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The Voice

September
2015
Articles translated
into six languages

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

Rainier Vista resident bound for Stanford University

BY JONATHAN LUONG
The Voice Intern

Since its founding in 1885, Stanford University has become one of the most prestigious colleges in the country. Based in the Silicon Valley, its staff and alumni have given rise to tech giants like Google, Hewlett-Packard, Instagram, and Yahoo. The school has produced 59 Nobel laureates, has graduated presidents, prime ministers, and prize-winning authors. This fall, Rainier Vista's Mohamed Aden will bring his unique story and character to Palo Alto when he enrolls at Stanford as a transfer student.

Mohamed's story is one of triumph and success despite various obstacles he has faced. Born in Kenya, he came to the U.S. at the age of four. After living in Harrisburg, Pa. for a brief period, he moved to Seattle, where he has lived with his mother

and siblings. Aden attended Whitworth Elementary School, then Summit School for most of middle school.

"I would take the bus for an hour every day to get to school because I lived in Rainier Beach," he recalled.

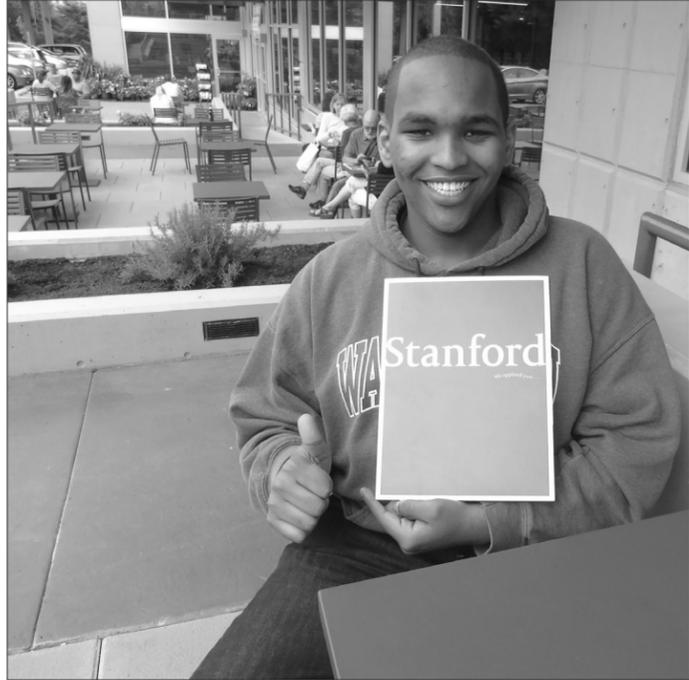
Aden then attended McClure Middle School for eighth grade and Garfield for high school.

Even at an early age, he enjoyed school.

"In my home country, my mother was denied an education, so that really helped me see the value of it," he said.

A struggle for him, nevertheless, was learning English. His mother could not speak it, and there was no one at home to read to him. In the fifth grade, however, he fell in love reading Orson Scott Card's sci-fi thriller, *Ender's Game*.

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Originally from Kenya, Mohamed Aden, a Garfield High grad, has earned his way to a spot at Stanford, where he plans to study humanities. Aden took on many volunteer duties while in high school, which he believes helped him stand out among college applicants. "Get involved with extracurriculars," he advises those helping to follow in his footsteps.

PHOTO BY JONATHAN LUONG

Teens acquire leadership skills through community volunteer projects Trail restoration, urban farming and harvesting all in a day's work for some Rainier Vista youths

BY JONATHAN LUONG
The Voice Intern

RV For many young adults, summertime provides the perfect opportunity to find a job or internship. Without the additional pressures of schoolwork and extracurricular activities, high school students finally have the time to gain that valuable real world experience. For a small group of Seattle teenagers, the Rainier Vista Youth Environmental Leadership Institute is giving them that experience through service work in their community.

As a Seattle Parks and Recreation program, the Rainier Vista Youth Environmental Leadership Institute was originally pitched by Justin Hellier, the department's education program supervisor. The program received more votes than two other potential Seattle Parks projects, and won a \$20,000 grant awarded by the National Recreation and Park Association (NRPA) and The Walt Disney Co. through the Parks Build Community Initiative.

The program, which wraps up in late August, has focused on urban farming, urban forest restoration and community leadership development. Projects have also



PHOTO BY JONATHAN LUONG

From left to right: Issa Abdulkadir, an unnamed participant, Ke'mijah O'Neal, Naj Ali and Vanaya Scott pose with group leaders Francis Odhiambo and Kelly O'Callahan. Teens have learned new skills including resume-writing and how to be role models.

involved collaborations with local groups like the Seattle Housing Authority, Solid Ground, and EarthCorps. The youth are paid for their contributions to the community while simultaneously learning all the little things that come with obtaining and keeping a job.

From the very beginning, the teenagers had to prove themselves as worthy candidates for the program.

"We had to go through an application process and answer questions," said 15-year-old Naj Ali. "They wanted us to show why we deserved the job. We also had to show our values and present ourselves professionally."

Each week provided a different theme for the teenagers, though the structure remained uniform throughout. The program typically begins at 9 a.m., with a group discussion and training, covering proper procedure and equipment uses. The group visits a site, ready to employ a variety of skills, depending on needs. While the group often deals with restoration work, some activities are aimed at bringing the community together.

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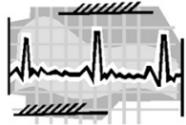
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Health Notes



A column devoted to your well-being

Start the school year out healthy and happy

BY NEIGHBORCARE HEALTH

With the summer days coming to an end, busy families are gearing up for the new school year. This back-to-school season is also a great time to get your health back on track.

Here are just a few tips to help you keep every family member healthier this fall:

Get an annual physical

Fall is a good time for the whole family to get a check-up. These visits are an important part of staying healthy. Your doctor can track changes in height, weight and blood pressure, and check the heart, lungs, ears, nose and throat. You can discuss any health concerns you have with your primary care provider, make sure your child can see the board at school, and discuss ways to stay healthy this fall, including nutritional support, and prevent catching the flu and other illnesses. Remember, physicals are required for any student who plays sports. Get your check-ups before school so you'll be ready for action from day one.

Start the day with breakfast

Studies show that eating breakfast improves overall health by helping to maintain a healthy weight, prevent illness and improve mood and memory. Kids who eat breakfast regularly behave better in school, have more energy and do better on

tests. While it can be hard to make time for breakfast, it's worth the effort. Whether you eat breakfast at home, school or work, take time to start the day off right.

Get a good night's sleep

Transitioning from a summer schedule can be challenging. Summer in Seattle is beautiful with early sunrises, late sunsets and plenty of daylight to enjoy. However, getting back into a regular sleep routine is important and will make it easier to wake up in the morning ready for work or school. Most school-aged kids need nine-to-11 hours of sleep each night, while most adults need at least seven-to-eight hours. Kids and adults who get enough sleep do better in school and at work, are usually in a better mood and tend to be healthier.

