King Co. Section 8 waitlist open through Feb. 10

By Voice Staff

The King County Housing Authority’s Section 8 voucher program is accepting online-only application forms through 4 p.m. Tuesday, Feb. 10. Those wishing to apply for the waitlist must do so by visiting www.kcha.org.

KCHA has opened up computer centers at a number of KCHA properties around the county to help in the application process, including computers in the KCHA office lobby located at 700 Andover Park W. in Tukwila. A number of local agencies and libraries are also making their computers available for use in the application process.

The online application may also be completed using a smart phone.

A random lottery drawing will be used to select 2,500 of the applications submitted for the Section 8 wait list. KCHA will notify applicants by March 31 via email or U.S. postal mail as to the status of their applications.

The agency will draw applicant names in random order, and the first 2,500 of those applicants will be placed on the waiting list.

Those who want to apply must have a household income at or below 80 percent of the area median income. For example, a single applicant cannot earn more than $18,550 per year; and a family of four cannot have a combined annual income of more than $26,450.

Complete application requirements and a list of locations with computers available for use in applying may be found on the KCHA website. If you apply to be added to KCHA’s voucher waitlist, you will still be able to apply for Seattle Housing Authority’s voucher waitlist if SHA opens its waitlist at a later date.

Update: Appointments to SHA Board of Commissioners

By Voice Staff

Members of Seattle City Council’s Housing Affordability, Human Services and Economic Resiliency Committee met with Zachary Pullin and Jermaine Smiley at a public hearing Jan. 15 to discuss their potential appointments to the Seattle Housing Authority Board of Commissioners.

City Council members expect to meet with the candidates again in February. If confirmed by the Seattle City Council, Smiley and Pullin will hold appointments on the SHA Board of Commissioners through Dec. 1, 2018.

Seattle Mayor Ed Murray recently nominated Smiley and Pullin to replace two outgoing, current board members, John Littel and Juan Martinez. The seven-member SHA Board of Commissioners includes five at-large positions and two member SHA Board of Commissioners.

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.

Board members Morrison and Ashkir are resident Commissioners.

The board has the final decision on SHA policies and approves the agency’s annual budget. Commissioners are also responsible for hiring the executive director, a position currently held by Andrew J. Lofton.

Pullin and Smiley both 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.

Pullin works in communications for Service Employees International Union (SEIU), a large healthcare union in North America. A member of the Chippewa Cree tribe, he was born on a Native American Indian reservation in Montana and lived in public housing in Spokane while his mother attended law school. He is vice president of the Capitol Hill Community Council, where he supports housing affordability.

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Yesler resident scores big

Soccer standout and Garfield High grad named Commonwealth Conference Freshman of the Year

By Nancy Gardner

Abdallah Abdi, a freshman at Lycoming College in Williamsport, Pa., has been named Rookie of the Year in the Commonwealth Conference. He’s also earned a second-team spot on the National Soccer Coaches’ Association’s All-Mid-Atlantic team.

The Common-wealth Conference, along with the Freedom Conference, is comprised of 17 different colleges located on the East Coast that compete athletically in the Middle Atlantic Conference.

Abdi, who grew up in the Kakuma Refugee Camp in northwestern Kenya, has lived in Yesler Terrace for about the past six years. He’s a 2014 graduate of Garfield High School, where he was named Most Valuable Player his senior year. The 19-year-old plays a midfield for the Lycoming Warriors, where he has earned a scholarship for the 2014-15 academic year.

And while he may be separated from his family by some 2,600 miles, he remains very close to his siblings and especially his mother, Zahra Osman, who he says is by far his biggest role model.

“My mom is amazing,” said Abdi. “Back in Kenya where life was so hard, she helped us stay strong and took care of us and motivated us to do well. The people who had guns were the ones who ran the camp, and she was always there for us and helped keep us safe.”

Abdi is known for his electric personal-ity, speed, agility and vision and is said to be dangerous each time he touches the ball. It’s hard to believe, but as children growing up in Kenya, he and his two sisters and five brothers didn’t even have shoes, which he says made playing soccer really hard.

