



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



The Voice

February
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Articles translated
into six languages

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

Seattleites join the world and show solidarity for human, women's rights City launches programs for refugees and immigrants on inauguration day

By NANCY GARDNER
The Voice editor

On Jan. 20, while the nation's capital turned to watch Donald Trump, the country's 45th president, get sworn in, many Seattleites were readying themselves for the right to demonstrate against the newly-elected president.

Various groups staged protests in Seattle in the hours following President Trump's inauguration. On Friday, students from Seattle Public Schools and Seattle Central College walked out of classes. In the late afternoon, hundreds participated in an immigrant and refugee-rights march through the Central and International Districts to Westlake Park.

Meanwhile, Seattle Mayor Ed Murray chose inauguration day to launch workshops for immigrants and refugees. Seattle's

Office of Immigrant and Refugee Affairs provided free legal and immigration services for those in need.

The Women's March on Saturday, Jan. 21, drew over 100,000 participants, who expressed support for human and civil rights.

Many state officials joined in, including Mayor Ed Murray and Gov. Jay Inslee.

"This is about being a welcoming and open city," Murray said.

Similar women's marches were held in countries around the globe, from France to Mexico. It was estimated that more than 5 million people marched to stand up for women's rights, show solidarity with U.S. women and display opposition to President Trump.



PHOTO BY KAE SAETURN

Please see "Local marches" on Page 5

Reminder: SHA Housing Choice Voucher waitlist lottery open Feb. 6 - 24

By SEATTLE HOUSING AUTHORITY

On Monday, Feb. 6, Seattle Housing Authority (SHA) will open a lottery for places on a new waitlist for the Housing Choice Voucher (HCV) program, formerly known as Section 8. These vouchers provide rental assistance for people with low incomes to rent homes owned by landlords in the private market.

Registration for the lottery will be available online only, and will be open from 8 a.m. on Feb. 6, until 5 p.m. on Feb. 24, Pacific Time. **Registration is only available at seattlehousing.org/waitlist, not at any other website. Registration is free; if any website asks for money to complete registration it is not the correct site.** The only way to safely register and avoid misleading websites is to type seattlehousing.org/waitlist into an internet browser.

The chances of being selected for the waitlist are the same no matter when households register during the open period. Once registration closes, 3,500 applicants will be chosen at random by computer to be placed on the new waitlist. Letters will be

mailed by March 31 notifying all registered households whether or not they received a place on the new waitlist.

SHA will begin issuing vouchers in May to those selected. It will take two to three years to issue all 3,500 vouchers. People with low randomly assigned numbers will receive their vouchers sooner than people with higher numbers.

Registration is open to adults 18 years old or older or emancipated minors, no matter where they currently live, however, successful voucher applicants will initially be required to use the voucher within the city of Seattle for a minimum of one year. Current residents of SHA housing are eligible to register.

Only one person per household may register, and a household may only register once. Registering for the lottery is not the same as applying for housing; applications for housing must be filed separately. Households randomly selected for the waitlist will receive more information about applying.

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

- The date of birth and social security number for each member of the household;
- Total annual income of the household;
- An email address for confirmation of registration; and
- A mailing address where the household can receive U.S. mail from SHA about the HCV lottery.
- Registrants who are missing this information or are unclear, should call the HCV waitlist hotline at 206-239-1674, after it is activated on Feb. 6.

More information on eligibility and registering is available at seattlehousing.org/waitlist. Registration will be available on that page beginning at 8 a.m. on Feb. 6. Those who do not have access to a computer can use computers at some branches of The Seattle Public Library and King County Library System, and other neighborhood sites. A list of locations is available at seattlehousing.org/waitlist or by calling SHA's waitlist hotline, 206-239-1674, which will be activated on Feb. 6.

RAC meeting Feb. 8

Residents within our community have expressed concerns about changes that may take place under President Donald Trump's administration.

Lisa Wolters, Director of Intergovernmental Relations for the Seattle Housing Authority (SHA), will discuss housing-related legislative issues that could impact SHA residents in the future. She'll be guest speaker at the next Resident Action Council (RAC) meeting on Feb. 8.

Between 2005 and 2014, Wolters was SHA's Director of Housing Advocacy & Rental Assistance Programs, where she led operations for the Housing Choice Voucher program.

A light potluck lunch will begin at 1 p.m. All SHA residents are welcome to attend the guests' presentations, which will start at 1:30 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 206-930-6228 or email residentcouncilseattle@gmail.com.

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Health Notes

R A column devoted to your well-being

Celebrating African American Health Pioneers

BY NEIGHBORCARE HEALTH

February is Black History Month, so we're taking this opportunity to celebrate the many African-American health pioneers who spent their lives invested in improving the health of their communities. We have many reasons to thank the following amazing trailblazers for their work.

Dr. Rebecca Lee Crumpler

She was the first African-American woman to get a medical degree in the U.S. Crumpler worked to improve the health and wellness of African-American communities. After the Civil War she moved from Massachusetts to Virginia to provide medical care to former slaves.

Mary Eliza Mahoney

She became the first African American professional nurse in the U.S. in 1879. She was one of the first African-American women to join the American Nurses Association, and in 1909 gave a speech at a nursing conference calling for action to address racism that African-American nurses experienced.

Dr. Daniel Hale Williams

He started the first African-American owned hospital in the U.S., based in Chicago. There he performed the world's first successful heart surgery in 1893.

Dr. Charles Drew

He was a physician and researcher who discovered how to store blood, making blood transfusions possible. During World War II he ran the Red Cross blood bank, which provided blood for injured soldiers.

Mamie Phipps Clark

She was the first African-American woman to graduate with a Ph.D. in psychology from Columbia University. Her work focused on the lack of mental health services in African-American communities and the impact of racism on child development. Her work was used in the groundbreaking Supreme Court case, *Brown vs. Board of Education*, which led to the desegregation of schools.

Otis Boykin

Boykin was an inventor who is most famous for developing a control unit for the pacemaker, which uses electrical impulses to help the heart beat regularly for people with heart problems. He patented 28 electrical devices including inventions used to guide missiles, computers, televisions and radios.



PHOTO COURTESY OF WIKIMEDIA COMMONS

Dr. Joycelyn Elders, the first African-American appointed Surgeon General of the United States.