Keep moving

It is easier to exercise when there is plenty of daylight and warm weather. As fall approaches, days get shorter and it can be harder to fit in enough exercise. Finding time for fitness is especially important for kids and adults who sit in school or work all day. Most kids and adults need about 20-30 minutes of nonstop exercise a day to stay healthy. Gym class or walking to and from the bus doesn't always provide that. Regular exercise helps people sleep better, do better in school and work and enjoy a healthy and active lifestyle.

Starting September 9th
Free
Music & Movement class for Toddlers
Wednesday's from 10:30-11:00
@ Neighborhood House High Point
6400 Sylvan Way SW, Seattle, WA 98126 / 206.588.4900
Introduce your child to singing, movement, & pattern recognition activities through the use of musical instruments & song.
*All classes offered through the Family Resource Center are free and open to anyone who wishes to attend
*This class is designed for 2-5 year olds. Children must be accompanied by an adult

PosterMyWall.com

Take action today to stay healthy as fall and winter approach. In addition to the steps listed here, make sure to get any required immunizations, including a flu shot. Also, remember to wash your hands regularly and thoroughly. This is often the easiest, most effective step you can take to protect yourself and others from getting sick.

Neighborcare Health is the largest provider of primary medical and dental care in Seattle for low-income and uninsured families and individuals, serving our community for more than 40 years. More information is available at www.neighborcare.org.

Rising above the fear of mental illness in the workplace: *When having a disability means foregoing a livelihood*

BY BRENDA KAY NETH
SHA Resident

Editor's note: This is the first of two articles in our series that looks at mental and physical disabilities and how they impact the livelihoods of those suffering from them.

What does it mean to have a nearly "invisible" disability such as bipolar disorder, schizophrenia, or borderline personality disorder? How can one manage post-traumatic stress disorder (PTSD) symptoms such as anxiety, depression, or paranoia and still be able to earn a living and connect effectively with co-workers and managers? Is it safe to disclose? How likely is it, if one is on disability, that a person can find a way to support him or herself while moving off government assistance?

The value of work, volunteerism

For Kristi Dore, employment specialist and mental health practitioner at Harbor-

view Mental Health & Addictions Services, finding answers to these questions is the reason she comes to work. Dore, who has been with Harborview for six years, says she believes everyone can be a contributing member of our society. It's her goal to help keep clients motivated to take the beginning steps toward self-sufficiency. She also believes that being a volunteer, intern, or paid employee is a must for those wanting to recover from mental health issues. Through her work, she feels she helps create a sense of teamwork, productivity, and sense of value for her clients.

Says Dore, "I feel that if I didn't work, I don't know where I would be. I know that people are seeking out careers for the same reasons that I work."

Dore's clients are typically referred to her through Harborview colleagues or the Division of Vocational Rehabilitation (DVR). She believes DVR is a valuable resource for those facing mental health challenges, as the agency can assist in many areas. Their downtown location can

Sammy Collins chats with Kristi Dore, a mental health and employment expert at Harborview. Dore has helped him overcome health issues and find a job. She says whether through volunteer or paid work, often the act of getting involved helps people feel valuable in our society.



PHOTO BY BRENDA KAY NETH

be reached at 206-273-7100. She adds that mental health agencies including Sound Mental Health, Downtown Emergency Service Center (DESC), and Community Psychiatric Clinic have their own employment specialists, often referred to as "supported employment," through which clients can get help finding paid or volunteer positions.

Dore is aware that some doctors advise those with mental health issues not to work, but she feels this is counterproductive.

"What if your doctor came down with a disability? Would your doctor just not work? I doubt it," she says.

Negative social stigmas, conflicting information about benefits, and little or no work history are key obstacles those with mental illnesses must often deal with.

Dore says that about 50 percent of the employers she contacts on behalf of clients are open to hiring those with mental illnesses, a number she feels should be higher. She sees her role as helping to break down

the stigma associated with mental disabilities and illnesses with would-be employers, as well as helping to create new avenues of experience and expression that can boost resumes and job opportunities.

Success despite the odds

Sammy Collins, one of Dore's clients, said the threats of increasing rent and losing eligibility for food stamps after finding a job seemed daunting. Formerly a construction worker, Collins was injured with a slipped disc and was told that he could no longer work in his field.

He said he came to Seattle, getting clean and sober seven years ago, then began working with Dore in 2011. With her help, Collins, who had been on disability since 1986, found a job working at the DESC as a custodian.

Dore is especially proud of Collins be-

Please see "Workplace" on Page 6

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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.

Seattle Parks Superintendent Jesús Aguirre visits High Point residents

BY VOICE STAFF

HP Jesús Aguirre, the recently appointed superintendent of Seattle Parks and Recreation, shared his vision of the future of the Parks department Aug. 18 at Neighborhood House High Point Center. He also sought feedback from community members.

Nearly 60 people attended, including a large number of Seattle Housing Authority residents. Attendees shared their appreciation for things the Parks Department does well, including offering women-only swimming opportunities throughout the city, using natural resource management practices, and a commitment to environmental learning.

Audience members also offered ideas for how the Parks department could improve, including making its programs and facilities more affordable for all citizens, and doing more community outreach about what parks services are available.

Residents also urged Aguirre and his staff to simplify the scholarship application processes, create stronger connections with the Seattle School District, and add a spray park to the High Point Community Center.

Spray parks, popular in housing communities and resorts, are play areas sprayed from upright structures or ground sprays and then drained before water accumulates, thus eliminating standing water and the need for costly supervision.

Previously, Superintendent Aguirre was the State Superintendent of Education for the District of Columbia, and managed the district's department of Parks and Recreation for about four years.

His visit to Neighborhood House in High Point was part of a city-wide listening tour by the superintendent. In addition to visiting each community center throughout the city, he will visit the NewHolly community, hosted by Neighborhood House and the Seattle Housing Authority, Sept. 30 from 6:30 until 8 p.m.

Seattle Housing Authority residents are encouraged to attend and share their thoughts about Seattle Parks and Recreation. Call Jen Calleja at 206-495-1615 to request childcare and interpretation services.

SHA receives arts grant for Yesler Terrace

BY SEATTLE HOUSING AUTHORITY

The Seattle Housing Authority (SHA) has received a \$678,000 grant from the Kresge Foundation. The money will be applied to creating an artistic master plan for the redevelopment of Yesler Terrace.

The funding will also be given to artists to help create multiple works of art in this emerging, mixed-income community. Through the grant, SHA plans to build collaborative artistic projects and programs, working with community members and teams involved with design of streets, pathways, parks and other public spaces.

The grant will also enable SHA to work with artists living in the Yesler Terrace community, giving them the means to enrich and display their skills while translating them into works for public display or for sale locally.

"The generosity and vision of The Kresge Foundation allows us to incorporate art into a community redevelopment on a scale few other housing authorities have been able to take on," said Andrew Lofton, executive director of SHA. "This grant is a gift to the Yesler Terrace community, and to all citizens of Seattle, and represents an opportunity to showcase the importance of art in creating healthy communities. We

look forward to working with Yesler Terrace residents, community partners and our region's artists as we bring a vibrant new neighborhood to life."