“I feel like now I’m living the dream life. Back in Kenya, there were no guarantees we’d make it until the morning,” he said.

Abdi believes that because his mother had a tough life, she has always worked hard to ensure a better life for her children.

The encouragement and support his mother instilled in her children are certainly reflected in their achievements and passion to succeed. And his coach says he has helped change the speed and tempo at which the Warriors play.

Please see “Soccer” on Page 3
The end of an era: Jefferson Terrace welcoming committee volunteer hangs up her bags after 14 years

By Neighborhood Health

Do you have health insurance yet? If not, you still have a couple of weeks to sign up for mandatory coverage.

Open enrollment to renew or sign up for low-cost private insurance through the Washington Health Benefit Exchange began Nov. 15, and ends Feb. 15, 2015. If you qualify for Washington Apple Health or Medicaid, you can sign up any time.

Depending on how much you earn, you may qualify for free coverage, or for tax credits or financial help to pay for co-pays and premiums. Free or low-cost coverage is available. Visit www.wahealthplanfinder.org for more information. Coverage usually begins the month after you enroll.

If you need help, Neighborhood Health has trained eligibility specialists who can help you enroll. Just call 206-548-3013 and ask for an appointment at a clinic near you.

Public Health – Seattle & King County also provides a list of enrollment sites and events on its website at www.kingcounty.gov. Visit www.wahealthplanfinder.org to find an enrollment site near you where you can sign up.

If you don’t have insurance coverage in 2015, you will pay the higher of these two amounts: either 2% of your yearly household income or $325 per person for the year ($625-50 per child under 18). You will be required to pay the fee on the federal income tax return you file for the year if you don’t have coverage.

Use your senses to help stay protected

By Kyle Helmuth

Seattle Neighborhood Group

Remember that children’s song that goes something like, “Head, shoulders, knees and toes, knees and toes?” Sound familiar? If not, this classic kids’ song teaches about body parts. I always seem to get this song stuck in my head, and thought, what better way to remember personal safety than through this song?

My colleagues at SNG and I have some ideas on how this simple song can help keep you safe. And we’ve added in the five senses for rational safety reminders.

Head

Keep your head up, Pay attention to your surroundings. We all know about distracted driving, but there is such a thing as distracted walking. Put your phone and other electronics away (this will also prevent potential theft) so that you can see what’s around you. Follow your instincts and gut feeling. If something doesn’t feel right, you’re probably right.

Shoulders

Walk with purpose. Look confident by standing up straight, shoulders back. People who prey on others often look for easy targets - people who look nervous or aren’t paying attention to their surroundings. Walking with good posture makes you look confident.

Knees

Self defense. If someone tries to grab or assault you, do everything you can to get away. Attract attention and get help. If you’re a victim of theft, do not fight back. Your property is much easier to replace than your well-being.

Toes

Walk with a buddy. Traveling with a buddy whenever you can is a good idea, and traveling in a group is even better. Plus, it’s more fun.

Eyes

Make sure everyone around you knows that you are aware of them and your surroundings. Wear bright colors as this helps you stay visible so others see you.

Ears

Take off your headphones. When you tune out, you miss the sound of potential danger and ability to hear what’s going on around you. This will allow you to hear oncoming traffic, bike bells, people talking, cries for help, screams, siren, horns, alarms, etc.

Mouth

Smile. In most cultures, smiling is a universal friendly welcoming gesture. Also, don’t be afraid to use your voice. Scream or yell if you are in a situation where help is needed.

Nose

Don’t be afraid to be a nosy neighbor. Nosy neighbors can be a good resource to help protect your home by by watching your place when you’re away and reporting any suspicious activity.

Kylie Helmuth (kylie@snji.org, 206-457-4365) is a project coordinator at Seattle Neighborhood Group. Feel free to contact her for crime prevention tips.

