



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



Neighborhood
House

The Voice

November
2015
*Articles translated
into six languages*

The newspaper of Neighborhood House — visit our website at www.voice.seattlehousing.net

Fadumo Isaq: the matriarch of Yesler Terrace Local friends and neighbors give thanks for her resilience and can-do

BY JONATHAN LUONG
The Voice intern

YT For nearly two decades, the Yesler Terrace community has seen a leader unite its diverse demographic through constant advocacy and outreach for the marginalized. For Fadumo Isaq, an outreach associate with Neighborhood House, it's all in a day's work.

Born in Ethiopia, Isaq grew up in a large family. She lived in Kenya for twelve years during her youth before returning to Ethiopia. She was able to experience many different environments throughout her childhood, leading to an appreciation of a variety of cultures and customs.

"I learned how to speak Swahili, Oromo, and Arabic," she says.

She became a businesswoman and owned a farm for several years before conflict in East Africa developed, leading to a move to the United States in 1999. Isaq came to the Yesler Terrace Community that same year, and has been here ever since.

As a long-time Yesler Terrace resident, Isaq has become a prominent figure in the neighborhood and is a familiar face to nearly all. Even before joining Neighborhood House and the Seattle Housing Authority, she was an active member of the community — she worked at a community college and ran a local day care.

"They all call her Mama Fadumo," says Jeniffer Calleja, a community builder with Seattle Housing Authority. "She's an icon for everyone there."

Please see "Fadumo" on Page 3



PHOTO BY JONATHAN LUONG

'Mama' Fadumo Isaq, as she's known to her neighbors, does community outreach on behalf of Neighborhood House and SHA, and is a familiar face to many.

RAC's December meeting and annual recognition dinner

BY VOICE STAFF

In honor of Veteran's Day, the Resident Action Council (RAC) will hold its next meeting **Wednesday, Dec. 9, from 1:30 - 3 p.m.** at Jefferson Terrace.

On the agenda is information about three bylaw changes, and copies of the old and new bylaws will be available.

On **Saturday, Nov. 21, from noon - 3 p.m.**, two individuals or one group in each Seattle Housing Authority community will be honored at RAC's Fifth Annual Resident Volunteer Celebration.

RAC needs you to nominate your communities' best volunteers. Nomination forms are available from SHA Community Builders and are due by Nov. 14.

For information about the dinner, call Kristen O'Donnell, 206-930-6228.

Teaming up to help communities stay safe

25-year Seattle Police Department veteran continues to keep the peace and hold many friends

BY NANCY GARDNER
The Voice editor

Officer John Skommesa has been a police officer longer than some Seattle Housing Authority (SHA) residents have been alive — 25 years, 12 of which he has spent patrolling many of SHA's buildings in and around the Capitol Hill area, and since 2009, the Yesler Terrace community as well. It's pretty safe to say there's very little he hasn't seen on his beat during the past quarter of a century.

It's clear from seeing him interact with residents that he's more than just a typical 'beat cop.'

Despite the estimated 2,000 apartment units he helps to patrol, when he pulls up to a building or gets stopped en route, many residents know him by name, as he does them. His ingrained familiarity with the community is what helps him keep a pulse on it and connect with so many people.

While he strives to maintain neutrality at work, his personal connections to many of the residents shine through and it's not unusual to hear residents refer to him as their brother, son or friend. Many times, Skommesa says, he's had to rely on residents like Somali-born Abdisalan Abdulle, who has helped him on more than one oc-



PHOTO BY NANCY GARDNER

Seattle Police Department Officer and SHA Liaison Officer John Skommesa shares a lighthearted moment with Abdisalan Abdulle, a local resident. The two have known one another for years, and check in with each other whenever they can.

casions understand East African residents' concerns by acting as translator.

Beyond obvious language barriers, Abdisalan helps him better understand Islam and the East African culture, especially

the social relationships between families, tribes and between Africans from different countries who live in Yesler Terrace and surrounding communities.

Over the years, friendship, mutual re-

spect and trust have formed between the two, and this has helped both men better understand one another's cultural ties and perspectives on life.

"I know if I ask him something, I will get a straight answer, even if it's not exactly what others in the community think an outsider should know," Skommesa says. "He has a way of explaining some of the cultural things I just don't understand, having been born in America and raised a Christian rather than in Africa and raised Muslim. He's one of the few people I can talk freely with about all facets of Islam, especially those things I don't understand."

For nearly 20 years, SHA's contract with the Seattle Police Department (SPD) has enabled Community Police Team officers to cover many of its buildings. Earlier this year, security patrols were beefed up to include four full-time officers working with SHA, one of whom provides evening coverage citywide.

Another change this year allows officers, including Skommesa, to work across SPD precinct lines, as opposed to confining them to designated beat locations.

Please see "Skommesa" on Page 6

Neighborhood House
The Weller Building
1225 S. Weller St. Suite 510
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Nonprofit org.
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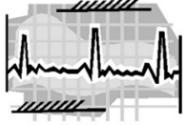
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Health Notes



A column devoted to your well-being

Keys to healthy lungs and breathing easier
“Smile, breathe and go slowly” - Thích Nhất Hạnh

BY NEIGHBORCARE HEALTH

Did you know that the average adult breathes 15 – 20 times a minute? That means in a single day we breathe more than 21,500 times. Your lungs play an important role in changing each breath into oxygen your body uses to keep your organs working like they should.

Sadly, one of the leading causes of death in the United States is chronic lower respiratory disease. These illnesses damage the lungs' ability to provide the necessary oxygen the rest of your body needs.

A report released by the Centers for Disease Control and Prevention (CDC) in 2014 concluded that each year about 75,000 Americans die prematurely of diseases that affect the lungs. Based on the same report's findings, about 40 percent of these deaths could have been prevented. The good news is that there are a few steps you can take to keep your lungs healthy.

Tips for lung health

Exercise

Exercises that increase your heart rate and breathing can improve your lung capacity, while strengthening the muscles that control your breathing. Improving your lung capacity and strengthening your muscles help your entire body get more oxygen.

There are also breathing exercises to improve lung function. Ten minutes a day can make a big difference. Learn more about breathing exercises, such as pursed lip or belly breathing, from the American Lung Association on its website lung.org.

See your doctor for regular checkups

Your primary health care provider will listen to your lungs and talk with you about symptoms or your concerns. Your provider can also show you simple breath-

ing exercises. Getting regular care helps you prevent and treat illnesses before they become serious.