Dr. Joycelyn Elders

She became the first board certified pediatric endocrinologist in Arkansas. Endocrinologists care for patients with hormonal, growth and development, and metabolic issues such as thyroid problems and diabetes. In 1987, then-Governor Bill Clinton appointed her to lead the Arkansas Department of Health. In 1993, she was appointed U.S. surgeon general by President Clinton and was the first African-American woman to hold that position.

President Barack Obama

Helped create and sign into law the Patient Protection and Affordable Care Act in 2010. This expanded Medicaid to low-income adults, restricted insurance companies from denying coverage to people with pre-existing conditions, and much more. The Affordable Care Act expanded health insurance to over 20 million Americans, allowing more people to access health care when they need it.

First Lady Michelle Obama

In 2010 she helped launch Let's Move!, a program to reduce childhood obesity rates in the U.S. She expanded the gardens at the White House to grow more vegetables and helped get healthier lunches in schools.

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 almost 50 years. More information is available at www.neighborcare.org.

Be Safe

Do your part this Neighbor Day, Feb. 11

BY JAKE HELLENKAMP
Project Coordinator

One of the most important things that you can do to make your community a safer place is to build positive relationships with the neighbors, businesses and service agencies near you.

A neighborhood full of people who know each other, communicates regularly and works together to solve problems will be a much safer place than a community that doesn't take the time to interact in meaningful ways.

To honor the people and organizations that make their communities great, the City of Seattle celebrates Neighbor Day this year on Feb. 11.

Seattle Neighborhood Group supports community-building efforts across our city by assisting residents in organizing neighborhood projects.

We've learned a lot from good neighbors over the years, so we'd like to share a few tips on how you can show appreciation for the folks in your area on Neighbor Day:

1. Get outside! Invite your neighbors to explore the neighborhood with you and visit a local business. Try to meet one or two employees or customers that you haven't spoken with before. Sit down at a park and greet every person who passes you.
2. Talk to your friends and family about Neighbor Day and ask how they would like to participate. Let others share ideas about how to thank people and places in the neighborhood that they appreciate.
3. Bake cookies or do a chore for a neighbor who could use some extra help. A small gesture from you can be very significant to others!
4. Organize a food or clothing donation



event with your community. Ask local businesses or organizations if they would like to be involved.

5. Volunteer at a local school, shelter, non-profit organization or community group. Contact them before Feb. 11 to find out what type of volunteer assistance they need.
6. If you are part of an online group for your community, take time to write and post sincere, nice comments about people or things that you appreciate in the neighborhood.
7. If there is already a Block Watch group in your neighborhood, JOIN IT. If there isn't an established Block Watch group, START ONE. More information is available at www.seattle.gov/Police/blockwatch
8. Plan an all-ages art project or neighborhood cleanup to create a more beautiful place. Seattle Public Utilities offers free cleanup supplies for neighborhood groups. Contact them at 206-233-7187.
9. Develop deeper relationships with neighbors by sitting down and talking with others while sharing food or tea. Ask about their experience in the neighborhood and the things that are important to them.
10. Be a connector! Look for shared interests and goals within your community and help introduce others that may not know each other. This is how ideas grow and community is built.

The mission of Seattle Neighborhood Group is to prevent crime and build community through partnerships with residents, businesses, law enforcement and other organizations. Contact Jake at 206-323-7094 or jake@sngi.org.

Neighbor Day

February 11, 2017

indulge in random acts of kindness

- * Do something nice for a neighbor
- * Attend events around the city
- * Organize a neighborhood activity
- * Share a "great neighbor" story using #neighborday

Seattle Neighborhoods

More info & ideas at: seattle.gov/neighborday

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.



SHA seeks public comment on Assessment of Fair Housing

BY SEATTLE HOUSING AUTHORITY

Residents and community members are encouraged to comment on Seattle Housing Authority (SHA) and the City of Seattle's Assessment of Fair Housing (AFH). The AFH is related to the Federal Fair Housing Act that bars discrimination against individuals buying a house or renting an apartment based on their race, color, gender and more.

The AFH looks at these issues, how they affect communities across Seattle, and if certain neighborhoods are closer in proximity to good education, jobs, public transportation and other opportunities.

The AFH also lists actions that SHA and the City of Seattle will take to further fair housing. SHA urges residents and community members to read the AFH and provide feedback. Comments are important in discovering fair housing issues and actions to address them. **The Comment Period runs through Feb. 25.**

You can find the AFH at www.seattlehousing.org. If you are unable to access the document online but are interested in reading it, call the listed number for additional accommodations.

How to comment

Comments or questions may be submitted by the following:

Online: www.seattlehousing.org
Phone: 206-239-1589
Email: Chris.Klaeysen@seattlehousing.org
Mail: Chris Klaeysen, c/o SHA, P.O. Box 19028, Seattle 98109

Public Comment Forum

SHA will present the AFH, focusing on issues specific to SHA participants, at a **public comment forum at 10 a.m. on Friday Feb. 17** at its office at 190 Queen Anne Ave N. If you would like to participate but need interpretation services or other accommodations please call the phone number above by Feb. 10.

Submission

Following the deadline (Feb. 25), SHA and the City of Seattle will take comments into consideration before finalizing the document. This may result in changes to the outlined goals and priorities included.

In April, the Seattle City Council and SHA's Board of Commissioners will approve the AFH for submittal to HUD. Following this, SHA and the City of Seattle will implement actions to achieve these goals and continue to assess similar issues.



VOICE FILE PHOTO

Last year, seven outstanding students were awarded Dream Big! Scholarships (from left to right): Zainab Malin, Kisanet (Yohanna) Gebregiorgis, Bariso Hussein, Dawit Tesfatsion, Dimpal Alvarez. Not pictured: Abdul Malik Ford, Idris Idris.

It's time to Dream Big!

BY SEATTLE HOUSING AUTHORITY

Each year the Seattle Housing Authority's (SHA) Higher Education Project Committee awards at least two \$1,000 Dream Big! Scholarships. Students age 21 or younger who have distinguished themselves through academic achievement and personal excellence are selected for this scholarship.

The scholarship is awarded to SHA public housing residents and SHA Housing Choice Voucher Program (formerly known

as Section 8) participants who would like to attend college on a full-time basis in the next academic year. **The deadline to apply is Friday, March 31.** Encourage students you know to apply!

The application can be found at <http://seattlehousing.org/residents/education/scholarships/> or by contacting Courtney Cameron, courtney.cameron@seattlehousing.org.



