



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



# The Voice

February  
2015  
*Articles translated  
into six languages*

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

## 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](http://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 resident positions. The commissioners are appointed by the mayor and confirmed by the City Council.

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.

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.



PHOTO COURTESY OF LYCOMING COLLEGE

## Yesler resident scores big Soccer standout and Garfield High grad named Commonwealth Conference Freshman of the Year

BY NANCY GARDNER  
*The Voice editor*

 Abdullahi 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 Commonwealth 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 midfielder 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 personality, 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**

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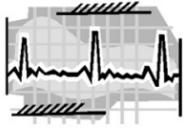
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# Health Notes



A column devoted to your well-being

## Affordable Care Act enrollment deadline Feb. 15

BY NEIGHBORCARE 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 Healthplanfinder began Nov. 15, 2014 and ends Feb. 15, 2015.

If you qualify for Washington Apple Health or Medicaid, you can sign up anytime.

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](http://www.wahealthplanfinder.org) for more information. Coverage usually begins the month after you enroll.

If you need help, Neighborcare 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](http://www.kingcounty.gov).

When you make an appointment for enrollment assistance, it's helpful to bring the following items:

- A copy of last year's tax return and/or one month of pay stubs
- An email address
- Social Security numbers for all family members
- Green card and passport if you are an immigrant
- Naturalization certificate if you are a U.S. citizen born abroad

Any U.S. citizen or eligible resident who earns an annual income of \$16,100 or less for one person - less than 138 percent of the Federal Poverty Level (FPL) - will be eligible for Washington Apple Health/Medicaid.

Low-income individuals/families above Medicaid limits (earning 139-400 percent FPL) may be eligible for subsidies and/or tax credits to pay for their health insurance plan through the Health Benefit Exchange.

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 (\$162.50 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.

## The end of an era: Jefferson Terrace welcoming committee volunteer hangs up her bags after 14 years



PHOTO COURTESY OF JULIE DAHLBERG

Julie Sahlberg, an SHA volunteer, makes her last haul after 14 years of helping deliver welcome bags and supplies 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.

# Be Safe

Using your senses to help stay protected

BY KYLIE 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 additional 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 are looking up. Follow your instincts and gut feeling. If something doesn't feel right, you're probably right.

### Shoulders

Walk with purpose. Look confident by having good posture. Stand 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 tuned 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, sirens, 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 watching your place when you're away and reporting any suspicious activity.

Kylie Helmuth ([kylie@sngi.org](mailto:kylie@sngi.org), 206-323-9584) is a project coordinator at Seattle Neighborhood Group. Feel free to contact her for crime prevention tips.

## NewHolly Community Calendar 2015



January	February	March	April
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4
4 5 6 7 8 9 10	8 9 10 11 12 13 14	8 9 10 11 12 13 14	5 6 7 8 9 10 11
11 12 13 14 15 16 17	15 16 17 18 19 20 21	15 16 17 18 19 20 21	12 13 14 15 16 17 18
18 19 20 21 22 23 24	22 23 24 25 26 27 28	22 23 24 25 26 27 28	19 20 21 22 23 24 25
25 26 27 28 29 30 31		29 30 31	26 27 28 29 30
May	June	July	August
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2	1 2 3 4 5 6	1 2 3 4	1
3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	2 3 4 5 6 7 8
10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15
17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22
24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29
31			30 31
September	October	November	December
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2 3	1 2 3 4 5 6 7	1 2 3 4 5
6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12
13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19
20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26
27 28 29 30	25 26 27 28 29 30 31	29 30	27 28 29 30 31

### NewHolly Neighborhood Nights

Fridays 6:00-8:00 pm  
January 9, April 17,  
July 10 October 9  
@ Campus Gathering Hall, 7054 32nd Ave S.  
\*Free dinner and meet neighbors  
\*Vote to spend grant money on NewHolly community projects.  
\*Learn about community resources.

### Meet & Mingle @ NewHolly

3<sup>rd</sup> Thursdays 5:30-7:00pm  
May 21, July 16, October 15  
@ Campus Living Room, 7054 32<sup>nd</sup> Ave S  
Come meet your neighbors and hear about all the fun things happening in YOUR community!