Try to prevent illness

Cold and flu season has begun. Make sure to protect yourself from serious respiratory illnesses.

- Wash your hands with soap and water regularly
- Brush your teeth twice a day to reduce the germs in your mouth
- Get a flu shot

Quit smoking

Research shows that cigarette smoke is a major cause of lung cancer and other lung diseases. Smoking can make breathing more difficult, destroy lung tissue and cause swelling in the lungs. Research has also shown that some areas of your lungs can heal after you quit smoking. It is never too late to quit.

The Washington State Tobacco Quitline is a resource for all state residents. Learn more at quitline.com or talk to your primary care provider.

Help your lungs help you

Your lungs are not only important for your health, but also your well-being. Being able to breathe easy and accomplish your goals is important to overall health and wellness. Follow these four steps to keep your lungs in shape. If you have concerns about your lungs, or other health related issues or questions remember to visit your primary care provider.

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.

Learn how to make public meetings more accessible



Holding a public meeting or event? Want to ensure that it is accessible for anyone who wants to attend?

The City of Seattle and the People's Academy for Community Engagement are offering a seminar, “Universal Design: Inclusive Outreach and Public Engagement,” Nov. 5, from 6 - 7:45 p.m. at the Capitol Hill Library.

Attendees will learn to identify barriers to community participation in meetings, events and programs.

Facilitators will discuss and identify ways to increase accessibility and inclusion.

Participants will leave the seminar with tangible strategies to enhance the accessibility of their events.

For more information, call 206-684-5667.

The Capitol Hill Library is located at 425 Harvard Ave. E.

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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

**Standard Time begins:
are you prepared?**

BY SEATTLE NEIGHBORHOOD GROUP

Why did the girl throw the clock out the window?

She wanted to see time fly.

Now that we have your attention about time – remember the saying, “spring forward, fall back?” If you haven't already done so, you should have turned your clocks back an hour before going to bed Nov. 1, when Daylight Saving Time ended. With that, our evenings will be darker an hour earlier and our mornings will be lighter.

While many of us have electronic devices that will automatically re-adjust to the time change, don't forget to conduct a visual sweep of clocks or other devices like microwaves or stoves that will need to be manually changed. Don't forget to check timer devices on indoor lights as you'll need to re-set them to turn on earlier in the evening and stay on later during the morning hours.

Now is a good time to pay attention to lights around your homes or apartments. It's important to report any property lighting issues or concerns to the management office in your community or building if you're an SHA resident.

If you see broken streetlights, please report them to Seattle City Light. You will need the name of the street where the problem light exists. City Light staff will also need the address closest to the light pole's location. Please include a description of the problem, and your name and phone number



in case Seattle City Light has questions. The City's goal is to repair reported light outtages within 10 business days. Please use caution if you are nearby a malfunctioning light that may have an electrical charge. A technician will come out to properly and safely repair the light.

Here are some ways to report outtages:

1. Call 206-684-7056
2. Send an email to street.light@seattle.gov
3. Visit the Streetlight Trouble Report Form page, www.seattle.gov/light/streetlight/, and fill out an electronic form
4. The easiest, quickest way to report a problem is by using the “Find it, Fix it” phone app. On the smart phone app, users can submit the location, photo, concern, date, and their contact information.

More info is available at www.seattle.gov/light/streetlight.

Feel free to contact Seattle Neighborhood Group at 206-323-9666 for crime prevention tips or help with your safety and security concerns.



Community Meeting Seattle Park & Recreation Waxay Doonayaan Inay Codkaaga Maqqaan!

Date: Arbaco, November 4, 2015

Time: 6:00-8:00pm

Mesha: Rainier Beach Community Center
8825 Rainier Ave. S, Seattle, WA 98118

Fikraddaha waa noo muhiim. Waxaan rabnaa in aan maqlo waayo-aragnimadaada kusaabsan jadwal u samaynta garomada ciyaaraha fudud ee magaalada. Fadlan naglaso qeebgal kasheekaysiga, dhiibashada fikraddaha, si aan ucaawino meelaha cayaaraha fudud ee madadaalada Seattle jadwalkooda loogana dhigo mid loo dhan yahay. Cuntoyin fudud iyo Cabitaano ayaa la keenaya, xanaanada Caruurtana waa la codsan kara sanadaha 3 jir ila 11 jir. Waxaan rajaynaynaa inaad ka soo qayb gasho oo ka qayb qaadato!

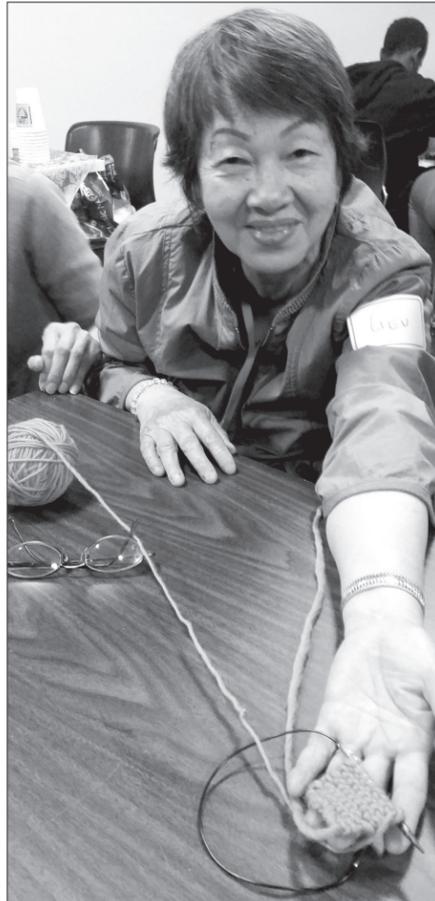


What's got Yesler Terrace in stitches?



Liem Le shows off her knack for knitting. Neighbors in Yesler Terrace have recently started a Social Knitting and Sewing Club. They meet twice monthly to have fun, socialize, learn new skills, and work on projects together. They're currently creating knitted hats and flannel pillow cases to donate to patients at Children's Hospital. Donations of brightly colored yarn and knitting needles of all sizes are appreciated. The club is open to anyone, and interpreters can be provided. For more information about the next meeting, please contact Joy Bryngelson, 206-343-7484, or joybryngelson@seattlehousing.org.