During the next three years, SHA will partner with Seattle University (SU) on two projects. An existing SU co-led program that trains youth in filmmaking will be developed to include a focus on youth at Yesler Terrace, documenting the physical and social transformation of their historic community. A team of faculty and students from SU will assess the overall impact of the growing artistic strengths at Yesler Terrace, documenting them, and creating ways to share the evaluation with other housing authorities and arts organizations to encourage more artistic endeavors.

SHA will recruit a part-time administrator for the Yesler art master plan. Then, SHA will announce a Request for Proposals from prospective artists.

In some cases, artists will be engaged in the creation of actual physical projects that add to the public realm while other artists will be involved with community building and weaving art into existing programs.

For more information on the Yesler Terrace Art Master Plan please visit <http://seattlehousing.net/yesler-terrace-art-master-plan/>.

SHA Board Commissioner Doug Morrison passes away

Doug Morrison, a longtime resident of Seattle Housing Authority who served as a member of SHA's Board of Commissioners from 2010 until 2015, passed away on Aug. 11.

Prior to serving on the SHA Board, Mr. Morrison was an officer of the Resident Action Council from June 2005 until September 2010.

A veteran who served 10 years in the U.S. Air Force, Mr. Morrison subsequently pursued a career as a nurse and substance abuse counselor. He was a master gardener and volunteer docent at the Seattle Aquarium and Seattle Symphony.

We remember Mr. Morrison fondly, and appreciate his service to our country and to the SHA community.



VOICE FILE PHOTO

SHA opens up 2016 Budget and Annual MTW Plan for public comment

BY SEATTLE HOUSING AUTHORITY

Residents and community members are invited to comment on Seattle Housing Authority's 2016 Budget and Moving to Work (MTW) Annual Plan. The budget and plan outline the agency's priorities and resources for the coming year.

Activities under consideration in the 2016 MTW Plan include an initiative that would allow SHA to reduce costs by self-financing energy conservation projects rather than borrowing funds from a third party.

The 2016 budget summary and plan is accepting citizen input during September through www.seattlehousing.org. Feedback may also be given by calling 206-615-3576.

The Housing Authority will also present the plan and budget at a public hearing at

3 p.m. Thursday, Sept. 17 at SHA's central office at 190 Queen Anne Ave N. Additionally, SHA staff will meet with public housing representatives at the Joint Policy Advisory Committee (JPAC) meeting in September.

The deadline for comments is Sept. 30. Thereafter, SHA staff will share feedback it has received with its Board of Commissioners, who may choose to modify the plan or budget. At the Board of Commissioners meeting Oct. 19, staff will ask board members to adopt the budget and plan for 2016. Following Board adoption, the plan will be submitted to the U.S. Department of Housing and Urban Development (HUD) for approval.

We Have A Play Street!!

Friday September 18th from 4-6



Renton Ave S between
Genesee & Oregon



What is a Play Street? It's exactly what it sounds like! It's a permit issued by the City of Seattle that we can use to close down the street so kids (and adults) can have more space for play and physical activity. Think of it as an extension of our front yards and sidewalks on our block. **You CAN park on Renton as normal during these dates or you can move your car before hand for more space**

For more information or if you want to help with these Play Street events please email Tamara Romero at tromero01@gmail.com also see www.seattle.gov/transportation/playstreets.htm for information about the program.

You Bring: a smile, toys to share (bubbles? Chalk? jump ropes?)
We'll have: the street blocked to through traffic (residents can still get to their driveways), activities and big fun!

Feel free to bring food or drinks to share with your neighbors



Risk Control and Safety Policy Statement

It is the policy of the Seattle Housing Authority to operate and maintain its buildings, equipment and grounds in a manner that promotes the safety of residents, staff and visitors; to protect the Authority's physical property from damage and to maintain its useful life; and, to minimize injuries, losses and the cost of injuries and losses. The Authority will continue to take a leadership role in promoting safety and preventing or controlling risks. Safety is the responsibility of everyone—staff, residents and visitors alike.

The Housing Authority's Risk Control program uses two main techniques to achieve the policy's objectives; risk financing and risk control. Risk financing is the process of analyzing and identifying the types and level of losses Seattle Housing Authority can absorb through its operational budget, then determining which other losses must be handled through insurance or contractual risk transfer. Loss control is the implementation of procedures and programs which aid in the prevention of accidents. The Authority's safety programs – including regular inspection of buildings and equipment, training targeted at safe practices for employees and residents, and careful analysis of incident or accident data to focus training and corrective actions – are the principal tools for preventing and reducing accidents and thus for enhancing loss control.

Risk control and safety are the responsibility of all levels of the Seattle Housing Authority, starting with top management and extending to each individual employee. The intent of the Risk Control and Safety Policy is to ensure safe practices and to protect people and property from injury or damage. This is an ongoing operational priority.

This policy statement shall be publicized annually to residents and employees through regular publications for these audiences and through the Seattle Housing Authority's website.

Adopted by the Seattle Housing Authority Board of Commissioners on the 21st day of May, 2012; expiring May 2017.

Andrew Lofton
Andrew Lofton, Executive Director

Rich Neelham
Rich Neelham, Safety Administrator

Barb Berg, RCM
Barb Berg, Risk Control Manager

Peace, hope and dignity for all those who have served: Operation WelcomeOneHome launches

BY SEATTLE HOUSING AUTHORITY

Last year, in Washington state alone, around 1,400 veterans experienced homelessness. Operation: WelcomeOneHome is a community call to action to end veteran homelessness by Dec. 31, 2015. On Monday, Aug. 10, at Seattle Central College, landlords from all over King County gathered to hear from keynote speaker Senator Patty Murray as well as other important public and private participants about how this goal could be achieved.

King County's recent efforts to end veteran homelessness have resulted in 426 formerly homeless vets being housed so far this year, or an average of two veterans per day re-gaining shelter. Despite this progress, there are still hundreds of veterans in our community who need assistance, many of whom have the potential to move into stable housing, but are struggling to secure a place to call home in Seattle's highly competitive rental market. Seattle Housing Authority (SHA) currently has the ability to serve 408 veterans through the Veterans Affairs Supportive Housing (VASH) voucher program, which works similarly to Housing Choice (Section 8) Vouchers.

Elected leaders from federal, state, and local levels participated in the campaign kickoff.

"As the daughter of a World War II veteran and a senior member of the Senate Veterans Affairs Committee, I've been fighting for years to make sure our country

follows through on its promise to take care of our veterans after they return home," U.S. Senator Patty Murray said. "While our country has made great strides in recent years providing services to the men and women who so bravely served our country, I believe that even one veteran sleeping on the streets is one too many, which is why I'm so proud to join this effort to end veteran homelessness once and for all."

More than 200 people participated in the Aug. 10 campaign kickoff for Operation: WelcomeOneHome. Speakers stressed the need to bring together resources at all levels of government as well as from the private sector to be successful in helping veterans get off the street and into stable housing.

