



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



The Voice

March
2015
*Articles translated
into six languages*

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

Seattle Housing Authority Section 8 waitlist lottery to open March 23

BY SEATTLE HOUSING AUTHORITY

Seattle Housing Authority will open a lottery for places on a new waitlist for the Housing Choice Voucher Program, also known as Section 8. These vouchers provide rental assistance for people with low incomes to rent homes owned by landlords in the private market.

Registration for the lottery will be available online only, and will be open from 8 a.m. on March 23 until 5 p.m. PST on April 10. **Registration is only available at seattlehousing.org/waitlist, not at any other website.** Registration is free; if any website asks for money to complete registration it is not the correct site. The only way to safely register is to type “seattlehousing.org/waitlist” into an internet browser.

The chances of being selected for the waitlist are the same no matter when

households register during the open period. Once registration closes, 2,500 applicants will be chosen at random by computer to be placed on the new waitlist. When applicants complete the online registration they will be given a confirmation number. They should write down that number and keep it. Everyone who registers in the lottery will receive a letter by mid-May notifying them whether or not they were selected for the waitlist.

Registration is open to adults 18 years old or older or emancipated minors, no matter where they currently live. Residents of SHA housing are eligible to register. People who signed up for the King County Section 8 waitlist lottery in February may also register for SHA’s waitlist lottery.

Only one person per household may register, and a household may only register once. Registering for the lottery is not the

same as applying for housing; applications for housing must be filed separately. Households randomly selected for the waitlist will receive more information about applying.

It is important to have the following information ready before starting the registration process:

- The date of birth and social security number for each member of the household;
- Total annual income of the household;
- An email address for confirmation of registration; and
- An address where the household can receive mail from SHA about the Section 8 lottery.

More information is currently available at seattlehousing.org/waitlist. Registration will be available on that page beginning at 8 a.m. on March 23. Those who do not have access to a computer can find a list of locations where public computers can be

Reminder: Turn your clocks forward before going to bed March 8



Daylight saving time begins Sunday, March 8, so be sure to set your clocks ahead an hour before going to sleep.

used for registration at seattlehousing.org/waitlist. If you have any questions, please call SHA’s waitlist hotline at 206-239-1674.

King County’s homeless population increases by 21 % from 2014

Annual One Night Count reports 3,772 people forced to sleep outside due to lack of shelter

BY VOICE STAFF

The 35th annual One Night Count of homeless people in King County took place in the early hours of Friday, January 23, 2015.

Alison Eisinger, executive director of the Seattle/King County Coalition on Homelessness, which organizes the count, reported that 3,772 men, women and children had no shelter in King County that evening, a substantial increase over those found without shelter last year.

During the 2014 count, volunteers found 3,123 people surviving outside without shelter. The annual count does not include the thousands of people staying in shelters and transitional housing; they are counted separately.

“This year’s count is heart-breaking evidence that we cannot cover our community’s most basic needs,” said Eisinger. “Clearly, the crisis of people homeless and without shelter is growing, and clearly we must respond by using every resource we have. Everyone needs a safe place to rest,” said Eisinger.

About 800 volunteers fanned out across the county to tally the number of men,

women and children who were homeless and sleeping outdoors without shelter between 2:00 and 5:00 a.m. They found people sleeping in doorways, beneath overpasses, in their vehicles, in alleys, or walking around.

Lack of affordable housing, poverty, unemployment, untreated mental illness or addiction, and domestic violence all contribute to homelessness.

“We do the One Night Count to document how many people lack basic shelter in our community” said Eisinger. This morning’s count shows that our region’s unmet need for shelter and housing is greater than ever.”

Mark Putnam, Director of the Committee to End Homelessness in King County, a broad coalition working to end homelessness in King County that has ended homelessness for 36,000 people since 2005, added, “We need to recognize homelessness as a crisis and not a given. All of us, our entire community, must rally together if we are to end homelessness, and today’s count gives us new data on the enormity of our challenge.”



VOICE FILE

About 800 volunteers helped tally the number of men, women and children who have had to live on the streets throughout Seattle and King County. The survey area spanned from Auburn to Woodinville, where organizers added up the number of homeless, including those staying outside, in vehicles or in makeshift shelters. A total of 9,294 people were found to be homeless in King County the night of Jan. 24. This includes those staying in shelters, in transitional housing and living on the streets.

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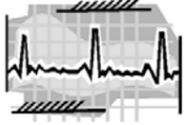
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Health Notes



A column devoted to your well-being

Tips for Healthy Eating

By Lisa Bartholomew
MPH, RD, CD

March is National Nutrition Month and with the promise of better weather, many of us begin planning to make changes in our lives. When we think about losing weight we often think that only drastic changes get results. However, individuals are more successful with losing weight and keeping it off when they make small, gradual changes over time. Here are five tips to get you started.

1. Track your food habits.

Do you eat five servings of fruits and vegetables daily? Fruits and vegetables are packed with nutrients and low in calories, and most of us don't eat enough servings. Try writing down everything you eat for three days to help identify your diet pitfalls.

2. Eat at regular intervals.

Do you skip meals? You may think it is a good idea to skip meals to try to lose weight. However, it's tough to make healthy choices when you're really hungry. Try to eat smaller, more frequent meals. This will help with weight loss and you will feel more satisfied.

3. Avoid empty calories.

How much regular soda or juice do you drink? The calories from 12 ounces of regular soda (1 can) or juice daily are equal

to 10-15 pounds gained in one year. If you want a simple, effective, and affordable step to take now, lose the sugary drinks to lose weight!

4. Drink more water.

If you are not drinking eight glasses of water daily, work on gradually increasing your water intake. Water is good for weight loss, digestion and your skin!

5. If you must eat fast food, choose wisely.

Fast food is high in fat, calories and sodium. One meal can easily contribute more than a thousand calories.

If you eat out often, try to eat out less often or make healthier choices. Order a grilled chicken sandwich rather than a fried chicken sandwich. Get a regular hamburger or cheeseburger rather than the large hamburger. Hold or ask for less of the mayonnaise and sauces. Skip the french fries and milkshake.

Most fast food chains now label nutrition information on their menus. Look for choices lower in fat and calories, and higher in protein and fiber.

Small changes add up. You don't have to follow a strict "diet" or run marathons to lose weight. Gradual changes you can live with can improve your health greatly. If you're ready to improve your diet and get healthy, talk to your primary care provider about your plans. She or he may have other ideas and resources to help.