### Community Kitchen Dinner Parties

Second Tuesdays  
Cook 4:00 pm, Eat & Talk 6:30-8:00 pm  
February 17, March 10, April 14, May 12, June 9,  
July 21, Aug 11, September 8,  
October 13, November 10, December 8  
@ Campus Gathering Hall,  
(next to New Holly library)

### Community Work Parties

June 27, July 25, August 29, September 26  
Meet @ Central or Shaffer Park  
Join us for a summer of beautifying our neighborhood!  
10am-1pm

### Neighborhood Celebrations

Neighbor Appreciation Day: February 14<sup>th</sup>  
National Night Out: August 4<sup>th</sup>

### 15<sup>th</sup> Annual Family Fun Fest & Health Fair

11:00am - 3:00pm  
Saturday, August 15  
NewHolly Campus Plaza  
\*Halal BBQ with \$ donations welcome  
\*Free health resources

### Summer Safety Event

Thursday, June 11<sup>th</sup>  
5:30-7:30pm  
@ Campus Gathering Hall

For more information or to volunteer, contact Phillippa with the NewHolly Community Building Office: (206) 723-1725 or [phillippa.goldsmith@seattlehousing.org](mailto:phillippa.goldsmith@seattlehousing.org).

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).

## 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 innovative, affordable housing and support programs for low-income residents of Seattle," said Andrew J. Lofton, executive director of SHA.

"I'm pleased to join an outstanding leadership team at SHA and support staff and partners as we navigate through chal-



Kerry Coughlin

lenges such as significant federal funding reductions, and opportunities including the rollout of an exciting Yesler Terrace redevelopment," said Coughlin. "SHA 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. The names chosen all represent aspects of the natural and cultural heritage of the Yesler Terrace neighborhood, including plants and animals native to the area as well as plants and artifacts that are meaningful to current and past residents.

The community outreach process included meetings with the Yesler Community Council leadership team, an article in the December issue of *The Voice* and information tables at the Yesler Thanksgiving dinner event and the December meeting of the Citizen Review Committee. Residents were also invited to submit their suggestions at the management office. Seattle Housing staff members could submit ideas through the organization's internal website.

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 Hoa Mai Gardens. The remaining four names that were approved will be assigned to new buildings as they open. The names are Hinoki 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 thoughtfulness 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."



neighborcare  health

Wondering how the Affordable Care Act (Obamacare) will affect you? We can help!

Make an appointment today!

You and your family could be eligible for Apple Health/Medicaid at no cost to you. To learn more, call 206-548-3013 to schedule an appointment with a Neighborcare Health Eligibility Specialist in your neighborhood.

Please bring the following to your appointment:

ALL:	A copy of last year's tax return and/or one month of pay stubs
ALL:	An email address (if available)
US CITIZENS:	Social Security numbers for all family members
IMMIGRANTS:	"Green card" and passport (if available)
US CITIZENS BORN ABROAD:	Naturalization Certificate.

WHO is newly eligible for Apple Health?

- Any U.S. citizen or eligible resident who earns less than 138 percent of the Federal Poverty Level (FPL) (approximately \$16,100 for one person) is eligible for Apple Health/Medicaid and can enroll anytime.
- Individuals/families who earn between 138–400 percent of the FPL maybe eligible for tax credits to pay for their health insurance during open enrollment periods each year through Washington Healthplanfinder, a new online marketplace ([www.wahealthplanfinder.org](http://www.wahealthplanfinder.org)). Open enrollment for 2015 begins November 15, 2014.



WHY should I apply?

- All insurance plans on Washington Healthplanfinder must cover 10 essential health benefits such as doctor visits, hospitalizations, maternity care, emergency room care, prescriptions and others.
- Insurance plans cannot deny health coverage if someone is sick or has a pre-existing condition.
- If you are not enrolled, you can be fined for every family member who does not have health insurance.
- If you need to see your Neighborcare Health or other provider, you may not have to pay out-of-pocket for the services received.

# 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](mailto:WorkforceOpportunity@seattlehousing.org). You can also find out more on SHA's website at [www.seattlehousing.org](http://www.seattlehousing.org).

