

FREE EACH
MONTH



VOLUME 34
ISSUE 1

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



Neighborhood
House

The Voice

January
2015

Articles translated
into six languages

The newspaper of Neighborhood House — visit our website at www.voicenewspaper.org

Sanad Wanaagsan!

Feliz Año Nuevo!

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CHÚC MỪNG NĂM MỚI



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С Новым годом!

'Stepping Forward' rent proposal on hold

BY SEATTLE HOUSING AUTHORITY

Seattle Housing Authority will take the next year to refine its proposal to change how residents are charged rent for subsidized housing. The current proposal, called Stepping Forward, was introduced in summer and fall of 2014 through a series of public meetings and informational mailings.

"We received a tremendous amount of feedback on the proposal from our residents and other stakeholders in the community," said Andrew J. Lofton, executive director of Seattle Housing Authority. "We need to be deliberate and thoughtful about how we incorporate this input to address the issues facing us."

The revised version is not expected to be presented for additional public feedback until some time in 2016.

A pilot program to improve the availability and effectiveness of employment support services will begin in January 2016 as planned.

"Throughout the public process we heard support for the idea of better connecting our residents to workforce training opportunities, but there were questions and concerns

about the availability of living wage jobs for low-income people," said Lofton. "We expect to learn valuable lessons from the pilot about better ways to leverage employment support services for our residents."

The proposal to change the way rent is charged by Seattle Housing was initially developed to address three goals: to serve more people; to create a simple, fair and equitable rent policy that also supports self-sufficiency for adults who are able to work; and to prepare for the cuts in federal funding that Congress has planned.

Money for subsidized housing has already declined for several years, and in response Seattle Housing Authority has eliminated nearly 100 staff positions since 2011 to avoid removing families from its programs. Further significant cuts to funding are expected.

"Our top priority is to keep serving as many low-income families as we possibly can," said Lofton. "But the reality is that there is going to be less money to serve our community in the future."

For more information on the Stepping Forward rent proposal, please visit www.seattlehousing.org.

New members to be appointed to SHA Board

City Council to consider confirming new members January 15

BY KRISTIN O'DONNELL
Special to The Voice

Two of the seven members of the Seattle Housing Authority (SHA) Board are expected to be replaced in early in 2015. New commissioners will take seats being vacated by John Littel and Juan Martinez.

Mayor Murray recently nominated two candidates for Seattle City Council members' consideration. The Housing Affordability, Human Services, and Economic Resiliency committee will consider confirming the nominations of Jermaine Smiley and Zachary Pullin at their next meeting on Thursday, Jan. 15, 9:30 a.m. in City Hall. Confirmation of the nominations by the full Council may take place as soon as the following Monday, Jan. 19.

The seven-member board has the final decision on SHA policies and is responsible for hiring the executive director, a position currently held by Andrew J. Lofton. The commissioners are appointed by the mayor and confirmed by the City Council.

Murray chose Jermaine Smiley and Zachary Pullin to replace two outgoing, current board members. Both Smiley and Pullin have connections with organized labor.

Smiley is an organizer at Laborers' Local 242 and executive director of a non-profit organization committed to developing affordable workforce housing. He is a Seattle native who attended Bellevue Community College and was a minor league baseball player and coaches a youth baseball team. He has been a member of an SHA committee which explored ways of helping disadvantaged workers gain access to construction jobs.

Pullin works in communications for Service Employees International Union (SEIU), the largest healthcare union in North America. A member of the Chippewa Cree tribe, he was born on a Native American Indian reservation in Montana

Please see "SHA Board" on Page 3

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Health Notes



A column devoted to your well-being

How to stay well during the cold and flu season

By Jeffrey S. Duchin, MD

Chief of Communicable Disease Epidemiology & Immunization Section, Public Health – Seattle & King County

Have you ever noticed how many people come down with colds once the kids go back to school in the fall? Not only are the kids giving each other their colds and passing them on to others, but the flu can also show up in the fall. Fortunately, there are a number of things you can do to help avoid getting sick.

It sounds almost too simple, but one of the best ways is to wash your hands frequently with soap and water or use hand sanitizer. Why? Imagine that someone with a cold wipes her nose with a tissue and gets some of the germs on her hand. Then she opens a door with the same hand, and turns on a light switch. Later, you might touch that same door knob and light switch. Now those same germs are on your hands. Washing cleans those germs off your hands before they make you sick. Also avoid touching your eyes, nose or mouth because that's how germs can get into your body.

Just as you don't want others to make you sick, there are important things you can do to keep from spreading cold and flu germs to others. If you are sick, stay home and cover your coughs and sneezes with your sleeve to prevent cold and flu germs from spreading to others. If you have a fever, wait until your fever has been gone for 24 hours before going back to work or school.