PHOTOS COURTESY OF JOY BRYNGELSON



Seattle Housing Authority now accepts online rent payments

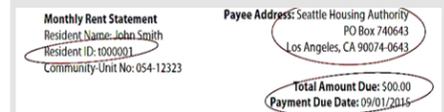
By JAKE LeBLANC
Seattle Housing Authority

Any SHA resident who wants to pay rent electronically may now do so. This can be done through any bank that has online banking (not through seattlehousing.org).

Once online banking is set up, all that's required to do is the following:

- Establish SHA as a Payee in the online banking software
- Tenant Code (T code) or Resident ID # for the Account #
- Provide correct rent amount

You can find the necessary informa-



tion on your monthly rent statement, as shown in the example below:

Why is electronic rent payment a good idea?

- No longer need to buy a stamp or mail a letter
- Electronic rent payments are usually deposited in SHA's account in less than 24 hours
- No need to buy a money order again
- Your banking software keeps a record of the transaction
- You can pay your rent from the comfort of your own home

Other things to consider:

- There are **many** banks that provide online banking, most of which offer free online banking with a checking or savings account
- Rent is due by the 6th of each month
- Look closely into any monthly service charges banks might charge
- Bills other than SHA can be paid online
- Some banks still mail rent checks rather than send electronically
- If paying online and your rent amount changes, you will have to log in to update your account

Denny Terrace computer lab moves and re-opens Nov. 5

By DAVID NORRIS
Manager, Denny Terrace Computer Lab

The Denny Terrace Computer Lab, which opened in February, 2010, is moving to a new, larger space on the first floor in what was once the TV lounge. The lab has been sharing space with the Social Work office for the last five years.

Andy Chan, the building's social worker, was very generous to provide us with office space adjacent to his own. When the possibility of moving to a larger space was discussed, building management was very supportive of the project. The Seattle Housing Authority has funded about half of the cost of this construction while a grant from the city paid the remaining fees.

This move is wonderful for us since it provides about double the space of the previous location, which allows for greater access to residents that are wheelchair-bound. Also new is free Wi-Fi that will be available to residents after hours in the lounge just next to this new computer room.

A re-opening celebration of the lab will be held Nov. 5 from 4 - 6 p.m.

SHA launches new 'Aging in Place' Initiative

By SEATTLE HOUSING AUTHORITY

Seattle Housing Authority (SHA) is beginning work to conduct a needs assessment regarding seniors who are experiencing increasing needs for services as they age.

The Housing Authority is working with BERK Consulting to meet with residents, staff, community members, representatives from service agencies, and local and national experts to identify needs and gaps, interests, and new strategies to explore.

The assessment is designed to shed light on what services are needed so that SHA can consider what resources or partnerships may be available to help residents remain in their current units, expand opportunities for new types of senior housing and service models, and map referral pathways for residents who are no longer able to safely live independently.

Conversations about aging in place began in September, when the Seattle Senior Housing Program Advisory Group, Joint Policy Advisory Committee (JPAC), and SHA's Resident Action Council (RAC) met to discuss the issue.

Additionally, a number of focus groups

and interviews have been conducted at individual apartment buildings and residences.

If you would like to submit your comments or provide feedback, visit SHA's electronic comment box at <http://svy.mk/1Qz0pBN>.

SHA's goal is to develop recommendations on aging in place challenges by early 2016.

Fadumo

Continued from Page 1

As an outreach associate, Isaq organizes programs and works with advocacy groups to help ensure that everyone in the community is accounted for and taken care of. She also tries to bring awareness to certain events or community gatherings by designing fliers and brainstorming new ways to reach people.

Calleja who hired Isaq for the position says, "When she came to me and asked if she could apply for the job, I was in shock.

Of course I would hire her. Everything she has done for the community has been so amazing."

Isaq, who is 48, has helped enrich community life not only in the Yesler area, but in the city as a whole. She has worked with the Oromo Cultural Center in NewHolly in providing the East African community, especially new immigrants, with resources and education. In 2010, she traveled to Chicago to organize an event with the Midwest Academy, an institute that trains activists and works with organizations concerned with social, racial, and economic justice.

Isaq's leadership skills have proven to be a valuable asset to the Yesler Terrace community.

"She's brave and not afraid to fight for what is right and just," says Calleja. "She puts herself out there to make change and protect others."

For example, when a local resident passed away she organized a car wash to raise funds for the funeral.

"She worked to make sure that we would be able to use the community center and that people had duties and knew what to do," Calleja says. "I remember she was washing

the cars herself."

Not surprisingly, Yesler Terrace residents love 'Mama' Fadumo just as much as she loves them. She finds a little time leftover for her own hobbies, including working in the community p-patch and of course spending time with her husband and children.

"What makes her so special is that she advocates for everybody and focuses on every demographic," adds Calleja. "Everyone is important to her."

Striking it rich in Pioneer Square's Historic 'Park'

Free Klondike Gold Rush National Historical Park offers gold-panning demos and more



The Klondike Gold Rush National Historical Park, left, located in the former Cadillac Hotel at 319 2nd Ave. S. and S. Jackson Street, features free fun for the whole family. The Park's site, nestled inside the Cadillac Hotel building, was selected because the building was constructed shortly after the Great Seattle Fire of 1889, and was in existence during the Klondike Gold Rush period. Visitors can learn what happened when thousands rushed to the Yukon gold fields of Canada during the late 19th century to strike it rich. How-to's on gold panning are also given. Above is a replica of a ton of gold.

PHOTOS COURTESY OF KLONDIKE GOLD RUSH NATIONAL HISTORICAL PARK

BY VOICE STAFF

Tucked away in Pioneer Square is a gem of a museum that many Seattleites haven't stumbled on yet.

The Klondike Gold Rush National Historical Park is a free and fun excursion to see the commemoration of the discovery of gold in Canada's Yukon Territory, the subsequent rush for gold, and the enormous impact the event had on the Emerald City.

The Park's other three units are located in Skagway, Alaska, where visitors can

follow the Yukon Route railroad, and trace the historic 33-mile Chilkoot Trail.

The Cadillac Hotel building was a major point of outfitting and departure during the gold rush stampede. Although severely damaged during the 2001 Nisqually earthquake, the Cadillac underwent remodeling, and was re-opened and dedicated in June, 2006.

In addition to an interesting and entertaining museum atmosphere, the Klondike Park offers free events throughout the year, including film recreations of the gold rush,

gold panning demonstrations, revolving exhibits, a National Park Service Junior Ranger program, and a gift shop.