## \$3.00 OFF

Community Fitness Room Promotion

For ages 14 and older

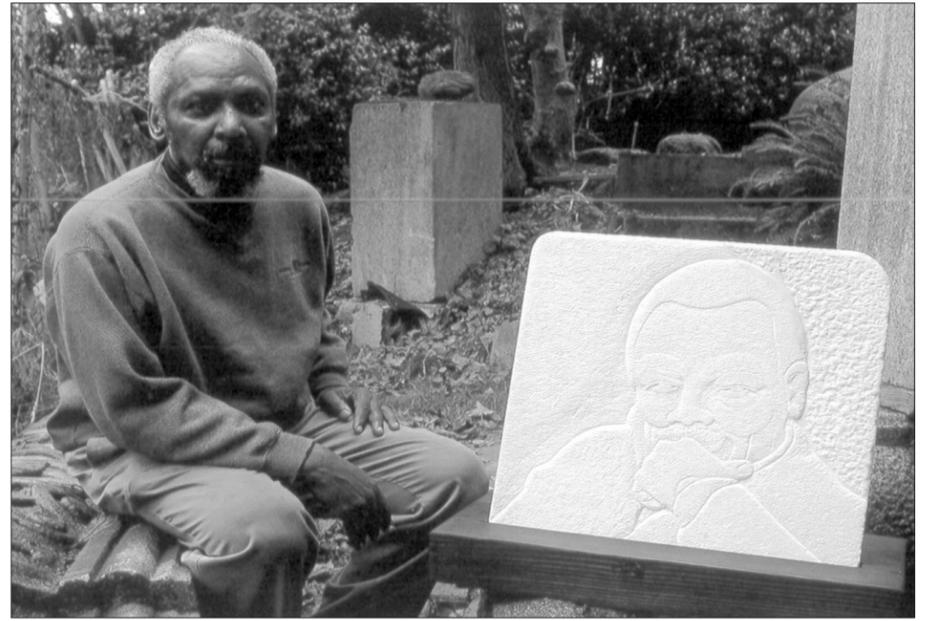
Yesler Community Center

917 East Yesler Way

90% off the regular admission

Regular price is \$3.00

\$0.30



Local artist Charles Parrish poses with his latest creation, a marble statue of famed record producer and musician, Quincy Jones, which will be on display at the James and Janie Washington Cultural Center Feb. 8 from 1 - 4 p.m. in honor of Black History Month. The center is located at 1816 26th Ave., in Seattle's Central District. Parrish, a resident of Yesler Terrace, routinely presents his artwork throughout the Seattle area. He will present and speak about his work. Photo courtesy of Charles Parrish.

## Community notes

### 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](http://www.seattlestreetcar.org/farechange.htm). Comments may also be submitted through Feb. 9 by email to [seattle.streetcar@seattle.gov](mailto:seattle.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, Kitsap 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 Kitsap 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.

The ORCA LIFT reduced fare is good for 24 months.

Call 1-800-756-5437 for more information. For a list of enrollment locations, call 206-553-3000 or visit [www.metro.kingcounty.gov](http://www.metro.kingcounty.gov). Hearing Impaired/TTY Relay call: 711.

### Do you want to help improve your neighborhood?

The City of Seattle is accepting proposals to the Neighborhood Park and Street Fund (NPSF), which supports improvements to neighborhood parks and streets proposed by the community. The deadline for applications is Feb. 9.

The NPSF can be used for projects costing up to \$90,000. Examples of park projects include minor playground improvements, trail upgrades, natural area renovations, park benches and tables, and accessibility improvements. Examples of street projects include sidewalk repair and crossing improvements like marked crosswalks.

To learn more about the fund or to propose a project, visit [seattle.gov/neighborhoods/npsf/default.htm](http://seattle.gov/neighborhoods/npsf/default.htm). For questions, contact Wendy Watson at 206-684-0719.

## 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.*



- 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 ½ 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.

Visit our website:  
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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](mailto:nancyg@nhwa.org).

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



## Money Matters New year, ways to avoid wasting money

By KIET 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 replac-

ing 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.

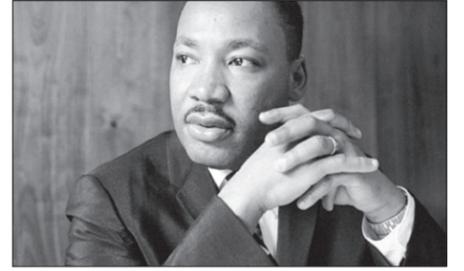
Last but not least is entertainment. Even though saving money is serious stuff, you can still have fun on a tight budget. Try renting movies and cozying up on the couch with friends or loved ones, and get inexpensive, faux designer clothing that is worth bragging about. There's nothing like social pressure 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 everything you spend money on and look at 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!