Community Living Connections

Good news—Community Living Connections is now available throughout King County! Adults dealing with aging or disability issues now have easier access to services and information. Community Living Connections staff are highly trained and skilled at finding people the right kind of help, where and when they need it.

If you or someone you know is facing aging or disability issues, contact Community Living Connections:

206-962-8467
1-844-348-5464 (toll free)

All calls to the Community Living Connections line are free and confidential.

Our staff will help you figure out the kind of assistance that meets your needs. One of the many benefits of Community Living Connections is that we offer access to a network of services and providers close to your community.

Q&A

What is Community Living Connections?

It's a network of advocates for adults facing aging or disability issues. Community Living Connections provides anyone who calls a caring, highly-trained specialist who will give them easy access to information, individual consultation and service options. Often, we can connect people with services close to their home, reducing stress and travel time.

Who is able to receive help?

While our services are geared toward those needing help with aging or disability issues, Community Living Connections staff will help anyone who calls.

How reliable is your network?

Community Living Connections provides the most comprehensive, reliable network for aging and disability services in the King County area. Our highly-trained staff and network of providers are supported by a broad base of funders giving us the ability to offer people a variety of options for programs and services.

How much does it cost?

Calls are free and confidential.

How do I get help?

Call Community Living Connections at 206-962-8467 or toll free 1-844-348-5464.

City of Seattle offers free disaster preparedness workshops

BY THE SEATTLE OFFICE OF EMERGENCY MANAGEMENT

We aim to support people in gaining the knowledge and skills needed to both thrive and recover from a disaster. Each year we train thousands of people how to prepare for emergencies, prevent injuries and respond effectively when a disaster strikes. We provide training year round and information sessions to individuals, businesses, community groups, schools and other organizations throughout Seattle.

Upcoming free training and workshops include the following:

Disaster Skills Workshop

When: Wednesday, Feb. 8, 6 – 8 p.m.

Where: American Red Cross, 1900 25th Ave S, Seattle, WA 98144

When a large disaster happens, first responders and other city services may be overwhelmed. Transportation may be disrupted and communication may be difficult. It is vital that city residents are prepared to be self-sufficient during these times. Having knowledge of some key disaster skills is a crucial part of that preparedness effort.

This workshop provides training on key skills needed after a disaster and more in-depth instruction on key preparedness actions and will cover fire extinguisher use, utility control, water storage and purification.

Disaster Skills: Basic Aid

When: Saturday, March 25, 10:30 a.m. – 12:30 p.m.

Where: Douglas Truth Branch Library, 2300 E Yesler Way, Seattle, WA 98122

Learn how to care for and respond to injuries after a major disaster when 911 is overwhelmed or unavailable. This session provides practice on how to recognize and treat life-threatening conditions, how to conduct a patient assessment and how to creatively use household items as first aid materials. Class does not meet requirements for certification.

For more information or to register for a workshop, visit <http://www.seattle.gov/emergency-management/about-us/event-calendar>

Seattle residents to receive Democracy Vouchers



Now there's a new way to participate in city government

BY CITY OF SEATTLE

The City of Seattle's Ethics and Elections Commission launched the Democracy Voucher Program in January, the first of its kind public campaign finance program. Registered voters in Seattle and those who applied for the program should now be receiving four \$25 Democracy Vouchers.

Democracy Vouchers are a new way for Seattle residents to become more active in city government - by donating to candidate campaigns and/or running for elected positions themselves. Only eligible City Council and City Attorney candidates who pledge to follow a set of strict rules may use Democracy Vouchers to fund their campaigns. The program will expand to include the Mayor's race in 2021.

Wayne Barnett, the Executive Director of the Seattle Ethics and Elections Commission, says, "We hope that Seattle residents will take advantage of this opportunity to either mount a campaign for office themselves, or to show their support for candidates by contributing vouchers to their campaigns."

Seattle residents are urged to keep their vouchers in a safe place - Democracy

Vouchers may be accepted anytime through Nov. 30. New candidates may enter the program until June 2.

To find the list of eligible candidates, please visit seattle.gov/democracvoucher or call 206-727-8855 to listen for the list of eligible candidates who may receive Democracy Vouchers. The list will be updated frequently as new candidates enter the program.

Democracy Vouchers may be returned several ways. Democracy Vouchers may be given directly to a candidate's campaign or returned using the prepaid envelope included with your Democracy Vouchers. Additional return methods, including drop-off locations around Seattle, may be found on the program website.

Seattle residents who are not registered voters are encouraged to apply for Democracy Vouchers. To be eligible for the \$100 in Democracy Vouchers, residents must live in Seattle, be at least 18 years of age, and be either a U.S. citizen, U.S. national or lawful permanent resident green card holder.

If you haven't received your vouchers yet, please call the Commission at 206-727-8855 for replacements.

Community Notes

Three new homeless camp locations announced

BY VOICE STAFF

In January, the Seattle City Council approved Mayor Ed Murray's emergency order for three new authorized encampments located in the Licton Springs, Georgetown and White Center communities.

Their locations are:

- **Georgetown:** 1000 South Myrtle St.; located at the northwest end of Boeing Field, just off of East Marginal Way South.
- **Highland Park:** 9701 Myers Way South; located between Highland Park and White Center on a wooded stretch of Myers Way west of Highway 509.
- **Greenwood/Licton Springs:** 8620 Nesbit Ave. North; this camp is located about one block east of Aurora Avenue near 87th Street and is the camp that will allow drug and alcohol users, but will prohibit on-site use.

It's expected that these locations will provide housing for roughly 200 people who will live in tents and tiny homes.

In November 2017, Mayor Ed Murray proclaimed a state of emergency regarding Seattle's homeless population. This proclamation enabled him to move swiftly through a lengthier political approval process of authorizing additional encampments.

In the last year, three authorized homeless encampments opened in Ballard, Interbay and Rainier Valley. Additionally, the University of Washington is currently the home for about 60 people who live in Tent City 3, operated by Seattle Housing and Resource Effort, a nonprofit.

Neighborhood Matching Fund offers new resources for communities

Increased access to funds, simpler application and a new fund that offers up to \$100,000 for neighborhood projects

BY CITY OF SEATTLE

Seattle Department of Neighborhoods' popular Neighborhood Matching Fund (NMF) offers new funding opportunities for community members in 2017.