The Klondike Gold Rush, often misunderstood as a rush to find gold in Alaska, is really the story of how 70,000 individuals travelled to the Yukon Territory in Canada. Today, the Yukon is the smallest and westernmost of Canada's three territories, and its capital is Whitehorse. Seattle is approximately 1,500 miles south of Whitehorse.

For larger groups, advance reservations are suggested. The Park is ADA accessible

and open from 10 a.m. until 5 p.m., seven days each week during fall and winter. It's closed on Thanksgiving day, Dec. 25 and Jan. 1, 2016.

The Park is within walking distance of several mass transit facilities: the underground International District light rail, bus stations, and the King Street Station.

For more information visit <http://www.nps.gov/klse/index.htm> or call 206-220-4240.

Free medical clinic draws more than 4,000 patients to Seattle Center



The second annual Seattle/King County Clinic, held Oct. 22 - 25 at KeyArena attracted crowds of people seeking free medical, vision and dental services. About 1,000 health care professionals volunteered their expertise to provide everything from eye exams to root canals to mammograms.

PHOTOS BY NANCY GARDNER

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voice.seattlehousing.net

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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

Don't forget to take advantage of the United Way and FEC's free tax preparation services

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 four other FEC satellite centers throughout the city. For locations or more information, call 206-923-6555 or email FEC@nhwa.org.

Life does not revolve around the IRS's schedule, and unfortunately, not everyone is able to complete their taxes by April 15 of every year. Lots of things can come up and make it hard for someone to take care of their taxes during tax time.

During the 'tax season' - roughly January through April - United Way of King County and others offer free tax preparation services throughout King County.

In the past the IRS was able to help folks file their taxes for free year-round. However, due to budget cuts the IRS was forced to stop offering that service which helped so many low and middle income folks.

This meant that for most of the year, there were no free resources for low-income individuals or families who needed tax help. For the many members of our community that need to file their taxes outside of the tax season, the only options they had were to try calculating their own taxes, or go to a paid preparer which can be very costly.



Financial Empowerment Center

Free One-on-One Financial Counseling

In August of 2014, the Seattle Financial Empowerment Center (FEC), in partnership with the United Way of King County, began offering free tax preparation services outside of the regular tax season. Since then, one day each week folks can stop by the Financial Empowerment Center's hub site located in Rainier Vista to get help preparing their past year's taxes.

So far this year, the center's volunteer tax experts have prepared over 250 tax returns for more than 170 clients. Since it is the only service available within 100 miles of Seattle that regularly offers these services outside of the traditional tax season, taxpayers often make long journeys from as far away as Eastern Washington to get help from the FEC.

Many of these clients would otherwise miss out on thousands of dollars in benefits from tax credits such as the Earned Income Tax Credit (EIC), or Child Tax Credit if they did not file their taxes. These credits and all tax refunds expire three years after the taxes are due.

If the FEC was not able to offer these tax preparation services, these families would

miss out on this money altogether.

Others may be facing large tax bills from the IRS and are facing potential liens on their wages if they do not file taxes for any years they missed.

Once the taxes are filed the IRS and the taxpayer can start to talk about affordable repayment plans and other options to avoid having their wages garnished. Without these services, folks would have nowhere they could afford to go for help.

If you or someone you know needs help preparing a federal income tax return, the Seattle Financial Empowerment Center offers free tax preparation services Wednesdays from 4 to 8 p.m. on a drop-in basis at 4431 Martin Luther King Jr. Way S. This service will be available through Nov. 18 and will resume in April 2016.

Appointments can be made by calling 206-923-6555 or by visiting nhwa.fullslate.com.



Open houses offered for visually impaired and blind readers

By VOICE STAFF

The Seattle Public Library and the Library Equal Access Program (LEAP) will be launching "Access for All: Accessibility Kits & Software" for low vision and blind patrons at area libraries.

New accessibility software will be available on public computers at every Library location. All computer workstations will have ZoomText, a text-enlargement software program for low vision patrons, and JAWS, screen-reading software to assist blind users.

To learn more, attend an open house, where library staff will give users hands-on access to computers with the assistive software. They'll also demonstrate how to use magnifiers and Braille systems. Here are the open houses:

- 5 - 7:30 p.m. Nov. 4 at the Central Library, 1000 Fourth Ave., Level 1
- 5 - 7:30 p.m. Nov. 16 at the Central Library, 1000 Fourth Ave., Level 1
- 2 - 4 p.m. Dec. 4 at the Columbia Branch, 4721 Rainier Ave. S.
- 2 - 4 p.m. Dec. 12 at the Southwest Branch, 9010 35th Ave. S.W.
- 3 - 5 p.m. Dec. 15 at the University Branch, 5009 Roosevelt Way N.E.



Community Meeting Seattle Parks & Recreation Wants To Hear From You!

Date: Wednesday, November 4, 2015
Time: 6:00-8:00pm
Location: Rainier Beach Community Center
8825 Rainier Ave. S, Seattle, WA 98118

Your opinion is important to us. We want to hear about your experience in scheduling the City's Athletic Fields. Please join our community input roundtable and help make Seattle Parks and Recreation Athletic Field Scheduling practices more inclusive.

Light snacks will be provided.
Child care can be accommodated as requested for ages 3-11.

We look forward to your attendance and input!

Please RSVP:
info@latinacreativeagency.com
425-968-8013



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西雅图公共安全调查

Seattle Public Safety Survey

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시애틀 공공 안전 설문조사

Xogururinta Ammaanka Dadweynaha Seattle

Encuesta sobre la seguridad pública en Seattle

Khảo sát về An toàn Công cộng Seattle

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Please recycle me

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



FREE ENROLLING NOW!

PRESCHOOL & HOME VISITING FOR LOW INCOME FAMILIES



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

Freebies and fun-filled activities at Seattle Center Nov. 27 - Dec. 31

Connect to a wonderland of sparkling lights, spirited entertainment and child-sized diversions at Seattle Center Winterfest, Nov. 27 - Dec. 31, inside Seattle Center Armory and Fisher Pavilion and throughout the grounds at Seattle Center.

The five-week festival offers free and affordable, fun-filled activities, live performances, and perennial favorites.

