

Friday Five

Your weekly Thurston County update



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#1 - Stay Up-to-Date on Wildfire Smoke in Thurston County

Smoke & your health



Wildfire smoke can irritate your eyes, nose, and throat. Close your windows, wear an N95 mask if outdoors, and make a clean air fan.

**SMOKE
READY**

Breathing wildfire smoke can worsen many health problems and cause minor to serious symptoms like headaches, stinging eyes, coughing, trouble breathing, asthma attacks, and chest pain. Smoke from wildfires and other sources can have serious health impacts, particularly on children, the elderly, and people with pre-existing heart and lung conditions. Stay informed about air quality in your area by using resources like the state smoke blog, Mobile AQI, and the [AirNow app](#).

Monitor Thurston County's current air quality at <https://www.thurstoncountywa.gov/departments/public-health-and-social-services/environmental-health/air-quality>.

#2 - Subscribe to the Thurston County YouTube Page



Thurston County

@ThurstonCountyWashington 1.02K subscribers 1.7K videos

The official YouTube page of the Thurston County Government. This is you... >

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Coffee With A Commissioner_PHSS Directors

290 views • 1 month ago

Commissioner Menser discusses the role of Thurston Public Health and Social Services with Director, David and Assistant Director, Jennifer Freiheit.

Commissioners Meetings, Public Hearings, and Work Sessions

Did you know Thurston County has a YouTube channel? The [official YouTube channel of Thurston County](#) is where you can [watch live](#) Board of County Commissioner meetings and work sessions. You can also watch episodes of [Coffee with a Commissioner](#), our talk show program where our commissioners interview subject matter experts on timely and relevant topics to Thurston County. Subscribe to the channel so you don't miss out on new videos!

#3 - Take the Leap! Thurston County is Hiring

WE ARE HIRING

WWW.THURSTONCOUNTYWA.GOV



Take the leap into a new career at Thurston County! From [Administrative Assistant](#) to [Recreation Supervisor](#), there are dozens of open positions that may be a great fit for you or someone you know. To browse and apply for a job, visit the Thurston County Careers webpage: <https://www.governmentjobs.com/careers/thurstonwa>

**#4 - Don't Miss Out! Become a Master Recycler
Composter: 8-week Training Starts September 21**

2023 Master Recycler Composter Volunteer Training



WANTED:

Passionate people who love to:

- Recycle or compost
- Re-use or re-purpose items
- Reduce food waste
- Raise community awareness

The WSU Thurston County Extension and Thurston County Public Works are recruiting for the 2023 Master Recycler Composter (MRC) Volunteer Training.

MRC volunteers are trained on how to reduce waste and increase public awareness about waste reduction, recycling, and composting in Thurston County. Upon completion of training, course graduates agree to give a minimum of 25 hours of yearly service inspiring others to reduce waste at home and work.

2023 Training Schedule

Thursdays 6:00 p.m. — 8:30 p.m.

September 21, 28

October 5, 12, 19, 26

November 2, 9

Saturdays 9:00a.m. — 1p.m.

October 7, 14

November 4

Training Fee

\$25

Application Deadline

Friday, September 1 at 5 p.m.

Scan code for more
information



**For more information or how to apply for the
MRC Volunteer Training, visit our website:**

<https://extension.wsu.edu/thurston/gardening/mc>

Applicants must be 18 years of age or older, and either live, work,
or operate a business in Thurston County.

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office. If you require special accommodations please contact the Thurston County Master Recycler Composter office at least two weeks prior to the event at cori.carlton@co.thurston.wa.us.



Time is running out to sign up for the Master Recycler Composter (MRC) Volunteer Program! Are you passionate about recycling, waste reduction, and composting? Would you like to make a difference in your community?

Each fall the MRC Program offers a several-week training for new members. Taught by recycling and composting experts, classes cover a range of topics specific to Thurston County and Washington State.

Anyone 18 years of age or older who lives, works, or operates a business in Thurston County can apply: <https://extension.wsu.edu/thurston/gardening/mc/thurston-county-master-recycler-composter-volunteer-training/>.

#5 - International Overdose Awareness Day is August

INTERNATIONAL OVERDOSE AWARENESS DAY

1 pm - 7 pm • Thursday, August 31st

Resource fair from 1 pm - 5 pm
Memorial activities from 1 pm - 7 pm

@ HERITAGE PARK

5th Ave SW & Water St SW, Olympia, WA 98501

JOIN US TO:

- Remember those who have been lost to fatal drug overdose
- Celebrate those who have been rescued from or assisted in rescuing someone from an overdose
- Help reduce the stigma of overdose and drug use
- Share the day with 20+ organizations who have information, free stuff, & more !

**NALOXONE
TRAINING**

**MEMORIAL
ALTAR**

**RESOURCE
TABLES**

CRAFTING

Please join Thurston County Public Health and Social Services Thursday, August 31 for International Overdose Awareness Day to:

- Remember those who have been lost to a fatal drug overdose
- Celebrate those who have been rescued from or assisted in rescuing someone from an overdose
- Help reduce the stigma of overdose and drug use
- Share the day with 20+ organizations with various resources available

WHERE: Heritage Park in Olympia – 5th Ave SW & Water St SW, Olympia, WA 98501

WHEN: August 31, 2023 from 1 p.m. to 7 p.m. (resource fair from 1 p.m. – 5 p.m.)

There will be naloxone training, a memorial altar, resource tables, crafting, and more! Thurston County Public Health and Social Services will be providing Narcan (naloxone), as well as training on how to administer it when responding to an opioid related overdose. In addition to many local organizations sharing resources, we will also have information regarding how to access Medications for Opioid Use Disorder, the importance of safe storage for medication, where you can dispose of unwanted medication, and more.

Stay current on upcoming public hearings, meetings, and work sessions by bookmarking the [Board of County Commissioners' master calendar](#)! Please call the Board of County Commissioners office at (360) 786-5440 if you're having problems viewing the calendar.

Thurstoncountywa.gov



Thurston County | 3000 Pacific Ave SE, 2000 Lakeridge Dr. SW,
Olympia, WA 98501

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