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The Voice

August
2016
Articles translated
into six languages

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

Dancin' the summer away Summer Kick Off Festival debuts in Rainier Vista

BY JONATHAN LUONG
Special to The Voice

RV The Rainier Vista Youth Organizations Collaborative held its first Summer Kick Off Festival on Friday, June 3 at the Boys and Girls Club Field with the goal of equipping local youths with resources needed to have a safe summer.

Participating agencies included Refugee Women's Alliance, Horn of Africa Services, the Boys and Girls Club, and Seattle Housing Authority (SHA). The 250 youth attendees received safety resources from a total of 20 participating organizations, said Jen Calleja, one of the event's creators and a community builder with SHA.

A dozen youths ages 7 to 18 participated in the planning process of the Festival and essentially took charge of the stage and entertainment and made sure things went off without a hitch.

"It was a very rewarding experience for me," said 17-year-old Asif, who was one of the youth organizers. "To be able to serve

my community was important to me, and to have fun while doing it just made it better."

"The young people who planned the event were the ones who really helped lead the process," said Calleja. "It was very organic. They showed us what they wanted and we worked with them to make it happen."

Many participating organizations used the Festival to generate awareness about their respective summer events and programming, like the Columbia City Library, which highlighted its annual Summer Reading Program for Children.

A dance game and competition hosted by the World Mind Creation Academy drew a large crowd of enthusiastic contestants. Yasmin Habib, the founder of the Academy, says the event encouraged self-expression and healing through dance and music.

"We also wanted the kids to develop collaborative and communications skills and teach them about proper nutrition through a hands-on meal demonstration that they took part in," Habib added.



PHOTO COURTESY OF WORLD MIND CREATION ACADEMY

Young men and women danced to their heart's content during the World Mind Creation Academy's dance competition held June 3 in Rainier Vista. A similar event for youths will be held at Rainier Vista Central Park on Tuesday, Aug. 30 from 4:30 until 6 p.m. to celebrate back to school.

Solstice programs provide renewal, purpose to community Wellness, art and writing studios promote social connections

BY BRENDA KAY NETH
SHA resident

Located on the first floor of Seattle Housing Authority's (SHA) Center Park, the offices of Solstice Behavioral Health provide brightly lit, welcoming spaces for individuals seeking private mental health counseling.

Those needing and wanting social connections can find this, too, on the second floor in the Center Park Community Room each Monday and Thursday from 10 a.m. until 1:30 p.m. at the agency's Art and Wellness Studio.

The Studio is where AmeriCorps members and community volunteers gather to set up arts and crafts and creative writing supplies. They also help participants prepare homemade lunches made with ingredients like lettuce, tomatoes, kale and carrots gathered from the organic garden located next to the community room.

The daily schedule flows from yoga and Zumba to meditation and music, depending on the day of the week and the intuitive

sense of client needs by staff.

Typically, about 25 people meet to relax and socialize, care for the garden, or simply hang out.

Anika Connor says the Art and Wellness Studio programs have inspired her to create her own children's books and illustrations that she hopes to one day have published.

"This is a positive place, I love it. I get to be around happy, fun-loving people. It makes me 100 percent better," Connor says.

Solstice Behavioral Health is managed through Full Life Care, its 'umbrella' organization. Solstice studios (there are three) are geared toward improving the lives of people living with mental health issues by providing them with a way to connect and interact with others.

John Simon, who lives about an hour away from Center Park, visits regularly so he can work with art supplies, including modeling clay, and to tinker around in the community garden. The raised beds he enjoys working in were donated by Seattle Tilth, a local organic gardening nonprofit.

The executive director of Solstice Behavioral Health, Kris Lau, says her agency has provided pop-up, or temporary, art classes to several other SHA communities and with such overwhelmingly positive response and interest, she hopes to offer more classes in different neighborhoods this fall.

The concept of creating an arts and wellness space began at Jefferson Terrace in 2012 when an intern from Antioch University introduced mask making, writing and poetry to the residents. By the end of 2013, the program had extended to Center Park where it's been ever since.

Staff members include geriatric mental health specialists, case managers and an advanced registered nurse practitioner. Clients seeking help with depression, grief and loss, post-traumatic stress disorder or other serious health issues are welcome.

Solstice Behavioral Health is located at 2600 South Walker Street in Seattle. For more information visit www.fulllifecare.org or call 206-224-3746.



PHOTO BY BRENDA KAY NETH

AmeriCorps member Jacyclyn Guenther helps Tim Bridge create a leaf imprint with clay during an Art Studio session.

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1225 S. Weller St. Suite 510
Seattle, WA 98144

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Health Notes

Rx A column devoted to your well-being

Smile, it really is good for you!

BY NEIGHBORCARE HEALTH

You might giggle or guffaw, chuckle or chortle, snicker or snort. But whichever way you laugh, you are improving your health with that moment of joy.

Researchers have found that laughter not only improves your mood but also improves your physical and mental health.

A little laughter can go a long way and improve the following:

Physical health

Laughter can boost the immune system, decrease stress and pain, relax muscles and prevent heart disease.

Laughter has also been found to increase blood flow and the work of blood vessels. This helps to protect the heart and reduce the chance of heart attack and heart disease.

Mental health

Laughter can reduce anxiety and stress and create a sense of overall wellness and happiness. It can decrease stress hormones in the body while also releasing endorphins, which improve mood.

Sharing a laugh with family or friends is even better. Laughter brings people together and helps us feel connected to one another. It can even help us resolve conflict and work better as a group.

A 2011 study revealed that comedy club attendees showed increased resistance to pain.

Simple steps you can take

Are you ready to add more humor to your daily life? There are many simple ways to help bring a smile to your face and get those endorphins flowing. Subscribe to daily emails featuring jokes. Borrow a book of funny stories from the library. See a comedy show. Banter with your buddies. Find fun activities to enjoy with friends and family.

You can even find classes, such as laughter yoga, to help you on your quest. Harborview Medical Center offers a free laughter session every Friday. For more information, call 206-744-2000 or email rcenter@uw.edu.

Of course, there is no right or wrong way to laugh, and it may take time to find what tickles your funny bone. The important part is to have fun and, if possible, pass it on. Sharing a laugh with others can make you both feel better.