High Point Open Spaces Association joins forces with High Point Neighborhood Association

 The High Point Open Spaces Association (OSA) is pleased to announce that it has invited the High Point Neighborhood Association (HPNA) to become a part of its organization. As of Jan. 1, the HPNA has re-formed as the Events Committee of the OSA.

The Events Committee will continue its work in the High Point community with this mission: to create and support events and projects for and by residents that encourage community involvement and enrichment.

In 2015, the Events Committee will sponsor the West Seattle Bee Festival on May

16 and Night Out on Aug. 4. In addition to these signature events, the Events Committee will continue to support Lunar New Year festivals, Juneteenth and Eid celebrations. High Point residents are encouraged to apply to the Events Committee to support events that bring communities together and offer opportunities to celebrate High Point's rich diversity.

For more information contact High Point Community Builder Shukri Olow: shukri.olow@seattlehousing.org 206-588-4325.



Please recycle me



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The Voice

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

Be Safe

Spring forward with spring cleaning

By Alex Vallandry
Seattle Neighborhood Group

As winter turns into early spring, there is no time like the present to enjoy the benefits of a thorough home cleaning while assessing how safe your home is. By taking the time to address factors which may create opportunities for future criminal behavior while doing an annual cleanup, you will soon be able to experience less stress and relax more!

Chronic stress contributes to serious health problems such as heart disease, depression, and anxiety. By re-evaluating your space with a focus on crime prevention you can save time in an emergency, reduce your chances of being victimized, and feel empowered.

When straightening up both inside and outside the home, take the additional time to double check safety features often taken for granted. Doors, windows and all locks should operate properly without jamming. Make sure everyone in your family regularly locks windows and doors when leaving for the day. If you want to open windows while home for fresh air, but wish to prevent someone from climbing in, cut a stick about six inches shorter than the frame and place inside the track, keeping the window from sliding open all the way.

Practicing good natural surveillance is just as easy. Windows should be cleared of items such as stickers, posters, boxes, tall furniture, or other odds and ends so that you can see what is happening outside. Spring cleaning is the perfect time to move these items elsewhere or donate them if they're no longer being used. Keep drapes and blinds open while away to help create the perception that someone inside could observe a criminal activity outside.



Maintaining a positive image outside the home demonstrates the area is cared for and that negative activity, including crime, is not tolerated. See if all light fixtures are working when turned on and use them every night, replacing bulbs as they burn out. Clean and de-clutter areas such as porches, yards, walkways, and sidewalks.

Get to know your neighbors while sweeping the sidewalk or picking up litter on a regular basis, and encourage others you meet to do the same. This further shows that you care about your neighborhood and one another. A stronger sense of community also helps to reduce crime and the fear of crime.

As you learn the routines of the neighborhood through these regular outside cleanups and are able to identify suspicious persons or activities, take the initiative to promptly call 9-1-1 when something unusual occurs. Again, encourage neighbors to do the same. This will further discourage illegal activities such as car prowling, public drinking, and graffiti.

Finally, do not leave boxes outside that advertise you recently bought something new, such as electronics. Break these boxes down and place into recycling. Also avoid leaving notes stating when you are away from the house. Instead, ask if neighbors will accept packages, or if they will watch your house while you are out of town.

Hopefully these tips will allow you to relax while enjoying a cleaner and safer spring!

Alex (alex@sngi.org, 206-323-7084) is a project coordinator at Seattle Neighborhood Group. Feel free to contact him for crime prevention tips or help with your safety and security concerns.

Spring and summer training opportunities available to SHA residents

By Resident Action Council

Are you a resident of Seattle Housing Authority (SHA) who is actively involved in resident council, social justice organizations, and working to better your community through service? SHA wants to enable its residents to attend the Washington Low Income Housing Alliance (WLIHA) Conference in Tacoma, May 13-14, and the Activist's Mobilizing for Power (AMP) conference in Portland, Ore. July 17-19, 2015. The Resident Action Council is encouraging those who have a desire to improve their leadership skills and gain knowledge to apply.

The conferences consist of two or three days of advanced training and are not for beginners. Many Northwest area leaders and activists will be attending and sharing their expertise, making new contacts, and receiving new training.

Attendees will choose from a variety of workshops related to legislative engagement, organizational development, and volunteer recruitment. Information about the AMP conference will be available soon; meanwhile, those interested can review information about last year's conference: <http://www.westernstates-center.org/our-work/leadership-devel->

opment-and-organizing/about-amp . For a full list of workshops and a more in depth description about the WLIHA conference please visit: wliha.org/conference.

Past SHA attendees of conferences have found themselves quickly utilizing their new-found knowledge.

Applications will be accepted **March 7 through March 24, 2015**. This will include an in-person interview to be scheduled at a later date. Applicants should be people who have attended resident training sessions and/or who actively work in their communities.

The final decision on applicants will be made no later than May 1. You may receive a paper application from an SHA Community Builder. For all other questions and information, including on-line application requests and submissions please contact:

Troy Smith, Resident Leadership Development Team Co-Chair
Telephone: 206-371-0851
Email: troy_smith_rac@yahoo.com
or
Matthew Anderson
Resident Leadership Development Team Co-Chair
Telephone: 206-370-2391
Email: mattuhouse@yahoo.com

High Point, Yesler Terrace communities celebrate Lunar New Year with dancing, entertainment

BY SEATTLE HOUSING AUTHORITY

On Saturday, Jan. 31, the Vietnamese community at High Point joined with friends and neighbors to ring in the Lunar New Year of the Goat with full traditional rites.

More than 200 people paid homage to the ancestors, heroes and flags of Vietnam and the United States. Another celebration took place at Yesler Terrace Community Center Feb. 25.

Many in the crowds looked stunning in beautiful, unique Vietnamese clothing, worn to celebrate Vietnam's wonderful cultural heritage.

The diverse audiences enjoyed festive singing and dancing, delicious homemade food, raffles, and dazzling red envelopes containing good luck and fortunes for the New Year. Flowers were offered to welcome fortune, and important community leaders were recognized. A traditional ceremony of five fruits promised to help bring good fortune and fertility in the coming year.

The traditional lion dance was especially popular at High Point, performed by a young troupe from the LQ Buddhist Co Lam Temple. Two colorful lions danced expressively to the rhythms of gongs and drums, adding even more to the vibrant atmosphere of the celebration.

About 100 guests at Yesler Terrace dined on veggie Jell-O and sticky rice cakes, and many participated by singing and dancing.

The events were organized by volunteers from High Point and Yesler Terrace, and were supported by Neighborcare Health, Seattle Parks and Recreation, Seattle Housing Authority, the Open Space Event Committee and Neighborhood House.