Affordable Care Act enrollment deadline Feb. 15

By Neighborhood Health

Charlotte’s web

The end of an era: Jefferson Terrace welcoming committee volunteer hangs up her bags after 14 years of helping residents at Jefferson Terrace with help from Community Builder Marcia Johnson. Sahlberg, who lived at Jefferson Terrace for 10 years, is president of Center Park’s resident board, where she now lives. In February, Cory Russell will begin delivering the bags, which include everyday items like toothpaste, cleaning supplies, and household items, to new Jefferson Terrace residents.

Julie Sahlberg, an SHA volunteer, makes her last haul after 14 years of helping deliver welcome bags to residents at Jefferson Terrace with help from Community Builder Marcia Johnson. Sahlberg, who lived at Jefferson Terrace for 10 years, is president of Center Park’s resident board, where she now lives. In February, Cory Russell will begin delivering the bags, which include everyday items like toothpaste, cleaning supplies, and household items, to new Jefferson Terrace residents.

Lois Hedley

Community Services Coordinator

Be Safe

Using your senses to help stay protected

By Kyle Helmuth

Seattle Neighborhood Group

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Kyle Helmuth (kylie@snji.org, 206-323-9194) is a project coordinator at Seattle Neighborhood Group. Feel free to contact her for crime prevention tips.
SHA appoints new communications director

By Seattle Housing Authority

The Seattle Housing Authority (SHA) has announced the appointment of Kerry Coughlin as Director of Communications. Coughlin started with SHA on January 2. She serves on the Executive Cabinet, providing counsel and oversight to ensure effective communication with the SHA Board of Commissioners, residents and clients, elected officials, partner agencies, media, the public, employees and other stakeholders.

Most recently Coughlin served as a director with the international Marine Stewardship Council (MSC), an organization devoted to environmental, food security and economic sustainability of the $150 billion global seafood industry.

Prior to MSC, Coughlin was a consultant with the Daniel J. Evans Graduate School of Public Affairs at the University of Washington and held top communications leadership positions with Governor Chris Gregoire, The Seattle Times Company and the YWCA of Seattle, King and Snohomish Counties. Prior to her career in management and corporate communications, Coughlin worked as a journalist.

“Kerry comes to us with an impressive background and she will be a great asset in helping SHA fulfill our mission as a nationally recognized leader in providing affordable housing and support programs for low-income residents of Washington,” said Andrew J. Lofton, executive director at SHA. "Kerry plays a major part in the livability and vibrant future of our city.”

Names for new Yesler Terrace buildings selected

By Seattle Housing Authority

Seattle Housing would like to thank community members for offering suggestions and ideas for meaningful names for the apartment buildings that will make up the redeveloped Yesler Terrace. A group of seven Seattle Housing staff members coordinated community input and also contributed their own ideas. In early January, Executive Director Andrew J. Lofton approved a set of seven names for new apartment buildings as they open to SHA residents at Yesler Terrace. Three names have been selected for buildings opening in the next year or so. The name Kebero Court was chosen for the building at 1105 E Fir St, set to open early this year. The building now under construction at 820 Yesler Way will be named Raven Terrace. The third building located at 221 10th Ave S, which is currently under design, will be called Hau Mai Gardens. The remaining four names that were approved will be assigned to new buildings as they open. The names are H niniki House, Red Cedar Ridge, Juniper Place and Sawara View. As each building opens, celebrations will include background on the meaning of the name and its tie to the community.

According to SHA Development Director Stephanie Van Dyke, “Based on feedback from residents, we wanted the names to have a common link or connection in some way to the neighborhood but also reflect the individual character of each building in the neighborhood. We appreciate the time and thoughtful that community members put into the process of selecting names that honor the heritage of people who will live in these new buildings, and help them feel a strong connection to their new homes.”

Soccer

Continued from Page 1

He says his slight build and height (he’s 5 feet 5 inches tall) have worked to his advantage, although he has been tackled pretty badly, even enough to keep him overnight in the hospital this season.

“You don’t have to be big to achieve something big in this world.”

“My teammates didn’t think I could handle the pressure of playing because I’m so small, but I’ve proven to them that you don’t have to be big to achieve something big in this world.”

