!

Need for speakers of indigenous languages as interpreters and advocates for CHW advocacy, specifically Central American languages

Contact Brittany at Whatcom Health Dept [bfuentes@whatcomcounty.us](mailto:bfuentes@whatcomcounty.us)