Unless noted, the following are offered free of charge:

Winter Train & Village: Nov. 27 - Dec. 31, Armory

A turn-of-the-century, miniature community blanketed in snow beckons visitors to gaze into an idyllic past - and even take a turn controlling the model train, in operations between 10:30 a.m.-12 p.m., 1 p.m.-2:30 p.m. and 3:30 p.m.-5:30 p.m. daily. www.seattlecenter.com/winterfest.

Winterfest Ice Rink: Nov. 27 - Jan. 3, 2016

Skate, glide and slide into the season. For Novice or Olympiad, the Winterfest Ice Rink offers icy fun for all. Admission: \$7 for adults, \$5 for children ages 6-12, \$2 children ages 5 and under, includes skate rental. www.seattlecenter.com/winterfest.

Dickens Carolers: Nov. 27 and 29, 11 a.m. - 12 p.m., Armory

This quartet of costumed Victorian carolers has become a cherished Seattle tradition over its many melodic years. www.dickenscarolers.com.

Winterfest Student Showcases: Nov. 27 - Dec. 31, Armory

The Showcases provide entertainment as part of the seasonal offerings, and offer public and private school groups the opportunity to share their artistic accomplishments with family, friends and the public. www.seattlecenter.com/studentshowcases.

Hot Dog USA: Nov. 29, 12:30 p.m. - 1:30 p.m., Armory

Since 1980, this Jump Rope Team has inspired, motivated and educated people of all ages, while fostering regional, national and international jump rope competitions, workshops and performances. www.hotdogusa.org.

Skommesa

Continued from Page 1

It keeps him busy—he keeps tabs on residents living in Low Income Public Housing, SHA's scattered sites, Seattle Senior Housing, and Yesler Terrace communities.

“Having good communication is the best way to deal with issues, but there's definitely not a one size fits all solution,” Skommesa says. “Sometimes it might be the property manager. Sometimes it's me who has to be the bad guy, but if I can convince people not to be afraid to call 911, because they're afraid of retaliation, then I've hopefully made our streets safer.”

Wherever the calls take him, he seems to always make time to stop and chat with folks. This keeps residents like Veronica Monroe, who lives in Jefferson Terrace, happy to see him and be able to catch up.

“He's a very caring person,” says Veronica. “He makes me feel safer, and everyone around here knows and respects him. He's helped find bikes for my grandkids, and he has made things so much easier for me.”

Keeping people safe is also a part of his life at Seahawks and Sounders games. Whenever the Seahawks and Sounders play at home, it's likely he'll be there, on duty and helping maintain crowd control. It's pretty typical, the Seattle native says, for SPD officers to want to staff the games,



PHOTO BY NANCY GARDNER

Veronica Monroe, a Jefferson Terrace resident, and Officer Skommesa spend a few moments catching up. The 25-year SPD veteran is popular with many residents.

because the extra pay comes in handy, and because they're pretty big sports fans.

But one of the biggest challenges he faces is ensuring that First Hill's greenbelt area, referred to as 'the jungle,' is crime-free. Bordering Yesler Way and running beneath Harborview and along I-5, the jungle is a haven for the chronically homeless, and it's not unusual for litter and crime to escalate as population does also.

For police, who are often first responders, the role of crisis response with the mentally ill or chronic homeless can seem like an uphill battle, but getting personal is exactly what Skommesa enjoys.

“The thing I like about this job is working directly with people.”

And clearly, the people seem to enjoy working directly with him.

Got Green 'Climate Justice Project' meets Nov. 12 at NewHolly

Got Green, a local nonprofit that advocates for green jobs, public transit and climate justice, will hold its next meeting Nov. 12, from 5:30 - 7:30 p.m. at the NewHolly Gathering Hall.

Leaders will present, “Our Roots Will Weather the Storm: a Community Town Hall on Gentrification and Climate.”

NewHolly is located at 7054 32nd Ave. S. Childcare and food will be provided. For more information, contact Hodan Hassan, climate justice organizer, at hodan@gotgreen.org.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

La autoridad de vivienda de Seattle ya acepta pagos de renta electrónicos/By Leahla Contreras

Cualquier inquilino de SHA (Seattle Housing Authority, la autoridad de vivienda de Seattle) que quiere pagar su renta electrónicamente ahora lo puede hacer así. Este proceso se puede realizar a través de cualquier banco que tenga capacidad de gestionar en línea (pero no a través de seattlehousing.org). Una vez establecida la cuenta de banco en línea, sólo se necesita lo siguiente:

- Nombrar a SHA como destinatario en el programa del banco en línea (poner la dirección que viene abajo)
- Poner el Tenant Code (código de inquilino, llamado “T code”) o el número del residente (Resident ID #) que pertenece al número de la cuenta (Account #)
- Poner la cantidad correcta de la renta (vea abajo)

¿Por qué es una buena idea el pago de renta



electrónico?

- No hace falta comprar estampillas ni mandar cartas por correo

•Los pagos electrónicos de renta se depositan en la cuenta de SHA en menos de 24 horas

- No más compras de giros bancarios
- El programa en línea del banco guarda un récord de la transacción
- Se puede pagar la renta desde su casa o donde esté
- Otras cosas para considerar:
 - Hay muchos bancos que ofrecen acceso a las cuentas en línea, y muchos lo dan gratis si uno ya tiene una cuenta con ellos.
 - La renta se tiene que pagar antes del día 6 de cada mes

•Entérese bien acerca de las cargas mensuales de servicio de cada banco

•No solamente la renta de SHA, sino muchas facturas se pueden pagar en línea

•Algunos bancos aún mandan por correo los pagos de la renta en vez de hacerlo electrónicamente

•Si paga electrónicamente y la cantidad de su renta cambia, hay que entrar en su cuenta en línea para poner al día los datos de la cuenta

Жилищное управление Сиэтла (SHA) теперь принимает арендную плату через интернет/ By Irina Vodonos

Любой квартиросъемщик SHA, желающий заплатить за квартиру электронным образом, теперь имеет возможность это сделать. Для этого необходимо иметь счет в банке, который предлагает электронные банковские услуги. (Внимание: оплата НЕ принимается через веб-сайт seattlehousing.org.) Как только вы подпишитесь на электронные услуги в своем банке, вам нужно всего лишь сделать следующее:

- Внести SHA в список получателей платежей (payee) (см. адрес ниже)
 - Ввести свой код квартиросъемщика (Tenant Code или T Code) или идентификационный номер жильца (Resident ID #)
 - Правильно указать сумму квартплаты
- Всю необходимую информацию можно найти в ежемесячном счете, который вы



получаете от SHA (см. образец ниже). Почему имеет смысл платить за квартиру через интернет?

