



A community-based newspaper serving the Puget Sound area since 1981



# The Voice

February  
2014  
*Articles translated  
into six languages*

The newspaper of Neighborhood House — visit our website at [www.voicenewspaper.org](http://www.voicenewspaper.org)

## One Night Count reports sharp increase in unsheltered homeless

*Annual count finds 3,117 homeless people living outside, an increase of 14 percent from 2013*

By TYLER ROUSH  
*Special to The Voice*

Hundreds of volunteers filtered through Seattle and areas of King County in the predawn hours of Jan. 24, participating in the annual One Night Count of unsheltered homeless people.

What their work revealed is a sobering reminder of the need for increased shelter and affordable housing capacity in King County.

One Night Count volunteers tallied 3,117 individuals living outside, in their cars or in makeshift shelters during the early morning count, an increase of 14 percent over last year's count and the highest total since the count began.

In a survey where success is itself disheartening, the dramatic spike spurred an impassioned response from organizers of the count.

Alison Eisinger, executive director of

the Seattle/King County Coalition on Homelessness (SKCCH) described the 2014 results as “an unmistakable call to action.”

“As teams handed us their tally sheets, they described the people behind the numbers: a teenager sleeping in a doorway with a suitcase, a family-size tent under the roadway with a stroller parked outside, a man who proudly showed off the garden he made around his campsite,” Eisinger said. “We ask everyone to call their state lawmakers and urge them to fund housing, shelter, and services.

“There is no overstating the urgent need in our own backyards.”

The count found 2,392 individuals without shelter in Seattle alone. That number is also up from 2013, when 1,989 individuals were counted in Seattle, and 2,736 in total. The remaining individuals were found throughout King County.

For more information about the One Night Count, visit [www.homelessinfo.org](http://www.homelessinfo.org).

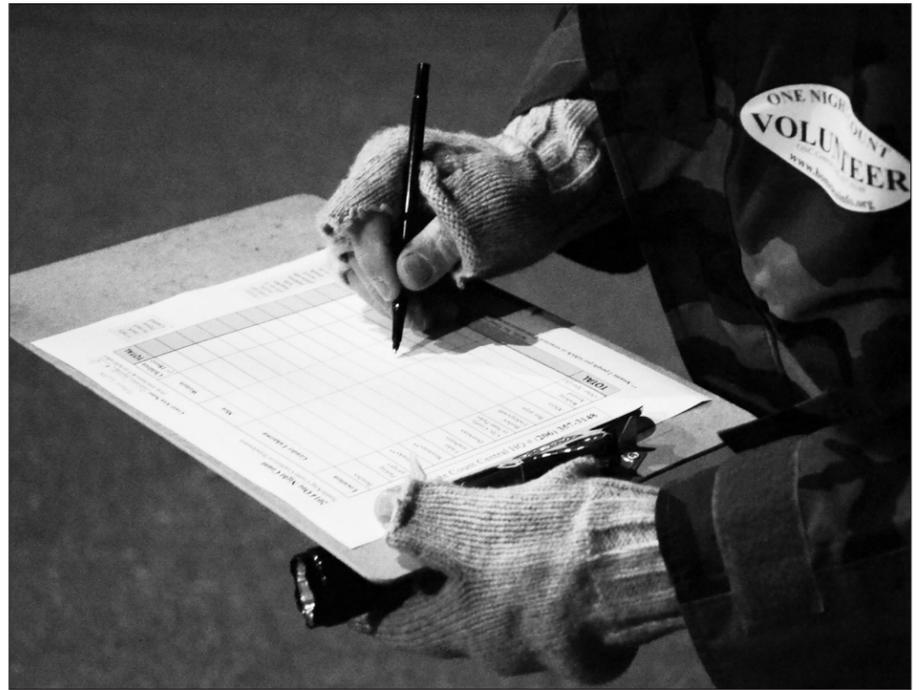


PHOTO BY TYLER ROUSH

*A One Night Count volunteer in Renton adds a tally to a sheet tracking the number of unsheltered homeless individuals found in the group's survey area. More than 800 volunteers participated in the count, which spanned Seattle and King County.*

## Get free help with your taxes through the United Way's Free Tax Campaign

The United Way of King County's Free Tax Campaign offers free tax preparation at drop-in sites across Seattle. From Jan. 14 – April 15, anyone making under \$52,000 a year can drop by and have their taxes prepared for them at dozens of locations, among them the Seattle Public Library, Rainier and Rainier Beach Community Centers, El Centro De la Raza, Seattle Goodwill, Lake City Neighborhood Service Center, Greenbridge YWCA and Phinney Neighborhood Center.