So, sing a silly song and get your giggle on. It's an easy and fun way to improve your health!

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.

Be Safe

Enjoy a Night Out Aug. 2



BY SEATTLE NEIGHBORHOOD GROUP

The 32nd Annual National Night Out Against Crime happens Tuesday, Aug. 2 in a neighborhood near you!

The event is designed to raise awareness about crime prevention and give community members an opportunity to meet each other and interact with local law enforcement officers. In 2015, an estimated 38.3 million people across the country participated in a Night Out event.

Each Night Out party in Seattle is a little different. Most involve food, family-friendly activities and games. South Park's annual event, South Park Putts Out, invites people to play a round of mini-golf with holes designed by local artists and neighbors. While some are very small gatherings, others, like Rainier Beach Big Night Out, attracts hundreds of people each year.

Want to find out what's being planned near you? Ask your Community Builder or check the list of block parties in each community on the map at www.seattle.gov/police/nightout/.

Seattle Neighborhood Group encourages city residents to participate in local events and actively build relationships with neighbors year round, not just during Night Out celebrations.

If you're looking for great ways to bring people together, here are a few basic tips that can be used to plan any type of community celebration:

- Talk with fellow community members and share ideas about how to highlight your street's assets and unique characteristics. Pick a date and reserve a location.
- Invite anyone and everyone nearby, and have flyers translated into languages spoken in your community.
- Serve a variety of food—make it a potluck, cook a feast, or order some pizza. Every event is better with food!
- Recruit creative people to lead an arts and crafts project or games.
- Ask local organizations and businesses to join in. They might be interested in donating supplies or sponsoring activities.

Need some startup money to buy supplies?

The Seattle Department of Neighborhoods offers small grants of up to \$1,000 for community building projects just like Night Out. You can find more information about their Small Sparks Fund at: www.seattle.gov/neighborhoods/programs-and-services/neighborhood-matching-fund/small-sparks-fund.

The mission of Seattle Neighborhood Group is to prevent crime and build community through partnerships with residents, businesses, law enforcement and other organizations. Contact SNG at 206-323-9666.

You are invited to a community event!

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 請參加我們社區的事件

Fadlan nagala soo qayb gal maqsuudinta Jaaliyadda
 Xin hợp tác với chúng tôi cho một sự kiện cộng đồng.
 Venga a un evento comunitario

လူမှုထူထောင်ရေးအဖွဲ့အစည်းတို့၏အဖွဲ့ဝင်များသည်
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 所有居民均將受到歡迎。

RAINIER VISTA NIGHT OUT 2016
TUESDAY, AUGUST 2nd
5:30 - 8:30 PM
Central Park - 4410 29th Ave South

Night Out is a great chance to spend time with your neighbors and talk about how we can keep our neighborhood healthy and safe!

Burgers and snowcones - bring a side dish!
 * Rap battle * Tug of war * face painting * henna
 * socialize with your neighbors * snow cones

Sign up for potluck or to volunteer with Jen at (206) 722-4010 ext 12

Volunteers needed! Se necesitan voluntarios Iskaa wax u qabso oo loo baahan yahay

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 請到現場協助
 Cơ hội làm tình nguyện
 需要義工

YESLER BLOCK PARTY POTLUCKS!

Bring food to share. Enjoy the summer. Have fun with neighbors in your area of Yesler!

SAVE THE DATE for the BLOCK PARTY IN YOUR AREA

Friday, AUG 19 6:00-8:00pm
RAVEN TERRACE
 West Area: Residents of Raven Terrace, & original apartments west of Broadway

Friday, AUG 26 6:00-8:00pm
KEBERO COURT
 East Area: Residents of Kebero Court, Anthem, & Baldwin

Friday, AUG 12 6:00-8:00pm
PLAYGROUND BY LAUNDRY BUILDING
 South Area: Residents of original apartments south of Yesler, west of Boren.

Bring Food To Share

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 សូមយកមកចែករំលែកជាមួយយើង
 請將食物帶來分享

Raashim keen si loo wadaago
 Mang đồ ăn tới ăn chung
 Lleve comida para compartir
 帶食物來分享

Enjoy your community
 歡喜你的社區
 Disfruten de su comunidad
 請享受你的社區
 La wadaag jaaliyaddaadi
 Наслаждайтесь вашим сообществом
 Hưởng thụ cộng đồng của quý vị
 請享受社區的快樂

For more information, or to volunteer, please call Joy 658-7799

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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.



News and information about Seattle's neighborhoods — visit our website at www.voice.seattlehousing.net

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."
~Dr. Seuss

Check this out! Six-year-old Sophia Nguyen, (right) and her pal Sahara Buckner, 1 1/2, were excited to explore the new Little Free Library at Raven Terrace. Seattle Housing Authority gladly accepts gently used books at any management office.



PHOTO COURTESY OF JAMEE MAY AND RUTHIE CUTHRELL, SHA

The Raven Terrace Little Free Library at Yesler opened in June thanks to the generous employees at Weber Thompson, the architect for Raven Terrace. Their staff donated many of the books, which residents began reading while volunteers were still stocking the shelves! Little Free Library is a 'take a book, return a book' free book exchange.

SHA welcomes Community Builder Andy Chan from across the pond

BY SHA STAFF

Andy Chan recently joined Seattle Housing Authority as a Community Builder and works with residents located in Low Income Public Housing high-rises east of I-5.

Although new to this position, he is a familiar face to many residents, as he was previously employed as a social service provider by Evergreen Hospital and the City of Seattle. For the past twenty years Andy has been a liaison to residents of Center West, University West and Denny Terrace.

A native of England, Andy cut his social service teeth sheltering homeless people in London before moving to Seattle and working in the mental health field. He is

a strong advocate for social justice and is the president of the local nonprofit, Books to Prisoners.

Andy is excited to work with our high-rise residents and plans to focus on facilitating group activity and strengthening ties among residents.

He encourages residents in the high-rises east of I-5 to contact him if they have ideas on how to build community in their neighborhood. He can be reached at 206-239-1530 or andy.chan@seattlehousing.org.