## 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 of us know of Presidents' Day (Feb. 16) because 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)

## 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 aerobic exercise, all set to a motivating, musical 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. The classes are part of 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 me 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  
206-386-1245

#### 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



**For Women**  
**Mondays & Wednesdays**  
**6-7pm**

**\$8 - \$40 per month**  
**Depending on income\***

\*Discount Pricing for Those Who Qualify is Based on **Income** and **Family Size**

**Must register by the month in full**

**Girls 8-18 and under are invited to participated for FREE**

**Babysitting available upon advance request**



**Yesler Community Center**  
917 East Yesler Way 98122  
206-386-1245



## 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/](http://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](http://www.fafsa.org) for more. Students can also visit WashBoard, ([washboard.org](http://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](mailto:courtney.cameron@seattlehousing.org) or 206-239-1724.



### New Program Offered: Develop skills, find better jobs

Seattle's new Workforce program will help you to develop a personal career plan and get the skills you need to get the job you want!

**Assistance is personal, customized just for you, and it's FREE**

Learn more or register TODAY  
by calling 206-615-3366 or

[WorkforceOpportunity@seattlehousing.org](mailto:WorkforceOpportunity@seattlehousing.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 (WLIHA). The WLIHA 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 [mattuhouse@yahoo.com](mailto:mattuhouse@yahoo.com) or 206-370-2391; or SHA Resident Advisory Council President Kristen O'Donnell at [freiJacat@hotmail.com](mailto: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 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](mailto:denan@nhwa.org)  
[marianj@nhwa.org](mailto:marianj@nhwa.org)



Supporting families and communities in West Seattle



# TRANSLATIONS

## TRANSLATED ARTICLES FROM THE VOICE

### Fecha límite para inscripciones es el 15 de febrero ¿Ya tiene usted seguro médico? /By Leahla Contreras

La inscripción abierta para renovar o apuntarse para seguro médico privado de bajo costo a través del Healthplanfinder de Washington empezó el 15 de noviembre de 2014 y termina el 15 de febrero de 2015.

Si usted califica para el plan de Washington Apple Health o Medicaid, puede inscribirse en cualquier momento.

Dependiendo de cuanto usted gane de ingresos, es posible que califique para cobertura libre de costo, deducciones en los impuestos, o ayuda financiera para pagar copagos y las primas de seguro. Seguro gratis o de bajo costo está disponible. Visite [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) para mayor información. La cobertura suele activarse el mes después de haberse inscrito.

Neighborcare Health ha entrenado a especialistas en elegibilidad que pueden asistir con la inscripción. Solo llame al 206-548-3013 y pida una cita. Public Health – Seattle & King County (Salud Pública de Seattle y el condado de King) también tiene una lista de locales donde uno se puede inscribir y eventos acerca del asunto en el sitio de [www.kingcounty.gov](http://www.kingcounty.gov).

Cuando usted vaya a su cita con la especialista de inscripción, traiga lo siguiente:

- Un correo electrónico vigente
- Números de seguro social para cada miembro de la familia
- La tarjeta verde y su pasaporte si usted es inmigrante
- Certificado de naturalización si es un ciudadano estadounidense nacido fuera de este país

Cualquier ciudadano o elegible residente estadounidense que gane menos del 138 por ciento del nivel federal de pobreza (FPL), representando un ingreso anual de \$16,100 dólares por persona, califica para Washington Apple Health/Medicaid.

Otros individuos y familias de bajos ingresos que están por encima del límite de ingreso anual ya mencionado de Medicaid posiblemente califiquen para subsidios o deducciones en los impuestos para ayudar con el costo del plan de seguro médico a través del Health Benefit Exchange (intercambio de beneficios médicos).

Si usted no tiene seguro médico en el 2015, pagará el más alto de las siguientes cantidades: o el 2% de sus ingresos anuales o \$325 por persona por año (y \$162.50 por año por menores de 18).

### ምዝገባ ለካቲት 15 ኪብቅዕ እየ፡ ሄልዝ ኢንሹራንስ አለኹምዶ? /By Habte Negash

ብዋሽንግተን ሄልዝ ፋይንደር (Washington Healthplanfinder) ዝርከብ ዝገደለ ዋጋ ዝኸፈሎ ውልቓዊ ኢንሹራንስ ክፋት ምዝገባ ኮነ ነቲ ዝነበረካ ምሕዳስ 15 ሕዳር 2014 ተጀምሩ ኣሎ፡፡ 15 ለካቲት 2015 ከአ ኪውዳኣ እየ፡፡