If you want to avoid getting the flu, a flu vaccine is your best protection. The flu can be miserable and it can make you too sick and fatigued to go to work or school, or to participate in other activities. The flu can be more dangerous for some, like adults over 65, children younger than 5, pregnant women, and those with chronic health conditions, such as asthma, heart disease or diabetes. These groups are at higher risk for hospitalization or serious complications, including pneumonia, so it's particularly important for them to get a flu vaccine.

Flu vaccine comes as either an injection or a nasal spray. Both can protect you from the flu over the whole flu season, which can last into the spring. They also have a very good safety record. Like all medicines, flu vaccines may have minor side effects, such as soreness where you get a flu shot, mild headache, or muscle aches for a day or two. You cannot get the flu from a flu vaccine. To get a flu vaccine, ask at your pharmacy, community health center, doctor, or other health care provider.

There are other simple steps you can take to stay healthy during flu and cold season. Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food. Taking good care of yourself will help your body fight off colds better.

For more information about the flu:
<http://www.kingcounty.gov/healthservices/health/communicable/immunization/fluseason.aspx>

Surcharge-free, BECU cash machine opens in the heart of the Rainier Valley



PHOTO BY NANCY GARDNER

Boeing Employees' Credit Union has opened up a new ATM at the Neighborhood House Financial Empowerment Center, located at 4431 Martin Luther King Jr. Way.

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 and at www.seattlehousing.org.

Contributing Writers
 Brenda Neth
 Kristin O'Donnell
 Lena Scott
 Troy Smith

Be Safe

Safety resolutions for drivers, pedestrians

BY KYLIE HELMUTH
Seattle Neighborhood Group

A new year has snuck up on us, which means it's time to make some resolutions. Why not involve safety? Here are some simple and safe resolutions everyone can adopt, whether you are a driver or a pedestrian. We spend a great deal of time transporting ourselves on foot or in vehicles, so it is important to drive safely and pay attention to your surroundings.

Here are some New Year's resolutions for drivers:

- **Never drink and drive.** Make sure you have a designated driver, call for a cab or walk a safe route home.
- **Avoid driving while fatigued.** Driving while tired is just as dangerous as driving drunk. Falling asleep at the wheel endangers lives.
- **Yield to bicyclists and pedestrians.** Be cautious around crosswalks and remember to look both ways, even on one-way streets.
- **Use the proper size car seat for children.** Anyone under age 12 should never sit in the front seat. Anyone under age 8 (or until big enough to fit in a seat belt properly) should be secured in a car seat in the back.
- **Always buckle your seat belt and do not begin driving until all buckled up.** Even for short distances and in parking lots, seat belts protect passengers.



Pedestrians should be similarly mindful of their surroundings, and stay alert, especially in and around busy intersections. Resolve to adopt the following good habits:

- **Put down the phone.** Do not text or call while driving or walking. Do not wear headphones while driving or walking.
- **Be aware of your surroundings.** Do not walk distracted. Walk facing oncoming traffic so you can see who's approaching you. It's safest to walk on a sidewalk, but if one is not available walk on the shoulder.
- **Wear bright and/or reflective clothing.** This will increase your visibility. Another good tip is wearing a headlamp or using a flashlight.
- **Do not jaywalk.** Whenever possible, cross the street in designated crosswalks. Jaywalking is illegal and risky.
- **Walk with a buddy.** This will provide you with additional safety and can potentially deter unwanted attention.

Please share these with others, and let's resolve to make these resolutions last!

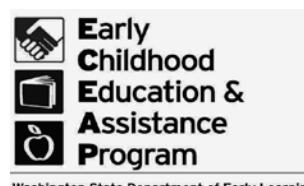
Kylie Helmuth (kylie@sngi.org, 206-323-9584) is a project coordinator at Seattle Neighborhood Group. Feel free to contact her for crime prevention tips or help with your safety and security concerns.

Enrolling Now!

PRESCHOOL PROGRAM (Children from 3-5 years old)

Head Start & ECEAP (Early Childhood Education and Assistance Program)

Serving low-income pregnant women and families with children ages birth to five, including those with special needs and significant disability, living in the Seattle Housing Authority garden communities.



Washington State Department of Early Learning



- School year program
- Skilled, qualified, and experienced teachers serve children 3-5 years old; children must be 3 by August 31 of enrollment year
- Serves low-income families
- Half day program: Monday-Thursday, 3 1/2 hours each day
- Full day program: Monday-Friday, 6 hours each day
- Offers comprehensive services: Special Needs, Family Support, and Screening and Health Information
- Helps with kindergarten transition process when children turn 5 years old

For more information, please call (206) 461-8430, extensions 247, 248 or 250.



News and information about Seattle's neighborhoods — visit our website at www.voicenewspaper.org

Housing residents celebrate goodwill *RAC, RLDT host fourth annual volunteer recognition event*

BY TROY SMITH
Special to The Voice

On Dec. 13, 2014 the Resident Leadership Development Team (RLDT) and Resident Action Council (RAC) held its fourth annual volunteer recognition dinner and awards event.