The program helps people secure all the refunds and credits that they're eligible for, including the Earned Income Tax Credit. Services are really free — no hidden fees or charges. With this money in their pockets, people can better keep food on the table and a roof overhead.

In addition to tax help, volunteers will also be on site to help with healthcare enrollment, credit reports and money for college or food. This service is always free, and is provided by hundreds of trained local volunteers.

### What to bring

To get your taxes prepared by a United Way tax preparer, you will need to bring:

- Your Social Security or Individual Taxpayer Identification Number
- Your photo ID (and your spouse's ID if filing jointly)
- All tax documents (such as W-2s) and paperwork needed to complete your return
- Your bank account and bank's routing number if you want direct deposit for your tax return (optional)
- A copy of last year's tax return to speed up the filing process (optional)

To qualify, your household must have income of \$52,000 or less per year.

Volunteer tax preparers are available at locations throughout Seattle and King County. To find a location and hours of operation near you, visit [www.uwkc.org/taxhelp](http://www.uwkc.org/taxhelp), call 2-1-1 or 800-621-4636, or text TAX and your five-digit ZIP code to 313131.

For more tax time information, see the Earned Income Tax Credit article on Page 2.

## Strengthen your community: Attend the Neighborhoods USA Conference

This year, six Seattle Housing resident leaders will attend the national Neighborhoods USA Conference, May 21 – 24 in Eugene, Ore.

Registration costs, transportation, food, lodging and interpretation will be provided. The Resident Leadership Development Team is seeking applicants to attend the conference beginning this month.

Attendees will:

- Go to workshops to get insight into what makes communities special, and how to make them even better
- Network with other community activists
- Learn effective ways to support the success of your community organization

Neighborhoods USA is a national nonprofit created in 1975 to share information and experiences to building

stronger communities. They are committed to building and strengthening neighborhood organizations.

This year's conference location in Eugene gives Seattle Housing residents a rare opportunity to participate.

You are eligible to apply if you live in a community with a Duly Elected Resident Council or are an active member of the Resident Action Council.

Application forms will be available from the Resident Leadership Development Team and Community Builders beginning Feb. 14.

The Resident Leadership Development Team will select attendees from among the applicants. Finalists will be interviewed in person.

If you have any questions please contact Matthew Anderson at [mattuhouse@yahoo.com](mailto:mattuhouse@yahoo.com) or 206-931-4210, or contact your Community Builder.

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## Health Notes

A column devoted to your well-being

### Seasonal flu widespread in King County, young adults more vulnerable than usual

*Now is the time to get vaccinated*

BY PUBLIC HEALTH - SEATTLE & KING COUNTY

If you've noticed more people are sick at work or at school, it might be the flu. Infections are on the rise locally, as seasonal influenza has gone from barely detectable levels in early December to widespread in King County.

"It's easy to get complacent about the flu, since we see it every year, but it brings real hardship and dangers," said Dr. Jeff Duchin, Chief of Communicable Disease Epidemiology & Immunization for Public Health - Seattle & King County. "Catching the flu can not only disrupt your life, it can be severe enough to send you to the hospital."

Two noteworthy aspects of this year's flu season:

- Younger adults face a greater risk of severe illness than usual. Locally and across the US, healthcare providers are reporting an increase in severe influenza infections - requiring intensive hospital care for young and middle-age adults. The predominant strain circulating currently is influenza A H1N1, which happens to be the same one that led to the 2009 flu pandemic. This virus causes infections and severe illness in all ages, but compared to other influenza strains, it causes higher rates of illness and death among young and middle-age adults, including those with no underlying health conditions.

- Pregnant women should get vaccinated at any stage of pregnancy. The flu vaccine is both safe and effective for pregnant women, including during the first trimester. Vaccinating during pregnancy protects not only the mother but the fetus and child as well. Newborn

infants can't be vaccinated until they're six months old.

Anyone who lives with or cares for an infant younger than six months should also get vaccinated to protect the infant from getting the flu.

Other members of the community at increased risk for severe influenza include the elderly and people who have long-term health problems, like diabetes, asthma, and heart or lung problems.

#### Flu vaccine is the best protection; other drugs also available

The flu vaccine is in plentiful supply, and it's not too late to get vaccinated to reduce your chances of getting the flu. Influenza activity generally peaks in January or later in our region and continues circulating until spring.