The program features added flexibility, a simpler application, and faster review and award processing. Its two funds - the Small Sparks Fund and the new Community Partnership Fund - continue to support community projects that build stronger neighborhoods and communities such as park improvements, public art, community gardens, cultural festivals, community organizing and so much more. For 2017, the NMF program has more than \$3 million dollars to award to community projects.

The Community Partnership Fund combines two former funds into one. It provides funding up to \$100,000 with three opportunities to apply. Applicants will also receive decisions on their funding requests within eight weeks. **The deadlines for the Community Partnership Fund are March 27, June 26, and September 25 by 5 p.m.**

The Small Sparks Fund provides funding up to \$5,000 per project (increased from \$1,000), and the fund continues to accept applications on a rolling basis. This fund

is geared to small community projects or activities such as Neighbor Day, Night Out, Earth Day, Parking Day and others.

Additionally, recurring community events can now be funded every other year instead of only once.

To learn more, the NMF team is hosting workshops across the city about the program guidelines, requirements and application process. The workshop dates include the following:

- Tuesday, Feb. 7, Neighborhood House - Room 207B (6400 Sylvan Way SW, 98126)
- Wednesday, Feb. 15, Bailey Gatzert Elementary (1301 East Yesler Way, 98122)
- Wednesday, March 1, University Heights - Room 209 (5031 University Way NE, 98105)

To register, call 206-733-9916 or go online at www.surveymonkey.com/r/SNJDDH. Workshops will be offered throughout the year.

Community members are strongly encouraged to contact a NMF Project Manager before applying at 206-233-0093 or NMFund@seattle.gov.

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

Visit our website:
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 email at nancyg@nhwa.org.

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



Free tax assistance available at 12 locations of The Seattle Public Library

The Seattle Public Library, United Way of King County and AARP are collaborating to offer free tax preparation service through mid-April at 12 locations of The Seattle Public Library.

Trained volunteers will answer questions and help prepare personal tax returns. The service is not available for business tax returns. See the list of documents required to receive tax help at spl.org/taxhelp. Due to federal budget cuts, the Internal Revenue Service (IRS) is unable to provide the Library with certain tax forms and instruction booklets. Most IRS forms are available online at www.irs.gov. Black and white prints of the forms may be printed from Library computers for \$.15 per page.

Three types of tax help will be offered:

- **Drop-in assistance** – available on a first-come, first-served basis. No appointment necessary.
- **Appointment-based assistance** – tax preparation by pre-arranged appointment.
- **Assisted self-preparation** – new this year, for individuals who are comfortable filing taxes online but would like to ask questions as needed. No appointment necessary.

Drop-in assistance - Offered on a first-come, first-served basis. No reservations or appointments are accepted at these locations:

Central Library, 1000 Fourth Ave., Level 5, Charles Simonyi Mixing Chamber, 206-386-4636, through Thursday, April 20:

Noon to 7 p.m. Monday, Tuesday, Wednesday and Thursday

Noon to 4 p.m. Friday

11 a.m. to 5 p.m. Saturday

1 p.m. to 5 p.m. Sunday

Ballard Branch, 5614 22nd Ave. N.W., 206-684-4089, Thursday, Feb. 2 through Monday, April 17:

2:30 p.m. to 6 p.m. Monday

10:30 a.m. to 3 p.m. Thursday

Broadview Branch, 12755 Greenwood Ave N., 206-684-7519, Friday, Feb. 3 through Saturday, April 15:

10 a.m. to 3 p.m. Friday and Saturday

Delridge Branch, 5423 Delridge Way S.W., 206-733-9125, Monday, Feb. 6 through Monday, April 10:

2 p.m. to 7 p.m. Monday

Douglass-Truth Branch, 2300 E. Yesler Way, 206-684-4704, through Wednesday, April 19:

3 p.m. to 7 p.m. Wednesday

Green Lake Branch, 7364 E. Green Lake Dr. N., 206-684-7547, Tuesday, Feb. 7 through Tuesday, April 18:

2 p.m. to 6 p.m. Tuesday

Northeast Branch, 6801 35th Ave. N.E., 206-684-7539, Friday, Feb. 3 through Saturday, April 15:

1 p.m. to 4 p.m. Friday and Saturday

Queen Anne Branch, 400 West Garfield St., 206-386-4227, Wednesday, Feb. 1 through Saturday, April 15:

Noon to 4 p.m. Wednesday and Saturday

Solid Ground, 1501 N 45th St., 206-694-6700 (non-library location), through Tuesday, April 18:

5 p.m. to 9 p.m. Tuesday

10 a.m. to 2 p.m. Saturday

University Branch, 5009 Roosevelt Way N.E., 206-684-4063, through Thursday, April 20:

1 p.m. to 5 p.m. Thursday and Saturday

Appointment-based assistance - tax preparation by pre-arranged appointment. Visit or call the branch to schedule an appointment. Drop-in tax help at these locations is offered only as available:

NewHolly Branch, 7058 32nd Ave. S., 206-386-1905, Saturday, Feb. 4 through Saturday, April 8:

10 a.m. to 1 p.m. Saturday. Although the NewHolly Branch does not open until 11 a.m. on Saturdays, the meeting room door will be open early for tax help.

Southwest Branch, 9010 35th Ave. S., 206-684-7455, Saturday, Feb. 4 through Saturday, April 15:

10 a.m. to 5 p.m. Saturday

Assisted Self-Preparation - at the self-service tax lab, an IRS certified volunteer will be available to help answer questions as needed. Individuals will file their own taxes online using www.myfreetaxes.com. To use this service, filers must earn \$64,000 or less annually and have a valid email address. Services are offered on a first-come, first-served basis. No reservations or appointments are accepted.

Central Library, 1000 Fourth Ave., Level 5, Charles Simonyi Mixing Chamber, 206-386-4636, through Monday, Feb. 27:

Noon to 4 p.m. Monday and Friday

Local officials say they'll protect affordable healthcare

Despite attempts by Congress to repeal Obamacare

By KING COUNTY EXECUTIVE

The people of King County benefitted dramatically from the expansion of health insurance and other reforms under the Affordable Care Act – and a repeal without a comparable replacement threatens widespread damage to the region's health and economic well-being.

"More than 200,000 people access health care in King County through the Affordable Care Act. We've cut the uninsured rate by half. And all of those folks who are able to go to the doctor, and get preventative care, and get their kids to a physician when they're sick – all of those people are in danger of losing their health care," said King County Executive Dow Constantine. "I will fight to protect families and ensure access to care. I will make sure Congress and the new president understand what's at stake for our residents. And our public health and human services and community partners will do everything in their power to prevent people from suddenly being left without care."