እም ዋሽንግተን ኣፕል ሄልዝ/ሜዲኬይድ ክፍቓድልኩም ብቐዕ እንተኹን ምዝገባ፡፡ እትረኽቡዎ ኣታዊ መሰረት ብምግባር ነጻ ናይ ሕክምና ኢንሹራንስ፡ ነጻ ከረዲት ወይውን ዝምልከተኩም ናይ ኢንሹራንስ ዋጋ ንምክፋል ናይ ገንዘብ ሓገዝ ክግበረልኩም ይኸእል፡፡ ብናጻ ወይውን ጎደሎ ዋጋ ብምክፋል ናይ ሕክምና ኢንሹራንስ ምርካብ ይኸእል እየ፡፡ ብቲ ኢንሹራንስ ተጠቃሚ ምኃን ድማ ድኡሕ ምዝገባ ኣብ ዘሎ ዝሰዕብ ወርሒ ይጀምር ማለት እየ፡፡

ኔይቦርኬር ሄልዝ ንኸትምዝገቡ ብቐዓት ምኃንኩም ኣጻርዮም ኣብ ምዝገባ ዝሕግዝኹም ሰብ ሙያ ኣሰልጥኑ ኣዋራ ኣሎ፡፡ ስለዚ ኣብ 206-548-3013 ደዊልኩም ንኸትምዝገቡ ቐጸራ ሓዙ፡፡ ናይ ስዎትልን ኪንግ ካውንቲን ሓለው ጥዕና እውን ናይ ምዝገባ ቦታታትን ናይ ስራሕ ሰዓታትን ዝርዝር ንምፍላጥ ኣብ [www.kingcounty.gov](http://www.kingcounty.gov) ተመልከቱ፡፡

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- ናይ ዝሓለፈ ዓመት ታክስ ሪተርን ወይ ከአ ናይ ሓይ

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- ናይ ኢመይል ኣድራሻኹም
- ናይ ነፍሲ ወከፍ ኣባል ስድራቤትኩም ቁጽሪ ሶሻል ስኩሪቲ ( Social Security numbers)
- ኢሚግሬንት እንተኹን ካርድ ወይ ፓስፖርት
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ብመሰረት እዚ ትሕት ኣታዊ ዘለዎም ወልቀ ሰባት ኮነ ስድራቤታት ናይ ኢንሹራንስ ሓገዝ ኪረኽቡ፡ ከምኡውን ናይ ሕክምና ኢንሹራንስ ንኪኸፍሉ ሓገዝ ዚኸውን ታክስ ከረዲት ኪረኽቡ ተኸእሎ ኣሎ ማለት እየ፡፡ ብካለ ወገን ኸኣ፡ ኣብ 2015 ናይ ሕክምና ኢንሹራንስ ክይሓዝ ዝጸንሑ ሰብ ካብቲ ዓመታዊ ናይ ቤተሰብ ኣታዊኡ 2% ወይ ድማ \$325 ነፍሲ ወከፍ ሰብ (ዕድሜኡ ትሕት 18 ዓመት እንተኮይኑ ድማ ድማ \$162.50 ) ካብዚ ክልተ ኣማራጺታት እቲ ዝበዝሑ ከምዝኸፍል ኪግበር እየ፡፡

### A у вас уже есть медицинская страховка? Подпишитесь на страховку не позднее 15 февраля / By Irina Vodonos

Период подписки (или продления подписки) на доступное частное медицинское страхование через систему Washington Healthplanfinder начался 15 ноября 2014 г. и заканчивается 15 февраля 2015 г.

Если вы имеете право на Медикэйд (Washington Apple Health/Medicaid), вы можете оформить подписку в любое время.

В зависимости от ваших доходов вы можете иметь право на бесплатную страховку либо налоговые льготы или финансовые субсидии, которые помогут вам с месячной платой за страховку (premium) и с доплатой (copay). Страховка может быть либо недорогой, либо полностью бесплатной. За дополнительной информацией зайдите на сайт [www.wahealthplanfinder.com](http://www.wahealthplanfinder.com). Как правило, страховка начинает действовать на следующий месяц после того, как вы подпишетесь.

Организация Neighborcare Health подготовила специалистов, которые могут помочь вам оформить страховку. Просто позвоните по телефону 206-648-3013 и запишитесь на прием, или посетите сайт [www.kingcounty.gov](http://www.kingcounty.gov) и узнайте, где и когда можно получить помощь с оформлением страховки. Эта информация предоставлена Департаментом здравоохранения Сиэтла и округа Кинг.