Another important line of protection is antiviral drugs, especially for people with severe influenza or at high risk of complications. Antiviral treatment should be started promptly if you are pregnant or in a high-risk group and develop flu symptoms. These include fever, cough, sore throat and muscle aches.

#### Where to get flu vaccine

The flu vaccine (shots and nasal spray) is available at many healthcare provider offices and pharmacies for those who have insurance or are able to pay for vaccination. Visit <http://flushot.healthmap.org> to help find locations.

If you don't have insurance, you can find free or low-cost insurance through Washington Healthplanfinder. Other immunization assistance is available through the Family Health Line at 800-322-2588.

For more information, visit [www.kingcounty.gov/health/flu](http://www.kingcounty.gov/health/flu)

### News from the Resident Action Council

The Resident Action Council wants your ideas and your energy to plan and develop 2014 goals, priorities and programs.

- Which 2013 forums deserve a repeat? Public Safety? SHA Management Accountability?
- What other issues need RAC attention?
- How much can we do in 2014 - and who will do it?
- Bylaws revision

The Resident Action Council is a citywide group of Seattle Housing

residents that works together to improve all of our communities. This month's working meeting is Wednesday, Feb. 12 from 1:30 to 3:30 p.m. in the Jefferson Terrace Community Room, 800 Jefferson Street, north of Harborview Hospital - nearest transit stop (buses 3, 4, and 60) is at Ninth and Jefferson.

We have a "getting-to-know-you" gathering and light lunch before the meeting at 1 p.m. RAC reimburses bus fare and mileage for carpool drivers.

Do you have more questions? Phone 206-322-1297.



Neighborhood House

Strong Families. Strong Communities. Since 1906.

#### The Voice

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority. Neighborhood House helps diverse communities of people with limited resources attain their goals for self-sufficiency, financial independence and community building. The Voice contributes to that mission by providing low-income people, immigrants, refugees and other concerned parties with timely, relevant news. Opinions expressed do not necessarily reflect those of the staff, Neighborhood House or Seattle Housing Authority. We welcome articles and tips from the community and reserve the right to edit all submissions. The Voice is published online at [www.nhwa.org](http://www.nhwa.org) and at [www.seattlehousing.org](http://www.seattlehousing.org).

### Exploring lessons in political advocacy



PHOTO COURTESY OF JEN CALLEJA

Resident leaders joined Neighborhood House staff for a free political empowerment workshop Friday, Jan. 17, courtesy of the Neighborhood House Healthy Communities Project. The training prepared Seattle Housing residents to participate as advocates at two events - the Jan. 23 Seattle Parks Legacy Meeting (see Page 4), and Housing and Homelessness Advocacy Day in Olympia on Jan. 28. The Government 101 training was organized by Jen Calleja. University House Resident Council President Matthew Anderson also spoke about housing policy issues. Following the training, 17 people registered to speak at the parks meeting, and 12 signed up to participate in the advocacy day in Olympia.

### Do you qualify for the Earned Income Tax Credit?

The Earned Income Tax Credit (EITC) is a refundable federal income tax credit for low- to moderate-income working individuals and families.

When your EITC exceeds the amount of taxes you owe, qualifying individuals and families will receive a tax refund.

To qualify for EITC, you (and your spouse, if married and filing a joint return) must meet all of the following rules:

You must have a valid Social Security Number

You must have earned income from employment, self-employment or another source

If married, you cannot use the "married, filing separate" filing status

You must be a U.S. citizen or resident alien all year, or a nonresident alien married to a U.S. citizen or resident alien, and choose to file a joint return and be treated as a resident alien

You cannot be the qualifying child of another person

You cannot file Form 2555 or 2555-EZ (related to foreign earned income)

Your earned income and adjusted gross income (AGI) must each be less than:

- \$46,227 (\$51,567 married filing jointly)

with three or more qualifying children

- \$43,038 (\$48,378 married filing jointly)

with two qualifying children

- \$37,870 (\$43,210 married filing jointly)

with one qualifying child

- \$14,340 (\$19,680 married filing jointly)

with no qualifying children

Your investment income must be \$3,300 or less for the year.

The maximum credit for tax year 2013 is:

- \$6,044 with three or more qualifying children

- \$5,372 with two qualifying children

- \$3,250 with one qualifying child

- \$487 with no qualifying children

A qualifying child must be related to you; younger than 19 OR younger than 24 and a full-time student OR any age and permanently and totally disabled; must live with you or your spouse in the United States for more than half of the year; and the child cannot file a joint return, unless the child and the child's spouse did not have a separate filing requirement and filed the joint return only to claim a refund.