About 80 attendees enjoyed an enormous variety of food and entertainment. Matthew Anderson served as master of ceremonies and awards were presented by Kristin O'Donnell and Rachael Harding.

For a second year running, Chung Ping Lam, a Beacon Tower resident, entertained guests with his magic show. The program also included a Michael Jackson dance performance from James Riley of NewHolly.

The following individuals were given awards for their work throughout the year: Martin Qualters from Ballard House, Julie Sahlberg and Robert Baughn from Center Park, Linda Musselman and Jerry Ingram from Lake City House, Marilyn Rushmer from Westwood Village and David Norris from Denny Terrace.

Group awards were presented to the following: Beacon Tower's tea time group, Columbia Place's coffee hour group, Denny Terrace's computer lab group, the Gideon Matthews Community Council, the Olive Ridge Garden initiative group, The Fab Four from Pinehurst Court, the Ross Manor computer lab planners, and the University House Community Council.



Anitra Freeman, of RAC, read a poem by Bob Santo on volunteering. A special award was presented to Ellie Rhodes for recognition of her last four years of award-winning volunteerism.

The volunteers also honored Marcia Johnson for her 35 years of service supporting the community building and leadership development for residents of SHA housing programs.

Special thanks for those who cooked, decorated and cleaned up for the event, including Troy Smith, Terry Nuon, Cinda Liim, Susan Irwin, Rachael Harding, Matthew Anderson, Kristin O'Donnell, Ellen Zontz, Marcia Johnson and Joy

Bryngelson.

Matt Anderson, co-chair of RLDT, said the recognition dinner is especially meaningful to him in part because it recognized Community Builder Marcia Johnson, someone he considers a mentor.

"It's important because many times as community leaders we feel like we are alone on an island, especially since we do our volunteer work within our own communities," he said. "The dinner is a time to experience a feeling of togetherness while celebrating our work, tenacity, and accomplishments of the last year."



Residents enjoyed fine food and fun at the fourth annual volunteer recognition event. Chung Ping Lam, top, mesmerized attendees with his magic; and SHA community builder Marcia Johnson received a special award for her outstanding service. Photos by Troy Smith

Rainier Valley resident puts her best foot forward *Registered nurse's hard work, diligence lead to rewarding vocation*

BY NANCY GARDNER
The Voice editor

Cindy Granger has been fascinated with feet for just about as long as she can remember. The registered nurse and native of Seattle says that her professional interests in the fields of geriatrics and mental health have helped shape her career focus on foot care, which she says is often neglected among the elderly.

A native Seattleite and Rainier Valley resident, Granger recently found a job in nursing with help from Seattle Housing Authority's (SHA's) Economic Opportunity Program (EOP).

With assistance from staff at the EOP and Neighborhood House, she was able to get back on her own feet and return to work part-time, which allows her the flexibility to continue volunteering with children.

"The service was like a hidden jewel in my backyard," said Granger. "I started exploring to find the treasures and services that add color and beauty to my goals, and I landed a part-time job that I really enjoy that gives me flexibility to volunteer."

She credits much of her new-found career success to Larry Hill, who works in job placement for SHA.

"Larry was very dedicated in helping me meet my employment and related goals," she said. "He understood my goals and never pushed his thoughts or his personal opinions. He was always positive and encouraging despite many challenges along



Cindy Granger

the way. The affirmation, patience, and support was exceptional and beyond."

Working part-time at the Central Area Senior Center as a foot care specialist and nurse, Granger enjoys volunteering with children at Dearborn Park International School.

"Cindy is one of the most personable and engaging individuals one is ever likely to meet," Hill said. "Cindy is highly organized and thrives in a setting where she is able to multi-task. She has been looking for this ideal position for a long time and it's nice to see her diligence and refusal to give up have paid off for her."

SHA Board *Continued from Page 1*

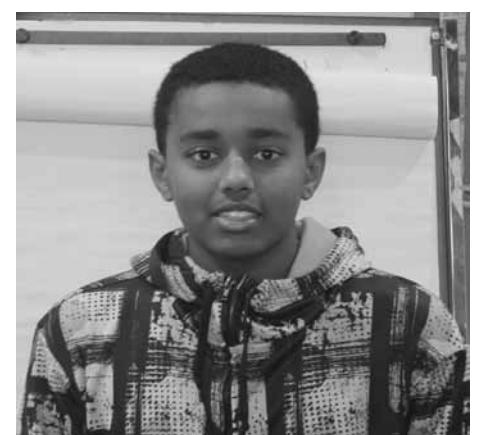
and lived in public housing in Spokane while his mother attended law school. After graduating from Evergreen College in Olympia he served in the Peace Corps in Belize. He is vice president of the Capitol Hill Community Council, where he supports housing affordability.

For current information about their agenda, check the council's calendar, <http://www.seattle.gov/council/calendar/> or call Housing Affordability Committee Chair Sally Clark at 206-684-8802.