На прием к специалисту по оформлению страховки нужно принести следующее:

- Ксерокопию налоговой декларации за прошедший год или квитанции о начислении заработной платы за прошедший месяц (или и то, и другое)
- Ваш адрес электронной почты
- Номера социального страхования всех членов вашей семьи
- Гринкарту и паспорт, если вы - иммигрант
- Сертификат о натурализации, если вы - гражданин США, родившийся за рубежом

Любой гражданин США, а также определенные категории иммигрантов, имеет право на Медикэйд, если его доход составляет менее 138 процентов от федеральной черты бедности, или \$16 000 для одного человека.

Люди, чей доход не позволяет им получить Медикэйд, но тем не менее является достаточно низким, могут иметь право на субсидии или налоговые льготы, которые помогут оплатить страховку, приобретенную через Health Benefit Exchange (Биржу медицинского страхования).

Если в 2015 г. у вас не будет медицинской страховки, вам придется заплатить штраф в размере либо 2% от годового дохода вашей семьи, либо \$325 с каждого взрослого (\$162,50 с каждого ребенка до 18 лет), в зависимости от того, что больше.

### የመመዝገቢያ የመጨረሻ ቀን ፌብሩዋሪ 15 ነው የህክምና ኢንሹራንስ እስካሁን የለዎትም?/By Assaye Abunie

ብዛቅተኛ ክፍያ በግል በተቋቋሙ ኢንሹራንሶች የቆየውን ለማሳደስም ሆነ በአዲስ መልክ ለመመዝገብ በዋሽንግተን ሄልዝ ፋይንደር በኩል የሚሰጠው ፍቺምበር 15 2014 የጀመረ ሲሆን መጨረሻ ቀኑ ፌብሩዋሪ 15, 2015 ነው።

ለዋሽንግተን ኣፕል ሄልዝ/ሜዲኬይድ ያሟሉ ከሆነ ግን በማንኛውም ጊዜ መመዝገብ ይችላሉ። እንደሚያገኙት የገቢ መጠን የነጻ ለታክስ ክሬዲት ወይም የገንዘብ እርዳታ ለኮፕድ ወይም ፕረሚየም (copays and premiums) ሊያሟሉ ይችላሉ። ነፃ ወይም ዝቅተኛ ድጋፍም ኣሉ። እባክዎ [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) በይበልጥ ለመረዳት ይመልከቱ። ምንጊዜም ኢንሹራንስ የሚጀምረው ከከፊሉ ከአንድ ወር በኋላ መሆኑን ይረዱ።

የኔቦርኬር ሄልዝ በዚህ ሙያ ላይ የሰለጠኑ እስፔሻሊስቶችን ለምዝገባው እንዲረዳዎ አዘጋጅቷል። በስልክ ቁጥር 206-548-3013 በመደወል ቀጠሮ ይቀበሉ። የፓፕሊክ ሄልዝ ሲያትልና ኪንግ ካውንቲ ለምዝገባ እንዲረዳዎ የምዝገባ ቦታዎችንና ዝግጅቶችን በ [www.kingcounty.gov](http://www.kingcounty.gov) ማህደረ ገጽ ላይ አስፍሯል። ቀጠሮ ወስደው ለመመዝገብ በሚመጡበት ጊዜ እባክዎ የሚከተሉትን ነገሮች ይዘው ይምጡ!

- ያለፈውን ዓመት የታክስ ሪተርንና የአንድ

- ወር የደሞዝ ክፍያ ኮፐ
- የኢሜል አድራሻ
- በቤት ውስጥ የሚገኙትን የቤተሰብ የሶሻል ስኩሪቲ ቁጥር
- ኢምግሬንት ከሆኑ ግሪን ካርድና ፓስፖርት
- የኢሜሪካ ዜጋ ከሆኑ የናቹራላይዘሽን ሰርቲፊኬት ውጭ ከተወለዱ

ማንኛውም የኢሜሪካ ዜጋ ወይም ኗሪ የሆነና የሚያገባው ገቢ ከፌዴራል ገበርን መንት የድህነት ልኬታ በታች በ138 ፐርሰንት

ያነሰ ከሆነና በአመት ገቢው ለአንድ ሰው \$16,000 የሆኑ ለዋሽንግተን ኣፕል ሄልዝ ወይም ሜዲኬይድ ብቁ ይሆናሉ።

ዝቅተኛ ገቢ ያላቸው ግለሰቦች ወይም ቤተሰቦች ከሚከፈሉ ከሚፈቅደው መጠን በላይ የሚያገቡ ከሆኑ ለሳብሲዲስና ወይም ለታክስ ክሬዲት በሄልዝ ቤኒሬት ኤክስጂንጅ በኩል ለሚሰጠው ሄልስ ኢንሹራንስ ብቁ ሊሆኑ ይችላሉ።