Seattle Mayor Ed Murray, one of the nation's first mayors to sign on to the Mayors Challenge to End Veteran Homelessness, emphasized that no one who has served our country should be homeless. "They fought for our homes," said Mayor Murray. "We should fight to make sure they have a place to call home when they return."

It can be a challenge to readjust when a vet returns from war. An Army veteran named Chris moved the audience with his blunt and unabashed honesty about his personal experience. "They train you for combat, but not for the emotional wounds that make you unrecognizable," Chris said.

As veterans transition back into the community, a roof over their heads can mean safety, security, and the ability to move forward.

Building a better future for Yesler Terrace

Eight-week youth internship program emphasizes career, character development

BY RON HOWELL

Seattle Neighborhood Group

Seattle Housing Authority (SHA) and Seattle Neighborhood Group partnered up recently to provide an opportunity for 10 local youths to participate in the annual eight-week, Yesler Terrace Summer Youth Internship Program. A ceremony celebrating their accomplishments and completion of the program was held Aug. 21 at the Epstein Opportunity Center.

A goal of the program is to provide young people with learning opportunities and meaningful work experiences that are challenging and relevant to their future careers.

Equally important is for the youth to learn from SHA employees about the ongoing revitalization of Yesler Terrace. The site is emerging into a dynamic, mixed-income community that honors the neighborhood's history and cultural richness.

Each youth worked four days a week for six hours each day in an individualized internship. On the fifth day of every week, they attended class to learn about career choices as well as character development.

For example, during one classroom session, John Eklof, a motivational speaker, led a discussion on race and social justice. And representatives from the Seattle Police Department facilitated conversations about crime prevention and fielded questions about recent violence in the city.

At a recent field trip to the Woodland Park Zoo, the staff provided a tour of the facility while giving information about the diversity of jobs available and what skills and education were necessary to fill the jobs. From public relations to catering to engineering and architecture, to the more obvious veterinary positions, many youths were surprised at the variety of jobs needed to run a zoo well.

Bonnie Tabb, officer manager at International Living Future Institute, was pleased to participate in the program. "We had a fantastic intern, and he really contributed to the various projects of different team members," she said. "We didn't know what to expect, but having the intern was a real asset. It's been a very positive experience. We would totally participate in this program again in a heartbeat!"

Community notes

Rainier Beach library closed until 2016

The Rainier Beach Branch of the Seattle Public Library has closed for improvements until next year.

While the branch, located at 9125 Rainier Ave. S. is closed, it will be re-carpeted, repainted, and a new interior layout will be designed.

Patrons may choose any other library as a pickup location for items placed on hold and may return materials to any branch.

If patrons don't select an alternate branch, their holds will be sent to the Columbia Branch, 4721 Rainier Ave. S. That branch can be contacted at 206-386-1908.

Yesler Terrace to get additional affordable housing

The City of Seattle will sell property at 6th Ave. and Yesler Way to Stream Real Estate, a private developer which plans to build 140 affordable apartment units on the 7,200 square foot section of land.

The sale price for the city-owned parcel is approximately \$1.4 million – fair market value. That revenue will be used by the City's Office of Housing to support additional affordable housing throughout Seattle.

For the next 50 years, all units in the new building must be affordable to households earning less than 80 percent of area median income (less than \$46,100 for one person, \$65,800 for a family of four).

Earlier this year, Seattle Mayor Ed

Murray vowed to help create 20,000 new housing units over the next ten years for low and moderate-income residents.

Voters to choose Seattle City Councilmembers by district

This year, voting for Seattle City Council positions will be by district, a result of a measure Seattle voters passed in 2013.

In the upcoming general election, voters will elect seven out of nine councilmembers by district. The remaining two positions (8 and 9) will be elected "at large" (citywide).

City councilmembers are elected to four-year terms, whereas the at-large positions, 8 and 9, are two-year terms.

In order to vote on Nov. 3, online voter registration and address changes must be completed by Oct. 5. People not yet registered to vote in the State of Washington have until Oct. 26 to register in-person.

SPL seeks feedback from community Oct. 8 at NewHolly

Join The Seattle Public Library for a light supper and conversation at the NewHolly Gathering Hall Thursday, Oct. 8 from 6 p.m. to 8 p.m..

Library staff want to hear how community members feel the library can better serve children and families.

NewHolly Gathering Hall is located at 7054 32nd Ave. S. For more information call 206-386-4636 or visit www.spl.org.

Leadership

Continued from Page 1

"Last week we did trail restoration, plant harvesting and painting," said 16-year-old Ke'mijah O'Neal. "We're about to lead a work party in a few weeks, so this week we're passing out flyers, going door-to-door through houses and businesses."

After wrapping up projects by 2 p.m., a return to Rainier Vista for "curriculum" yields lessons about work, leadership, and a variety of skills necessary for adulthood.

"A couple days ago we went to Good-

While receiving a paycheck is nice, the lessons learned from this experience will be their most important takeaway.

will," said 15-year-old Vanaya Scott. "They gave us training for resume-writing and taught us about financial literacy. They also helped us look into our interests and careers."

While receiving a paycheck is nice for

these youth, the lessons learned from this experience will be the most important takeaway.

"They've been able to learn how to teach other volunteers and how to communicate with them," said Francis Odhiambo, an EarthCorps member working with the group. "That is what you need to have as a leader."

The teens agreed.

"I've definitely learned how to communicate and work with many different types of people," said Scott.

"I learned how to use farming equipment," quipped Ali. "At first I thought it was going to be easy, but then I held the tools and thought, 'How does this work?'"

By the end of this summer, Rainier Vista will have a group that is determined and ready to make a difference in their community.

"We're now going to be positive role models for all the younger kids," said Scott. "We have to go out and give back to the community," said Ali. "Go outside, help out, and change something."

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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 Authority 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. 2051 or by e-mail at nancyg@nhwa.org.

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



Money Matters It's never too young to start saving

Teaching kids how to be responsible with money

Editor's note:

The region's first Financial Empowerment Center (FEC), operated by Neighborhood House at Rainier Vista, opened in April 2014 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 other FEC satellite centers throughout the city. For locations or more information, call 206-923-6555 or email FEC@nhwa.org.

By KATE KANIARU
Financial Counselor

Teaching kids sound financial habits can help them make informed financial decisions in the future. Since most schools do not teach this essential skill, parents can begin to educate their children on the basics of money as early as age three.

Below are six financial education topics appropriate for three-to-18-year-olds that are easy for parents to help teach.

The Value of savings

Saving helps achieve goals like putting a down payment on a house or going on a dream vacation. Saving also provides security for emergencies like job loss, illness and other unexpected expenses. Kids should be taught from an early age that we do not spend everything we earn. We pay ourselves first by adding to savings accounts. Saving successfully involves having a budget or a spending plan that includes saving.

Parents can help their kids learn the value of saving by opening a savings account for them, or just starting with a money jar, allowing kids to put allowances or monetary

gifts inside, then use the money to buy something in the future.