In September, Lofton said that with more than 9,000 households on its waiting list to obtain public housing, efforts would have to be made to address the needs and assist those already in public housing as well as those who wait up to four years to find somewhere to live.

The current SHA Board of Commissioners includes the following: Chair Nora Gibson, Vice-Chair Doug Morrison, Aser Ashkir, John Littel, Juan Martinez, Kollin Min and Deborah Canavan Thiele.

High Point's Youth of the Month named



Nassir Sayda

Each month, the High Point Teen Programs selects a "Youth of the Month" to recognize an outstanding participant for the qualities that make him or her a valued member of the High Point and Neighborhood House community. Nassir Sayda earned this distinction for December 2014.

Nassir, who is 14 years old, recently began his participation with Youth Empowered with Leadership Strengths (YELS) and STUDIO, a new exploration program.

Nassir displays consideration for his peers, always offers to assist the facilitators in clean-up and practices excellent self-reflection skills. These traits, along with his excellent curiosity and program engagement, contributed to his selection for this month's award.

When not in the program, Nassir enjoys reading science fiction novels and listening to music.

Volunteer celebrates 50 years at Neighborhood House

BY NANCY GARDNER
The Voice editor

It's easy to get immersed in the stories that Audry Breaux, known affectionately as "Nanny" to many, shares about her experiences as a volunteer at Neighborhood House. Partly, it's because they span more than half a century: she has volunteered at the social services agency since the mid-1960s.

But it's also because her narratives are almost always punctuated with an infectious chuckle.

Breaux, a former army nurse, has seen many faces walk through the doors over the past five decades, and says it's those many faces that are what she enjoys the most about being a volunteer, where she provides support at the Epstein office reception.

"Just to see the variety of people who come in to Neighborhood House," says Breaux. "You can see the looks on their faces and when we assign case managers to them and they're so appreciative—they just have such smiles on their faces," she says, flashing her characteristically wide grin.

But when she's not helping answer client calls and greet visitors at Neighborhood House, Breaux keeps a busy schedule.

Originally from Cajun country, New Orleans, the octogenarian loves cooking her native Louisiana Creole and traditional southern dishes, like deep fried catfish, cornbread, collard greens and Po'boy sandwiches. They combine quite nicely with all of the sporting activities and events she has enjoyed watching and attending since moving to Seattle in 1957. The devastation



PHOTO BY NANCY GARDNER

caused by Hurricane Audrey (no relation) in June of that year helped Breaux and her family decide that living in a less flood-prone zone would be a welcome relief.

During the 70s and 80s, she was a season ticket holder for the Seattle SuperSonics, and still admires the players who helped the team capture the 1979 NBA Championship title. She enjoys recalling key highlights and qualities about the starting players from that award-winning season.

As the Sonics lost their edge, Breaux says she became a regular fan of the Mariners through the 1980s, naming Ruppert Jones, and Ichiro, former Mariner outfielders, as her favorite players.

Yesler Terrace resident Audry Breaux has been donating her time to Neighborhood House for more than five decades. She first began volunteering with children at the Yesler Terrace Community Center in the 1960s. Below, in 2006 Breaux helped out at a Yesler Terrace holiday party.

different people, and we turn nobody away," she says.

It was perhaps her experiences as a nurse stationed in places like Seoul, South Korea, that have helped her adapt so easily to new faces.

After spending 12 years in South Korea, Breaux finished up her career close to home, working at Harborview, the Veteran's Administration and Madigan Army Hospital in Tacoma.

LaBarbara Brooks, a Neighborhood House employee who has known Breaux for decades, says Breaux's greatest features are her love for her family and her community. "Despite her own setbacks, she never gives up and doesn't let anything or anyone hold her back," says Brooks.



Please recycle me





DON'T WAIT TO TALK
WITH YOUR KIDS
ABOUT MARIJUANA

Marijuana use is still illegal for anyone under 21 and can affect memory, motivation, and learning. Kids who use marijuana have an increased risk of lower grades, dropping out of school, and addiction—which can result in future health problems.

TALK WITH YOUR KIDS TODAY.
THEY REALLY DO LISTEN.

LearnAboutMarijuanaWA.org



Center for
Multicultural
Health

Inaugural industrial sewing class graduates 18

BY NANCY GARDNER
The Voice editor

YT About fifty people were on hand to applaud the first class of graduates from Seattle Housing Authority's (SHA) Industrial Sewing Program Dec. 17. Funded through SHA's Economic Opportunity Program, participants began hands-on sewing skills with goals of expanding their knowledge for both enjoyment and potential career opportunities.

Student Hana Weldeyohanis said she had never sewn anything, except by hand, while in her native Ethiopia. She said the class has given her a new outlook and she has hopes of someday becoming a seamstress.

Deborah Vandermar, who has taught community sewing for years, said it's more than just about learning a new skill.

"It's all about economic opportunity, and being able to compete in the marketplace," she said.