In the past four years, thanks in part to nationally-recognized outreach efforts:

- The number of uninsured working-age adults has dropped by 54 percent since 2013, to just 7.7 percent, the lowest level ever recorded.

- The uninsured rate for children in King County has also reached an historic low of 1.6 percent.

- The uninsured rate for African Americans dropped by nearly two-thirds, from 27 percent to 10 percent.

More than 200,000 people in King County stand to lose coverage if key provisions of the Affordable Care Act – including the Medicaid expansion and subsidies to

individuals who enroll through the health insurance exchange (Washington Healthplanfinder) – are repealed.

Many more in King County would be at risk if Congress does not maintain the ban on discrimination against people with pre-existing conditions and the ability to keep adult children on family health plans until age 26. Removing these and the core requirement that everyone participate in insurance could result in a "death spiral" in the insurance market, impacting not only those who have benefited from the Affordable Care Act but also the broader population.

Medical providers that serve as a "safety net" for people who lose jobs, work part-time, or for other reasons lose their employer insurance have formed a nearly seamless network under the structures of the Affordable Care Act. A repeal threatens the economic sustainability of that network.

Executive Constantine announced his health care priorities, which included:

- Striving for universal coverage, because access to health care is a human right.

- Keeping the insurance market steady by maintaining rules that everyone participate. This is critical to keeping the most popular elements of the ACA: No restrictions on pre-existing conditions, no life-time limits on coverage, maintaining coverage for adult children 26-years-old or younger on their parents' insurance.

- Continuing to improve health outcomes and control costs.

These items will be at the top of King County's federal legislative agenda that Executive Constantine and the Council take to Washington, DC, in April.

Local marches

Continued from Page 1

Linda Dodson, a First Hill resident who participated in the Seattle's Women's March, said, "I think it is important for people who are opposed to the Trump agenda to stand up and let him and his administration know that many of us are watching carefully."

"We will not tolerate bigotry, xenophobia, racism or homophobia. It was a great experience joining with so many people who feel as strongly about his negative agenda as I do. I feel much more hopeful that some of his more egregious positions might be stopped by ordinary people fighting to stop his administration from turning the clock back to an earlier time," she said.

Senator Bernie Sanders of Vermont, who attended the Montpelier, Vermont march, said Trump should listen to the protesters.

"Listen to the needs of women. Listen to the needs of the immigrant community. Listen to the needs of workers. Listen to what's going on with regards to climate change. Modify your positions. Let's work together to try to save this planet and protect the middle class."

Hillary Clinton, the 2016 democratic presidential candidate, offered her support on Twitter, calling the march "awe-inspiring" and said, "I hope it brought joy to others as it did to me."



PHOTO BY ALAN ALABASTRO PHOTOGRAPHY

Mayor Ed Murray chats with people attending a Jan. 20 event offering services to immigrants and refugees.

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

From privilege to poverty and back: Denny Terrace man says losing everything was pivotal to his recovery

BY NANCY GARDNER
The Voice editor

Thirty-eight years is a long time to be homeless. But that's how Marvin Walters has spent most of his adult life.

He says it began back in his home state of California, where, as the oldest of five siblings, he developed feelings of inadequacy.

The fact that his father was a stunt coordinator and co-founded the Black Stuntmen's Association of California and worked on then-popular television series like "Magnum, P.I." made him feel even more like a failure.

Walters, 53, grew up in "the valley" (San Fernando Valley), not far from the posh Los Angeles suburbs of Hidden Hills and Calabasas. He says he came from a privileged background, but by his mid-teens, felt disconnected from everyone in his family. He had so many fights and had such a bad attitude that he was kicked out of the house at age 15.

"I imprisoned myself inside my mind. I actually smothered and isolated myself from the world," Walters says.



PHOTO BY SHA

He spent a lot of time on skid row in Los Angeles and slept in the city's surrounding hills, valleys and canyons.

"Most of those kids I grew up with are

either dead or in prison."

By the mid-90s, his mother and a younger brother had moved to Seattle. In 1998, he followed their lead, and quickly found he

could support himself by 'boosting' (shoplifting), while hanging out with others in Seattle's infamous Jungle.

"I found there were other people like me, who came from good families and they just loved the lifestyle of the Jungle," Walters says. "I would get up every day and think, today I'm going to die, go to jail, or I'm going to get loaded, [on drugs] - those were my three choices."

He says if it weren't for his repeated visits with the court system and some very serious wounds suffered while living on the streets, his life might have turned out differently.

"Once you really lose everything, in that moment of clarity in the Jungle, I realized that was the point of my intervention and beginning of my turnaround."

What he had lost he's certainly regained, and then some: he attended college, became literate, found stable housing at Seattle Housing Authority's (SHA) Denny Terrace, and is working 60 hours each week as both a residential counselor at the Downtown Emergency Service Center (DESC), and in public safety with Seattle College.

"I especially love my job at DESC because it lets me reflect on where I've been, and I can empathize, because I've been there before [homeless]."

He says he'd love to work as an assistant property manager for SHA, and his enthusiasm hasn't gone unnoticed.

"Marvin has natural people skills and the emotional makeup and natural mindset of a true social worker," says SHA Job Placement Specialist Larry Hill.

Laura Van Houten, a property manager for SHA, says, "Marvin is the kind of tenant a manager would like to clone and sprinkle throughout the community,"

Clearly, this man is going places.

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MÙNG TẾT NGUYÊN ĐÁN
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Contact (English): Jen Calleja (206) 495 - 1615**



Around the Sound

Seattle's OCR installs new anti-bias hotline

The Seattle Office for Civil Rights (SOCR) has just installed an Anti-Bias Hotline for the public to report harassment. Call 206-233-7100 to speak with an SOCR staff member.

The SOCR works to achieve race and social justice and end illegal discrimination in the City of Seattle.

SOCR leads the City of Seattle's Race and Social Justice Initiative, enforces local and federal anti-discrimination laws, educates the public on the laws that protect the people of Seattle, and helps businesses and housing providers operate free of discrimination.

"All of the staff at the Office for Civil Rights are dedicated to achieving race and social justice," said SOCR Director Patricia Lally. "We urge anyone who believes they have been harassed to call our new Anti-Bias Hotline."