Simple and compound interest

Simple interest is calculated only on the principal amount, while compound interest is paid on the original principal and on the accumulated past interest.

If you set aside \$100 every year starting at age 14, you'd have \$23,000 by age 65 at a five percent interest rate. But if you start at age 35, you'll only have \$7,000 by age 65. Clearly, the sooner one begins earning interest, the more valuable money becomes.

Kids and their parents can visit www.Investor.gov and practice calculating interest.

Needs versus wants

Needs are defined as those things required to live, such as food, water, clothing, and housing. Although everything else is a want, some necessary wants can help make life easier like having a car in order to get to a job. The key is to make choices that are best for you given your income level, household, and financial goals you want to achieve.

Parents can practice this with their children by asking them to choose between getting a toy or a warm jacket for winter. If they choose a toy, explain why choosing the jacket is a better option, in order to help them differentiate between needs and wants.

Delayed gratification

At a time when instant satisfaction is sought by nearly all, it can take some time to reinforce the concept of delayed gratification to kids. Delayed gratification is the ability to resist the temptation for an immediate reward and wait for a greater reward later. This is one of the most effective personal traits of successful people.

When kids want a big-ticket item like a skateboard or a bike, suggest they help pay for it. A savings account where they can contribute their allowance and birthday money will not only demonstrate delayed gratification, but also illustrate the value of saving.

Comparing college prices

Paying for college is one of the biggest costs for American households. Comparing the costs of schools can help save money and educate college-bound kids about the benefits of price comparison.

Parents can practice this with their kids by searching for the 'net price calculator' on college websites to see how much each costs when including expenses in addition to tuition. College graduates typically earn considerably more than those without college degrees, making the cost of education a worthwhile investment. Parents can also establish a college fund account, like the 529 plan, which is operated by states and educational institutions to help save college funds and has special tax benefits.

Let the borrower beware

Debt can be a useful tool in achieving goals when carefully considered and well managed. It can also be detrimental to your credit. To manage debt, it is important to keep track of your budget, do your research, and seek financial counseling.

Bad debt can quickly multiply if not managed. A credit card with an interest rate as high as 24 percent with a \$5,000 balance will cost \$1,200 per year in interest alone and take over 10 years to pay off if making minimum payments only.

With these tips, your children can be in a better position to make smarter monetary decisions.



Friends of the Seattle Public Library Fall Book Sale Sept. 11-13

Over 100,000 books, CDs, DVDs and more will be for sale at bargain prices at the 2015 Friends of The Seattle Public Library Big Fall Book Sale, scheduled for Sept. 11-13.

The event is open to the public from 9 a.m. to 5 p.m. Saturday, Sept. 12 and from 11 a.m. to 4 p.m. Sunday, Sept. 13, at Warren G. Magnuson Park, 7400 Sand Point Way N.E., Building No. 30 (Metro routes 30, 74, and 75). Parking is free.

For more information, call the Book Sale office at 206-682-7567, email book.sale@friendsofspl.org or visit www.friendsofspl.org/book-sales.

Most items will sell for \$1 to \$3. All items will sell for half price on Sunday. The sale will include a "rare and collectibles" section, as well as a "better books" section with individually-priced items.

Items at the sale are donated by private individuals, book stores and the Library. Proceeds benefit the Library.

The Friends of The Seattle Public Library is a non-profit, grassroots organization dedicated to promoting the Library as an essential institution of our society. Friends and volunteer members advocate, educate, and raise funds on behalf of the Library, its patrons, and the larger Seattle community. For more information, visit www.friendsofspl.org.

Fitness for everyone

Get moving: stress management made quick and easy

By LENA SCOTT
Special to The Voice

Stress is a natural response to dealing with demanding circumstances. In tense situations our hormones kick in and help us cope, often referred to as the fight-or-flight response. But living in a culture with so many modern demands like long work hours, tight deadlines, school, bills and family obligations, it's no surprise that chronic stress impacts so many of us.

Stress can contribute to headaches, muscle tension, fatigue, digestive problems, sleep problems, irritability, and a lowered immune system. We may try to cope with stress in unhealthy ways such as overeating, drinking alcohol to excess, or smoking. Not many of us are immune to developing stress-related illnesses at some point in our lives.

Exercise is vital for maintaining mental fitness and can reduce stress. Many studies have shown that it is effective at reducing fatigue, improving alertness and concentration, and at enhancing overall brain function. This can be helpful when stress has depleted your energy or ability to concentrate. Even small doses of aerobic exercise or gentle movements can have a big impact. The greatest impact will be from vigorous exercise on a regular basis. But simple movements can be worked into your day to keep you more relaxed.



What are these women doing? They're taking stretch breaks at work, which help them calm down and focus. Studies have shown that office workers and those confined to small spaces who do repetitive work can benefit from taking a few minutes to do standing or stretching exercises.

PHOTO BY LENA SCOTT

If you have ever tried tai chi or yoga, you may have noticed how much the low impact movements can relax muscles, help you breathe better, lower your heart rate and improve concentration. So why not work simple movements into your daily routine at work, school or home?

I work at a fast paced call center answering phones for a housing program for disabled adults. Very often, callers are in crisis and it's all too easy for me to take on some of their tension and worry. My co-workers and I have started taking daily stretch breaks to calm down and re-focus.

We feel more relaxed and energized

and better able to help our clients. We do a mix of seated and standing stretches for both our upper and lower bodies. We take special care to address our backs and necks since those areas can hold a lot of tension and don't get much movement while sitting at our desks.

We also pay special attention to our breathing. Slow and deliberate breathing during our stretching also helps calm us down. But I've found the hardest part is remembering to actually take the breaks! At first we agreed to take a break at noon, but noon would come and go while we were caught up in work. So I've started setting an

alarm on my email for a pop up reminder, and send email invites to my co-workers to join me. If you don't use a computer throughout the day, try setting the alarm in your cell phone.

Taking time out of your day to unwind only takes a few minutes and can be incorporated into any lifestyle. Remember to relax, and breathe, for your health!

This is Lena's last column for The Voice. We thank her for her contributions and health and exercise advice. Do you have an idea for this space? If so, contact editor Nancy Gardner, 206-461-8430 ext. 2051 or nancyg@nhwa.org.



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

Workplace

Continued from Page 2

cause he has done so well despite having only a third-grade education. He has worked at DESC for four years, earning raises while putting savings away for retirement.

Although he suffers from schizophrenia and depression, Collins feels comfortable in his work environment. It helps, says Dore, that his positive attitude has made the difference in how he has been received by his employer. Collins says working is far better than "sitting around doing nothing and stressing out," and is grateful to earn a living.

"Never give up"

Mindy Shoemaker, a peer support specialist also at Harborview Mental Health & Addictions Services, was employed full-time before her diagnosis of anxiety and depression made it impossible for her to continue working. Shoemaker, who now works part-time at Harborview, said that volunteering and creating a support network of friends were major elements in keeping her motivated.