Seattle Housing Authority elections results



Bell Tower

The following people were elected to Bell Tower Resident Council:

- President: **John Yost**
- Vice President: **Hassen Saleh**
- Secretary: **Sharon Dela Cruz**
- Treasurer: **Linda Bogar**
- Sergeant at arms: **Patsy Taylor**

University House

Newly-elected University House Resident Council members are:

- President: **Matthew Anderson**
- Vice President: **Dennis Richman**
- Secretary: **Brenda Neth**
- Treasurer: **Tinia Jernigan**
- Resident Liaison: **John Rolf**
- Welcome Rep: **La nell Trotter**

Olive Ridge

Olive Ridge residents elected the following to its Council:

- President: **Robert (Bob) Mull**
- Vice President: **Thomas Sawby**
- Secretary: **Mary Byrd**
- Treasurer: **Stephanie Shachat**
- Member-at-Large: **Troy Smith**
- Member-at-Large: **Brenda Mack**
- Member-at-Large: **Walter Steciuk**

Lake City House Council updates:

President Ellie Rhoades stepped down and in a special election, **Jude Morris** was chosen to complete her term.

Jerry Ingram also resigned and in the special election, **Jan Harrison** was selected as treasurer and will complete Ingram's term.

\$19 Family Access Membership

A one-year Membership to **Pacific Science Center** with full access to all the benefits of Family Membership, including:

- Free admission to permanent exhibits, as well as planetarium shows and matinee laser shows, plus 8 free permanent exhibit guest passes.
- 15 free passes to documentary IMAX® movies.
- Discounts on feature-length IMAX movies.
- Free admission to over 350 science centers through the ASTC Passport Program.
- Free subscription to our quarterly newsletter *Discover Pacific Science Center*, the Membership Monthly Calendar of Events and our weekly e-newsletter.
- Free invitations to exclusive Member Previews of special exhibitions and IMAX movies.
- Discounts at the Pacific Science Center Store, café and IMAX concessions, as well as on educational camps and programs, including birthday parties.
- Covers 2 adults and up to 6 youths (ages 3-18).
- 2 Membership cards, which can be used by anyone listed on the Membership with valid ID.

Who is eligible? Any family receiving any form of public assistance. Simply let us know if you're interested.

How do I sign up? Call (206) 443-2924 or visit the Science Center to learn more or to sign up. Our office hours are 10 a.m.–5 p.m. Mon-Fri, 10 a.m.–6 p.m. weekends and holidays.

pacificsciencecenter.org

inspiring a lifelong interest in science, technology, engineering, and math

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NewHolly

Family Fun Fest & Health Fair!

Saturday, August 27, 2016

11:00-3:00pm

NewHolly Neighborhood Campus
7054 32nd Ave S.

Come celebrate the spirit of **COMMUNITY** with your neighbors in NewHolly!



FREE Community Resources

BBQ Lunch! (Halal)

Multicultural Booths - Health Resources

Prizes & FREE Give-Aways for Everyone!

Everyone is Welcome
 大家歡迎
 歡迎每一位光臨
 Todos están bienvenidos
 大家歡迎
 Qof kasta waa la soo dhoweynayaa
 каждый должен
 Mọi người đều được hoan nghênh
 എല്ലാവരും സ്വാഗതമാണ്

FREE Family Activity!
 家庭活動
 家庭活動
 Семейная Деятельность
 Hoạt Động Gia Đình

Outdoor Games—Face Painting—Henna Tattoos—More!

Community Notes

Chinatown-International District to get safety support

Seattle Mayor Ed Murray has issued an action plan to address persistent public safety and disorder challenges in the Chinatown-International District (C/ID). The action plan reflects the recommendations of Murray's Chinatown-International District Public Safety Task Force, which was formed last year in the wake of the murder of long-time public safety advocate and community activist Donnie Chin.

Murray's plan includes four key elements identified for early action:

- **Community Engagement and Outreach Specialist** – This one-year pilot creates a new civilian position at the Seattle Police Department that will be trained in national best practices around community policing.
- **Neighborhood-Based Public Safety Coordinator** – The Department of Neighborhoods will provide matching funds for a position based in the neighborhood to provide public safety coordination between City departments and the C/ID.
- **Public Safety Steering Committee** – City employees and community members will identify key public safety projects to implement in the next 12-18 months.
- **Improved Police Communication and Responsiveness** – The Seattle Police Department will increase positive police engagement and relationship-building within the community with additional and redeployed staff, improve 911 responsiveness and language capabilities, and ensure that police patrols maintain high visibility in the neighborhood.

Mobile health clinic serving Seattle's homeless

The Mobile Medical program provides basic medical care, dental care and social services to homeless individuals and families living in Seattle and south King County. The program does not charge a fee and does not require insurance.

The 39-foot medical van will be equipped with a full-time doctor, registered nurse, social worker and program manager. The team can also help people apply for Medicaid, housing or shelter, mental health services or substance abuse treatment.

Clinics will be offered at free meal programs, food banks and encampments throughout August. To find out where the Mobile Van will be in August, call 206-330-6775.



SPL photo exhibit, lecture and Latino meetings

Youth and family homelessness as seen through photographer Mary Ellen Mark

The Seattle Public Library will host a photography exhibit by Mary Ellen Mark (1940-2015) alongside public programs exploring the lives of youth and families experiencing homelessness from **Sept. 15 – Nov. 3** at the Central Library, 1000 Fourth Ave., Level 8 Gallery.

In 1983, Mark began photographing a group of homeless youth who were making their way on the streets of Seattle. Initially published in July of that same year in Life magazine, this work culminated in the 1988 publication "Streetwise."

"Streetwise" traced several unforgettable children, including Tiny—her street name—who dreamed of a horse farm, diamonds and furs, and having 10 children. Mark continued to photograph Tiny, creating what became one of Mark's most significant and long-term projects, spanning 30 years.

The exhibit uses powerful imagery to take viewers from 13-year-old Tiny to the struggling middle-aged mother of 10 children.

History of West Seattle and the Duwamish Peninsula at Delridge Branch

Ken Workman of the Duwamish Council and the great-great-great-great grandson of Chief Seattle will talk about the land, the legacy of the Duwamish and the perspective of the modern-day tribe on **Sunday, Aug. 21 from 2 - 3 p.m.** at the Delridge Branch, 5423 Delridge Way S.W.