- Не нужно покупать марки и отправлять

- квартплату по почте
- SHA обычно получает электронную оплату в течение суток или еще быстрее
- Не нужно покупать мани-ордера
- В вашем электронном аккаунте сохранится подтверждение того, что вы перевели деньги
- Можно заплатить за квартиру, не выходя из дома

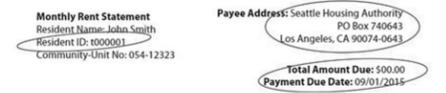
Важные моменты:

- Множество банков предлагают электронные услуги. Некоторые банки предлагают бесплатные электронные услуги всем клиентам, которые открывают у них счет.
- Арендную плату нужно платить каждый месяц до 6 числа
- Уточните, взимает ли ваш банк деньги за различные услуги, такие как наличие счета или электронные услуги
- Некоторые банки отправляют в SHA бумажный чек, даже если вы оформляете платеж через интернет
- Если ваша квартплата понизится или повысится, вам нужно будет зайти в банковский интернет-аккаунт и изменить сумму платежа

ናይ ስያትል ሃውሲንግ ቦዓል ስልጣን ከራይ ብኤለክትሮኒክስ ኪቻቦል ጀሚሩ/By Habte Negash

ዝኾነ ይኹን ኣብ ኣባይቲ ናይ ስያትል ሃውሲንግ ዝነበር ሰብ እንተደልዩ ከራይ ብኤለክትሮኒክስ ኪኸፍል ይኸእል እዩ። እዚ ግና ብናይ ባንክ ውብባይት ደኣ እብበር ብናይ ስያትል ሃውሲንግ (seattlehousing.org) ውብባይት ኣይኮነን ዝግበር። እቲ ዘድሊ እምበኣር፡

- ከራይ ካብ ባንክ ብኣንጻይን ንስያትል ሃውሲንግ ቦዓልስልጣን (SHA) ከምዚ ኸፈል ምግባር፡፡ (ኣድራሻ ኣብ ታሕት ተጠቂሱ ኣሎ)፣)
- ናይ ተኸራዩ ኮድ (T code) ወይ ናይ ነባሪ መንነት ወረቀት (ID # for the Account #)



- ብትኸኸል ምጽሓፍ፡
- እትኸፍሎ ከራይ ብትኸኸል ምጽሓፍ- (ከመይ ከምዝጸሓፍ ኣብ ታሕቲ ተመልከት)፣
- ንዝኸፈል ወሓዩ ከራይ ዝምልከት ሓበሬታ ኣብነት ኣብ ታሕቲ ተመልከት ፣
- ከራይ ብ ኤለክትሮኒክስ ምኽፋል ኣገዳሲ ዝኾነሉ ምኽንያት?
- ስታምፕ ኮነ ቡስጣ ምግዛእ ኣየድልን እዩ፣
- ብኤሎትሮኒክስ ዝግበር ክፍት ስሉጥዮ፣ 24 ሰዓት ኣብዘይመልእ ጊዜ ኣብ ናይ ስያትል ሃውሲንግ ሕሳብ ይኣቱ፣

•ከራይ ንምኽፋል ማኒ ኦርደር ምግዛእ ኣየድልን እዩ፣

- ናይ ሕሳብ ኣካውንትኻ ናይቲ ቡባዝኤ እትክፍሎ ከራይ መዝጊቡ ይሕዞ እዩ፣
- ከራይ ላዕሊ ታሕት ክይበልኻ ኣብ ዝገኻ ኹንካ ክትክፍሎ ትኸእል ኢኻ።

ካል ኦት ኣገደስቲ ነገራት ድማ፡-

- ብዙሓት ባንክታት ኣገልግሎት ኣንጻይ ባንኪንግ ይህባ እዮን፣ ናይ ሕሳብ ኣካውንት እተሀልዩካ ኣገልግሎት ኣንጻይን ባንኪንግ ብነጻ ዝህባ ባንክታት እውን ኣለዮ፣

•ዕለት 6 ናይ ነፍሲ ወከፍ ወርሒ ኸራይ ናይ ምኽፋኽ ናይ መጨረሻ መዓልቲ እዩ፣

- ነፍሲ ወከፍ ባንክ ኣብ ዝኾነ ይኹን ወርሒ ዝገብሮ ናይ ኣገልግሎት ክፍሊት ሓደ ብሓደ ተመልከቶ፣

•ንስያትል ሃውሲንግ ዝምልከት ክፍሊት ጥራይ ዘይኮነስ፣ ካልእ ሕሳባት ኣንተኹነውን ኣንጻይን ኪኸፈል ይኸእል እዩ፣

•ገለ ባንክታት ክሳብ ሕጂ ከራይ ብኣንጻይን ዘይኮነስ ብቡጣ ቤት (ብመደል) ከምዝኸፈል ዝገብሩ ኣለዮ፣

•ኣንጻይን ብምኽፋልኩም ምኽንያት እትክፍልዎ ከራይ ለውጢ እንተኣርእዮ፣ ሎግ ኢን ብምግባር ኣካውንትኹም ኣስተኻኸልዎ(update your account)።

የሲያትል የቤቶች አስተዳደር የቤት ኪራይ ቦኤለክትሮኒክ መቀበል ጀመረ./ By Assaye Abunie

ማንኛውም በሲያትል የቤቶች አስተዳደር የሚኖር ተከራይ ቦኤለክትሮኒክ የቤት ኪራይ መክፈል ከፈለገ እንደሚችል ተገለጸ፡ ይህም የሚቻለው የኢንተርኔት ኣገልግሎት በሚሰጡ ባንኮች ነው (በseattlehousing.org በኩል ሳይሆን)። ኣንዴ የኢንተርኔት ባንክዎን ከመሰረቱ የሚያስፈልግዎ ነገሮች፡

- የኤስ ኤች ኤ (SHA) ኣካውንትን በኢንተርኔት የባንክ ኣካውንት ሶፍትዌርን በመጠቀም ይመስርቱ። (ከታች ያለውን ኣድራሻው ይጠቀሙ)
- ቲናንት ኮድ (T code) ወይም የኗሪ መታወቂያ ቁጥር ለኣካውንትዎ
- ኣስፈላጊውን የቤት ኪራይ መጠን መሙላት (ለምሳሌ ከታች ይመልከቱ)