Hana Weldeyohanis works with instructor Deborah Vandermar, a retired apparel engineer who has worked in factories all over the world. Some 18 students have completed fall quarter classes and will return to expand their skills in January.



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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority. The Voice is developed and edited by Neighborhood House with help from Seattle Housing residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in Seattle Housing communities.

If you'd like to submit an article, or if you have a question about anything you've read in this publication, please contact Editor Nancy Gardner at 206-461-8430, ext. 227 or by e-mail at nancyg@nhwa.org.

All submissions are subject to editing for accuracy, style and length.



Money Matters

Saving money during the holiday season

Editor's note:

The region's first Financial Empowerment Center (FEC), operated by Neighborhood House at Rainier Vista, opened last April and can help with financial counseling and affordable banking. The main center is located at 4431 Martin Luther King Jr. Way S., and is open Monday through Friday. There are six other FEC satellite centers throughout the city. For locations or more information, call 206-923-6555 or email FEC@nhwa.org.

BY RICHA THAPA MAGAR

Financial Empowerment Center

In order to avoid suffering from a holiday hangover, you are going to have to be creative and more conscious of your spending habits. Here are some tips on how to keep expenses down during the holidays:

Create a budget and stick to it

Holiday expenses can add up quickly and one way to keep the financial damage to a minimum is to CREATE A BUDGET before you start shopping and then track what you spend. A budget should include the amount the family plans to spend on food, travel, incidentals, decorations, gift-wrapping and even a price limit for each person on the gift list. Use a spreadsheet to budget your household finances adding up every household expense you will have to pay, including mortgage or rent, groceries, transportation, utility bills, insurance and phone bills to ensure you don't overspend.

Be a savvy consumer

Not only does this mean savings at the mall, but consumers can also search online retailers for deals and bargains. Shop at discount supermarkets rather than brand-named stores. Use supermarket loyalty

cards and coupons. Make your own drinks and meals rather than relying on takeout or delivery. And why not ask family members to each bring along a dish? Check to see if your children are entitled to any benefits, including free school meals and uniforms for children. Turn electrical appliances off when not in use. Use energy-saving gadgets to cut costs. See if you qualify to apply for a utility discount program.

Take advantage of cash-back and reward credit cards

Use balance transfer credit cards to transfer debt from higher-interest cards to ones that charge zero percent interest. If you have money sitting in the bank, open a savings account that can help draw interest and provide extra income.

Cut costs on holiday travel

Find cheap flights for your holidays. Choose a credit card that doesn't charge an ATM fee for withdrawing cash abroad. Pack light - this can be hard during the holidays but airline luggage fees can cost a bundle.

Avoid January sales

Even though you might feel like you're getting a bargain, it is likely you are buying something you never really needed, and would never have bought it in the first place had it not been on sale. Say no to things you don't need, can't afford or won't use!

You can meet a Financial Counselor to help you prepare an ideal personalized budget. To book an appointment, you can simply log on to <http://nhwa.fullslate.com/> or call 206-923-6555 and select your preferred language and location.

Small little choices can go a long way in helping you SAVE MORE. Happy Holidays!

Recipe: Butternut Squash Soup

An easy and delicious way to make use of one of winter's most nutritious vegetables

WINTER SQUASH SOUP

Courtesy Oxbow.com

Ingredients

2 medium-sized winter squash (acorn, delicata, buttercup, for example)
1 yellow onion, peeled and sliced thin
1/4 C olive oil
2 T garlic, minced
1 C dry white wine
4 oz unsalted butter
2 T fresh minced sage or thyme
2 T minced ginger
1 qt chicken or vegetable stock
1 pint heavy cream



Directions

Preheat oven to 350°F

- Cut squash in half and remove seeds from pulp and set aside to roast, and then remove pulp with a spoon. Rub the flesh with the olive oil and season with salt and black pepper. Place cut side down on a baking sheet and roast until the squash is tender. Remove from the oven and let cool on the counter. When cool enough to handle scoop the flesh into a bowl and set aside until ready to use.
- In a 4 qt sauce pan melt the butter over moderate heat. Add the garlic, ginger and onions and sauté until the onions are soft.
- Add the cooked squash and the sage/thyme, and mix well. Add the stock and bring to a gentle simmer. Simmer for 1 hour.
- Strain through a fine cloth or mesh strainer into another sauce pot over low heat. Add the cream and bring to a gentle simmer and re-season to taste with salt and pepper.

Fitness for everyone

BY LENA SCOTT
Special to The Voice

Are mobility, strength or breathing issues keeping you from exercising?

Seated exercise makes working out accessible. Working out while sitting is effective in maintaining and improving health, increasing endurance, lung capacity and muscle strength and can improve mobility.

I taught a senior fitness class to both sitting and standing participants and was amazed at watching exercisers gain so much energy and stamina in such a short period of time. I even watched one participant regain enough balance to stop using a cane she had relied on for years after starting with sitting and progressing to standing exercise over just four months. And seated exercise goes beyond just a basic workout. There are even seated yoga and Pilates programs available.