'El Club Latino' meetings offered in August and September

A monthly culture club for the Spanish-speaking community and those interested in learning about Latin America culture will be offered at the Central Library, 1000 Fourth Avenue, Level 8, Books Spiral 8 Meeting Room.

The following are free programs:

- **3 p.m. to 5 p.m. Saturday, Aug. 13**
- **3 p.m. to 5 p.m. Saturday, Sept. 10**

Seattle-King County Resource Day & Job Fair

Rainier Community Center • 4600 38th Ave S, Seattle
Saturday, August 27th, 2016
10 am-2 pm

FREE Backpacks*
Door prizes
Raffle drawings
and More!

Resource check-list:

1. Education
2. Job Training
3. Employment
4. Financial Services
5. Home Ownership
6. Health Services

Individuals & Families Welcome!

*Child must be present to receive backpack.
While supplies last!

For more information, contact: Thu Thai Duong at 206.588.4900 Ext. 3081 or thu.duong@seattlehousing.org
Lydia Assefa-Dawson at 206.574.1356 or lydiaad@kcha.org

ENROLLING NOW!

Strong Families. Strong Communities. Since 1970.

FREE

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

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

About The Voice

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

If you'd like to submit an article, or if you have a question about anything you've read in this publication, please contact Editor Nancy Gardner at 206-461-8430, ext. 2051 or by email at nancyg@nhwa.org.

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

Bits & bytes

Computing in the 21st century

Editor's note: Computing and its caveats is a popular topic, and to help address some of your concerns we'll be featuring this column periodically. Seattle Housing Authority (SHA) resident and computer lab instructor Ben Wong wants to hear from you. If you have a topic you'd like him to tackle, contact him care of The Voice.

BY BEN WONG
SHA resident

Hi, I'm Ben. Some of you may know me as a neighbor, others, as a computer teacher, or 'tech support.'

Recently I was working with some SHA residents in several computer labs and was shocked at how many people had been victims of a computer tech support scam. They had each paid \$150 for bogus technical support that had actually made their computers slower and less secure.

While some had felt like "Microsoft Support" had done a bad job of fixing their computers, none of them knew, until I told them, that they had been dealing with criminals.



sity. This article is the first in a series of columns that I hope will be a resource to help residents take control of their technology.

Here are some ways to identify bogus tech support scams:

- If someone you don't know tells you that you have a problem with your computer, it is a scam to get your money.
- If a message like the one pictured



Does this image look familiar to you? Our expert says many computer users easily fall prey to scams and pop-up ads like this one, designed to look official. Be careful where you click.

These criminals had taken control of their computers, erased their hard drives, added malicious software, or malware, and, adding insult to injury, charged them money.

If you're reading this, you probably already know that the folks living in SHA buildings don't have a lot of money to spare, but having a working computer is a neces-

here pops up on your computer and prompts you to call a phone number or install antivirus software, it is a scam. The virus warning is almost always fake. It's just an advertisement in your web browser trying to trick you into installing an actual virus.

- If someone calls you on the phone claiming to be "Microsoft Support," this is a scam. The same is true of any caller claiming that your computer has problems, especially if they're strangers.

What to do if you get a pop-up message:

- If you get one of these phone calls just hang up the phone. If one of these messages pops up on your computer just close the window.

What do you do if you're already been scammed or know someone who has:

- First: Don't feel bad or blame yourself for being a victim. This happens to a lot of people and part of the reason it keeps happening is that many people are too embarrassed to talk about it.
- Next, call your credit card company and tell them two things:

You would like to dispute a fraudulent charge and have the charges reversed. (You'll be pleasantly surprised how easy this is—credit card companies are on your side when it comes to fraud.)

You would also like them to issue you a new card. This is important because the scammers that have your existing credit card number may use it or later sell it to other criminals.

Where to go from there:

Your computer will have malware. Get a techie friend to help you reinstall your operating system and antivirus software.

The operating system is the brains of your machine and controls all of your hardware and software. It's not too hard to reinstall the operating system, but it is tedious, so you'll probably want to bake your friend some cookies or show a little gratitude.

If you're up for it, let your neighbors know what happened. The more people who know about this scam, the less success the criminals will have.

One handicapped woman I spoke with, who had been victimized twice, nearly broke down in tears when she saw all the viruses on her computer. She didn't feel she'd ever be able to keep her computer secure and wanted to just throw it away. Fortunately we found a better solution for her, and I'll cover that and more in my next column.

For more information:

The Washington State Office of the Attorney General has information about staying safe online at <http://atg.wa.gov/internet-safety-collaboration>. For specific information about common tech support scams, visit <http://atg.wa.gov/tech-support-scam>.

Ben Wong was born a hacker, the good kind who loves to tinker and explore, not slash and destroy. A resident of Olympic West, he led the community project that enabled his apartment building to be the first SHA residence offering free Wi-Fi for all tenants.

Starting Kindergarten in Seattle – it's time to sign up now!



Will your child turn 5 by August 31?

If so, he or she can start Kindergarten in Seattle Public Schools.

The first day of school for Kindergarten students is Monday, September 12. All other grades start on Wednesday, September 7. You and the Kindergarten teacher will set a time to meet before school starts. **As soon as possible, sign up your child for school.** This is called registration.

How to sign up for school:

1. Watch a video to learn more about the registration process in English, Cantonese, Spanish, Somali and Vietnamese www.seattleschools.org/admissions/registration.
2. Get the forms you need. Online, you can download the registration and immunization forms from our website at www.seattleschools.org/admissions/registration. Or, you can call the district Service Center at (206) 252-0760 to ask for the forms to be mailed to you.
3. Gather 4 items required for registration:
 - Photo identification for the parent or guardian registering the student (driver's license, ID card, passport)*
 - Identification for your child proving their birth date (birth certificate or passport)
 - 2 documents dated within the past 8 weeks showing where you live (like a recent utility bill, bank statement, DSHS or court documents which list our address)
 - Immunization (shot) record from your child's doctor or health clinic
4. Give the completed form and other items to Seattle Schools:
 - In person: Seattle Schools Service Center (John Stanford Center) between 8:30-4:00 M-F at 2445 3rd Ave S. at Lander St.
 - By email: servicecenter@seattleschools.org send completed form and required items.
 - By Fax: (206) 252-0761 send completed forms and required items

