



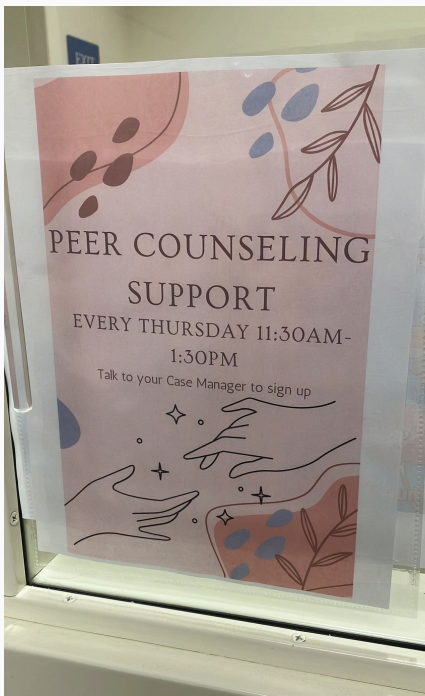
FEBRUARY 2025

NEIGHBORHOOD

Community News Letter

Peer Counseling

Ideal Option's peer counselor began her first drop in sessions this month. Dawn will be coming to 22 North every Thursday to talk to residents about their struggles and desires for change and how to get there.



This issue:

Peer Counseling Support at 22 North

Recovery Cafe at 22 North

Sweet heart cookies at 22 North and Dorothy Place

Senior Resource Day at Laurel Forest

Dorothy Place common room revamp

Upcoming

Spring Trivia Events

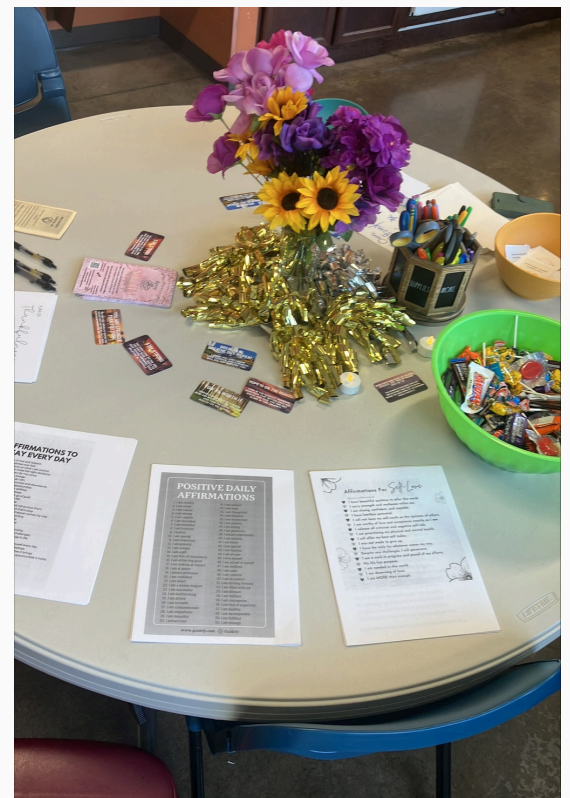
Coffee Hour at Laurel Forest

Animal Vaccine Clinic

"Money is not the only commodity that is fun to give. We can give time, we can give our expertise, we can give our love, or simply give a smile. What does that cost? The point is, none of us can ever run out of something worthwhile to give. Steve Goodier

Recovery Cafe

Bellingham's Recovery Cafe did a pop up at 22 North. They brought chili, candy, affirmation arts and crafts and sat down in the lobby to talk to residents about lived experiences with recovery.



"Solidarity is a firm and persevering determination to commit oneself to the common good" John Paul II

Sweet Heart Cookies

For Valentines Day residents of 22 North and Dorothy Place got together to celebrate their sweet heart...cookies!



"Together we imagine a circle of compassion with no one standing outside of it"
Peggy O'Neill

Senior Citizen Resource Day

At Laurel Forest we had Senior Activity Center and Whatcom Regional Council come set up a booth with information and talk to residents about resources available to them!



Remember, if you ever need a helping hand, it's at the end of your arm, as you get older, remember you have another hand: The first is to help yourself, the second is to help others.

Audrey Hepburn

Dorothy Place Donations!

An employee of our own had a friend who had a surplus of toys and did not know what to do with them! So I inspected them to ensure quality and then did a full revamp of the common room to make it more engaging and fun for the kids and families who live at Dorothy Place.



Help others and give something back. I guarantee you will discover that while public service improves the lives and the world around you, its greatest reward is the enrichment and new meaning it will bring your own life.

Arnold Schwarzenegger

Upcoming

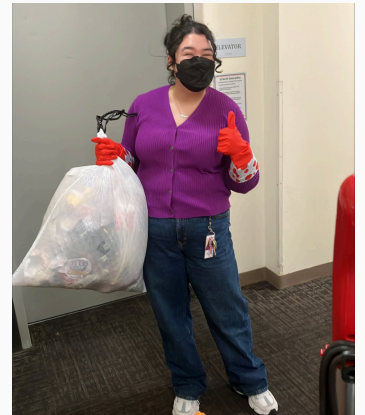
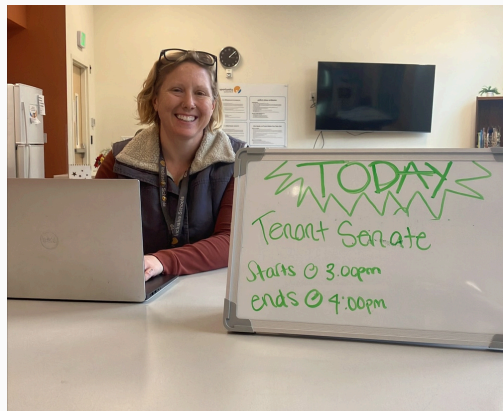
Currently in conversation with the Animal Emergency Clinic to collaborate a free animal vaccination clinic for our resident's pets.



Spring Trivia! Residents test their knowledge on the season of Spring and get spring themed prizes!



Tenant Senate and Cleaning Cart are still reoccurring once a month!



Every Friday morning Laurel Forest has coffee hour starting at 9am. This is a chance to foster community and build relationships in the building.



Giving and receiving kindness are easy ways to feel good and to help others feel good too. People, organizations, and societies thrive when they are grounded in a culture of kindness.

[Vivek Murthy](#)