PHOTO BY TRI PHAM



PHOTO BY NANCY GARDNER

Top: Seattle Housing Authority Executive Director Andrew J. Lofton (with microphone) joined the celebration of the 2015 Year of the Goat at High Point. Bottom: Traditional Vietnamese dancers and singers entertained the crowd at Yesler Terrace, and red envelopes signifying good fortune were distributed to children. Some 120 countries, from the United States to Rwanda, host festivities to mark the Lunar New Year.

Two new members to join SHA Board



Zachary Pullin



Jermaine Smiley

BY VOICE STAFF

On Feb. 23, Seattle City Council members confirmed Mayor Ed Murray's appointment of Zachary Pullin and Jermaine Smiley to the Seattle Housing Authority Board of Commissioners.

Pullin works in communications for a healthcare union and is a member of the Chippewa Cree tribe of Montana. Smiley is an organizer at Laborers' Local 242 and executive director of a non-profit committed to developing affordable workforce housing.

They replace outgoing board members, John Littel and Juan Martinez. Board appointments are to four-year terms.

Stewart Manor Resident Council election results

On Feb. 9, residents of Stewart Manor elected the following Resident Council members:

President: Lisa Loutzenhiser
Vice President: Sammy Sutton
Secretary: Matilda James
Treasurer: Cricket (Viola) Thompson
Alternative Officers: Patrick Nims, Michael Searcy

Seattle Public Library Lake City branch offers social services

The Seattle Public Library has partnered with the Chinese Information & Service Center to offer free, drop-in social work care designed for low-income adults ages 55 and up, as well as people with disabilities. Social workers from the Center will be available from 1:30 p.m. to 4:30 p.m. on first and third Tuesdays through the end of 2015 at the Lake City Branch, 12501 28th Ave. N.E., 206-684-7518.

Library events are free and everyone is welcome. Registration is not required. Free parking is available in the underground garage.

The Center provides assistance to help meet the needs of low-income, non and limited English speaking adults living in the Seattle or King County.

Social workers provide information, assistance and advocacy to help adults live healthier and more independent lives.

Help topics may include (but are not limited to):

- Health insurance
- Immigration and naturalization
- Public benefits programs (utility discounts, subsidized housing, food assistance, etc.)
- Public transit programs

2015 dates for the program are: March 3, 17; April 7, 21; May 5, 19; June 2, 16; July 7, 21; Aug. 4, 18; Sept. 1, 15; Oct. 6, 20; Nov. 3, 17; Dec. 1, 15.

Citizenship classes begin in April at Neighborhood House locations

BY NEIGHBORHOOD HOUSE

Neighborhood House offers free Citizenship courses and other services to residents of King County. The next session of Neighborhood House Citizenship classes begins Monday, April 6.

Eligible clients are legal, low-income, permanent residents of the United States who live in the general area. Classes continue throughout the year.

The group studies American history, naturalization questions and other components of the Citizenship exam. Courses include practice in writing, reading, and mock interviews. Also offered is free assistance with N-400 applications, fee waivers and medical waivers.

Documents required for enrollment include a green card, social security card, driver's license, DSHS letter and/or low income verification.

Enrollment for the classes begins March 16.

Neighborhood House Citizenship Sites:

Birch Creek Family Center
13111 SE 274th St, Kent, 253-277-1667
Monday and Wednesday • 1:30 – 3:30 p.m. (low level) • 4:30 – 6:30 p.m. (high level).
Languages spoken on site: Spanish, French, Somali, Vietnamese, Burmese, Russian, Ukrainian.

Wiley Center at Greenbridge
9800 Eighth Ave SW, Seattle, 206-461-4554
Tuesday and Thursday • 12:00 – 2:30 p.m. (high level) • 2:30 – 5 p.m. (low level).
Languages spoken on site: Spanish, French, Somali, Vietnamese, Burmese, Russian, Ukrainian, Khmer.

For more information about Neighborhood House citizenship classes, or to enroll, contact instructor Marissa Graff at marissag@nhwa.org or 206-383-1206.

Voice Reporters Wanted



The Voice invites readers to share story ideas and tips. Seattle Housing Authority residents will receive payment for their articles if selected for publication. To find out more about how you can contribute to this publication, please contact Editor Nancy Gardner at 206-461-8430, ext. 227 or by e-mail, nancyg@nhwa.org.

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



GET YOUR TAXES DONE FOR FREE

Tax help is available Jan. 13 to April 18, 2015, at a site near you! If your household makes less than \$60,000, head to one of 25 locations in King County for **free** help filing your taxes—no appointment needed and no fees to pay.

Plus, get additional services, including signing up for health care and public benefits and pulling your free credit report.

3 Easy Ways to File:

1. Visit one of our 21 full sites.
2. Drop off your information at one of our four NEW drop-off sites.
3. File for free online at myfreetaxes.com.

What to Bring:

- Social Security card/ITIN letters for everyone on the return (required)
- Photo ID (required)
- All tax statements, such as W-2 form, 1099 form, SSA-1099 form, etc. (required)
- Bank account number and routing number (recommended)
- A copy of last year's tax return (recommended)

Note: If you are filing with your spouse, you both must be present to e-file.

100% gratis para las unidades familiares que ganan menos de \$60,000. No se necesita cita—entre directamente.

Se exige identificación con fotografía y tarjeta del Seguro Social/carta de ITIN. Usted también puede solicitar un ITIN en uno de nuestros sitios fiscales.

Para encontrar la ubicación más cercana en su idioma, llame al 2.1.1 o al 800.621.4636.

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For More Information:

See the back of this flier for locations and open hours. To find the nearest location in your language:

- Go to uwkc.org/taxhelp.
- Call 2.1.1 or 800.621.4636.



Community notes

Seattle Dept. of Neighborhoods opens 2015 Large Fund applications

The Neighborhood Matching Fund, a program of Seattle Department of Neighborhoods, is hosting six workshops for those interested in applying to the Large Projects Fund this May.

The Large Projects Fund awards matching funds of up to \$100,000 to neighborhood groups for community-building projects. Attendance at one of the six workshops is required in order to submit an application.

The mandatory workshop will provide an overview of the Neighborhood Matching Fund, the qualities of a strong application, and the review process. Neighborhood and community groups interested in the fund are invited to attend. Workshop dates and locations:

Tuesday, March 10, 6 – 8 p.m.:

High Point Community Center, 6920 34th Ave. SW

Wednesday, March 18, 6-8 p.m.:

Northgate Community Center, 10510 5th Ave. NE

Tuesday, April 1, 6 – 8 p.m.:

Garfield Community Center, 2323 E. Cherry St.