After your child is registered, you will get letters from Seattle Schools about important services, like:

- Free meals, field trips, summer camps, free or low cost health insurance, dental & vision care – make sure to sign and mail back the front page of the Free/Reduced Meals form
- Jump Start – a free half-day program the week of Aug 22-26 to help new Kindergarten students



Assistance is available for families living in transition. Please call (206) 252-0857/

If you need help in another language, don't have all the needed documents, or want help in person, please come to the district Service Center to register your child for school. You can also call us at 206- 252-0760 or visit www.seattleschools.org/admissions



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 r ESOUr CES

Does summer feel too hot to handle? Keep cool at area libraries, parks and pools

BY VOICE STAFF

You don't need to venture far to cool off during the next couple of months. Most Seattle Public Library locations have air conditioning, and Seattle Parks and Recreation has a long list of places to get cool in the water, including beaches, wading pools, and outdoor pools. Visit details at www.seattle.gov/parks/

Seattle Public Library cooling centers

For a cool place to hang out, find a library branch near you:

Ballard Branch - 5614 22nd Ave. NW, 206-684-4089
 Beacon Hill Branch - 2821 Beacon Ave. S, 206-684-4711
 Broadview Branch - 12755 Greenwood Ave. N, 206-684-7519
 Capitol Hill Branch - 425 Harvard Ave. E, 206-684-4715
 Central Library - 1000 Fourth Ave., 206-386-4636
 Delridge Branch - 5423 Delridge Way SW, 206-733-9125
 Douglass-Truth Branch - 2300 E. Yesler Way, 206-684-4704
 Greenwood Branch - 8016 Greenwood Ave. N, 206-684-4086
 High Point Branch - 3411 SW Raymond St.,

206-684-7454
 International District/Chinatown Branch - 713 Eighth Ave. S, 206-386-1300
 Lake City Branch - 12501 28th Ave. NE, 206-684-7518
 Madrona-Sally Goldmark Branch - 1134 33rd Ave., 206-684-4705
 Magnolia Branch - 2801 34th Ave. W, 206-386-4225
 Montlake Branch - 2401 24th Ave. E, 206-684-4720
 NewHolly Branch - 7058 32nd Ave. S, 206-386-1905
 Northgate Branch - 10548 Fifth Ave. NE, 206-386-1980
 Rainier Beach Branch - 9125 Rainier Ave. S, 206-386-1906
 South Park Branch - 8604 Eighth Ave. S, 206-615-1688
 Wallingford Branch - 1501 N 45th St., 206-684-4088

Wading Pools and Spray Parks

Wading pools are open on days with sunny skies and warm temperatures. Call the hotline at 206-684-7796 by 9 a.m. each day to find out whether pools will be filled.

Daily Wading Pools (all are open from 11 a.m. to 8 p.m. through 9/5, unless otherwise noted):
 Green Lake, N 73rd and E Green Lake Dr. N

Lincoln Park, 8600 Fauntleroy Ave. SW
 Magnuson, eastern end of NE 65th St., noon to 6:30 p.m. through 8/28
 Van Asselt, 2820 S Myrtle St.
 Volunteer Park, 1400 E Galer St.

Three-day-a-week Wading Pools (all are open from noon to 7 p.m. unless otherwise noted):

Bitter Lake, 13035 Linden Ave. N, Wed/Thurs/Fri through 8/19
 Cal Anderson Park, 1635 11th Ave., noon to 6:30 p.m., Fri/Sat/Sun through 8/21
 Dahl Playfield, 7700 25th Ave. NE, Tues/Wed/Thurs through 8/18
 East Queen Anne, 160 Howe St., Sun/Mon/Tue through 8/21
 E.C. Hughes, 2805 SW Holden St., Wed/Thu/Fri through 8/19
 Soundview, 1590 NW 90th St., Sat/Sun/Mon through 8/21
 Wallingford, 4219 Wallingford Ave. N, Wed/Thu/Fri-6/29-8/19

Daily Water Spray Parks

Ballard Commons, 5701 22nd Ave. NW
 Beacon Mountain at Jefferson Park, 3901 Beacon Ave. S
 John C. Little, 6961 37th Ave. S
 Lower Judkins, 2150 S Norman St.
 Georgetown Playfield, 750 S Homer St.



Beaches

Lifeguards are present at the following parks and beaches. Most are open from noon to 7 p.m. weekdays and 11 a.m. to 7 p.m. on Saturdays and Sundays. Facilities range from swim rafts and low and high diving boards to nearby wading pools, play areas, ballfields and more.

These are open through Aug. 28:

East Green Lake, 7201 E Green Lake Dr. N
 Madrona, 853 Lake Washington Blvd.

These are open through Sept. 5:

Matthews, 9300 51st Ave. NE
 Madison, 1900 43rd Ave. E
 Magnuson, park entrance at NE 65th and Sand Point Way NE
 Mt. Baker, 2301 Lake Washington Blvd. S
 Pritchard Beach, 8400 55th Ave. S
 Seward, 5902 Lake Washington Blvd. S
 West Green Lake, 7312 W Green Lake Dr.



KINDERGARTEN JUMP START

August 22-26, 2016

What is Jump Start?

Jump Start is a way to help children and their families begin school ready – and excited – about learning. It is a weeklong experience for new kindergarteners and their families to become familiar with their new school building, staff, and typical school-day activities and practices.

Jump Start helps young children:

- > experience joyful learning
- > learn school readiness behaviors
- > become more comfortable with the school environment

Jump Start helps teachers:

- > get to know students better
- > assess students' skills and strengths

This summer, district elementary and K-8 schools across Seattle will offer Jump Start the week of August 22-26. Jump Start runs for five consecutive half-days (usually 9 a.m. to noon). Parents/guardians will have a chance to meet with the school principal during the week. Interpreters will be available for children who are English-language learners. Meals or snacks are served at most sites. Transportation is not provided.

How can I sign up my child for Jump Start?

Children who have been registered for kindergarten are automatically welcome to attend Jump Start if their school is participating. No other paperwork is needed unless the child has a serious health condition.

