

# **Friday Five**

**Your weekly Thurston County update**



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## **#1 - Meet the new Thurston County Manager!**

## THURSTON COUNTY'S NEW COUNTY MANAGER

**LEONARD  
HERNANDEZ**

# MEET & GREET



**OPEN TO THE PUBLIC!**



**APRIL 5, 2024  
4:30 – 6:00 PM**



**JOIN US FOR LIGHT REFRESHMENTS AS WE  
WELCOME OUR NEW COUNTY MANAGER**



**3000 PACIFIC AVE SE, OLYMPIA, WA**

The Thurston County Board of County Commissioners invite the public to attend an open house to meet Leonard Hernandez, Thurston County's new county manager. Mr. Hernandez will start in his official capacity as Thurston County Manager on Monday, April 1.

"We look forward to welcoming Mr. Hernandez and introducing him to county staff and community members," said Tye Menser, Chair of the Board. "Mr. Hernandez will be an asset to the county and a strong leader. We are excited for our community to meet him."

**What:** County Manager Meet and Greet – Open House

**When:** Friday, April 5, 2024

**Time:** 4:30 pm to 6:00 pm

**Where:** The Atrium, 3000 Pacific Ave SE, Olympia

This is an open house style meet and greet. There is no option for virtual attendance and includes no formal presentation.

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## **#2 - Participate in Thurston County's Parenting & Postpartum Support Group**



# Thurston County Parenting & Postpartum Support Group

Join other parents navigating the highs & lows of pregnancy, postpartum, and parenting infants in an advice-free, non-judgmental space

## *New Location and Times!*



Where: **Thurston County Public Health and Social Services**  
412 Lilly Rd. NE, Olympia, WA 98506

### Winter/Spring 2024:

**10-11:30am**

Jan. 4th

Feb. 1st

Mar. 7th

Apr. 4th

**5:30-7pm**

Jan. 18th

Feb. 15th

Mar. 21st

Apr. 18th

1st Thursday of the month:

**10:00am-11:30am**

3rd Thursday of the month:

**5:30pm-7:00pm**

→ DINNER PROVIDED!

Please note that doors will close 15 minutes after start time to ensure a safe sharing environment.

We will kindly ask for you to join the next scheduled time!

For more information call or text our  
Maternal Childhood Health program at (360)968-4037



Thurston County's Public Health and Social Services, [Parenting & Postpartum Support Group](#), is a family support group in Thurston County. It is designed to support families in the community who are navigating the highs and lows of pregnancy, postpartum, and parenting infants. The group meets at Thurston County Public Health and Social Services (412 Lilly Rd. NE, Olympia 98506) the first Thursday of the month, from 10:00 am to 11:30 am, and the third Thursday of the month, 5:30 pm to 7:00 pm, where dinner is provided.

This support group strives to provide a non-judgmental space to explore with families how they are feeling and doing. It is a wonderful place to get connected with other parents and experienced facilitators while navigating this journey into parenthood. The group offers parents a place to think about and process their experiences as new parents. Some topics of discussion include the impact of changes to identity, changes in our relationships with partner and others, the real impact of sleep deprivation, feelings around the birth experience, and differences between expectations and the reality of the perinatal period. This group is open to all parents in the period of pregnancy, postpartum, and parenting infants.

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## #3 - Get Ready for Gardening Season! Sign up for the Thurston Home & Garden Newsletter



## SUBSCRIBE

Sign up to receive our free **Thurston Home & Garden** e-newsletter delivered to your inbox every other month. Learn simple, low-cost ways to keep your home and yard healthy and safe for your family and our community!

Enter your email address

SUBMIT



Looking for low-cost, common sense ways to care for your home and yard? Want to protect the health of your household and pets, and protect our community's drinking water? Learn to prevent and deal with mold, rodents, weeds, and so much more!

Sign up to receive Thurston County Public Health's, Home and Garden Newsletter delivered to your inbox every other month. The newsletter offers seasonal solutions to keep your home, yard, and our community healthy and safe!

Sign up for the newsletter: <https://lp.constantcontactpages.com/su/jYdE0Sx>

## #4 - Home Fire Safety Presentation with Lacey Fire District 3



# Home Fire Safety

Wednesday April 3 2-3 PM  
for all ages

Join us for a  
presentation on  
Home Fire Safety  
with Lacey Fire  
District 3.



*photos courtesy laceyfire.com*

**Lacey Timberland LIBRARY**  
500 College Street Southeast • [TRL.org](http://TRL.org) • 360.491.3860



Mark your calendars! Join [Thurston County Emergency Management](https://www.thurstoncountywa.gov/emergency-management) and [Lacey Fire District 3](https://www.laceyfire.com) on April 3, 2024 from 2:00 - 3:00 pm at the Lacey Timberland Library (located at 500 College St Se, Lacey). Lacey Fire District 3 will be giving an educational presentation on home fire safety. This event is free and open to the public. If you have questions about the event, contact Cherie Carey at [cherie.carey@co.thurston.wa.us](mailto:cherie.carey@co.thurston.wa.us)

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## #5 - Thurston County's Maternal Child Health Program Needs Your Input!

# Healthy Families, Healthy Communities



## Maternal Child Health Assessment

**SPEAK UP, MAKE A  
DIFFERENCE:  
PARTICIPATE IN  
OUR SURVEY  
TODAY!**

If you are a teen or adult  
who is expecting or is  
taking care of babies,  
kids, and/or teens in  
Thurston County -  
We want to hear from  
**YOU!**



**Your voice plays a vital role in understanding the unmet needs and gaps in our  
community and how we can help shape future initiatives!**

The Maternal Child Health Program at Thurston County Public Health & Social Services is conducting a 2024 Maternal Child Health Needs Assessment, and needs your help! The program is seeking input from community members on the health needs and priorities of children, parents, caregivers, and families. Your valuable insights will help the program better understand the challenges and opportunities faced by the maternal child population in Thurston County.

There are two ways to help:

1. Complete the [Building Strong Foundations: Thurston County Maternal Child Health Community Assessment](#) if you are a community partner who is serving families who is expecting or caring for infants, children, and/or adolescents residing in Thurston County.
2. Complete the [Healthy Families, Healthy Communities: Thurston County Maternal Child Health Assessment](#) if you are expecting and/or are taking care of babies, kids, or teens in Thurston County.



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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



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Olympia, WA 98501

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