Thursday, April 9, 6 – 8 p.m.:

El Centro de la Raza, 2524 16th Ave. S

To attend a workshop, RSVP at surveyMonkey.com/s/LPFWorkshop2015 or contact the NMFund@seattle.gov or call 206-733-9916. To request childcare or interpretation services, contact the Department of Neighborhoods at least three days prior to your preferred workshop.

The deadline for the Large Projects

Fund is May 4 at 5:00 p.m. To learn more, visit seattle.gov/neighborhoods/nmf/largeproject.htm.

The Neighborhood Matching Fund (NMF) Program awards matching funds for projects initiated, planned, and implemented by community members. Its goal is to build stronger and healthier neighborhoods through community involvement and engagement. Every award is matched by a neighborhood's contribution of volunteer labor, donated materials, in-kind professional services, or cash.

City of Seattle offers \$470,000 in matching funds for tech projects

The City of Seattle invites community organizations and nonprofits to apply for nearly \$500,000 in funding to increase digital equity. The Technology Matching Fund awards are matched by the community's contribution of volunteer labor, materials, professional services or funding.

The Technology Matching Fund has been in existence since 1997 and this year the City has \$470,000 available for matching awards of up to \$30,000 each to community groups and nonprofits. The deadline to apply is March 19, 2015.

The funding will be awarded in July to organizations who will improve digital equity by connecting traditionally underserved populations, empower residents with digital literacy skills, and encourage diverse communities to use technology for civic participation.

Application materials and more information are available at www.seattle.gov/tech/tmf/.

Seattle Parks and Recreation summer camp enrollment now open for youths 3-17

BY SEATTLE PARKS & RECREATION

Registration for all of Seattle Parks recreational summer camp opportunities for youth ages 3-17 is now open.

This includes a wide variety of camps including Nature Camps, Preschool Camps, Tween Camps, Sports Camps, Arts Camps and more.

There are also state-licensed day camps available for children kindergarten through fifth grade. Participants will be put into age-appropriate groups to better meet the needs of the child. Families may register children for a timeframe of one to 11 weeks. Scholarships and Department of Social and Health Services subsidies are available for these camps.

Seattle Parks offers several options to register for summer 2015 camp sessions:

- Stop by your local community center to register for programs and meet the staff. Take a peek at the recreation center and

the program space. Community Center staff welcome face-to-face interaction. Please check center hours at <http://www.seattle.gov/parks/centers.asp>.

- Register online by using the SPARC system. Visit www.seattle.gov/parks and click on SPARC. Please note that an account must be set up prior to having access to the online SPARC system. This may take up to a week to process. Accounts for registration are usually completed within 48 hours.
- Call your local community center during hours of operation. Any staff may assist you with registration during operating hours.
- Register with our Business Service Center at 206-684-5177. The Business Service Center is open for service Monday through Friday. For additional information please email ParksBSC@seattle.gov.
- Mail in or drop off registration requests

with payments and required forms to your local community center.

The camps fill up quickly and Seattle Parks recommends registering early. A \$15 deposit is required at time of registration with the balance due two weeks before the camp begins.

Participation is contingent upon full payment and submittal of the appropriate registration forms two weeks prior to the start of camp. Online registration ends two weeks prior to the first day of each camp, but in-person registration will be available until all spots are filled.

For more information and the appropriate forms visit <https://www.seattle.gov/parks/camps/> or call your community center.

See more at: <http://parkways.seattle.gov/2015/01/26/seattle-parks-and-recreation-opens-day-camp-and-activity-camp-registration-2/#sthash.k12U34CX.dpuf>



Seattle Public Library Offers activities for youths age 12-25

The Seattle Public Library has partnered with New Horizons and Youth-Care to launch a weekly drop-in program for youths ages 12 to 25 to hang out, eat snacks and learn new things. The youth drop-in program will take place from 4 p.m. to 6 p.m. on Thursdays at the Central Library, 1000 4th Ave., Level 3, Teen Center, 206-615-1410.

Library events are free and everyone is welcome. Registration is not required. Parking is available in the Central Library garage at the regular rates.

Upcoming 2015 dates for the weekly youth drop-in are: March 5, 12, 19; April 2.

For more information, call the Library at 206-386-4636.

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

About The Voice

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

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

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



Money Matters

The many advantages to filing a tax return

Editor's note:

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

By IDIL AHMED
Financial Counselor, FEC

The 2015 deadline for filing tax returns is just around the corner. For individuals who have yet to file taxes, it is important to make sure you do not miss this deadline to avoid potential negative consequences.

For many filers, tax season is a stressful time of year, when gathering documentation and filing a tax return sometimes feels overwhelming.

There are in fact many benefits to filing a tax return, the biggest one being a possible refund. For most people, filing a tax return is a legal requirement.

One of the more obvious motivators for tax-filers is receiving a tax refund. This occurs when the amount of taxes withheld throughout the year exceeds your tax liability. When the IRS processes your tax return, they will issue a tax refund. If you do not file a tax return, you will not receive your tax refund. Failure to file your Federal tax return within three years of the date in which it was due will result in the loss of that refund forever. Lower-wage earners or those who are not required to file an income tax return may be missing out on

possible refunds. Credits and deductions may be claimed which result in a refund that would otherwise be lost if a tax return was not filed.

In order to file and receive your tax refund, there are many organizations that offer tax preparation. One of the most common organizations that offer completely free tax prep is United Way. United Way's Free Tax Preparation Campaign runs from January through April. This program helps low-income people secure all the refunds and credits that they're eligible for, including the Earned Income Tax Credit. Services are really free—no hidden fees or charges. With this money in pocket, people can better keep food on the table and a roof overhead.

So how do they do it? At all of their tax locations, IRS-certified volunteers file taxes electronically so clients owed refunds get them fast. Multilingual volunteers are ready to help at several sites. People also can sign up for public benefits and get help with the FAFSA (the application for college financial aid), among other services. In 2014, United Way's Free Tax Prep Campaign volunteers prepared 17,450 tax returns. This secured clients \$24 million in tax refunds with \$8.5 million from the Earned Income Tax Credit.

There are three ways in which you can receive tax help from United Way. You can visit one of their 25 locations to get help filing taxes today. Second, you can drop-off your information at one of their four NEW drop-off sites and pick up your return in a week. Lastly, you can file online at myfreetaxes.com—free for anyone making less than \$60,000. Their locations are listed on their website.

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Plus, get additional services, including signing up for health care and public benefits and pulling your free credit report.