በ2015 ዓመት ምህረት ሄልዝ ኢንሹራንስ ከሌለዎ ከነዚህ ሁለቱ የበለጠ ይከፍላሉ። ይህም ማለት የዓመት ገቢዎን 2% ወይም \$325 በግለሰብ ለአንድ አመት (\$162.50 ለአንድ ልጅ ከ18 ዓመት በታች ለሆነ)

### HẠN CHÓT ĐỀ NỘP ĐƠN LÀ NGÀY 15 THÁNG HAI QUÍ VỊ ĐÃ CÓ BẢO HIỂM SỨC KHỎE CHƯA? /By Long Luu

Thời gian để nộp đơn và tái ghi danh lại cho bảo hiểm sức khỏe giá thấp thông qua cơ quan Washington Healthplanfinder đã bắt đầu từ ngày 15 tháng 11 năm 2014 và chấm dứt vào ngày 15 tháng 2, 2015.

Nếu quý vị hợp lệ cho chương trình Washington Apple Health/trợ cấp y tế Medicaid, thì quý vị có thể ghi tên bất cứ lúc nào.

Tùy theo mức lợi tức của quý vị, quý vị có thể được hợp lệ có bảo hiểm miễn phí, hoặc được nhận tín chi thuế, hoặc trợ giúp tài chính để trả tiền bảo hiểm hàng tháng. Có sẵn các hợp lệ, hoặc là miễn phí hay giá phí thấp. Hãy vào trang mạng [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) để biết thêm thông tin. Bảo hiểm sẽ bắt đầu 1 tháng sau khi quý vị ghi tên vào.

Cơ quan Neighborcare Health đã huấn luyện các chuyên viên để họ có thể giúp quý vị nộp đơn. Hãy gọi cho số 206-548-3013 để làm cuộc hẹn. Sở Y Tế Công Cộng Seattle- quận King cũng cung cấp lịch trình các nơi giúp nộp đơn. Hãy vào trang [www.kingcounty.gov](http://www.kingcounty.gov).

Khi làm cuộc hẹn để được giúp đỡ cho việc nộp đơn, xin hãy mang theo các giấy tờ sau

- Hồ sơ khai thuế năm vừa rồi hoặc giấy cùi lương cho một tháng.
- Địa chỉ điện thư
- Số an sinh xã hội của tất cả mọi người trong nhà
- Thẻ xanh hay Hộ Chiếu nếu quý vị là người di dân
- Giấy quốc tịch nếu có phải là người có quốc tịch Mỹ đã sinh ở nước ngoài

Tất cả mọi công dân hoặc cư dân hợp lệ mà có mức lợi tức dưới 138% ở mức qui định nghèo khó Liên Bang, qui ra mức lợi tức hàng năm là \$16,100 cho một đầu người, thì sẽ được hợp lệ cho chương trình trợ cấp Medicaid/ còn gọi là Washington Apple Health.

Những cá nhân hay gia đình có mức lợi tức cao hơn mức hợp lệ cho Medicaid thì có thể hợp lệ để được phụ cấp hoặc tín chi thuế để giúp trả cho chương trình bảo hiểm qua Health Benefit Exchange.

Nếu quý vị không có bảo hiểm sức khỏe trong năm 2015, quý vị sẽ (bị phạt) phải trả một trong hai số tiền tùy theo mức nào cao hơn: hoặc là 2% trăm mức lợi tức hàng năm hoặc là \$325 cho mỗi người (\$162.50 cho 1 trẻ em dưới 18 tuổi)

### Kama dambaystii is diiwaangelinta February 15 Ma leedahay caymis caafimaad weli?/ By Mahamoud Gaayte

Is diiwaangelinta furan oo ku saabsan cusboonaysiinta ama argi buuxsika loogu tala galay danyarta u baahan caymis caafimaad Washington Healthplanfinder oo bilawday 15kii November 2014 kuna eg 15ka February 2015.

Ha dii aad u xaq leedahay Washington Apple Health/Medicaid, waad is qori kartaa xiligii aad doonto.