ማንኛውንም የሚፈልጉትን መረጃ ከወርሃዊው የቤት ኪራይ መግለጫ ላይ ያገኙታል (ምሳሌ ከታች ይመልከቱ)



የኤለክትሮኒክ ክፍያን መጠቀም ለምን ጥሩ ሃሳብ ነው? • እስታምፕ ወይም ፖስታ መግዛት ኣያስፈልግዎም

- ኤለክትሮኒክ የኪራይ ክፍያ ኣብዛኛውን ጊዜ ከኤስ ኤች ኤ ኣካውንት በ24 ሰዓት ውስጥ ስለሚቀመጥ
- መኒ ኦርደር እንደገና መግዛት ኣያስፈልግዎም
- የቤት ኪራይ ከቤትዎ ሳይወጡ ተመቻችተው መክፈል ይችላሉ

ሌሎች ነገሮችን መመልከት የሚኖርብዎ ብዙ ባንኮች የኣንጻይን ኣገልግሎት ይሰጣሉ፡፡ ኣንዳንድ ባንኮች የነፃ ኣንጻይን የባንክ ኣገልግሎት ከኣካውንት ጋር ይሰጣሉ፡፡

- የቤት ኪራይ በየወሩ በ6ተኛው ቀን ነው የሚከፈለው
- በየወሩ የሚሰጠውን የባንክ ኣገልግሎት ክፍያ በደምብ ይመልከቱ
- ማንኛውም ክፍያ ከኤስ ኤች ኤ ሌላም በኣንጻይን መክፈል ይቻላል
- እስካሁን ሰዓት ድረስ ኣንዳንድ ባንኮች ከኤለክትሮኒክ ይልቅ የቼክ ኣስራርንም ይጠቀማሉ
- በኣንጻይን የሚከፍሉ ከሆነና ክፍያው ከተቀየረ ወደ ኣካውንትዎ በመግባት ኣካውንትዎን እንደገና ማረጋገጥ ወይም ማደስ ኣለብዎ--

Nha Cấp Phát Gia Cư Seattle Housing Authority hiện có nhận thu tiền thuê nhà qua hệ thống điện tử /By Long Luu

Bất cứ cư dân SHA nào muốn trả tiền thuê nhà theo hệ thống điện tử, thì họ có thể trả được. Điều này có thể làm qua bất cứ ngân hàng nào mà có dịch vụ tài chính qua mạng (chứ không qua trang mạng seattlehousing.org). Khi đã sắp xếp việc giao dịch trên mạng, thì cần làm các việc sau đây:

- Đặt Nha Cấp Phát Gia Cư SHA là điểm thu nhận tiền trong hệ thống giao dịch ngân hàng (cung cấp Địa Chỉ đã ghi dưới đây)
- Nhập vô số mã của cư dân hoặc số nhận dạng cư dân vào trường mục
- Trả đúng số tiền thuê nhà (xem giải thích phía dưới)
- Quý vị có thể tìm thấy các thông tin cần thiết này trên hóa đơn tiền nhà hàng tháng của quý vị (xem thí dụ phía dưới đây)



Tại sao việc trả tiền thuê nhà qua hệ thống điện tử là điều tốt? •Vi không còn phải mua tem hoặc phải đi gửi thư ra

•Tiền thuê nhà được thanh toán vào trường mục của nha gia cư SHA trong vòng 24 giờ

- Không cần phải đi mua ngân phiếu money order nữa
- Hệ thống trường mục ngân hàng của quý vị giữ lại biên nhận cho cuộc giao dịch này
- Quý vị có thể trả tiền nhà cách thoải mái từ trong nhà mình.
- Số điều khác để quan tâm đến:
 - Có rất nhiều ngân hàng cung cấp giao dịch tiền nong trên mạng. Có những ngân hàng cung cấp miễn phí dịch vụ trên mạng, nếu mình có trường mục ở ngân hàng đó
 - Hạn chót để trả tiền thuê nhà là ngày 6 tây mỗi tháng
 - Xem xét kỹ lưỡng tiền lệ phí mỗi tháng từ ngân hàng

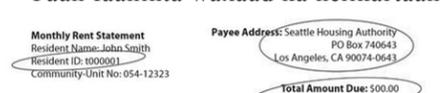
•Nhiều hóa đơn khác hơn tiền thuê nhà SHA có thể được thanh toán trên mạng

- Vài ngân hàng vẫn còn gửi trả tiền nhà theo đường bưu điện hơn là gửi qua hệ thống điện tử
- Nếu trả tiền thuê nhà trên mạng, quý vị sẽ phải nhập vào trang mạng để cập nhật cho trường mục ngân hàng của mình.

Hey’adda Guriyayanta Seattle oo Kirada Ku qaadanaysa internetka/By Mahamoud Gaayte

Qof kasta oo degan Guryaha Dawlada ee Seattle, waxa uu awoodaa in uu kirada ku dhiibo ama ku bixiyo internetka. Waxaad adeegaas ka helikartaan bangi kasta oo isticmaala adeega lacag kubixinta internetka (online banking) ma’aha seattlehousing.org. waxa keliya oo aad u baahantahay waa:

- In aad SHA kudarto liiska biilashaada (cin-waanka hoos ku xusan geli)
- Waxa loo yaqaan (T code) ama (Residant ID#)
- Lacagta kirada oo saxan (tusaalaha hoose eeg)



biilkiina billaha ah (tusaalaha hoose eeg) Biilka laga bixiyo internetka muxuu ku fiicanyahay?

- Uma baahnid boqshad iyo istaam ama daabac
- Lacagtu wexey ku gaareysaa SHA 24 saa-

cadood goduhood

- Money order dambe uma baahnid
- Bangigaagu wuxuu kuu kaydinayaa wax kasta oo ku saabsan lacagihii aad bixisay
- Waxaad bixinkartaa biilkaaga adiga oo gurigaaga ku sugan
- Waxyaabo kaloo xusid mudan:
 - Bunuugtu badanaa wey leyihiin adeegan bunuugta qaarkoodna wexey leeyihiin ageena oo lacag la’aan ah
 - Kiradu wexey joogtaa 6da bil kasta
 - Fiira gaar ah u yeelo waxa uu bangigu kusaaro bilkasta
 - Biilashadaa kalena sidan oo kale ayaad u bixinkartaa
 - Bunuugta qaarkood check ayey boosta ku diraan (kuma dhiibaan internetka)
 - Hadii qiimaha kiradaadu isbedesho fadlan cusboonaysii akoonkaaga (update your account)

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

Breaking through the stigma of mental illness

One woman's account of keeping hope alive amid personal struggles with depression

By **BRENDA KAY NETH**
SHA resident

Editor's note: This is second of two articles that examines mental and physical disabilities and how they impact the livelihoods of those suffering from them.