To begin with, what are some reasons someone may need to remain seated during exercise? Someone may be at risk for falls, or be seated due to disability. Or perhaps they are just starting to be more physically active and want to start slowly and put less stress on their body.

If you are interested in seated exercise, joining a class is great way to learn the correct postures and learn from a professional instructor, and it's also fun to work out within a group and get encouragement from others. To find a class nearest you,

Sitting down to get a good workout

check with The Y (formerly YMCA), Senior Centers and Community Centers near you, or try searching for classes online. There is usually a class fee, but you may qualify for low-income discounts or scholarships.

Developed by the University of Washington and Senior Services of Seattle, EnhanceFitness is a national fitness program designed for older adults and can be done both seated or standing.

It is based on research and proven highly effective. It's the program that I instructed and is adaptable depending on the needs of participants.

Most instructors love personalizing the program for the exercisers, by working with them to select music and get feedback and ideas for keeping a class interesting. Some participants are sometimes so excited by the program they go on to become instructors.

Some EnhanceFitness classes are even taught in languages like Somali, Vietnamese and have interpreters in attendance. An EnhanceFitness program holds classes three days each week for an hour.

Each class starts with a warm-up that includes light cardio, and then progresses to hand-held weights, balance exercises and finishes with a cool-down of stretching.

Some insurance companies even offer class discounts. If balance is your primary limitation there is an eight-week peer lead program called A Matter of Balance that may be helpful. Not only are exercises taught, but participants discuss fears about

falling and how to reduce their risks.

To find a class location for EnhanceFitness or A Matter of Balance call Senior Services at: 206-448-7525.

If you prefer to work out at home you can look online for videos or try one of my favorite options, the long-running PBS series, Sit and be Fit. Local PBS channel KCTB airs episodes at 9 a.m. every weekday.

If you visit SitandbeFit.org you can order videos addressing specific issues like core strengthening, arthritis, Chronic Obstructive Pulmonary Disease, (COPD) and neurological health.

The library also carries a wide variety of DVDs featuring seated exercise routines that you can borrow. Those with high-speed internet access can try streaming these videos online.

Want to ease in on an exercise routine? Try a few of the following exercises interspersed throughout your day, starting by sitting on a firm chair with feet flat on the floor (you may need to scoot forward in your chair) and shoulder width apart.

- March in place while sitting during commercial breaks when you are watching television
- Keep small hand weights near your chair and do 10 bicep curls followed by 10 straight arm lifts three or four times a day
- Do side leans while seated on a firm chair with no arm rests. Lean deep to



one side, then slowly the other. Repeat each side five times several times each day. Add in hand weights if you're comfortable.

Lena Scott is a health educator and certified EnhanceFitness Instructor.

Content guide

Don't see your neighborhood section? Consult the guide below to find the logos that correspond to your community.



High Point Herald



NewHolly Notes



Rainier Vista News



Yesler Happenings

COMMUNITY RESOURCES

The facts on Ebola and the Flu

BY KING COUNTY DEPARTMENT OF PUBLIC HEALTH AND WASHINGTON STATE DEPARTMENT OF HEALTH

The risk of an Ebola outbreak in King County is extremely low. While the recent cases in Texas have raised public concern, our local healthcare system is working hard to make sure that staff are trained to quickly identify and isolate anyone who potentially has Ebola.

We are also working to ensure that people with Ebola get the best care while also protecting caregivers from infection. We may never see a case of Ebola here in King County, but if we do, Public Health's years of experience in managing disease outbreaks like H1N1 flu and SARS, along with our day-to-day preparedness work, mean Public Health is well prepared to handle the situation should it arise.

The most important action you can take right now is to learn the facts about Ebola:

- The general public's risk of getting an Ebola infection in this country is extremely low.
- There are no confirmed cases of Ebola in Washington State.

EBOLA IS SPREAD THROUGH DIRECT CONTACT WITH:

- Body fluids of a person who is sick with or who has died from Ebola (blood, vomit, urine, feces, sweat,

- semen, spit or other fluids).
- Objects contaminated with the virus (needles, medical equipment).
- Infected animals (by contact with blood or fluids or infected meat).

EBOLA IS NOT SPREAD THROUGH:

- Casual contact.
- Water.
- Food grown in the United States.
- There is no strong evidence Ebola is transmitted through the air.

Remember: Someone who has Ebola must have symptoms before they can spread the disease to others.

WHAT CAN YOU DO?

People who have not been in an Ebola affected area of West Africa during the last 21 days or who haven't had close contact with a sick Ebola patient (such as household members of healthcare workers caring for Ebola patients) are likely not at risk for Ebola.