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

La Autoridad de Vivienda de Seattle abrirá la lotería para la lista de espera de bonos de elección el 6 de febrero /By Leahla Contreras

Empezando el 6 de febrero, La Autoridad de Vivienda de Seattle (Seattle Housing Authority) abrirá una nueva lista de espera para bonos de elección de vivienda (Housing Choice Voucher Program, o HCV, conocido como sección 8). Estos bonos proporcionan ayuda financiera para la gente de bajos ingresos para que puedan rentar viviendas del mercado privado que pertenecen a propietarios en la ciudad de Seattle.

La inscripción para esta lotería estará disponible solamente en internet, y estará abierta desde las 8 AM del 6 de febrero hasta las 5 PM del 24 de febrero. Solamente se puede inscribir en la página de seattlehousing.org/waitlist, siendo así imposible registrarse en cualquier otra página de internet. La inscripción es completamente gratis. Si se le pide dinero, usted no estaría en la página correcta. La única manera de registrarse seguramente sin problemas es copiar esta dirección exactamente en el buscador de internet: seattlehousing.org/waitlist

Una vez cerrada la inscripción, 3,500

candidatos serán escogidos al azar por computadora y se pondrán en la nueva lista de espera.

Uno se puede registrar para la lotería si tiene 18 años o más, o si es un menor emancipado. Solamente es permitido que una persona de cada domicilio se inscriba para la lotería, y solamente se puede registrar una vez.

Es importante juntar la información siguiente antes de empezar el proceso de registraci3n:

- La fecha de nacimiento y el número de seguro social de cada miembro del domicilio;
- El ingreso total anual del domicilio;
- Un email (dirección de correo electrónico) para la confirmaci3n de la registraci3n; y,
- Una direcci3n donde el domicilio pueda recibir correo de SHA acerca de la lotería de HCV

Para mayor informaci3n acerca de la inscripci3n y la elegibilidad, visite: seattlehousing.org/waitlist.

ስያትል ሃውሲንግ ምዝገባ ዝውጥ ሰክሽን 8 (Housing Choice Voucher) ለካቲት 6 ክጅመርዩ !/By Habte Negash

ስያትል ሃውሲንግ ምዝገባ ንሎተር (ዕጫ) ዝውጥ ሰክሽን 8 ለካቲት 6, 2017 ክጅምር እዩ፡፡ እዚ ፕሮግራም እዚ ትሑት ኣተዊ ዝለዎም ብመሰረት ህልዊ ናይ ከተማ መጠን ክራይ ኣብ ኣባይቲ ናይ ውልቀ ሰባት ተካርዮም ክነብሩ ዝግበር ኣገዝ እዩ፡፡

ነዚ ሎተር (ዕጫ) እዚ ዝምከት ምዝገባ ኣንላይን (online) ጥራይ እዩ ኪኸውንዩ፡፡ ካብ 6 ለካቲት 2017 ክሳብ 24 ለካቲት 2017 ኣብ ዘሎ ግዜ ምዝገባ ካብ ሰዓት 8 ቅድሚ ቀትሪ ክሳብ ሰዓት 5 ድሕሪ ቀትሪ ክፋት ኪኸውን እዩ፡፡ ምዝገባ ኣብ seattlehousing.org/waitlist, ጥራይ እዩ ዝህሉ፡፡ ኣብ ካልእ ወብሳይ (website) ኣይርከብን እዩ፡፡ ምዝገባ ብናጻ እዩ፡፡ ንምዝገባ ገንዘብ ክትከፍሉ ዝሓትት እንተኾይኑ ግና ኔጋ ወብሳይ (website) ምዃኑ እዩ፡፡ ስለዚ ክትምዝገቡ ክለለኹም seattlehousing.org/waitlist ትጥቀሙ ከምዘለኹም ምርግጋጽ ይድሉ፡፡

ድሕሪ ምዝገባ ክዕጽ እዩ፡፡ ብድሕሪኡ ካብቶም

ዝተመዘገቡ፡ 3,500 ሰባት ብኮምፕዩተር ከምዝምረጹ ኪግበር እዩ፡፡ ኣቶም ዝተዓወቱ ድማ ኣብ ኣዲሽ መዝገብ ተጸቢይቲ ተራ (new waitlist) ከምዝምዘገቡ ክግበርዩ፡፡

ምዝገባ ነቶም ዕድሜአም ካብ 18 ዓመት ንላዕሊ ንዝኾኑ ወይ ድማ ንብይኖም ርእሶም ክኢሎም ንዝነበሩ ሰባት ክፋት እዩ፡፡ ካብ ስድራ ቤት ኣደ ሰብ ጥራይ እዩ ክምዝገቡ ዝግባእ፡፡ ኣደ ግዜ ጥራይ ክምዝገቡ እዩ ድማ ዝፍቀድሉ፡፡

ምዝገባ ቅድሚ ምጅማር እዞም ዝስዕቡ መረጃታት ምቅራብ ይድሉ፡-

- + ዕለተ ልደትን ቁጽር ናይ ሶሻል ሰኩሪትን ናይ ነፍሲ ወከፍ ኣባል ስድራቤት፡
- + ድምር ዓመታዊ ኣታዊ ናይ ስድራቤት፡
- + ምዝገባ ንምርግጋጽ ዝሕግዝ ናይ ኢመይል ኣድራሻ፡
- + እቲ ስድራ ቤት ካብ በዓል ስልጣን ስያትል ሃውሲንግ (SHA) ዝለኻኹ ደብዳቤታ ዝቐበለሉ ኣድራሻ፡፡

Seattle Housing Authority Tin Chi Nhà Ở Tùy Chọn- sẽ mở cuộc rút thăm cấp nhà ở -bắt đầu từ 6 Tháng Hai/By Long Luu

Vào ngày 6 tháng Hai 2017, cơ quan gia cư Seattle Housing Authority (SHA) sẽ mở cuộc rút thăm vào danh sách chờ đời cho chương trình Nhà Ở Tùy Chọn (HCV), cũng còn được gọi là chương trình nhà Số 8. Những tin chi này cung cấp sự trợ giúp tiền hà cho người có lợi tức thấp, để thuê mượn nhà tư nhân .