The volunteer tax preparers working for the United Way Free Tax Preparation campaign can help determine if you're eligible to claim the EITC.

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### Seeking people who participated in past Neighborhood House activities

I am a historian at the University of Hawaii. I am interested in Neighborhood House programs of decades past and its activities for youth. If you or someone you know participated in Neighborhood House activities as a youth in the 1960s, 1970s, and/or 1980s, I would very much like to speak with you. Please contact Eileen Tamura by phone at 808-956-7289 or by e-mail at [etamura@hawaii.edu](mailto:etamura@hawaii.edu). Thank you in advance for your help.

## Community activism at University House — building bonds, helping neighbors

*“Whether it’s the magic show, the klezmer band, the block party, all these things, there is a shared identity and a sense of community of experiencing something together. That’s why we have meals: That turkey dinner, that cranberry sauce, that dish that somebody made....that’s another sense of shared experience. It is not a bribe to get you to come to places — it’s about relationships. It’s about community.”*

— Matthew Anderson

BY BRENDA KAY NETH  
Special to The Voice

Matthew Anderson is a builder: of community; of relationships; of shared experiences.

As president of the University House Resident Council, Anderson has spearheaded many social events within the community, including potlucks, live entertainment, WiFi accessibility, the “Night Out” block party, and a resident TV convertor box that brings together sports fans and movie buffs alike.

“I could do nothing without the Resident Council. I am just a piece of the puzzle,” he said. “I can’t say enough about the council members. They are the ones that decide how an event is going to go. They bring the ideas and turn them into real events.”

And real events they have been. Anderson said his favorite event was the “Night Out” neighborhood block party. This event brought together about 15 University House volunteers (20 percent of the University House population) and 60 – 80 attendees, ranging from Univer-



Matthew Anderson

sity House residents to neighborhood business owners.

Within the event, the Seattle Hand Drummers, flame throwers, and belly dancers entertained the crowd. Hot dogs, hamburgers, tamales, and homemade desserts were served. Those in attendance also had a chance to vote on which mural design they would like to see within the Northeast 50th block.

Please see “U-House” on Page 4

## The power of animal companions

BY JEFFREY GERHARDSTEIN  
Special to The Voice

I was raised on a chicken farm named “White Beauty.” White for the color of chicken feathers on those egg-laying chickens and beauty for, perhaps, the fuzzy little chicks running around in circles in each of the brooder houses. There were 400 people in our little town but 108,000 chickens on the egg farm. In the country, seems animals always outnumber the townsfolk.

I live and work in the big city now, but I come across plenty of animal life in public housing. Some are your old-fashioned dog or kitty cat. One fellow has a turtle. Another a bird.

Other folks have specially-trained animals, service dogs. Others call their animal a companion. Assistance dogs, some will say.

It surprises me how folks in the big city have discovered the company of animals. There’s a lot of talk these days about animal rescue.

But maybe we have it backwards.

No matter which high-rise I roam, there are dogs and cats, turtles and birds, and the residents who love them. It’s impressive to see all these creatures coming and going. There is the guide dog for the blind resident. The service dog for the vet with PTSD. The companion dog for the young

man with schizophrenia.

In 2011, I got laid off work and I was unemployed for awhile. I was worried and I had some time on my hands. I volunteered to walk my friends’ dogs, two Chihuahua puppies, nearly every day.

I traveled the six miles to West Seattle. We walked along the river and peeked at the salmon running in the fall. We walked along the golf course in the wintry shadows of its desolate fairways. We walked in the park and I learned to do like city folk do and pick up poop in fancy doggy bags.

I often made that trip thinking what a nice thing I was doing for everybody, walking these dogs. But you know what? When I was out of work that winter and downright feeling hopeless, Kyras and Kalany strolled many an acre with me. No one said much of anything. There was just the sound of hiking boots on mud and the occasional chuckle at some sort of dog mischief.

I was the one holding the leash that winter but, truth is, Kyras and Kalany were walking me.

*Jeffrey Gerhardtstein is a licensed independent social worker and is one of five service coordinators with the Full Life Seattle Housing Mental Health program. He has been writing ever since his tonsils were removed at Trumbull Memorial Hospital in Warren, Ohio at the age of ten.*

## A bird’s-eye view of 1105 East Fir



PHOTO BY SKYPLEX

**YT** An aerial photograph shows progress made on 1105 East Fir, the first new construction project associated with the Yesler Terrace redevelopment. The development will have 103 units of low-income housing, including 83 for households earning up to 30 percent of Area Median Income (AMI) and 20 reserved for households earning 60 percent of AMI. Construction is slated for completion by 2015.