Children may attend Jump Start only at the school for which they are registered, even if they are on the wait list at another school.

Comments from past Jump Start participants

From a parent

"My child is usually shy; since attending Jump Start, she smiles more, is engaged in the classroom activities and is making friends."

From a teacher

The students were much more relaxed and calm. The dynamic of my class is really close. Children settled in a lot faster this year – and I believe it's because of Jump Start."

From a principal

"It started the school year with a different climate. We are now reaping the gains."



For more information visit: <http://www.seattleschools.org/>

Rainier Vista summer interns help brighten the community

BY SHA STAFF



This summer, seven Rainier Vista youths have been quietly helping out in their community. As part of the Teen Intern Program, they're spending time planning and creating community events and parties like the upcoming Night Out party Aug. 2.

They'll be finished with the program Sept. 2, just before school starts, so if you see them, be sure to thank them for their hard work and community service! Kudos to Hamda Abdi, Martin Van, Muna Hassan, Navil Campos, Timage Mohamed, Yasmine Daud and Yusuf Ahmed.

RAC meeting Aug. 10

By RAC

Lee Suito, new president of Resident Action Council (RAC), encourages residents to attend the Aug. 10 meeting to voice any concerns or ideas that the council should focus on during 2016-17.

All SHA residents are welcome to attend and join in on the discussion which starts at 1:30 p.m. A light lunch will begin at 1 p.m.

RAC meets the second Wednesday of each month in the Jefferson Terrace Community Room, 800 Jefferson St. Attendees receive free bus tickets and RAC will reimburse carpool driver's mileage.

If you have questions or need an interpreter call 206-322-1297 or email residentactioncouncil@gmail.com

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Si su hijo va a empezar el kindergarten este año, ¡ya es hora de inscribirse!/ By Leahla Contreras

¿Cumplirá su hijo los 5 años antes del 31 de agosto?

Si es que sí, también podrá empezar el kindergarten en Seattle Public Schools.

El primer día de clases para los alumnos de kindergarten es el 12 de septiembre. Todos los otros grados empiezan el 7 de septiembre.

Así se inscribe a su hijo:

Vea este video en español para informarse acerca del proceso: www.seattleschools.org/admissions/registration.

Consiga los formularios necesarios. Se pueden bajar los formularios de inscripción y vacunación en la siguiente página del internet: www.seattleschools.org/admissions/registration.

O si usted prefiere, también puede llamar al centro de servicio del distrito al 206-252-0760 para pedir que le manden los formularios por correo.

Junte los 4 requisitos para llevar a cabo la inscripción:

**Tarjeta de identidad con foto o del padre, o de la madre, o del tutor que inscribe al alumno

(licencia de manejar, tarjeta de identificación, o pasaporte)

**Comprobante de la fecha de nacimiento del alumno (acta de nacimiento o pasaporte)

**2 comprobantes de domicilio que muestren una fecha dentro de las últimas 8 semanas (como una factura de la luz o un estado de cuenta)

**La cartilla de vacunación del alumno firmado por el doctor o por su clínica de salud

Entregue el formulario a Seattle Schools: **En persona: Seattle Schools Service Center (John Stanford Center) de las 8:30 hasta las 4:00, en la 2445 3rd Ave S. y Lander St.

**Por email: servicecenter@seattleschools.org

Después de inscribir a su hijo, usted recibirá por correo mayor información referente a lo siguiente:

Comidas libres de costo, excursiones escolares, campamentos de verano, seguro médico gratis o de bajo costo, y cuidado dental y de visión.

አብ ቤት ትምህርቲ ሕጻናት ትምህርቲ ንምጅማር ናይ ምዝገባ ግዜ ሕጂ እዩ!/ By Habte Negash

ዕድመ ናይ ውላድኩም ከሳብ 31 ነሐሴ 5 ዓመትዶ ኪኸውን እዩ?

ከምኡ እንተኾይኑ፡ አብ ስያትል ህዝባዊ ናይ ሕጻናት ቤት ትምህርት (Kindergarten) ትምህርቲ ከጅምር ይኸእልዩ። ናይ ሕጻናት ቤት ትምህርቲ መጀምርታ ናይ ትምህርቲ መጻፍቲ መስከረም 12 እዩ። ካልኦት ክፍልታት ግና 7 መስከረም እዮም ዚጅምሩ።

ብዛዕብ ምዝገባ፡- ደቅና አብ ናይ ሕጻናት ቤት ትምህርቲ ከመይ ገርፍ ከነመዝገባም ንኸእል።

ብዛዕባ ምዝገባ ዝምልከት እዚ ዚስዕብ ብዝተፈለየ ቋንቋታት ማለት ብቋንቋታት እንግሊዝ፣ ካንቶኒዝ፣ እስፓኒሽ፣ ሶማሊ ከም ኡውን ብቋንቋ ቪየትናም ዝተዳለወ ቪድዮ ምምልካት ሓጋዚ እዩ። www.seattleschools.org/admissions/registration.

ንምዝገባ ኮነ ንክታቦት ቆልዑ (immunization) ዝምልከቱ ቅጥዕታት ኣብኡ ስለዝርከቡ ድማ ዳውንሎድ (download) ገርካ ምምዝጋብ ወይ ድማ ኣብ ተላንን ቁጽሪ 206-252-0760 ደዊልካ ንምዝገባ ዜድሊ ቕጥዕታት ብ ኣድራሻኻ ከለኻኸልኻ ምሕታት ይኸእል እዩ።

ውላድኩም ኣብ ናይ ሕጻናት ቤት ትምህርቲ ምእንቲ ኪምዝገብ እዞመ ዚሸዕቡ ኣርባዕተ መረጋገጺታት እዮም ዚድልዩ፡-

** ቆልዓ ኪዝገብ ናይ ዝሓትት ወላዲ ወይ መጉዚት (guardian) ወረቀት መንነት ወይ ፓስፖርት፣

** ዕድመ ናይ ዚምዝገብ ቆልዓ ንምርግጋጽ ናይ

ዕለት ልደት መረጋገጺ (birth certificate) ወይ ድማ ፓስፖርት፣

** እትነብርሉ ኣድራሻ ንምርግጋጽ ኣብ ውሽጢ ክልተ ኣዋርሕ (8 weeks) ብመንበሪ ኣድራሻኹም ዝተላእኩልኩም 2 ዶኩመንትታት ከም ናይ መብራህቲ፣ ማይ ወይ ተሌፎን ክፍሊት ከምኡውን ናይ ባንክ ወረቀታት ኪኹኑ ይኸእሉ፣