"People should never give up," says Shoemaker.

Though currently on disability, she plans to return to work full-time and return to school to earn a doctorate in Community Public Health. Shoemaker believes the key to her success has been finding the right resources for medications, medical doctors, and job opportunities.

A work in progress

Still, whether working for pay or volunteering, experts seem to agree that simply 'getting out there' helps people feel empowered to take control of life's challenges.

Amabel Narvaez, a co-worker of Shoemaker and Dore at Harborview says what motivates those in the group varies with each person. Work, according to Narvaez, counters the isolation, depression, and loneliness one can feel when living with a mental illness.

"Working is part of who I am. I identify myself as someone who is in recovery and working to achieve my goals. I'm not letting my diagnosis stop me from reaching my goals," she says.

Narvaez, who has bipolar disorder (a mental disorder characterized by elevated moods and periods of depression), works full-time and had been without medication for more than a year until recently. She currently works with a naturopath because she has concerns about long-term effects of traditional mental health medications and hopes to use medication on a limited basis.

"Part of recovery is knowing when medication is necessary," Narvaez says.

For Dore, success is simply being willing to take the first few steps toward one goal, such as taking a class or doing an internship, rather than grappling with the whole picture.

"People get stuck in the steps one to one hundred," she says. "They feel they have so far to go. I help people take those first ten steps, and I love it!"



Photos © Auston James

SEATTLE/KING COUNTY CLINIC

October 22-25, 2015

at Seattle Center

Helping to create a community of compassionate care

The community is coming together to produce the Seattle/King County Clinic Oct. 22 - 25 in KeyArena at Seattle Center. This giant health clinic offers a full range of free dental, vision and medical care to underserved and vulnerable populations. The effort, involving months of preparation and thousands of volunteers, transforms KeyArena into the largest clinic of its kind in Washington State. As many as 4,000 patients are served by over 1,600 healthcare professional and general support volunteers, providing more than \$2.5 million in healthcare services. [Learn more: seattlecenter.org/skcclinic](http://seattlecenter.org/skcclinic)

HOME VISITING (PRENATAL-AGE 3)

- Weekly home visits focused on learning through play
- Supporting parents with children of all abilities, including those with special needs
- Serving low income families in: Tukwila // SeaTac // Skyway // Burien // West Seattle // Central Seattle // South Seattle

TODDLER PRESCHOOL (AGES 2-3)

- Serving children of all abilities, including those with special needs & disabilities
- Preschool two days a week & weekly home visits
- Serving low income families in South Seattle

HALF DAY PRESCHOOL (AGES 3-5)

- Serving children of all abilities, including those with special needs & disabilities
- Morning and afternoon sessions
- Meals and snacks provided
- Serving low income families in: West Seattle // Central Seattle // South Seattle

FULL DAY PRESCHOOL (AGES 3-5)

- Serving children of all abilities, including those with special needs & disabilities
- Meals and snacks provided
- Serving low income families in: West Seattle // Central Seattle // South Seattle

CALL 206-461-8430, EXT. 2041 OR 2042

Stanford

Continued from Page 1

"Before that book, I couldn't understand why I was being encouraged to read so much," he said. "It showed me how enjoyable reading could really be."

In high school, Aden became involved in several extracurricular activities, including joining Team Read, a tutoring program focused on improving reading skills in elementary-age children.

"Having received help myself from a similar program as a child, this was my way of giving back," he said.

Aden was also a member of the Seattle Youth Commission and spoke at the Holocaust Center of Humanity, where he won a 1st place award as a freshman in an essay contest.

"His message was so powerful because he identified with Holocaust survivors and saw himself and his family as 'survivors' of the Somali Civil War," said Laurie Cohen, who works as Special Projects & Development at the center. "He wrote that this identification gave him strength and inspiration."

In his last two years of high school, however, Aden saw his grades suffer due to family problems. Instead of attending college right after his senior year, he took a year off. During this time, he became a member of City Year and dedicated his year to service.

He worked closely with the Seattle Immigrant and Refugee Commission and spent time on issues such as affordable housing and immigrant and refugee rights.

He then moved on to Seattle Central Community College, where he became the editor-in-chief of the newspaper, the Central Circuit.

After finishing with 3.9 GPA, he began

to weigh his options as a transfer student. Besides applying to Stanford and several Ivy League colleges, Mohamed also applied for University of California, Los Angeles, UC-Berkeley, Seattle University, Amherst and Swarthmore Colleges.

When he learned he was in the one percentile of transfer students who are accepted by Stanford, he was ecstatic.

"Their financial aid is great and their humanities department is very strong," he said. "You also get a powerful network and support group of alumni. That's especially important for first generation college students."

For those high school students about to apply to colleges, Mohamed offers a few words of advice.

"Get involved with extracurriculars," he says. "Some families are not able to afford luxuries like summer camps and classes, or tutoring, so it's important to distinguish yourself as an individual."

And for those looking hesitantly at those more prestigious colleges?

"Believe in yourself and apply," he says. "Find your passion. And read! It may seem so simple, but it will expand your horizons and it's enriching. I remember I would just go through a bookstore and flip through the books there for hours."

What does his future look like? Those who know him say he'll be just fine.

"I think Mohamed is intelligent, charismatic and eager to learn," said Cohen, who over the years has become a mentor to him. "I know he will take advantage of this wonderful opportunity. I hope that he will be an example to his own community so that others can gain strength from him."

Mohamed, who is 21, plans to work in the non-profit world or attend law school after graduation.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Habr  una cl nica m dica gratis en Seattle del 22 al 25 de octubre en KeyArena/ By Leahla Contreras

Si usted requiere servicios m dicos, dentales, o de visi n, ser  bienvenido a la cl nica m dica de Seattle/King-County. Abrir  el jueves 22 de octubre y cerrar  el domingo 25 de octubre en KeyArena en el Seattle Center. Esta enorme cl nica m dica, presentada por mas de 80 organizaciones asociadas, ofrecer  un paquete completo de cuidado medico, dental, y de visi n libre de costo. Todo esto y m s ser  cubierto: Extracci n de dientes, nuevos lentes, pruebas de diagn sticos, cuidado de heridas, mantenimiento de los pies- todo problema ser  atendido.

Todos los servicios se proveer n libre de costo por profesionales autorizados o licenciados de ambos sexos. Ser n disponibles servicios de interpretaci n, y los pacientes no tienen que presentar identificaci n, prueba de ciudadan a,

ni cualquier documento para recibir atenci n.

Los pacientes ser n atendidos por orden de llegada, y podr n aparcar los carros gratis en el garaje de Mercer (Mercer Garage). Cada d a, la cola de entrada se formar  dentro de Exhibition Hall, 301 Mercer Street, y las puertas abrir n para dar refugio a las 12:30 a.m. cada d a de la cl nica. Los boletos numerados ser n distribuidos empezando a las 5 a.m. ,y ser n de una cantidad limitada. Una vez dentro de la cl nica, los pacientes pueden recibir atenci n en hasta 2  reas, m dica y visi n o dental. Por favor prep rese para un d a largo, y traiga comida y agua suficiente. Para mayor informaci n acerca de esta cl nica de Seattle/King County, visite seattlecenter.org o llame al 206-684-7200.