But Abdi’s athletic prowess hasn’t just been limited to soccer: in middle school he earned multiple national titles as a double-dutch champion. In double-dutch, two people turn ropes in opposite directions as players jump and do tricks. He’s always been pretty quick on his feet.

For now, he’s focused on soccer and is studying to be a mechanical engineer, but his dreams include becoming a professional soccer player in England.

“But I know that I want to be able to take care of my family as they have helped take care of me, and I want to have a family of my own and a good job.”
New program to help SHA residents develop skills, find better jobs

By Seattle Housing Authority

Would you like better career opportunities? New programs are starting up with free personal assistance for eligible Seattle Housing residents to help them find and prepare for jobs in higher paying careers. By participating in these programs, part of the new Workforce Opportunity System, each person will get help figuring out how to get the skills needed to work in fields where there are good jobs available, such as healthcare, computers and manufacturing.

The first new and exciting program, called Opportunity Week, starts soon. Participants will spend 40 hours during the course of one to two weeks on a Seattle community college campus doing things like meeting successful professionals from different career fields, learning about the best ways to interview and apply for jobs, understanding how to apply for college and what college might be like, and finding out about many resources such as childcare, short-term training and other education opportunities. Participants will even earn college credit for completing this training! There will be ten Opportunity Weeks throughout 2015, but seating is limited so it’s important to register as soon as possible.

Help with childcare and transportation costs for participants may be available. This innovative program is a partnership with local workforce and education providers. There are also other ways to be part of the Workforce program. For more information, to ask any questions or to sign up, please call Seattle Housing at 206-615-3366 or email WorkforceOpportunity@seattlehousing.org. You can also find out more on SHA’s website at www.seattlehousing.org.

Seattle Streetcar fare increase

In March 2015, Seattle Streetcar plans to change fares for consistency with new Link light rail service fares also planned for March 2015. This will make the experience more consistent across transit services.

Public comments on the proposed fare changes can be submitted through Feb. 9. The proposed changes would reduce the streetcar fare for most adults by 25 cents, increase fares for youth, senior citizens and disabled persons by 25 cents, provide a new low-income adult fare, and make a day pass available to the general public. Children five years old and under would continue to ride free.

For more information and an online comment form go to www.seattlestreetcar.org/farechange.htm. Comments may also be submitted through Feb. 9 by email to streetcar@seattle.gov or by U.S. mail to: Seattle Department of Transportation, Attn: Ayelet Ezran, P.O. Box 34996, Seattle, WA 98124-4996.

ORCA LIFT reduced fare program begins March 1

Beginning March 1, a new program, ORCA LIFT, will provide a reduced transit fare for qualified individuals whose household income is below 200 percent of the federal poverty level. The reduced fare for King County Metro buses is $1.50 per trip any time of day, for one- or two-zone travel; Sound Transit Link light rail is $1.50, Seattle Streetcar is $1.50, Kointment Transit is $1.00; and the King County Water Taxi is $3.00 between downtown Seattle and West Seattle.

The ORCA LIFT fare can be used on Metro Transit buses, Sound Transit Link light rail, the Seattle Streetcar, King County Water Taxi and Kointment Transit buses. You can apply for the ORCA LIFT program at Public Health — Seattle & King County and selected social service agencies. The card is free to qualified individuals. Users are responsible for the costs to load e-purse value or a monthly transit pass on the card. If a user’s card is lost, stolen, or damaged, the user must pay a $5 fee to replace the card.

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

Visit our website: voicenewspaper.org

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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 nanog@nhwa.org. All submissions are subject to editing for accuracy, style and length.
Money Matters
New year, ways to avoid wasting money
By Keri Vu
Financial Empowerment Center

As 2015 begins, for those of us who made a financial resolution last year, 51% report feeling better now about their finances. It’s quite amazing how much money is wasted on superfluous things people just don’t need. Here are six tips to avoid wasting money:

First, skip the lattes! We’ve all heard that one before. But saving money, especially in tough times, goes far beyond cutting out luxuries. If you buy a latte every day, five days a week, that’s nearly $23 a week spent on coffee. Instead, if you bought drip coffee each day, and invested $3.50 a day starting at age 25, you could have $225,000 saved by the time you retire!