Việc đăng ký cho cuộc rút thăm sẽ mở trên mạng lúc 8 giờ sáng ngày 6 Tháng Hai, 2017 cho đến 5 giờ chiều ngày 24 Tháng Hai, 2017. Việc đăng ký chỉ có ở trên trang mạng www.seattlehousing.org/waitlist, không có trên bất cứ trang mạng nào khác. Việc đăng ký là miễn phí, nếu bất cứ trang mạng nào đòi tiền lệ phí, thì trang mạng đó không đúng. Chỉ một cách an toàn để đăng ký mà tránh những trang mạng lừa gạt là đánh vào seattlehousing.org/waitlist khi mở hệ thống mạng lên.

Khi cuộc đăng ký khóa số, thì sẽ có 3,500 đơn sẽ được rút thăm bằng máy tính và được đặt vào danh sách chờ đợi.

Việc đăng ký chỉ mở ra cho người 18 tuổi trở lên, hoặc người vị thành niên là đại diện gia đình. Chỉ cần một người đăng ký vào hoặc chỉ một hộ gia đình đăng ký vào một lần mà thôi.

Điều quan trọng là cần phải có các thông tin sau đây trước khi bắt đầu đăng ký:

- Ngày tháng năm sinh và số an sinh xã hội cho mỗi người trong gia đình
- Tổng số tiền lợi tức hàng năm
- Địa chỉ điện thư (e-mail) để xác nhận việc đăng ký
- Và địa chỉ nào mà hộ gia đình có thể nhận được thư từ do nhà SHA Gia Cư Seattle gửi ra về việc rút thăm tin chi Tùy Chọn Nhà Ở (HCV)

Có thêm thông tin về điều kiện và việc đăng ký ở trang mạng seattlehousing.org/waitlist

Запись на участие в лотерее на получение талона Housing Choice от Жилищного управления Сиэтла открывается 6 февраля/ By Irina Vodonos

6 февраля 2017 г. Жилищное управление Сиэтла (SHA) открывает лотерею на запись в очередь на получение талона “Выбор жилья” (Housing Choice или HCV), также известного под названием “Восьмая программа” (Section 8). Эти талоны предоставляют финансовую помощь малоимущим людям, которые хотят арендовать жилье на частном рынке.

Запись на участие в лотерее будет проводиться только через интернет с 8:00, 6 февраля 2017 г., до 17:00, 24 февраля 2017 г. Единственная страница в интернете, где можно записаться на участие в лотерее – seattlehousing.org/waitlist. Запись проводится бесплатно. Если интернет-страница требует с вас денег за участие в лотерее – значит, это фальшивка. Единственный способ безопасно зарегистрироваться и не стать жертвой мошенничества – это ввести адрес seattlehousing.org/waitlist в ваш интернет-браузер.

После окончания записи компьютерная программа произвольно

выберет 3 500 имен. Этим людям внесут в новую очередь на получение талона.

В лотерее могут принять участие взрослые от 18 лет и старше, а также дееспособные несовершеннолетние. От семьи может зарегистрироваться только один человек, и каждая семья может зарегистрироваться только один раз.

Прежде, чем начинать процесс регистрации на участие в лотерее, важно собрать следующую информацию:

- Даты рождения и номера социального страхования (Social Security) всех членов семьи
- Общий годовой доход всей семьи
- Адрес электронной почты для получения подтверждения регистрации
- Почтовый адрес, по которому S H A может отправить информацию о лотерее талонов “Выбор жилья”

За дополнительной информацией от условия участия в лотерее и о регистрации заходите на сайт seattlehousing.org/waitlist.

የሲያትል ቤቶች አስተዳደር የቤቶች ችይስ ሾቸር የመቆያሰንጠረዥ ሎተሪ ፌብሩዋሪ 6 ይጀምራል፡፡/By Assaye Abunie

የሲያትል ቤቶች አስተዳደር (ኤስ ኤች ኤ) በፌብሩዋሪ 6, 2017 ዓም ሎተሪ ለአንዳንድ ቦታዎች አዲስ የመቆያ ሰንጠረዥ የሃውሲንግ ችይስ ሾቸር (ኤች ሲ ሺ) ፕሮግራም ወይም ሴክሽን 8 ተብሎ ለሚጠራው ይጀምራል፡፡ ይህ ሾቸር የሚረዳው ዝቅተኛ ገቢ ያላቸውን የቤት ክራይ እርዳታ እንዲኖራቸው በግል የገበያ ቦታዎች የቤት ባለቤት ካላቸው እንዲከራዩ ማድረግ ነው፡፡

ይህ የሎተሪ ምዝገባ የሚከናወነው በድህረገጽ ላይ ብቻ ሲሆን ከፌብሩዋሪ 6, 2017 ከጠዋቱ 8 ሰዓት እስከ ፌብሩዋሪ 24, 2017 5ሰዓት ከሰዓት በኋላ ድረስ ይሰራል፡፡ ይህ ምዝገባ የሚኖረው በ seattlehousing.org/waitlist ብቻ ሲሆን ሌላ ቦታ የለም፡፡ ምዝገባው ነፃ ነው፡፡ ሌላ ድህረገጽ ለምዝገባ ገንዘብ ከጠየቃችሁ ትክክለኛው ድህረ ገጽ አይደለም፡፡ በትክክለኛ ለመመዘገብና ወደሌላ ድህረገጽ ላለመሄድ ከፈለጋችሁ በትክክል ቃሉን እንደሚከተለው seattlehousing.org/waitlist ብላችሁ ኢንተርኔት ላይ መፍኖ ነው፡፡

ምዝገባው ለማንኛውም ጎልማሳ ለሆኑ እድሜያቸው 18 እድሜ ወይም ከዛ በላይ ለሆኑ ሲሆን በዛ እድሜ ክልል የሚገኙ ወጣቶችንም ይጨምራል፡፡ ከቤተሰብ አንድ ሰው ብቻ መመዘገብ ሲችል አንድ ቤተሰብ የሚመዘገበው አንዴ ብቻ ነው፡፡

የሚከተሉትን እሰፈላጊ መረጃዎች ከመመዘገብዎ በፊት መያዝ ያስፈልጋል፡

- የተወለዱበት ቀንና የሶሻል ሴኩራቲ ቁጥር በቤተሰብ ውስጥ የሚኖሩ ነዋሪዎች ሁሉ
- የቤተሰቡ አጠቃላይ ዓመታዊ ገቢ
- የኤሜል አድራሻ ምዝገባውን ማረጋገጥ እንዲቻል እና
- የቤት አድራሻ፡ ከሲያትል የቤቶች አስተዳደር ስለ ኤች ሲ ሺ ሎተሪ መልስ እንዲያገኙ ስለሚያስፈልግ ብቁ ስለመሆንም ተጨማሪ መረጃ ገጽ ይመልከቱ፡፡ seattlehousing.org/waitlist.

