



COMMUNITY RESOURCE NEWSLETTER

Week of Sept. 28 - Oct. 4

Have an update
for next week's
newsletter?

Email
communityresources@oppco.org
by 10/8 at 12 PM

Helpful Resources

Community Resource
Center

Available by phone
M-F, 9 AM-4 PM
360-734-5121 ext. 0

Community Resources
During COVID-19

whatcomabc.org/covid-19

Food and Meal Guide

whatcomabc.org/food-access

DISABILITY RESOURCES

According to the CDC, a disability is any condition of the body or mind that makes it more difficult for a person to perform certain activities and interact with the world around them. An estimated 20.3 million families, or 29% of all families in the US have at least one member with a disability. These families often experience increased financial costs and physical and emotional demands, but having a **strong community and access to resources can help to provide a much needed safety net**. Whatcom County has many services dedicated to helping people with disabilities thrive. While we cannot name them all here, we would like to highlight a few local/state agencies and resource databases:

The Arc of Whatcom: a local agency with a mission to improve the quality of life, increase the independence and assure the full inclusion in the community of all persons with developmental disabilities. Resource directory [here](#).

Disability Voter Guide: a guide on who can vote, how, when, and where to vote, and more for people with disabilities.

DVR: a statewide resource assisting people with disabilities to prepare for, secure, maintain, advance in, or regain employment. Learn more [here](#).

Max Higbee Center: community-based recreation programs for youth and adults with developmental disabilities

SEAS: help with resources and service navigation for kids ages birth to 21 who have (or may have) special needs. Resource directory [here](#).

Washington Brain Injury Resource Center: resources for adults and children with brain injuries

Washington Community Living Connections: resource database for people with disabilities and those who are aging

NEW DISABILITY RESEARCH FINDINGS

Adults with disabilities experience greater difficulty meeting monthly expenses, saving for the future and making ends meet. For the first time, a team of researchers have broken new ground with quantifying the extra costs of living with a disability in the U.S. [Register here](#) to learn more at The Extra Costs of Living with a Disability Webinar, 10/14 at 11 AM.

COVID-19 Resources

Unified Command
whatcomcovid.com

Whatcom County Health Department
whatcomcounty.us

COVID-19 Vital Information in 36 Languages
informingfamilies.org

Newsletter Guide

To subscribe, email communityresources@oppco.org

Visit whatcomabc.org/crn to view past newsletters

Icon Key:

 Asset Building

 Updated/New resource

 3-in-30 Survey

NEW THIS WEEK

New or updated resources & services

- [SNAP Benefits Increased, All WA Recipients to Receive Maximum Benefit this Month](#)
- [Protections for Renters](#)
- [Opp.Co. Rent/Mortgage Assistance Outreach Materials Available in ASL, English, Spanish, and Russian](#)
- [Support Services for Veterans & Families Benefits Program Flyer](#)
- [East Whatcom Regional Resource Center Services Update](#)
- [SHIBA Help with Medicare Open Enrollment](#)

COMMUNITY OPPORTUNITIES

 [Bank on Washington Virtual Forum](#)
10/20 - 10/21 | [Register Here](#)

[Equity Learning Collective 2020-2021 Series](#)
Begins 10/16, 12 PM | [Details Here](#)

EMPLOYMENT OPPORTUNITIES

Health Ministries Network
[Executive Director](#)

Opportunity Council
[Physical Therapist](#)
[Speech and Language Pathologist](#)
[Supportive Housing Case Manager](#)

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