መዲካል ክሊኒክ ብናጻ ኣብ ኪ ኣሪና ሲያትል ን 22-25 ጥቅምቲ/By Habte Negash

ናይ ዓይኒ፣ ናይ ስኒ ወይ ካልእ ዓይነት ሓፈሻዊ ሕክምና ትደልዩ እንተ ሃሊኹም ናይ ኪንግ ካውንቲ ክሊኒክ ኣብ ሲያትል ሰንተር ኣብ ዝርከብ ኪ ኣሪና ካብ ሓሙስ 22 ጥቅምቲ ከሳብ ሰንባት 25 ጥቅምቲ ኣብ ዘሎ ግዜ ናጻ ሕክምና ክህብ እዩ። እዚ ዓቢ ክሊኒክ እዚ ምስ ካልኣት ካብ 80 ዝበዘሑ መሻርኽቲ ብምትሕብባር ምሉእ ሕክምና ናይ ዓይኒ፣ ናይ ስኒ፣ ከም ኡውን ካልእ ሓፈሻዊ ሕክምና ብናጻ ክህብ እዩ። እዚ ድማ ከም ምንቃል ስኒ፣ ሓዲሽ መነጻር ዓይኒ ምዕዳል፣ ከምኡውን መርመራታት እግርን ምሕካም ቁስልን ዝእመሰሉ ኣገልግሎታት ዜጠቃልል እዩ።

ኩል ኣገልግሎትን ሕክምና ብቁዕ ክእልተን ፍቓድን (licensed) ብዘለዎም ደቂ ተባዕትዮን ደቂ ኣንስትዮን ሰብ ሞያ ሕክምና ዝውሃብ ኮይኑ ካብ ክፍሊት ናጻ እዩ። ኣብቲ እዋን እቲ ናይ ትርጉም ኣገልግት እውን ክህሉ እዩ። ተሓክምቲ ናይ መንነት ወረቀት ይኹን ናይ ዜግነት መረጋገጺ ወይ ካልእ ናይ ብቐዓት መረጋገጺ ሰነዳት ኬቐርቡ ኣይሕተቱን እዮም።

ተሓክምቲ ከከምቲ ዝመጽእዎ ብቅደም ተኸተል እዮም ኣገልግሎት ዝረኽቡ፣ ከምኡውን መካይኖም ኣብ መርሰር ጋራጅ ብናጻ ፓርክ ከገብሩ ይኸእሉ እዮም። ተራ ናይ ተሓክምቲ ኣብ መርሰር ስትረት 301 ኣብ ዝርከብ ኣዳራሽ ዕለታዊ ክሕበር እዩ። ኣፍደገታት ናይቲ ኣዳራሽ ነቶም ኣቐዲሞም ዝመጽኡ መጸበዩ ምእንቲ ኪኸውን ሕክምና ተጀማሩ ከሳብ ዝውዳእ መዓልታዊ ሰዓት 12:30 a.m. ክኸፈት እዩ። ምዕዳል ትኹት ሰዓት 5a.m. እዩ ዝጅመር ። መዓልታዊ ዝዕደል ቁጽሪ ናይ ትኩት ብዝሓ ዝተወሰነ እዩ ኪኸውን። ተሓክምቲ ኣብቲ ኣዳራሽ ምስ ኣተው ዝረከብዎ ኣገልግሎት ናይ ዓይኒ ድዩ ናይ ስኒ ወይ ሓፈሻዊ ሕክምና ከሳብ ክልተ ቦታታት ኪበጽሑ ይኸእል እዩ። እምበኣር እትረከብዎ ኣገልግሎት ነዊሕ ግዜ ከጽንኡኩም ስለዝከእል፣ እኩል ዝብላዕ መግብን እትሰትይዎ ማይን ሒዝኩም ክትመጽኡ ንሕብር። ንተወሳኺ ሓበሬታ ኣብ seattlecenter.org ተመልኹቱ ወይ ድማ ኣብ 206-684-7200 ደዊልኩም ሕተቱ።

KH M B NH MI N PH    V N Đ NG TR NG KEY ARENA T  NG Y 22 Đ N 25 TH NG 10/By Long Luu

Nếu qu  vị cần khám mắt, khám răng và dịch vụ y tế, thì mời qu  vị đến trạm y tế của quận King và Seattle tại v n đ ng tr ng Key Arena khu Seattle Center, từ ngày Thứ Năm 22 tháng 10 đến Chủ Nhật 25 tháng 10. Trạm Y Tế to lớn này gồm có trên 80 tổ chức y tế cung cấp mọi dịch vụ từ khám răng miễn phí, khám mắt miễn phí và chăm sóc sức khỏe. Từ việc nhổ răng, đến việc làm mắt kiếng mới, và khám nghiệm bệnh ở chân và chăm sóc thương t t.

Mọi dịch vụ và chữa trị đều miễn phí cung cấp bởi các chuyên khoa nam nữ. Có sẵn các nhân viên thông dịch, và bệnh nhân không cần phải xuất trình thẻ nhận dạng, chứng chỉ quốc tịch hay bất cứ giấy tờ gì.

Bệnh nhân sẽ được phục vụ theo

thứ tự - đến trước-được-phục vụ trước, và họ có thể đậu xe miễn phí ở bãi đậu xe Mercer Garage. Nơi phát thẻ đậu xe nằm bên trong hội trường Exhibition Hall, số 301 đường Mercer Street. Thẻ đậu xe được cấp phát từ lúc 5 giờ sáng. Số thẻ đậu xe có hạn. Một khi vào bên trong trạm khám bệnh, bệnh nhân có thể nhận được các sự chữa trị từ 2 hai khu vực, khám sức khỏe y tế, và khám mắt hoặc khám răng. Xin vui lòng chuẩn bị cho sự chờ đợi kéo dài (cả ngày), hãy đem theo đầy đủ thức ăn và nước uống. Để biết thêm về Trạm Y Tế King/Seattle, xin hãy vào trang mạng ở seattlecenter.org, hoặc hãy gọi cho số 206-684-7200.

Бесплатная медицинская помощь в Сиэтле, 22-25 октября в помещении KeyArena/By Irina Vodonos

Если вам нужна медицинская помощь (в том числе услуги зубных и глазных врачей), приходите в Клинику Сиэтла/округа Кинг с четверга, 22 октября по воскресенье, 25 октября, в здании KeyArena на территории Сиэтл-центра. 80 организаций объединяют свои усилия, чтобы организовать огромную четырехдневную клинику, где совершенно БЕСПЛАТНО будет предоставлен широкий спектр медицинских, стоматологических и офтальмологических услуг. В клинике можно будет удалить зубы, получить новые очки, сдать анализы, обработать раны, посетить специалиста по уходу за ногами и получить множество других видов помощи.