The prevalence of mass shootings over the past year has undoubtedly left more scarring on the face of mental illness and for those who are finding treatment and recovery from it. Nowhere in the headlines do we hear even a whisper of hope for wellness, but a scream of despair, finger-pointing, and horror.

Those who seek treatment desire recovery and work for it, yet face the shame of those who do not, or will not even try. The shame behind this is a tentacle which grabs headlines, but does not embrace empathy or understanding.

There is no shame in recovering, in remembering those who have quietly faced invisible barriers on a day-to-day basis. There is no reason not to honor those who work, both paid and volunteer, despite their major mental health challenges. We all face challenges. Empathy, however, can support transcendence from these illnesses to wellness.

Ambition, not resignation

When I was in my mid-30s, I came to Seattle with a vision: I wanted to help heal others through writing, music and the visual arts. My career did not include the welcome package I received of being diagnosed with post-traumatic stress disorder (PTSD) and bipolar. I had managed to skirt any disability issues around my diabetes, since I could always say I was on a diet, was not needing medication, or I was "just plain hungry."

"Somehow I had come to believe and feel in my heart that being of service through just my presence and compassion was touching lives."

And my eating disorder had not lowered me to a hopeless state of demoralization - yet.

With these diagnoses came the fight for idealism and reality, a battle leaving me unemployed and homeless. I had come to Seattle for a reason, and I wasn't turning back.

Battling pain and dependency

My jobs would range in the next twenty years from food service, substitute teaching and event management, to freelance storytelling, teaching, and writing. By 1998, three years after my arrival to Seattle, I had 'earned' my reliance on SSDI (Social Security Disability Insurance), despite my fierce determination to make it on my own.

I have always been able to circumvent any need to reveal my mental diagnosis to employers, until this past summer. I had previously worked for a government agency for two years as a substitute after-school counselor, and wanted to start up again in the summer as a substitute counselor.

The employer, though, questioned why I had cancelled previous assignments without adequate notice. I explained I was bipolar



PHOTO BY NANCY GARDNER

Hope springs eternal, at least in Brenda Neth's opinion. The SHA resident has overcome many struggles, like homelessness and mental health issues, but finds support among peers and area resources, and takes one day at a time.

and had PTSD, and though I was working with medical professionals, I was still unable to sleep for nearly three weeks. We discussed my commitment to the children, and my health status. They agreed to bring me back to work.

Facing the music

Two days later, I was told I would not be needed, and was referred to upper management for any further discussion. The discussion didn't happen until nearly four months later, after numerous phone calls and emails seeking their explanation.

I mentioned I was writing an article about mental illness disclosure in the workplace, and I wondered how my employer felt about it. The kind response stated that I was eligible for rehire, and that I should continue to apply for other positions, if I was not successful with the first.

During the summer I began working as a self-employed caregiver in eldercare, shaking off the depression around the job loss. I had tried picking up a security guard position earlier in the spring, but was overwhelmed by the hours and the sense of confinement I felt.

"Hope springs eternal in the human breast; Man never is, but always to be blessed; The soul, uneasy and confined from home, Rests and expatiates in a life to come."

—Alexander Pope, An Essay on Man

Picking up the pieces

What was missing? I continued to work on my recovery on all levels, and found, for perhaps the first time in my life, that I no longer needed to depend on my performance as a writer or musician, or what kind of impression I was trying to make to compensate for my hidden limitations. I wasn't willing to hide anymore.

Somehow I had found a sense of self, beyond all shame and stigma. Somehow I

had come to believe and feel in my heart that being of service through just my presence and compassion was touching lives in a way I had never before experienced. I wasn't bogged down by the past, wishing I was someone else. I was indeed present, lively, and animated, enjoying conversation, cleaning, and cooking for my clients.

Now, four months later, a new, though I'm told temporary, neurological condition is preventing me from holding a job. Despite the numbness and pain in my hands, I am able to feel that this challenge is bringing me closer to the work I am meant to do - the work of accepting myself without the burden of self-stigmatization.

With this acceptance, I believe my chances of securing a livelihood can only get better, not worse. I am working from the heart. And I believe this alone will help me realize what my occupation truly is, and that is being of service to others.

And for this, I am grateful.

Community resources

Seattle's cornucopia of agencies, shelters, and assistance for those facing homelessness, drug or alcohol addiction, is varied and easily accessible. Here are some resources:

Circle of Friends for Mental Health: art therapy for mental health; www.cofmentalhealth.org; 206-525-0648

Mental Health Chaplaincy: Counseling, spiritual care, companionship; www.mentalhealthchaplaincy.org; 206-495-9584

Harborview Mental Health and Addiction Services: treatment for chemical dependency and mental health disorders; www.uwmedicine.org; 206-744-9657

Mary's Place: support for women, children and families facing homelessness; www.marysplaceseattle.org; 206-621-8474

Community Psychiatric Clinic: mental health and chemical dependency services; www.epcwa.org; (206) 545-2354

Plymouth Housing Group: housing services; www.plymouthhousing.org; 206-652-8325

Operation Nightwatch: housing services; www.seattlenightwatch.org; 206-323-4359

Share/Wheel: housing resources for women; www.sharewheel.org; 206-448-7889

DAWN (Domestic Abuse Women's Network): domestic violence services for women and children in south King County; www.dawnonline.com; 24-hour advocacy and crisis line: 425-656-7867

Consejo Counseling & Referral Service: behavioral health services to underserved Latino communities with families and children; www.consejocounseling.org; 206-461-4880 or after hours and weekend crisis line: 206-461-3222

REWA (Refugee Women's Alliance): support for refugee and immigrant women and their families; www.rewa.org; 206-721-0243

Division of Vocational Rehabilitation (DVR): job search assistance for people with physical, sensory, cognitive or mental disabilities; www.dshs.wa.gov; toll free 1-800-647-5627

NAMI (National Alliance for the Mentally Ill): support for people living with mental illness; www.nami-greaterseattle.org; 206-783-9264