### Things to do at the Rainier Vista Center

**RV** The Rainier Vista Center is abuzz with opportunities for you to get involved! Here are just a few programs offered:

- Sewing – Beginner sewing classes for adults (supplies and machines provided).
- Rainier Khmer Dance – cultural dance program for youth.
- Oromo Cultural Group – academic and cultural enrichment program for

youth.

- Job Seeker Club – job search assistance class for clients.
- Vovinam Martial arts – youth martial arts classes.
- Somali Maternity Class – Somali healthcare professionals provide culturally competent education advocacy leadership through prenatal services.
- Vietnamese Group – monthly Vietnamese resident group.

For more information, contact Kate Farmer at [katef@nhwa.org](mailto:katef@nhwa.org).

## NewHolly Lunar New Year “Tết” Celebration

All NewHolly neighbors are invited!  
Tất cả những láng giềng của NewHolly cũng được mời!

**Friday, February 7 from 6 – 8:30 p.m.**

**Come join VFA & NewHolly Resident Leaders in celebrating Tết!  
Tết is the Lunar New Year Celebration for the Vietnamese community.  
There will be free food, health screenings, entertainment, activities, games, prizes and a Resource Fair!**



Tiếng Việt	Somali
Kính mời bà con hãy đến chung vui Tết với hội VFA & cư dân NewHolly! Chúng ta sẽ có thức ăn, trò chơi, sinh hoạt và kiểm tra sức khỏe, tất cả đều miễn phí cùng các giải thưởng! Bên cạnh đó, chúng tôi sẽ có hội chợ tài nguyên cho cộng đồng Việt Nam.	Sanad guuraha cusub ee lunar New Year. Jimcada febraayo 7, 2014 6:00 galabnimo-8:30 maqribkii. Dhamaan dadka dagan New Holly waad casu-umantihiin. Waxaa la bixinayaa cunto, baaritaan caafimaadka oo free ah, ciyaaro iyo abaal marin.
Chinese 请齐来和VFA与NewHolly的居民领导人一起庆祝Tết! Tết是越南人社区庆祝的农历新年。本次活动将会提供免费的食物, 健康检查, 娱乐活动, 游戏, 奖品和一个资源共享会!	Cambodian សូមចូលរួមជាមួយយើងខ្ញុំនៅពិធីថ្កុំសំបុត្របុណ្យចូលឆ្នាំយូននៅក្នុងសហគមន៍ថ្មីយើងនៅថ្ងៃសុក្រ ទី៧ខែកុម្ភៈឆ្នាំ២០១៤ ចាប់ពីម៉ោង ៦:០០ ល្ងាច ទៅ ៨:៣០ ល្ងាច។ នៅទីនោះនឹងមានម្ហូបអាហារ និងពិធីសម្រាប់ កម្មវិធីសិក្សា និងប្រយោជន៍ យ៉ាងសប្បាយសម្រាប់បងប្អូនទាំងអស់ផងដែរ។
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## Remembering Jean Anderson, a tireless advocate for seniors

Gloria "Jean" Anderson, long time Pleasant Valley resident and Senior Advocates chairperson, passed away Sunday, Jan. 12, of complications from heart surgery. Jean lived at Pleasant Valley for 17 years and served with the Senior Advocates for many of those years up until her death at age 81.

Jean was a very beloved resident and neighbor at Pleasant Valley, as well as a strong voice for seniors throughout SSHP. She always brought the voice of reason to the table and worked hard to level the playing field for those unable to effect change on their own. To this end she worked tirelessly and, yet, was able to bring a strong sense of cooperation to the residents and staff members involved in any situation. She was a leader and a consensus builder, respected by all of the folks whose lives she touched.

After a visit to Seattle not long after she finished high school in Florida, Jean knew that the Northwest was where she wanted to be. She returned home to collect her things, say her good-byes to family, and came west. It was here that she carved out a successful career and made life-long friends.

Jean will be sorely missed by the Pleasant Valley residents, the Senior Advocates group, and the entire SSHP community, as well as those SSHP staff persons with whom she worked over the years.

Jean was not only a professional colleague, but a friend. I am very saddened at her passing but will cherish the fond memories I have.