Все услуги бесплатно оказываются лицензированными медиками мужского и женского пола. Нуждающимся в переводе будет предоставлен переводчик. От посетителей клиники не потребуются удостоверения личности, документов, подтверждающих доход или наличие американского гражданства, или каких-

либо иных бумаг.

Пациенты будут обслуживаться в порядке живой очереди и смогут бесплатно припарковаться в Mercer Garage. Очередь будет формироваться каждый день в здании Exhibition Hall, 301 Mercer Street. Для тех, кто захочет переночевать в здании, двери будут открываться в 12:30 ночи в течение всех четырех дней работы клиники. Талоны на посещение клиники будут раздаваться начиная с 5 утра. Количество талонов ограничено. За один день в клинике можно будет получить услуги двух типов: медицинскую помощь плюс услуги либо стоматолога, либо глазного врача. Пожалуйста, приготовьтесь провести в очереди и в клинике целый день и запаситесь едой и питьем. За дополнительной информацией о Клинике Сиэтла/округа Кинг заходите на сайт seattlecenter.org или звоните по телефону 206-684-7200.

የሲያትል ነፃ ሚዲካል ክልኒክ ከኣክቶበር 22 እስከ 25 በኪ ኣሪና /By Assaye Abunie

የአይን፣ የጥርስ ወይም የሚዲካል ኣገልግሎት በሲያትል ኪንግ ካውንቲ ክልኒክ ሃሙስ ኣክቶበር 25 - እስከ እሁድ ኣክቶበር 25 በኪ ኣሪና ሲያትል ሰንተር ይቀበልዎታል።ይህ በጣም ትልቅ የሆነ የጤና ክልኒክ የሚቀርበው ከሰማንያ በላይ በሆኑ ኣብረው በሚሰሩ ድርጅቶች ጭምር ሲሆን ሙሉ የሆነ የነፃ የጥርስ፣ የዓይን እና የሚዲካል ኣገልግሎት ይሰጣል። ከጥርስ ቀዶ ጥገና እስከ ኣዲስ የዓይን መነፀር እና ሰውነትን ከመመርመር ኣልፎ እስከ እግርና የተጎዱ ኣካላትን ጭምር ምርመራ ያደርጋል።

እነዚህ የሚሰጡት ኣገልግሎቶችና መመሪያዎች የሚሰጡት ሁሉም በነፃ ሲሆን በታወቁ ፍቃድ ባላቸው ወንድና ሴት ፕሮፌሽናሎች ነው። የትርጉም ኣገልግሎት ሲኖር መመርመር የሚፈልጉ ሁሉ ምንም ኣይነት መታወቂያ፣ የዜግነት ማረጋገጫ ወይም መረጃ ኣያስፈልግም።

ምርመራው የሚሰጠው መጀመሪያ

ለመጣው ቅድሚያ የሚሰጥ ሲሆን መርሰር ከሚገኘው ፓርኪንግ በነፃ ግቆም ይችላሉ።የየቀኑ መግቢያ ትኩት መስመር የሚገኘው ከኤክዘቢት ሆል ውስጥ ሲሆን, በ301 Mercer Street ኣድራሻ ነው። በየቀኑ የክልኒኩ መግቢያ የሚጀምረው ከሌሊቱ 12:30 ጀምሮ ነው። ቲኩት ማከፋፈል የሚጀምረው ከጠዋቱ 5 ሰዓት ሲሆን የትኩቱ መጠን ግን የተወሰነ ነው። ኣንዴ ውስጥ ከገቡ እስከ ሁለት የህክምና ምርመራዎችን ማለትም ሚዲካልና የዓይን ወይም የጥርስ ምርመራ ማድረግ ይችላሉ። እባክዎ ለረጅም ቀን ተዘጋጅተውና በዛ ያለ ውሃና ምግብ ይዘው ይምጡ። ስለ ሲያትል ኪንግ ካውንቲ ክልኒክ ማወቅ ከፈለጉ የ seattlecenter.org ይመልከቱ ወይም በስልክ ቁጥር 206-684-7200 ይደውሉ።

Dhakhtarka Seattle ee lacag la'aanta ah October 22-25 oo ka dhacaya Keyarena/By Mahamoud Gaayte

Hadii aad u baahanthay dhakhtar indho,ilko amaba baaritaan guud, waxaanu kugu soo dhoweyneynaa Seattle/King county Clininc, maalinta Khamiista, 22ka bisha October ilaa Axadda 25ka October goobtuna waa bartamaha Seattle ee KeyArena. Dhakhtarkan baaxadda weyn waxaa isku bahaystay 80 kooxood, wexeyna bixinayaan baaritaan caafimaad oo ku saabsan ilkaha, indhaha iyo baaritan guud. Siibidda ilkaha, okiyaalaha aragtida o cusub iyo baaritaanka cagaha iyo haymada dhaawacyada.

Dhamaan adeegyada kor ku xuani waa lacag la'aan, waxaana bixinaya daryeelayaal caafimaad oo rag iyo dumarbaleh oo tababaran sharci xirfadeedna u haysta. Waxaa idiin diyaar ah turjumaano, umana baahnidin aqoonsi iyo harci toona.

Adeegu waa hadba sida loo soo kala horayo, baarkin bilaashana waxaad ka hleysaan graahka Mrcer. Tigidhka maalinalaha ah waxaad ka heleysan hoolka adeega, 301 Mercer St, albaabadana waxa hoyitaanka loo furayaa 12:00am malin kasta oo dhakhtarku jiro. Tigidho ayaa la qaybinayaa laga bilaabo 5subaxnimo, tigidhdaasina wa kuwa kooban. Marka uu qofku dhakhtarka soo galo waxaa laga yaabaa in ey u suurta galan laba deeg oo qura,sida baaritaan ilkaha iyo indhaha ama baaritaan guud. Fadlan u diyaar ahaw maalin dheer soona qaado cunta kugu filan iyo biyaba. Wixii faahfaahin dheeraad ah fdlan booqo seatttecenter.org ama wac 206-684-7200

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

Summer in the city: 'Nights Out' and 'Block Parties' abound

Rainier Vista residents braved sweltering temperatures Tuesday, Aug. 4 to enjoy the annual "Night Out" celebration in Central Park. The crime prevention and community-building event drew over 400 area locals, who spent time with their neighbors, enjoyed food, games, face-painting, henna tattoos, zumba, an obstacle course and snow cones.

PHOTOS BY JESSE YOUNG



PHOTO BY SAADIA HAMID



PHOTO BY JOY BRYNGELSON



PHOTO BY SAADIA HAMID

Sharing food and meeting up with neighbors is certainly not new for Yesler Terrace. Having fun, building community and supporting one another is something many have enjoyed doing during organized block parties this summer. The last Yesler Terrace summer block party will be held Sept. 3 from 6 - 8 p.m. at 8th Ave. and Spruce Street. With a little help from Seattle Housing Authority Community Builder Joy Bryngelson, Yesler Terrace residents and volunteers planned, organized and hosted the celebrations.