Second, cooking for yourself and family members can be fast and easy, as well as surprisingly cheap. Try online recipe finders for meals that use what you already have in your fridge. Make enough for a few days, and then use the leftovers in sandwiches for the work week. Eating at your desk could easily save you more than $100 each month.

Next, consider your transportation situation. If going to the gas station makes you cringe, make sure your car is in top shape with a tune-up. Fixing any serious maintenance problems can improve your gas mileage by as much as 40 percent. Becoming a better driver can help you save money, too. Smooth braking and acceleration, as well as slower driving, will improve your mileage and keep money in your wallet.

Number four is energy. You’ll feel better about your monthly utility bills, and also the environment, when you take small steps to cut energy usage. Start by replacing incandescent light bulbs with compact fluorescents. Though CFLs (compact fluorescent light bulbs) cost more at the store, they don’t need to be replaced as frequently and can save your household hundreds of dollars over their life spans.

Don’t forget about budgeting. It pays to educate yourself so that you can make informed decisions about budgeting, investing, and other aspects of your finances. Simple steps like automating your bill payments can help you avoid late fees and prevent damaging your credit score. By making sure that you pay all your credit cards on time, you can avoid credit card late payment fees. You start by cataloging every expense you incur in an average week to learn exactly where your money goes. The results may surprise you. Last but not least is entertainment. Even though saving money is serious stuff, you can still have fun on a tight budget. Try renting movies and cozying up on the couch with friends or loved ones, and get inexpensive, faux designer clothing that is worth bragging about. There’s nothing like social pressure to make you waste money on items you don’t need.

It’s always tempting to spend extra money on little things here and there, but always be sure to have a firm grasp on the big picture of your spending habits. You will be surprised to learn how much money you can save by cutting back on a few things!

Fitness for everyone: Get ready to Zumba! Latest women’s fitness craze takes off at Yesler, High Point
By Lena Scott
Special to The Voice

What is Zumba?! If you haven’t tried it, you may know someone who has, or you’ve at least heard the name. Zumba is a fitness program that incorporates elements of Latin dances like Samba, Mambo, Merengue and Salsa with hip-hop and aerobics exercise, all set to a musical, beating beat.

Zumba is very popular and is offered widely at private gyms as well as community locations. It may seem intimidating at first, but you definitely don’t need to be a dancer to do Zumba.

The Zumba program for women at High Point and Yesler Community Centers has been going strong and is gaining in popularity. Over just the last seasonal quarter of classes, more than 90 women and girls ages 8 and up have joined in on the craze. Classes at High Point and Yesler Community Centers are offered through a partnership between Seattle Parks and Recreation and Neighborhood House and allow adults to participate at both centers for only $8 per month, so it’s a larger effort to expand recreational opportunities and allow women of all income levels to access a fun fitness experience. Girls and women from ages 8 through 18 can attend Zumba classes at no cost. Babysitting is available when requested in advance.

Frewoini Woldemariam, a resident of Yesler Terrace, said she heard about it through the buzz generated from other women, and decided she had to give it a try. She says her favorite thing about doing Zumba is the motivation she gets from the other women.

“I thought that if older women can do it, then I can, too. And it’s pretty amazing,” says Woldemariam.

And Shashe Ayele, who also lives in Yesler Terrace, had been doing Zumba for about six weeks before she realized she could do it right in her own backyard, and for a lot less. She said she brought a friend along with her to Zumba class and says her friend just loves it.

One thing that people like Ayele and Woldemariam say they love about Zumba is that it makes exercise feel more like fun than work. The music and dance moves make it a lot more appealing to some than a standard aerobic workout. And working out in a group is a great way to stay motivated.

The multi-cultural program participants keep Zumba Instructor Cindy House going, too.

“They are willing to try different things and listen to different types of music,” says House. “They give me energy and make my work really hard!”