** ኪምዝገብልኩም ናይ እትደልይዎ ቆልዓ ካብ ሕክምና ዝውሃብ ናይ ክታቦት መረጋገጺ (Immunization record) ፣

እቲ ቅጥዒ መሊእኩም ናብ ቤት ጽሕፈት ኣብያተ ትምህርቲ ስያትል (Seattle Schools) ልኻኸዎ።

** ናብ ቤትጽሕፈት ኣብያተ ትምህርቲ ስያትል ንምኻድ ኣድራሻኡ እዚ ዚስዕብ እዩ፡- (John Stanford Center) between 8:30-4:00, 2445 3rd Ave S. at Lander St.

** ናይ ስያትል ቤት ጽሕፈት ኣብያተ ትምህርት email: servicecenter@seattleschools.org እዩ።

ምዝገባ ናይ ውላድኩም ምስ ተፈጸመ፡ ብነጻ ብዛዕባ ዝውሃብ መግቢ፣ ካብ ቤት ትምህርቲ ወጻኢ ብዛዕባ ዝኸድዎ ቦታታት (field trips, summer camps) ፣ ከምኡውን ብዛዕባ ብነጻ ወይ ድማ ውሑድ መጻኢ ክፈልካ ዝርከብ ናይ ሕክምና ኢንፎርገን ከምኡውን ብዛዕባ ክንክን ጥዕና ስንን ኣዲንትን ዝምልከት ሓበሬታ ከለኻኸልኩም እዩ።

PHẢI GHI TÊN NGAY TỪ BÂY GIỜ/By Long Luu

Có phải con em quý vị lên 5 tuổi vào 31 tháng 8 hay không?

Nếu thế cháu có thể vào lớp Mẫu Giáo ở các trường học Seattle

Ngày đầu tiên nhập học cho các em lớp mẫu giáo là 12 tháng 9. Các lớp khác bắt đầu vào ngày 7 tháng 9.

Làm cách nào để ghi tên nhập học:

Hãy xem đoạn video ngắn để biết thêm về thủ tục nhập học – các đoạn video bằng nhiều thứ tiếng, tiếng Anh, tiếng Quảng, tiếng Mã, tiếng Somali và tiếng Việt.

Cần mẫu đơn xin nhập học. Quý vị có thể tải xuống mẫu đơn ghi danh, mẫu đơn chích ngừa ở trang mạng www.seattleschools.org/admissions/registration. Hoặc gọi cho Trung Tâm Phục Vụ của nhà học chánh, 206-252-0760 để yêu cầu họ gửi đến cho quý vị.

Cần phải có 4 thứ giấy tờ cho việc ghi tên nhập học:

- Giấy nhận dạng có hình của cha mẹ, người giám hộ (như bằng lái, thẻ I.D, giấy hộ chiếu)

- Giấy nhận dạng của con em có ghi ngày sinh (như giấy khai sinh, hoặc hộ chiếu)

- 2 chứng từ có ghi ngày không quá thời hạn 8 tuần lễ để chứng minh nơi cư ngụ của quý vị (như hóa đơn tiện ích, hoặc giấy nhà bank)

- Giấy chứng nhận chích ngừa được cung cấp từ văn phòng bác sĩ của con em, hoặc từ trung tâm y tế

Hãy gửi đơn đã hoàn tất, đến văn phòng khu học chánh Seattle:

Nếu tự nộp đơn: hãy đến Trung Tâm Phục Vụ Các Trường Học Seattle (John Stanford Center) trong khoản thời gian từ 8:30 sáng đến 4 giờ chiều, tại địa điểm: 2445 3rd Ave S, góc đường Lander Street.

Hoặc nộp đơn bằng điện thư: servicecenter@seattleschools.org

Sau khi con em đã được ghi danh, quý vị sẽ nhận được thông tin về các bữa ăn miễn phí, về các cuộc đi du ngoạn, về trại hè, bảo hiểm sức khỏe giá rẻ, hay miễn phí hoặc các chăm sóc về răng và mắt.

Пора записывать вашего ребенка в подготовительный класс!/ By Irina Vodonos

Вашему ребенку должно исполниться 5 лет на 31 августа 2016 г?

Если вы ответили на этот вопрос утвердительно, значит, ваш ребенок может поступить в подготовительный класс (kindergarten) в одной из городских школ Сиэтла. Занятия для подготовишек начнутся 12 сентября. Дети в других классах начнут учиться 7 сентября.

Как записать ребенка в школу:

Видео, размещенное по этой ссылке, предоставляет информацию о процессе регистрации на английском, кантонском, испанском, сомалийском и вьетнамском языках:

www.seattleschools.org/admissions/registration

Бланки регистрации и справки о прививках, которые вам нужно будет заполнить, можно скачать с сайта www.seattleschools.org/admissions/registration или заказать по телефону 206-252-0760.

Для того, чтобы записать ребенка в школу, вам понадобятся следующие документы:

- Удостоверение личности (с фотографией)родителя или опекуна, записывающего ребенка в школу (водительские права, ID карточка,

паспорт)

- Удостоверение личности ребенка, подтверждающее дату его рождения (свидетельство о рождении или паспорт)

- Два документа, датированные не ранее, чем за последние 8 недель, подтверждающие ваше место жительства (например, счет за коммунальные услуги или отчет из банка)

- Справка о прививках от врача или из клиники, которую посещает ваш ребенок

Заполненные документы можно подать следующим образом:

- Личное обращение в Центр обслуживания школ Сиэтла (Центр имени Джона Стэнфорда) по адресу 2445 3rd Ave S. at Lander St. с 8:30 до 16:00

- По электронной почте servicecenter@seattleschools.org

Когда ваш ребенок будет зарегистрирован, вы получите информацию о бесплатных обедах, экскурсиях, летних лагерях, бесплатной или недорогой медицинской страховке и об услугах зубных и глазных врачей.

