

Community NEWSLETTER

June 2026

Animals as Natural Therapy bringing families together

Animals as Natural Therapy creates opportunities for families to come together in a joyful and meaningful way. Interacting with the animals encourages shared experiences, laughter, and conversation, helping to strengthen family bonds and create positive memories. For families who have experienced trauma or instability, these visits provide a safe, calming environment where parents and children can simply enjoy being together, fostering connection, trust, and moments of happiness that support healing and resilience.



Getting in touch with nature with Wild Whatcom Wonder Walk Program

Wild Whatcom's Wonder Walks have had a meaningful impact on Laurel Forest seniors by providing accessible opportunities to explore nature and learn about the local ecosystem. Designed to accommodate wheelchairs and varying mobility levels, these outings ensure that all residents can enjoy the physical and emotional benefits of spending time outdoors. Participants have enjoyed discovering native plants and wildlife while gaining a deeper appreciation for the natural world around them. These walks promote gentle physical activity, stimulate curiosity, and foster social connection, helping seniors remain active, engaged, and connected to both their community and the unique ecosystems of Whatcom County.



Adding color to our day with manicures

As summer approaches, the return of free manicures from Northwest Barber Academy has brought a renewed sense of joy and self-expression to residents. Bright splashes of color and freshly painted nails have created moments of excitement, with residents eagerly showing off their favorite shades and celebrating the arrival of the warmer season. Beyond the cosmetic benefits, manicures provide opportunities for relaxation, conversation, and connection, helping to boost self-esteem and foster a sense of dignity and well-being. These simple acts of self-care create uplifting experiences that remind residents they are worthy of care, beauty, and moments of joy. Please be sure to follow Northwest Barber Academy on Facebook and give them a positive Yelp review! Find them in the mall at 1 Bellis Fair pkwy Unit 601, Bellingham, WA, United States, 98226



**NORTHWEST
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Looking Ahead

Manicures are back!



It has been a few months since we hosted on-site manicures following the graduation of our previous nail tech cohort, and we extend our congratulations to those students as they move forward into the broader community and their professional careers. We are now excited to welcome a new group of Northwest Barber Academy nail techs back in June to resume this valued self-care offering. These manicure events provide residents with opportunities for relaxation, dignity, and connection, while also supporting students in gaining hands-on, real-world experience. We look forward to continuing this meaningful partnership and bringing these positive, community-building experiences back to our sites.



Monthly Walks with Wild Whatcom

Bringing back nature walks with Wild Whatcom as the weather becomes warmer and sunnier has had a refreshing and revitalizing impact on residents after the long winter months. These walks provide an opportunity to re-engage with the outdoors, soak in natural light, and gently increase physical activity, all of which support improved mood, energy, and overall well-being. After a season often marked by isolation and limited mobility, residents benefit from the chance to connect with nature, build routine, and share meaningful experiences with others. The return of these walks brings a renewed sense of vitality, connection, and joy as residents step back into the rhythm of the natural world.