If you want to give Zumba a try you can find it available at most Parks and Recreation Community Centers as well as private gyms and other community sites. But the promotional rate of $8 per month at available at High Point and Yesler Community Centers is a really good buy. Call or visit the Community Center to sign up and remember to call ahead if you need to arrange for babysitting. Scholarships may be available for those who qualify. So try it out and bring a friend, your daughter, or your mom!

Local Zumba Class Schedules:
High Point Community Center
Fridays and Sundays
5:30 - 6:30 p.m.
6920 34th Ave.,
Seattle WA
206-684-7422

Yesler Community Center
Mondays and Wednesdays
6:00 - 7:00 p.m.
917 E. Yesler Way,
Seattle WA
206-386-1243

February is Black History Month
“I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.”
—MARTIN LUTHER KING JR.

There are a number of holidays and social celebrations during the month of February. While most schools, banks and companies are closed, a number of other festive occasions are worth noting, including:

Groundhog Day (Feb. 2)

Valentine’s Day (Feb. 14)

Ash Wednesday, also known as Lent (Feb. 18)

Lunar New Year, often referred to as Chinese New Year (Feb. 19)

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

HP
High Point Herald

NH
New Holly Notes

RY
Rainer Vista News

YT
Yesler Happenings
COMMUNITY RESOURCES

Multiple scholarships available for SHA residents

By Seattle Housing Authority

This time of year marks the time when many high school seniors are planning their futures and evaluating their college plans. It is also the time to apply for financial aid and scholarships that will help ease the burden of paying for college. The Higher Education Project, in partnership with the Seattle Housing Authority, is offering three different scholarships for students and residents who live in assisted housing through SHA. Students may apply for more than one scholarship.

The Dream Big! $1,000 scholarship is open to SHA residents and Housing Choice Voucher Program participants (including students under age 21) in Seattle. The Dream Big! application is due March 31, 2015. (Please note this is an earlier deadline than in past years.) This scholarship is awarded to a minimum of two applicants each year.

A second scholarship, offered through the Housing Authority Insurance Group, will award several $2,500 scholarships for individuals who are pursuing any kind of higher education program at a college, university, or trade or professional school or institute. This scholarship application is due April 30.

Finally, the National Affordable Housing Management Association offers scholarships of at least $2,000 to high school seniors, high school graduates, or adults who hold a high school diploma or GED certificate. This is a great program to help student or adults start college or receive support while already attending college. This application is online only. This application, which can only be completed online, has a May 29 deadline.

Please visit www.seattlehousing.org/residents/education/scholarships for information about specific eligibility requirements and instructions on how to apply.

Additionally, now is also the time for students to complete their Free Application for Federal Student Aid (FAFSA), which is the first step in applying for any college financial aid. Visit www.fafsa.org to learn more. Students can also visit WashBoard, (washboard.org), which provides a number of scholarship listings and application instructions.

For more information, residents should contact SHA Housing Operations Advisor Courtney Cameron at courtney.cameron@seattlehousing.org or 206-239-1724.

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, Feb. 21, 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)

Additional Parent Networking Conversation: March 21
From 11 a.m. until 1 p.m.

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

Join SHA residents in Olympia Feb. 17 for Housing and Homelessness Advocacy Day

On Tuesday, Feb. 17, from 8 a.m. until 4 p.m., join hundreds of advocates from across the state in building the political will to create affordable homes and end homelessness. This will be the second straight year that Seattle Housing Authority residents and resident leaders will be taking the trek to Olympia to fight for affordable housing.

Housing and Homelessness Advocacy Day is sponsored by the Washington Low Income Housing Alliance (WLHIA). The WLHIA has been advocating for clean, safe, affordable homes for Washingtonians for several years. Many of us have first-hand knowledge of what life was like before we received our housing, and many of us can only imagine what life would be like without it. Please help us to advocate for others to have a safe, clean, and affordable home like we currently enjoy and to keep low-income housing programs working. While you are there, you can attend a free workshop on advocacy or advocacy/housing related issues, meet with your legislators, and rally on the steps of the capitol.

Transportation and lunch provided for low-income residents.
To sign up, we will need your name, address, and telephone number. If you are interested in attending please contact Matthew Anderson, University House resident and co-chair, SHA Resident Leadership Development Team at matthewhouse@yahoo.com or 206-370-2391, or SHA Resident Advisory Council President Kristen O’Donnell at freijacat@hotmail.com.