ልጅዎ በአገሱት 31 እድሜው 5 ይሆናል?/By Assaye Abunie

ከሆነች ወይም ከሆነ በሲያትል የመንግስት ትምህርት ቤት ኪንደርጋርተን መጀመር ይችላል።

ኪንደርጋርተን ተማሪዎች የመጀመሪያው የትምህርት ቀን ሴፕቴምበር 12 ነው። ሌሎች ክፍሎች የሚጀምሩት ሴፕቴምበር 7 ነው።

ለትምህርት ቤት ለመመዝገብ ወይም ለመጻፍ ክፍለ-ገቢ።

ስለምዝገባው በቪዲዮ ማወቅ ከፈለጉ በእንግሊዘኛ በስፓኒሽ በሶማሊኛ እና በቪትናሚስ የሚከተለውን ይመልከቱ ፡ www.seattleschools.org/admissions/registration<<http://www.seattleschools.org/admissions/registration>>.

የሚያስፈልጉትን ፎርም ይሰብስቡ፡ የመመዝገቢያውንና የህክምና ፎርምን በሚቀጥለው ቁጥሳይት www.seattleschools.org/admissions/registration ማግኘት ይችላሉ። ወይም ዲስትሪክ ሰርቪስ ሴንተር ስልክ ቁጥር 206-252-0760 ደውለው ፎርም እንዲላክልዎት ያድርጉ። ለምዝገባ 4 የሚያስፈልጉትን ነገሮች ያዘጋጁ።

** ወላጅ ወይም አሳዳጊ ከሆኑ ልጅዎን የፎቶ መረጃ ለ ለማስመዝገብ (የመንጃ

ፈቃድ፣ መታወቂያ ካርድ፣ ወይም ፓስፖርት)

** የልጅዎን የተወለደበትን የሚያረጋግጥ መታወቂያ (የትውልድ ምስክር ወረቀት ወይም ፓስፖርት)

** ባለፉት 8 ሳምንት የሚኖርበትን ቦታ የሚያረጋግጥ ቀኑን የሚያረጋግጥ 2 መረጃዎች (ለቤት ቁሳቁስ ወይ ም መገልገያ የተከፈለበትን ወይም የባንክ ወረቀት)

** ለህክምና ወይም ለክትባት የተወሰደበት መረጃ ከዶክተርዎ ወይም ከጤና ክልኒክ ያስፈልጋል።

የተግላውን ፎርምች በሙሉ ለሲያትል ትምህርት ቤት ይላኩ።

** በግልጽ ሲያትል ስኩል ሰርቪስ ሴንተር (ጆን እስታንፈርድ ሴንተር) ከ 8:30-4:00, 2445 3rd Ave S. at Lander St.

** በአሜሪካ: servicecenter@seattleschools.org

ልጅዎ ከተመዘገበ በኋላ ስለ ነጻ ምግብ፣ ስለፊልድ ትሪፕ፣ ስለሰመር ካምፕ፣ ስለነፃ ወይም ዝቅተኛ የጤና ኢንፎርገን፣ የፕሮሰና የአደን ህክምና መረጃ ያገኛሉ።

Waa bilawgii dugsga (kindergarten) waa xiligii isdiiwaanglinta!/By Mahamoud Gaayte

Ma geliyaa ilmahaagu sanadkiisii 5naad bisha August 31keeda?

Hadii ay sidaas tahay, isagu/iyadu waxa ey bilaabikraan fasalaka Kindergarten dugsiyada dadweynaha ee Seattle. Maalinka koowaad ee ardayda kindergaartenka waa 12ka September, halka dhamaan faslada kale eey bilaabanayaan 7da September.

Sidee la'isu qoraa/la'isu diiwaangeliyaa dugsiyada:

Daawo muuqaalkana hoose eeku saabsan arinkaas kuna baxaya afafka kala ah English, Cantonese, Spanish, Somali and Vietnamese: www.seattleschools.org/admissions/registration.

hel arjiyada aad u baahantahay. Kala soodeg boggan www.seattleschools.org/admissions/registration, ama soo wac lambarkan oo codso in laguusoo dhigo boostada 206-252-0760.

Diyaarso 4 walxood oo lagaaga baahanyahay xiliga diiwaangelinta:

** kaaraka aqooniga waalidka (Leysan, ID ama Baasaboora)

**Laba cadaymood oo cadaaynaya cinwaanka aad degantahay sida biilka korontada ama xisabxirka bangigaaga.

** Cadaynta talaalka ilmahaaga oo uu bixiyey dhakhtarkiisu ama rug caafimaad. usoodir arji dhamaystiran dugsiyada daweynaha Seattle:

**Gacaantaada ku gey cinwaankan: Seattle Schools Service Center (John Stanford Center) between 8:30-4:00, 2445 3rd Ave S. at Lander St.

**Ama kudir email: servicecenter@seattleschools.org.

Kadib markii ilmahaaga ladiiwaan geliyo, waxaad helidoontaa macluumaad ku saabsan cuntada lacag la'aanta ah, dalxiis aqooned, kaamamka xagaagag, caymis caafimad oo jaban amaba lacagla'aan ah, iyo caafimaadka ilkaha iyo indhaha.

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About the Clinic

- All welcome! Patients DO NOT need ID or proof of citizenship
- Admission tickets distributed at **5:00 AM** in Fisher Pavilion at Seattle Center (Corner of 2nd Ave N & Thomas St)
- No advance registration: **FIRST-COME, FIRST-SERVED**
- Highest demand for tickets on Saturday & Sunday
- Interpreters available
- **FREE** parking in two locations:
 - Mercer St. Garage, 650 3rd Ave N
 - 1st Ave Garage, 220 1st Ave N
- **Come prepared for a long day with food, comfortable clothing and any daily medications**

All Services are FREE

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MEDICAL: Physical exams, PAP smears, x-rays, EKGs, mammograms, ultrasounds, foot care, wound care, select lab tests, behavioral health, immunizations, acupuncture, naturopathic and chiropractic care, physical therapy consultation, nutrition and pharmacy counseling

RESOURCE: Social work, health insurance navigators, and more

More Info: seattlecenter.org/patients

Email: SKCClinic@seattlecenter.org

Phone: 206.684.7200