—Bruce Garberding, Seattle Senior Housing Program

## Joining their voices to support parks programming



PHOTO COURTESY OF JEN CALLEJA

Residents of Yesler Terrace and Neighborhood House staff joined their voices in support of expanded multicultural programming at the International District Community Center during a Seattle Parks Legacy meeting Jan. 23.

## U-House

Continued from Page 3

A broad coalition helped make the event possible, Anderson noted. The event was supported by a Small Sparks grant from the Seattle Department of Neighborhoods, as well as by fiscal sponsor Full Life Care. Seattle Housing Authority, Seattle Neighborhood Group, the Seattle Fire Department and Seattle Police were also active in creating a safe and successful event.

University House assistant property manager Linda Vonheim and Community Builder Marcia Johnson helped coordinate and encourage "Night Out."

Anderson emanates an altruistic intensity, one which shows when he discusses plans for the future with University House. He said he plans on running for one more year as Council President, helping to complete projects already in the works for the upcoming year.

A community garden, community computer and multicultural events are his main drive for the future. He emphasizes his desire for residents to follow through with their own ideas and create a stronger sense of community identity.

Anderson's drive for activism goes beyond University House into such organizations as Resident Action Council (RAC), Resident Leadership Development Team, and People's Academy for Emerging Leaders (PACE).

Anderson noted that 20 - 30 candidates were chosen from a pool of 88 for this leadership class. Within the class, groups of the participants form to assist in developing and implanting Small Spark grants throughout the city.

What keeps Anderson motivated is not only his commitment to University House, but also to his time during weekends to spend with his children. He said their youthful energy regenerates him for more

activism throughout the week.

What keeps University House residents involved in the activities where they live? For Susan Cook, former Resident Council member and resident of University House, it is the lively conversations with neighbors during set-up or clean up for events. She said she appreciates Anderson's honesty when describing upcoming events, and that events are geared toward more than just a few.

For Holly Howard, also a former Resident Council member and resident, it is about "neighbors helping neighbors." She said she has received encouragement for both her personal goals and those on the council. Howard really feels that the current council has accomplished a great deal, and she is appreciative of Anderson's enthusiasm.

"Matt has a gift for developing community. He's planned a lot more activities that all can share and enjoy," Howard said.

She hopes to see more talent shows come to the building, as well as more multicultural events. Howard added that a beginner's Russian class for non-Russian speaking residents would be a way to create more community connections.

"Matt has a lot of energy and drive to make this a better place," she said.

LaNell Trotter, current Welcome Representative for the Resident Council, said she enjoys hosting bingo and attending the football and sporting events via the television with the residents. She went on to say that there is a corps of volunteers who are willing to assist at events, and that she is surprised by how much response there is to community involvement. Trotter ended the interview with a smile, and quipped, "Go Matt! Go University House."

Indeed if Anderson and the Resident Council have any say, University House activism will continue to be on the go.



Please recycle me



**NewHolly Public Housing:  
Waiting list for three-bedroom  
units opens February 6th, 2014**

THIS SPECIAL WAITING LIST OPENING RUNS ONLY FROM THURSDAY, FEBRUARY 6TH THROUGH THURSDAY, FEBRUARY 20TH, 2014. APPLICANTS WILL BE SELECTED BY LOTTERY.

Three-bedroom townhomes and apartments in the NewHolly community include dishwashers, and in-unit washer/dryers. NewHolly is near bus lines, groceries, schools, medical offices, Link light rail, Seattle Public Library, banking, and parks.

- Apply in person at the NewHolly Management Office located at 3815 S. Othello Street, Suite 103, Seattle, WA 98118. The office is open M-F from 9 A.M. - 5 P.M.
- For more information, call (206) 760-3280.

INCOME LIMITS APPLY



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10:30am-12:00



Drop in for a cup and stay for 20 minutes  
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Games & Art.  
Join us anytime!

High Point Family Center  
6400 Sylvan Way SW  
Seattle, WA 98126  
206.588.4900, Ext. 620



Supporting families and communities in West Seattle

## Department of Health seeks NewHolly residents for voluntary biomonitoring survey



Washington Department of Health invites residents of NewHolly to take part in an important survey about chemicals in your home. This survey will help the Department of Health learn about exposures to pesticides and chemicals in plastics. For more information, or to sign up to take part in the survey, call toll-free at 1-877-494-3137, or visit [www.doh.wa.gov/biomonitoring](http://www.doh.wa.gov/biomonitoring) or call Ann Butler at 360-236-4253.