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Housing and Homelessness Advocacy Day is sponsored by the Washington Low Income Housing Alliance (WLHIA). The WLHIA has been advocating for clean, safe, affordable homes for Washingtonians for several years. Many of us have first-hand knowledge of what life was like before we received our housing, and many of us can only imagine what life would be like without it. Please help us to advocate for others to have a safe, clean, and affordable home like we currently enjoy and to keep low-income housing programs working. While you are there, you can attend a free workshop on advocacy or advocacy/housing related issues, meet with your legislators, and rally on the steps of the capitol.

Transportation and lunch provided for low-income residents.
To sign up, we will need your name, address, and telephone number. If you are interested in attending please contact Matthew Anderson, University House resident and co-chair, SHA Resident Leadership Development Team at matthewhouse@yahoo.com or 206-370-2391, or SHA Resident Advisory Council President Kristen O’Donnell at freijacat@hotmail.com.

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, Feb. 21, 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)

Additional Parent Networking Conversation: March 21
From 11 a.m. until 1 p.m.

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

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việc nộp đơn, xin hãy mang theo các giấy

FEBRUARY 2015

THE VOICE

TRANSLATED ARTICLES FROM THE VOICE

THROUGHOUT THE YEAR

BY HABTE NEGASH

VISA

BY LONG LUU

THE COMPETITIVE HEALTH MARKET

WHEN YOU ARE READY TO RENEW YOUR HEALTH INSURANCE OR APPLY FOR THE FIRST TIME, THERE ARE SEVERAL OPTIONS AVAILABLE. THE WASHINGTON STATE HEALTH PLANNER (WASHINGTON MEDICAID) PROVIDES A RANGE OF SERVICES TO HELP YOU OBTAIN INSURANCE. THIS INFORMATION IS PROVIDED BY NEIGHBOR HEALTH SERVICES, A COMMUNITY-BASED ORGANIZATION THAT HELPS PEOPLE OBTAIN MEDICAL INSURANCE. TO HELP YOU UNDERSTAND THE DIFFERENT TYPES OF INSURANCE AND HOW TO APPLY FOR THEM, THE HEALTH INSURANCE ADVISORY COUNCIL (HIA) HAS PREPARED THIS GUIDE. THIS GUIDE IS INTENDED TO HELP YOU MAKE INFORMED DECISIONS ABOUT YOUR HEALTH INSURANCE options.

SUBSIDY

Those who qualify for subsidies are those who earn less than the federal poverty level (FPL) for their household size. This means that they will have to pay a lower premium or copay when they enroll in Medicaid or Washington Apple Health.

MEDICAID

Medicaid is a federal program that provides free or low-cost health care to low-income individuals and families. To qualify for Medicaid, you must meet certain income and asset limits. You can check if you qualify for Medicaid by visiting the Healthplanfinder website.

WASHINGTON APPLE HEALTH

Washington Apple Health is a state-run health insurance program that provides affordable health insurance to low-income individuals and families. To enroll in Washington Apple Health, you must apply online or by phone. You can check if you qualify for Washington Apple Health by visiting the Healthplanfinder website.

PRIVATE INSURANCE

If you do not qualify for Medicaid or Washington Apple Health, you may be able to get private health insurance. To find out if you qualify for private health insurance, you can visit the Healthplanfinder website.

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Resident leaders discuss goals, plans for 2015

By Brenda Kay Neth
Special to The Voice

On Dec. 29, 16 resident leaders within Seattle Housing Authority gathered for a seminar on goal-setting and assessing new priorities for 2015. Matthew Anderson, facilitator and president of University House Resident Council, led the discussion and encouraged participants to consider goals as being “dreams with a deadline.”

Resident leaders from Yesler Terrace, Green Lake Plaza, Olympic West, University House, Center West, and Olive Ridge engaged in small group sessions where brainstorming and prioritizing were the name of the game.