3 Easy Ways to File:

1. Visit one of our 21 full sites.
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What to Bring:

- Social Security card/ITIN letters for everyone on the return (required)
- Photo ID (required)
- All tax statements, such as W-2 form, 1099 form, SSA-1099 form, etc. (required)
- Bank account number and routing number (recommended)
- A copy of last year's tax return (recommended)

Note: If you are filing with your spouse, you both must be present to e-file.

100% gratis para las unidades familiares que ganan menos de \$60,000. No se necesita cita—entre directamente.

Se exige identificación con fotografía y tarjeta del Seguro Social/carta de ITIN. Usted también puede solicitar un ITIN en uno de nuestros sitios fiscales.

Para encontrar la ubicación más cercana en su idioma, llame al 2.1.1 o al 800.621.4636.

现免费提供中文报税服务。

Có dịch vụ khai thuế miễn phí bằng tiếng Việt.

Бесплатные услуги по расчёту налогов предоставляются на русском языке.

በአድታክስ ገጣን ላይ ለአጣርኛ እንሰጣለን።

For More Information:

See the back of this flier for locations and open hours. To find the nearest location in your language:

- Go to uwkc.org/taxhelp.
- Call 2.1.1 or 800.621.4636.



Fitness for everyone

How to exercise with your children: family fitness made easy

By LENA SCOTT
Special to The Voice

You need to stay active, and your kids, grandkids or younger siblings need to stay active too. Why not have some fun by getting physical activity together? How much exercise do kids need to stay healthy? The recommended amount of exercise for kids and teens is 60 minutes each day. It sounds like a lot, but it can be broken up into chunks.

And adults should be getting 30 minutes or more of physical activity most days of the week. Whether your family already has a fitness regime or you are just beginning to add activity to your family's lifestyle here are some ideas to help meet your meet your goals.

- **Take a post-dinner walk.**

Now that it's staying light out later, take a stroll around the neighborhood after you finish dinner. Every member of the family can join and burn a few calories from the meal you just had.

- **Limit screen time.**

Put a cap on how much leisure time your kids and yourself should be in front of a computer, television or phone screen. And when you're watching TV, do something active during every commercial break. Jumping jacks, running in place, yoga poses and pushups will do. Even toddlers can join in with a silly dance.

- **Replace part of sit down game time with active game time.**

If you have a Nintendo Wii or Microsoft Xbox pick an active game or a fitness routine. Research published in The Pediatric Journal of the American Medical Association shows that regular active gaming resulted in a clinically significant increase in physical activity and reduction in weight among overweight children.

- **Have a sports night**

Go to the park and toss around a ball or Frisbee, or play basketball. If you or your kids aren't that athletically inclined, try making an obstacle course or run laps in the grass. Take some chalk and make a hopscotch. Try a game of family tag.

- **Take the car less frequently.**

Think about what errands you can do by walking. Plan a day or two each week of running errands on foot. Have a bike? Use it!

- **Turn on some music**

Have a family dance party! Take turns picking the music and crank it up.

- **Explore your local Y**

The YMCA allows kids as young as 10 and up to use cardiovascular equipment and strength training rooms. Kids 10-13 will first need to complete a youth fitness training class. After that, try setting goals on the treadmills or weight machines.

Check out your local Seattle Parks and Recreation classes.

Seattle Parks and Recreation offers mommy/daddy and me programs like swimming and soccer. Visit your local community center or visit <http://www.seattle.gov/parks/> for schedule and fees. Both the YMCA and Seattle Parks and Recreation offer scholarships for low-income families.

There are lots of other creative ways a family can work out together. How many can you think of?

Lena Scott is a health educator and certified EnhanceFitness Instructor.



\$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



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



FESTIVAL 2015

PERFORMANCES | WORKSHOPS | ACTIVITIES | EXHIBITS | FOOD | SHOPPING | MORE

Feb 21-22	Tết Festival - Vietnamese Lunar New Year
Mar 14-15	Irish Festival
Mar 22	Seattle's French Fest: A Celebration of French-Speaking Cultures
Apr 24-26	Seattle Cherry Blossom & Japanese Cultural Festival
May 3	Asian-Pacific Islander Heritage Month Celebration
May 9	Spirit of West Africa
May 16	A Glimpse of China: Chinese Culture and Arts Festival
May 22-25	Northwest Folklife Festival
May 30	Spirit of Indigenous People
Jun 6-7	Pagdiriwang Philippine Festival
Jun 20-21	Festival Sundiata presents Black Arts Fest
July 11	Polish Festival Seattle
Aug 8	Iranian Festival
Aug 16	BrasilFest
Aug 22-23	Tibet Fest
Aug 29-30	Arab Festival
Sep 13	Live Aloha Hawaiian Cultural Festival
Sep 19-20	Seattle Fiestas Patrias
Sep 26-27	The Italian Festival
Oct 4	CroatiaFest
Oct 17-18	TurkFest
Oct 31-Nov 1	Dia de Muertos: A Mexican Celebration To Remember Our Departed
Nov 7	Hmong New Year Celebration

{ FREE Admission to Festál Festivals }













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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 or university, or trade/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, 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



COURTESY OF SEATTLE HOUSING AUTHORITY

Maryan Egal was one of eight SHA residents to win a scholarship in 2014. Each year the Higher Education Project awards at least two \$1,000 Dream Big! Scholarships to public housing residents and Housing Choice Voucher Program (Section 8) participants in Seattle who would like to attend college. Applicants must be under 21 years of age.

and instructions on how to apply.

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.

Earned Income Tax Credit information

BY VOICE STAFF

Federal income tax returns are due April 15, and as you're filing your taxes, you may want to apply for the Earned Income Tax Credit (EITC).

Low-income working individuals and their families may be eligible to receive a tax refund between \$428 and \$4,716 if they apply for the EITC.

Eligibility

To qualify, you must meet certain requirements and file a tax return, even if you didn't earn enough money to be obligated to file a tax return.

You may be eligible for the EITC if you earned income in 2014 and:

- You have one child and earned less than \$33,995 (\$36,995 if married and filing jointly) in 2014.
- You do not have children and earned less than \$12,880 (or \$15,880 if married and filing a joint return) in 2014.

Additionally, you must have no more than \$2,950 in investment income for the year, and you must have a valid Social Security Number.

If you are filing a joint return, your spouse also must have a valid Social Security Number, and all qualifying children you use to claim the EITC also must have valid Social Security Numbers.

In most cases, EITC will not be used to determine eligibility for Medicaid, Supplemental Security Income (SSI), food stamps, or low-income housing.