The best thing you can do is to stay informed with the facts about Ebola. Visit the Washington State Department of Health's website at www.doh.wa.gov

United Way seeks volunteers for 2015 Free Tax Campaign

Want to help during the 2015 tax season? United Way volunteer registration is open now!

Help hardworking, low-income families keep more of what they earn and save for the future. Through this volunteer opportunity, you will help families and individuals get their taxes done as well as connect them to savings opportunities and public benefits. There are two ways we need you:

Volunteer tax preparers make the campaign possible, helping clients complete their tax returns. Volunteers walk clients through their taxes, ensuring that they receive all the credits they are eligible for.

SKILLS NEEDED:

A willingness to learn. Volunteers don't need prior tax knowledge to serve. We train volunteers and get them IRS-certified so they know everything they need to prepare taxes.

Basic computer skills. Taxes are done through software called TaxWise.

Friendliness. Volunteer tax preparers meet tons of diverse clients when volunteering, which is very rewarding. We want our clients to have a good experience, and friendly volunteers are the most important part of that!

Knowledge of another language. This isn't a requirement, but it does help. Ability

to speak Spanish, Amharic, Vietnamese, Chinese, Russian or Tigrinya is especially needed.

TIME COMMITMENT:

Includes three to four hours per week from January through April.

Volunteer intake and benefits specialists (VIBS) are the gateways to financial services and public benefits for our clients. By answering questions, helping clients with paperwork, and connecting clients with additional resources like basic food or financial counseling, VIBS are essential members of the tax site team.

In 2014, 825 volunteers prepared 17,450 returns. This secured \$24 million in refunds back into the community, including \$8.5 million in Earned Income Tax Credits.

All trainings will be held at South Seattle College in West Seattle and will take place in late December and early January, 2015.

For more information or to register email freetax@uwkc.org or go to www.uwkc.org/taxvolunteer.

Is it Flu or Ebola?



Flu (influenza)



The flu is common a contagious respiratory illness caused by flu viruses. The flu is different from a cold.

Flu can cause mild to severe illness, and complications can lead to death.

Ebola



Ebola is a rare and deadly disease caused by infection with an Ebola virus.

How Flu Germs Are Spread



The flu is spread mainly by droplets made when people who have flu cough, sneeze, or talk. Viruses can also spread on surfaces, but this is less common.

People with flu can spread the virus before, during, and after they are sick.

How Ebola Germs are Spread



Ebola can only be spread by direct contact with blood or body fluids from

- A person who is sick or who has died of Ebola.
- Objects like needles that have been in contact with the blood or body fluids of a person sick with Ebola.

Ebola cannot spread in the air or by water or food.

Who Gets The Flu?



Anyone can get the flu. Some people—like very young children, older adults, and people with some health conditions—are at high risk of serious complications.

Who Gets Ebola?



People most at risk of getting Ebola are

- Healthcare providers taking care of Ebola patients.
- Friends and family who have had unprotected direct contact with blood or body fluids of a person sick with Ebola.

Signs and Symptoms of Flu



The signs and symptoms of flu usually develop within 2 days after exposure. Symptoms come on quickly and all at once.

Signs and Symptoms of Ebola



The signs and symptoms of Ebola can appear 2 to 21 days after exposure. The average time is 8 to 10 days. Symptoms of Ebola develop over several days and become progressively more severe.

- People with Ebola cannot spread the virus until symptoms appear.

- Fever or feeling feverish
- Headache
- Muscle or body aches
- Feeling very tired (fatigue)
- Cough
- Sore throat
- Runny or stuffy nose

- Fever
- Severe headache
- Muscle pain
- Feeling very tired (fatigue)
- Vomiting and diarrhea develop after 3–6 days
- Weakness (can be severe)
- Stomach pain
- Unexplained bleeding or bruising

For more information about the flu and Ebola, visit www.cdc.gov/flu and www.cdc.gov/ebola.

High Point Parent Networking Sessions

Parent Networking Conversations
FREE

ALL Parents & Grandparents
Take Time to Meet Other Parents

High Point Family Center
6400 Sylvan Way SW
Seattle, WA 98126

Saturday, January 17, 11 a.m. until 1 p.m.

- Develop and Plan Workshops for Youth
- Share ideas for guiding children's behavior
- Discuss ways to help guide good choices

Light Snacks and Childcare for ages 2-6 years old ONLY

PRE-REGISTRATION Required for Childcare
(Families must stay on site)

2015 Parent Networking Conversations: February 21 and March 21
From 11 a.m. until 1p.m.

For information and registration please contact:
Dena Nelson at 206-588-4900 ext. 606
Marian Jama at 206-588-4900 ext. 620

denan@nhwa.org
marianj@nhwa.org



OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

Local organizations provide safe haven and artistic opportunities for low-income and homeless residents

Yoga, poetry writing, visual arts are a few of the offerings available for the taking

BY BRENDA KAY NETH
Special to The Voice

Down at the Recovery Café on Boren Avenue, Sharon Short was creating a landscape collage during open art studio time. Short, who has sold her artwork in different venues, is an avid supporter of similar organizations like Circle of Friends for Mental Health and Path with Art, two non-profits offering free classes to homeless and low-income populations. Short said she finds healing and refuge at the café because they offer her a consistent place to be.