Anderson led the participants through the steps of getting SMART with goal setting: being Specific, taking Measurable steps, being Action-oriented, Realistic, and Targeting their goals.

Anderson, who has worked in management, said this specific goal-reaching process is common among motivational curriculum. Anderson emphasized that writing down a plan of action for goal attainment and setting a time line were essential as well as identifying any obstacles that would need to be overcome.

Rachael Harding, president of the Olive Ridge Resident Council, emphasized that the SMART process of writing down goals would be helpful to her on both a personal and professional level. She said she appreciated the simplicity of the workshop and that it could be “helpful to anyone in housing.”

She stated that the small group project of starting a movie night at Olive was to create a movie night and be specific about the date for the showing with the next community meeting.

The University House group discussed having another Chinese New Year celebration. Tinia Jernigan, treasurer of University House Resident Council, said the discussion could lead to preliminary planning for the event. Lanell Trotter, representing representative for the University House Resident Council, expressed how she was inspired by the workshop and looks forward to helping other councils with events.

For Glenn Stomer, of Greenlake Plaza, the workshop presented a definite framework which he felt the workshop helped him to organize his group to get specific about how to make residents aware of their own responsibilities in keeping their residence safe and secure.

For Carol, becoming a landlord and bookstore proprietor is a totally new venture. Although she is aware of the use of e-book readers, such as Nook or Kindle, she does not feel that electronic books can work as well in the world of recovery basics. “My recovery literature-based as well as God-centered,” she said. She added that running the book store has helped her become “more transparent and visible to the world.”

Aside from literature, Carol’s merchandise also includes recovery mugs, greeting cards, recovery jewelry, and bumper stickers that read “Shouldn’t you call your sponsor?”

Carol said there isn’t much she would change about Unity on Union. She said she has no intention of intermingling recovery and non-recovery events, and that her service to the outside is bringing recovery literature to places in the city where 12-steppers congregate.

Unity on Union Bookstore serves up sobriety and recovery tools

By Brenda Kay Neth
Special to The Voice

Since October 2013, bookstore proprietor and landlord Carol L. has been providing clean and sober housing to those who are in early recovery, as well as over 400 different book titles on recovery issues ranging from the main texts of “Addiction Anonymous” and “Marijuana Anonymous,” to biographies of gamblers, anorexics, or those struggling with internet addiction.

The bookstore, Unity on Union, is housed on the main floor, complete with shining hardwood floors and a pot-belly fireplace, one of three throughout the house. Lucy, Carl’s golden retriever, serves as the house mascot.

Three volunteers, along with Carol, help run the store open Tuesday through Saturdays. Free coffee, tea and treats are available to those browsing the store or attending 12 step meetings. Other recovery events, such as Alcoholic Anonymous (AA) birthdays and speaker meetings for Debtors Anonymous (DA), Narcotics Anonymous (NA) and A.A. have been held.

Carol's dream is to turn Unity on Union into a non-profit store that can virtually run itself on behalf of the recovery community.

For special recovery events and 12 step meetings held at Unity on Union are based on the 7th tradition of self-sufficiency, where members donate on behalf of the community. Carol said she takes 50% of that total donation per meeting, which could be as little as three dollars.

As for her tenants, she said housing is considered inexpensive, at $500 per month. Each tenant is required six months of sobriety from their addiction or addictions, and can only lease for up to a year in order to give others struggling in early recovery a chance for suitable housing. She said that in three years she has only asked one tenant to leave due to sobriety issues.

For Glenn Slemmer, of Greenlake Plaza, the workshop presented a definite framework which he felt would work in helping his small group find ways to keep out unwanted guests at Greenlake Plaza. He explained that the workshop helped his group get specific about how to make residents aware of their own responsibilities in keeping their residence safe and secure.

For Carol, becoming a landlord and bookstore proprietor is a totally new venture. And although she is aware of the use of e-book readers, such as Nook or Kindle, she does not feel that electronic books can work as well in the world of recovery basics.

“My recovery literature-based as well as God-centered,” she said. She added that running the book store has helped her become “more transparent and visible to the world.”

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