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Elections fully underway in SHA high-rises

BY SEATTLE HOUSING AUTHORITY

The past few months have represented a busy time for council elections at many locations, including Cal Mor Circle (Jan. 22); Stewart Manor (Feb. 9); Tri Court (Feb. 17) and Center West (Feb. 25).

More elections are yet to come at Westwood Heights (March 10); and Green Lake Plaza (March 17). In April, Lake City House and University House will also hold elections. Known by SHA as Duly Elected Resident Councils, these organizations are

recognized as official representatives of residents' interests and concerns.

With a total of 16 resident councils this year, some of which have been active for more than 30 years, elections are a time to renew the commitment to regularly come together as a community to improve the community by sharing information and resources, solving problems and planning social and educational events.

Ross Manor Computer Lab seeks instructor

Ross Manor Computer Lab is seeking a computer skills instructor to teach beginning to intermediate computer classes to adult learners. Instructor will conduct classes on Intro to Computers, Intro to Office applications, Internet, email and additional topics to be determined by community interest. Earn \$20.00 to \$26.00 per hour, DOE. The Computer

Skills Instructor will be considered self-employed and responsible for all taxes, etc. This project is expected to last between 60 - 80 hours over 6 months. For more information, or to apply, please send a resume and a cover letter to: Mike Pollack, Full Life Care, IS Manager mikep@fulllifecare.org; or phone 206-224-3763.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

La lista de espera de sección 8 de la Autoridad de Vivienda de Seattle abrirá el 23 de abril/By Leahla Contreras

La Autoridad de Vivienda de Seattle (Seattle Housing Authority) abrirá una nueva lista de espera en marzo para bonos de elección de vivienda (sección 8) usando un sistema de lotería basado en el internet. Estos bonos proporcionan ayuda financiera para la gente de bajos ingresos para que puedan rentar viviendas que pertenecen a propietarios en la ciudad de Seattle.

La inscripción para esta lotería estará abierta desde las 8 AM del 23 de marzo hasta las 5PM del 10 de abril en la hora estándar del Pacífico. Solamente se puede inscribir en la página de SEATTLEHOUSING.ORG/WAITLIST, siendo así imposible registrarse en cualquier otra página del internet. La inscripción es completamente gratis. Si se le pide dinero, usted no estaría en la página correcta.

Su probabilidad de ser escogido para la lista de espera es igual sea cuando sea que se inscriba durante el periodo de inscripción. Una vez que ésta se cierre 2,500 candidatos serán escogidos al azar y sus nombres serán registrados en la

nueva lista de espera.

Uno se puede registrar para la lotería si tiene 18 años o más, o si es un menor emancipado, sin importar donde viva. También se puede registrar si reside actualmente en una vivienda de La Autoridad de Vivienda de Seattle (SHA).

Solamente es permitido que una persona de cada domicilio se inscriba para la lotería, y solamente se puede registrar una vez. Registrarse para la lotería NO significa que se esté aplicando para una vivienda. Si usted es escogido para la lista de espera, recibirá mayor información acerca del proceso de solicitud de vivienda.

Más información está disponible en la página de SEATTLEHOUSING.ORG/WAITLIST. Usted se puede registrar desde esa página al partir del 23 de marzo. Si no tiene acceso a una computadora, o si tiene preguntas relacionadas al asunto, por favor llame a la línea directa de apoyo de la lista de espera de SHA al 206-239-1674.

Запись в очередь на Восьмую программу г. Сиэтла открывается 23 марта/ By Irina Vodonos

Жилищное управление г. Сиэтла организует интернет-лотерею для распределения талонов “Housing Choice” (“Выбор жилья” или т.н. Восьмая программа). Талоны помогают малоимущим жителям Сиэтла арендовать частное жилье в черте города.

Регистрация на участие в лотерее будет проводиться с 8:00 ч. 23 марта до 17:00 ч. 10 апреля. Записаться можно только на веб-сайте SEATTLEHOUSING.ORG/WAITLIST. Ни через какие другие сайты регистрация невозможна. Если во время регистрации вас попросят заплатить деньги - значит, вы зашли на фальшивый сайт.

Ваши шансы попасть в очередь на Восьмую программу не зависят от того, когда именно вы регистрируетесь в течение всего срока регистрации. Когда регистрация закончится, с помощью лотереи будут выбраны 2,5 тысячи человек, которых запишут в очередь.

Принять участие в лотерее может любой человек в возрасте от 18 лет, либо

дееспособный несовершеннолетний, вне зависимости от места жительства. Для того, чтобы зарегистрироваться, необязательно жить в доме, принадлежащем Жилищному управлению Сиэтла.

Зарегистрироваться на участие в лотерее может только один человек на семью. Зарегистрироваться можно всего один раз. Регистрация для участия в лотерее не означает, что вы подаете заявку на получение жилья. Если после проведения лотереи вас поставят на очередь, вы получите дополнительную информацию о том, как подать заявку на жилье.

Дополнительная информация доступна на сайте SEATTLEHOUSING.ORG/WAITLIST. На этом же сайте с 23 марта начнется регистрация на участие в лотерее. Если у вас нет доступа к компьютеру или если у вас есть вопросы, обращайтесь в специальную горячую линию Жилищного управления Сиэтла по телефону 206-239-1674.

ናይ ስያትል ሃውሲንግ ምዝገባ ዝብቲ ስክሽን 8 (Housing Choice Voucher) መጋቢት 23 ክጅመርዩ!/By Habte Negash

ምምሕዳር ዝውጡ ስያትል ምዝገባ ዝውጡ ስክሽን 8 ኣብ ወርሒ ማጋቢት ኪጅመር እዩ። ምዝገባ ሎተሪ ብኣንላይን (online) ኪኸውንዩ፡፡ እዚ ፕሮግራም እዚ ትሑት ኣታዊ ንዘለዎም ሰባት ኣብ ናይ ውልቀ ሰባት ኣባይቲ ተኸሪዮም ኣብ ከተማ ስያትል ንክከብሩ ዝግበር ናይ ገንዘብ ሓገዝ እዩ።

ንዕጫ ዚግበር ምዝገባ ካብ 23 መጋቢት ሰዓት 8 ናይ ንግሆ ክሳብ 10 ሚያዝያ ሰዓት 5 ድሕሪ ቀትሪ ፓሲፊክ ታይም ኪጅመር እዩ። ምዝገባ ኣብ SEATTLEHOUSING.ORG/WAITLIST ጥራይ እዩ ዚኸውን። ኣብ ካልእ ወብሳይት ምምዝጋብ ኣይከኣልን እዩ። ምዝገባ ብነጻ እዩ፡፡ ንምዝገባ ገንዘብ ክትከፍሉ ዝሓትት እንተተኮይኑ ግና ቅኑዕ ኣይኮነን ጌጋ ወብሳይት እዩ።