Waxa ey ku xirantahay hadba inta dakhligaagu dhanyahay, laga yaaba in aad u xaq yeelatid caymis bilaash ah, ama lagaa caawiyo waxa loo yaqaan “ Copays iyo Premiums” waxaad heli kartaa caymis jaban amaba mid bilaasha ah. Booqo [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) faah faahin dheeraad ah. Caymisku caada ahaan waxa uu bilawdaa bisha aad is qorto bisha ku xigta.

Neighborcare Health waxa ey tababartay dad si habsami leh kaaga caawinkara is diiwaan gelinta. Soo wac 206-548-3013 oo balan qabso. Public Health – Seattle & King County iyaguna waxa ey hayaan liis is diiwaan gelinta. Waxaad kaloo booqan kartaa [www.kingcounty.gov](http://www.kingcounty.gov).

Marka qabsatid balanta is diiwaangelinta wa aad soo qaada taa waxyaabaha hoos ku xusan:

- radaada
- Cinwaan email
- Lambarada Social Securitiga dhamaan qoyskaaga
- Green card ama passport hadii aad tahay immigrant
- Cadaynta muwaadinimada mareykanka hadii aad dibada ku dhalatay

Muwaadin kasta oo mareykan ah ama qofkasta oo degaan ah oo sameeya ka yar boqolkiiba 138 khadka faqriga ee u dhigan feder-aalka (FPL), u dhigma \$16,100 hal qof dakhligiis sanadkii, waxa uu u qalmaa Washington Apple Health/Medicaid.

Ashkhaasta iyo qoysaska danyarta ah laga yaabaa in ey u qalmaan balaano caymis cafi-maad oo jaban iyaga oo adeegsanaya barnaami-jaka isweydaarsiga anfacaa caafimaadka (the Health Benefit Exchange).

Hadii aadan lahayn caymis caafimaad 2015ka, waxa aad bixindoontaa labadan qiime kii badan: 2% dkhalliga sanadlaha ee qoyskaaga ama \$325 qofkiiba sanadkiiba (\$162.50 ila kasta oo kayar 18).

# OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

## 9th Annual Refugee & Immigrant Legislative Day Thurs. Feb. 12, 2015



Bringing refugees and immigrants together to address common concerns

**OUR VOICE,  
OUR COMMUNITY,  
OUR FUTURE!**

### Location

Washington State Capitol  
Olympia, WA

### Time

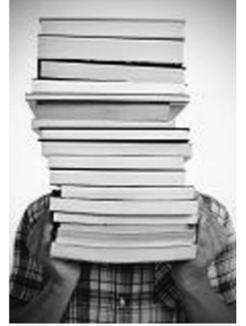
8:00 AM - 9:30 AM Buses leave for Olympia  
10:30 AM - 2:00 PM Meet with legislators  
11:30 AM - 12:30 PM Rally on Capitol steps  
1:30 PM - 2:30 PM Buses and participants depart

**Transportation, lunch,  
and interpretation will be provided**

For more information, contact  
Ali Blum (Refugee Women's  
Alliance) at 206-721-8448 or  
AliB@rewa.org

## 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 "Alcoholics 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, Carol's golden retriever, serves as the house mascot.

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

## Getting SMART-er for a cause: 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, lead 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.

Rachel 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



PHOTO BY TINIA JERNIGAN

Matt Anderson, president of University House Resident Council, helped guide resident leaders through a goal-setting and motivational seminar.

Ridge seemed very realistic and possible. Julie Sahlberg, President of the Center Park Resident Council, said she has attended four leadership training workshops but felt the SMART process was explained with the most depth and clarity. Her group project

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. Tina Jernigan, treasurer of University House Resident Council, said the discussion could lead to preliminary planning for the event. Lanell Trotter, welcoming 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 Slemmer, of Greenlake Plaza, the workshop presented a definite structure 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.

Slemmer, an SHA resident of 19 years, has also been active with the Resident Action Council since 1997 and was part of the charter group of the Resident Leadership Development Team which started in 2006. He stressed that unlike many SHA housing communities, Greenlake Plaza has developed a leadership team with bylaws that al-

low each leadership team member to rotate responsibilities ranging from secretary to resident council president.

For some buildings, resident councils or leadership teams have not been created. Anderson stated in the workshop that individuals can get activities started themselves by contacting their community builders.

Dorene Cowell of Center Park West, suggested the need for resident councils to begin having better communications and helping each other out with things like setting up computer labs.

Anderson stated a clear interest for such a dialogue with University House prior to the closing of the workshop, and a date for further conversation among councils about technology centers is in the making.

The workshop was funded by an SHA mini-grant from the Resident Participation Fund.