"Art can save your life. It beats drinking wine and taking drugs," Short said.

She said that she has enjoyed the ten week collage-making course that Path with Art has offered at the Recovery Café, as well as the art class facilitated by Circle of Friends for Mental Health. Short says she has also taken singing lessons through Path With Art, and has enjoyed sharing her talent with other singers enrolled in the class.

Carolyn, a Seattle Housing Authority (SHA) resident, shared how her struggle with homelessness and physical pain led her to find solace in her creativity at the café. Carolyn was recently busy creating a montage for the upcoming art exhibit at Plymouth Church, which opens to the public Jan. 8. The exhibit, "Honoring the Body," focuses on the visual arts as well as the spoken word.

David Coffey, executive director of the Recovery Café, said members show incredible talent that can sometimes surprise not only the general public, but the members themselves. He noted that many people have not had access to the arts, and the recovery community at the café make for a safe place of transformation and discovery.

The café not only offers arts classes, but members can enjoy yoga, meditation, creative writing, spiritual book studies, as well as nutritious meals throughout the week. All classes and meals are free, but members are expected to give back through



volunteering at the café.

Coffey said that the café is geared to assist those coming out of treatment, and that the peer-supported model helps those who might end up with nowhere to go, or run the risk of getting in trouble with the law. "Every person is precious," Coffey said.

For Carolyn Hale, executive director of Circle of Friends for Mental Health, providing mental wellness includes providing arts and crafts classes for those who are facing severe mental health issues as well as addiction.

For her work at Circle of Friends, Hale was awarded the 2014 Woman of the Year in Mental Health by the National Association for Professional Women. All classes are free and open to friends and relatives of those facing mental illness, as well as to clients. Art, drama, photography, and creative writing are some of the ongoing classes offered by Circle of Friends.

Hale said that instructors are all volunteers or are college interns from various



At left, Vera Detour practices yoga at the Recovery Café, which offers arts and exercise classes. Above, Sharon Short enjoys hanging out at the café while making collages. Area organizations like the café give area residents a chance to practice their artistic skills. Photos by Brenda Kay Neth.

universities such as Antioch University, University of Washington, Seattle Pacific University, and area community colleges.

She added that Circle of Friends aims to enlighten its volunteers, teachers, and clients about the worth of those walking the journey toward mental wellness. She prefers mental wellness rather than the term mental illness, and strives to break down the stigma that many communities might label such individuals.

Dennis Richman, resident and vice president of the SHA University House Resident Council, said that being involved with the art and drama classes of the Circle of Friends for Mental Health within the past year has helped him feel less alone in the world. Richman said he would like to take more drama classes at the Wallingford House, and that he uses journaling to help him deal with his symptoms of schizophrenia and depression.

Path with Art program coordinator Adam Doody said that anyone who has an income up to \$18,000 is eligible to register for classes, but they must be connected to one of the partnering agencies of Path With Art, such as Recovery Café, DESC, Sound Mental Health, or Plymouth Housing. More information can be found at <http://www.pathwithart.org>.

A number of agencies in Seattle provide recreational classes, including art, poetry and singing, to low-income residents.

The following organizations provide classes and conversation for those seeking recovery from health and mental issues.

Circle of Friends for Mental Health
4731 15th Ave NE, Suite 241
Seattle, WA 98105
www.cofmentalhealth.org
(206) 525-0648
email: cofmentalhealth@yahoo.com

Path With Art
1402 3rd Ave. Suite 1010
Seattle, WA 98101
www.pathwithart.org
(206) 650-0669
email: info@pathwithart.org

Recovery Café
2022 Boren Avenue
Seattle, WA 98121
www.recoverycafe.org
(206) 374-8731

 **High Point**
Family Center
Supporting families and communities in West Seattle

Looking for a Job?
Need a Resume or Cover Letter?

Job Seekers Workshop

Join us every Tuesday from 9AM - 12PM and work with Job Specialists to get FREE Job Search Help at the High Point Family Center in **West Seattle!**

- Online Job Search Help
- Build a Resume
- Create a Cover Letter
- Open Computer Lab

- Practice Interviewing
- Dress for Success
- Learn about Job Training and Skill Building Opportunities

- Register for Upcoming Job Search Classes and Job Fairs
- Interpretation Services also Available

\$3.00 OFF

Community Fitness Room Promotion

For ages 14 and older

Yesler Community Center

917 East Yesler Way

90% off the regular admission

Regular price is \$3.00



\$2.50 OFF

Toddler Gym Discount Promotion

Ages 3 and younger

High Point Community Center

6920 34th Ave SW

\$2.50 off regular toddler gym admission

Regular price is \$3.00