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ዕድሜኡም 18 ዓመት ወይ ድማ ካብኡ ንላዕሊ ዝኾኑ ሰባት ኣባይ ከምዝከብሩ ብዘየገድስ ኣብቲ ዝግበር ሎተር (ዕጫ) ንምስታፍ ኪምዝገቡ ይኸእሉ እዮም። ኣብዚ እዋን እዚ ኣብ ዝውጡ ናይ ምምሕዳር ኣባይቲ ስያትል ዝከብሩ ዘለው ተካሪይቲ ይኹኑ ካልኣት ኪምዝገቡ ይኸእሉ እዮም።

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ናይ ስክሽን 8 ዝውጡ ክትካረዩ ዕጫ እንተበደሉኩም ዘድሊ ቅጥዕታት ምእንቲ ክትመልሱ ብእዋኑ ክከበረኩም እዩ።

ዝዚ ዝምልከት ሓበሬታ ኣብ seattlehousing.org/waitlist ተመልከቱ። ንምዝገባ ዝምልከት ቅጥዒ ድማ ካብ መጋቢት 23 ጀሚሩ ምስኡ ክትሓሓዝ እዩ። ብኮምፕዩተር ምምዝጋብ ጸገም ኣንተሃልዩኩም ወይ ድማ ሕቶ እንተሃልዩኩም ኣብ ተሌፎን ቁጽሪ 206-239-1674 ብምድዋል ግቡእ ኣገልግሎት ክትረኽቡ ትኸእሉ ኢኹም።

የተሟላው የጤና ፕላን፣ ዓመታዊውን የሚዲኬር መክፈቻ ምዝገባ ጀመረ/By Assaye Abunie

ግለሰቦች ለተሟላው የጤና ፕላን ከጃንዋሪ 2015 ጀምሮ በአፎርድ-ብል ኬር አክት ከኖቬምበር 15 እስከ ፊቤሩዋሪ 15, 2015 ድረስ ለሚውለው የመክፈቻ ወቅት ምዝገባ መጀመሩን ማስታወሻ አወጣ። ማንኛውንም አሜሪካዊ አስፈላጊ በሆነው የጤና አገልግሎት ለማስመዝገብ ለሚደረገው ጥረት እያንዳንዱ ገለሰብ \$325 ይከፍላል ወይም ከቤተሰባቸው ገቢ ሁለት ፐርሰንት ይከፍላል። ከሶስት ወር በላይ ሳይፈርሙ የሚቀጥሉ ከሆነ (ለእያንዳንዱ ልጅ \$162.50 ይከፍላሉ)። የሚፈልጉትን ፕላን ለመምረጥ እርዳታ ከፈለጉ www.wahealthplanfinder.org ይጎብኙ። በተጨማሪም የዋሽንግተን አፕል ሄልዝ በማንኛውም ጊዜ በዓመቱ ውስጥ ይመዘገባል። ብቁ መሆንን ለማረጋገጥ www.wahealthplanfinder.org ገብተው ይመልከቱ። ለሚዲኬር አድቫንቲጅ ፕላን (ፓርት ር) እና ለፕረሰክርፒሽን ድራግ ፕላን (ፓርት ደ) 2015 ዓመታዊው ክፍት ምዝገባ ጊዜ የሚጀምረው እክቶበር

15 ሲሆን ደሴምበር 7 ያቆማል። የሚዲኬር ተጠቃሚዎች ካሁን ቀደም ሊፓርት ደ ያልተመዘገቡ በዚህ የመክፈቻ የምዝገባ ወቅት መመዝገብ ይችላሉ። ይህ የምዝገባ መክፈቻ የሚረዳው የሚዲኬር ፓርት ደ ወይም የሚዲኬር አድቫንቲጅ ፕላን ተጠቃሚዎችና በአሁኑ ሰዓት ተመዝግበው ለሚገኙና ለ2015 ከፓርት ር ወደ ፓርት ደ ፕላን መቀያየር፣ መተው ወይም መግባት የሚችሉበት ጊዜ ነው። ፕላን የሚሸፍነውንና እንዲሁም ክፍያው በየዓመቱ ሊቀያየር ስለሚችል፣ አዋቂዎች እንደሚሉት ተጠቃሚዎች ፕላንቸውን በየዓመቱ እንዲመለከቱ ያሳስባሉ። እርዳታ ለሚፈልጉ፣ በገለሰብ ደረጃም የኔበርሁድ ሃውስ ስለሚሰጥ በሌሎችም ቅርንጫፍ ቦታዎች የሚኖሩትን በኖቬምበር የVOICE እትማችን ላይ ይወጣል።

Hay’ada Guriyaynta Seattle OO Fureysa Section 8 23ka March/By Mahamoud Gaayte

Hey’ada Guriyaynta Seattle waxa ey dib u fureysaa liis cusub oo ku saabsan barnaamijka guriyaynta looyaqaan (Section 8), iyadoo isticmaaleysa qaabka bakhti-yaa-nasiibka baraha internetka. Barnaamijkan waxa uu usuurta gelayayaa dadka dakhliga yar in ey kiraystaan guryo ey leeyehiin mulkiilayaal reer Seattla ah.

Isdiiwaan gelintu waxa ey furmeysaa 8da subaxnimo bisha March 23keeda. Waxeyna xirmayaa 5ta galabnimo 10ka April waqtiga Seattle. Waxaad iska diiwaan gelin kartaa, SEATTLEHOUSING.ORG/WAITLIST – ma jirto meelkale oo la iska diiwaan gelinkaro. Hadii lacag lagu weydiisto ogow inaad meel qaldan gashay.

Fursada aad u leedahay in aad ku guuleysato boos, ku ma xira xiliga is diiwaan gelinta. Marka diiwaan gelinta laxiro waxa si nasiib ah loo dooranayaa 2,500 oo arji kuwaas oo gelaya liiska sugaha ah.

Waxaa isdiiwaan gelinkara qofkasta oo 18 jira am aka weyn, ama qof da’aa yar oo aan

hoy lahay meesha uu dono haku noolaadee. Qoys kasta waxaa iska diiwaan gelinkara hal qof, hal mar oo qudha. Is diiwaangelinta barnaamijkan lama mid aha codsiga guriyaynta. Hadii aad ku guuleysato yaa nasiibka waxaa lagu soo diri doona faahfaahin ku saabsan sidii aad guriyayn u codsanlahayd.

Faahfaahin dheeraad aha ka hel SEATTLEHOUSING.ORG/WAITLIST. Waxaad iska diiwaan gelin kartaa baraha kor ku xusan 13ka March. Hadii aadan haysan computer ama aad qabto sua’aal fadlan soo wac Heya’ada Guriyaynta Seattle (SHA’s waitlist hotline at 206-239-1674).

Waxaad keliya oo iska diiwaan gelinkartaa

SEATTLEHOUSING.ORG/WAITLIST – majoro bare kale oo la iska diiwaan gelinkaro. Is diiwaan gelintu waa lacag la’aan, hadii lacag lagu weydiisto waxa aad gashay bare qaldan.

NGÀY 23 THÁNG 3, CƠ QUAN GIA CƯ SEATTLE HOUSING SẼ MỞ DANH SÁCH MỚI CỦA CHƯƠNG TRÌNH SỐ 8/By Long Luu

Cơ quan gia cư Seattle Housing Authority sẽ mở danh sách chờ đợi mới trong tháng Ba cho chương số 8, qua hệ thống rút thăm trên mạng. Những tờ tin phiếu này cung cấp trợ giúp tài chính cho người nghèo để thuê mượn nhà từ các chủ nhà trong thành phố Seattle.

Việc ghi tên để rút thăm sẽ bắt đầu lúc 8 giờ sáng ngày 23 tháng 3 đến 5 giờ chiều ngày 10 tháng 4 – giờ địa phương. Quý vị chỉ có thể ghi tên ở trang mạng SEATTLEHOUSING.ORG/WAITLIST – quý vị không thể ghi tên qua các trang mạng khác được. Việc ghi tên thì miễn phí. Nếu (lúc ghi tên) mà bị buộc phải trả tiền, thì là quý vị không ở đúng trang mạng.

Cơ hội để được rút thăm chọn ra ngang nhau không kể lúc nào quý vị ghi tên. Khi thời gian ghi tên chấm dứt, sẽ có 2,500 người nộp đơn sẽ được chọn ra cách ngẫu nhiên và được đưa vào danh sách chờ đợi mới.

Quý vị có thể ghi tên nếu quý vị đủ 18 tuổi hoặc lớn hơn, hay là một trẻ vị thành niên độc lập cũng hợp lệ, dù ở bất cứ nơi nào (lúc ghi tên). Quý vị có thể ghi tên cho dù quý vị hiện đang cư ngụ trong khu gia cư SHA hay không.

Chỉ cần một người trong gia đình ghi tên mà thôi, và chỉ cần ghi tên 1 lần là đủ. Nếu quý vị được rút thăm chọn vào danh sách chờ đợi, quý vị sẽ nhận được thêm các thông tin cho thủ tục vào đơn.

Nhiều thông tin có sẵn trên trang mạng SEATTLEHOUSING.ORG/WAITLIST. Quý vị có thể ghi từ trang mạng này kể từ ngày 23 tháng Ba. Nếu quý vị không có máy vi tính, hoặc có câu hỏi, quý vị có thể gọi điện thoại đến SHA đường dây nóng ở số (206)239-1674.

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS



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Social gatherings sew easy at NewHolly

BY NANCY GARDNER
The Voice editor

NH Farhiya Mohamed, a resident of NewHolly, had been hearing from fellow residents that women just didn't have a place to go to socialize.

So, she did some focus groups and researched their concerns, and discovered that what women really want and need is a sewing class — somewhere they could share their stories and learn a new craft.

Mohamed, a social worker, took it upon herself recently to apply for a Neighborhood Grant through the City of Seattle and, "after a little fundraising" and help from the Somali community, she managed to create a recurring, 10-week sewing class, held Saturdays at NewHolly.

And while she doesn't know a stitch of sewing herself, the class has become so popular that there's a waitlist. Classes are held from 11:30 a.m. until 1:30 p.m. and from 2 - 4 p.m. each Saturday.

"Many women have told me that they've never been outside their home," said Mohamed. "My goal is to help keep the class continuing forever."

About four volunteers and some volunteer sewing teachers keep the classes going, with support from the Somali Family Safety Task Force. The Somali Task Force's mission is to create a culturally appropriate environment where Somali families in Washington State can share their experiences and work together to support each other and to advocate for the needs of their communities.

Those who are interested in signing up for the NewHolly sewing class should contact Mohamed at 206-452-3262 or Farhiya79@hotmail.com.

There's also more information at Somali-familytaskforce.org

Cedarvale resident proves volunteering can be easy and fun

BY NANCY GARDNER
The Voice editor

You could say Elna Orbeta likes to keep busy. Very busy. And it's most often because she's volunteering at several charitable organizations.

The Voice caught up with her at one of her current commitments at Virginia Mason Hospital, where she helps assemble patient education materials. She says she enjoys her time at the hospital as a special needs volunteer because even in a small way, she's doing something for others. She also says she gets a kick out of meeting people.

"I like to make people laugh and empower them into positive thinking," she says. "I like to help in even a little way, and it also gives me more insight into the organizations I'm helping."

Her supervisor at Virginia Mason, Erki Ruubas, says Elma is always upbeat and enjoys sharing her background and experiences with the other volunteers.

"She's extremely independent and is always striving to provide a more perfect patient experience," Ruubas says.

Orbeta, who is 82 years young and a native of the Philippines, spends about 10 hours each week at the hospital, and equally that much time at Volunteer Services of America.

"I hope people will understand that they shouldn't be just yes or no people," says Orbeta. "It's important to know your rights and to do something for yourself and be independent. Don't just sit in a corner and do nothing for yourself, because nobody will help us except ourselves."

Christine Takada, President and CEO of National Asian Pacific Center on Aging (NAPCA), agrees that having Elna as a volunteer was a true blessing. Elna volunteered for NAPCA for several years and was employed as an administrative assistant but had to switch gears due to transportation challenges.

"She was always so pleasant and had such a positive, great attitude," says Takada. "She made a great impression on all of us and brightened our staff. It's hard to find older generations who want to volunteer, but Elna was a hard worker and we were so glad to have her."



PHOTO BY NANCY GARDNER

Elna Orbeta assembles patient education materials for Virginia Mason Hospital, where she spends 10 hours per week as a special needs volunteer. She also lends a hand to Volunteer Services of America, where she helps do administrative tasks. The 82-year-old says she enjoys volunteering, and has been doing so after she retired as an accountant, because she says it keeps her young and enables her to meet people.