Hey’ada Guriyanta Seattle oo dib u fureysa boonadii bakhti yaa nasiibka 6da bisha February/By Mahamoud Gaayte

6da bisha February, 2017ka Hey’ada Guriyaynta Seattle (SHA) waxa ay fureysaa bakhti yaanasiib boonada loo yaqaan Section 8. Boonadaasi waxa ay gargaar kiro u tahay dadka dakhligayar si ay suuqa ugakiraysankaraan guryaha sida gaarka ah loo leeyahay.

Isdiiwaangelinta boonadan waxaad ka heleysaan baraha internetka, wuxuuna furmayaa 8 subaxnimo, 6da bisha February, 2017ka. Isdiiwaangelinta waxa keliya oo aad ka helikartaan seattlehousing.org/waitlist, goobkalena lagama helikaro. Isdiiwaangelintu waa lacag la’aan; hadii aad aragto codsi lacageed oo ku saabsan isdiiwaangelinta waxaad ogaataa in aad goob qaldan gashay. Qaabka keliya oo aaminka ah ayaa waa adiga oo internetka ka gala seattlehousing.org/waitlist.

Marka ay isdiiwaangelintu xiranto, 3,500 oo arji ayaa si nasiib ah looga dooranayaa computerka.

Isdiiwaangelintu waxa ay ufarantahay qofkasta oo 18 sano jira ama kaweyn iyo da’yarta laga wakiilka yahay. Halqof ayaa qoyskasta iska diiwaangelinkara, qooskiina hal mar ayuu is diiwaangelinkaraa.

Waxaa lagama maarman ah in aad hay-satid waxyaabaha hoos ku xusan inta aadan isdiiwaangelinta bilaabin:

- Taariikhda dhalashada iyo lambarka Sooshlka qofkasta oo katirsan qoyskaaga
 - Dakhliga guud ii sanadlaha ah ee qoyska
 - Cinwaan email oo cadaayn u noqonaya isdiiwaangelinta
 - Iyo cinwaan ama address ay SHA ugu soo dirikarto warqad qoysak.
- Faahfaahin dheeraad ah oo ku saabsan mudnaashaha iyo isdiiwaangelinta waxaad ka helikartaan seattlehousing.org/waitlist

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

Life's balancing act: residents learn how Tai chi helps strengthen the mind and body

By SUSANNA LINSE
Seattle Housing Authority

It's a crisp, cold winter afternoon but the community room at Blakely Manor in the University District is warm and welcoming as residents gather for a weekly Tai chi class. Leading the class is Katherine "Kat" Danella, an AmeriCorps Fall Safety Training Specialist with Full Life Home Care.

A recent college graduate, Kat began teaching free Tai chi classes at Green Lake Plaza and Blakely Manor last fall. The program has since expanded to Ballard House, Cal-Mor Circle and Capitol Park. While the program is currently limited to these locations, attendance is open to all Seattle Housing Authority (SHA) residents.

With a bachelor's degree in health sciences and an extensive background in dance, Kat easily took to Tai chi training after joining AmeriCorps in 2016. She particularly enjoys working with seniors and individuals with disabilities and plans to pursue a graduate degree in occupational therapy. Her affection and care for her students is clearly demonstrated as each receives a warm welcome upon arrival.

We begin the class seated in chairs and start with arm exercises and slow movements designed to stretch and open the body. We move to a standing position and follow Kat's slow, graceful movements which include bending forward, backward, sideways, adding a slight bend to the knee, raising one foot, progressing to raising the leg, turning to the left then to the right—and always moving the arms. This continues for approximately 45 minutes until the class ends.

Since this class is the opposite of aerobic exercise, it would be easy to underestimate the powerful benefits of moving slowly and mindfully through each position. The formal name of the program is Tai Ji Quan: Moving for Better Balance® and Kat stresses that balance and fall prevention are key objectives.

The class is tailored for seniors and those with physical limitations. One of the goals is to help strengthen the core muscles in the body as well as ankle and leg muscles which can help with daily movements such as getting out of a chair or even walking.

Since those who shuffle are more prone to falls, improving the stepping process decreases the risk of falling. This is done by practicing small movements such as lifting the foot, lifting the leg and shifting weight between the legs.

One surprising benefit of the class is increased inner tranquility which is achieved from calming the breath and pairing breathing with movement. She says breathing helps with mindfulness and concentration.

"We breathe in when we feel unstable and we breathe out when we are stable. Tai chi is about moving slowly and mindfully. By slowing down our walking pace we not only reduce the *risk* of falling but also reduce the *fear* of falling."

She adds, "Fear of falling keeps people isolated and afraid to leave their homes which can lead to depression. Exercise is the number one way to prevent falls. Through Tai chi, you strengthen your body, increase mindfulness and reduce fear."



VOICE FILE PHOTO

Tai chi classes for seniors and those with physical limitations help calm the mind and body. Slow, deliberate movements also help strengthen balance, as demonstrated in a class taught recently in the Yesler Terrace Community Center.

The class also increases socialization by bringing neighbors together and strengthening a sense of community. Kat has added coffee gatherings at some of the buildings where she teaches, which she hopes will break down intergenerational barriers, one of her personal goals.

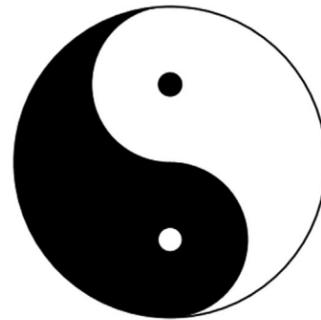
"I love meeting with the residents and hearing about their lives. As a younger teacher, I hope I help them feel more connected to the greater community."

Resident Leigh Erie is a regular attendee at the class.

"It's a great class. Kat is a good teacher—she goes very slow and explains the movements so people can easily follow," Erie said. "I recommend it, even for those who have to remain seated. A weekly class is good because it allows us to be with other people and practice regularly. It's a nice thing to do for oneself and it's free. Low-income people don't have the means to attend exercise classes as they can be very expensive. I try to encourage others to attend. Balance is so important to health."

Kat emphasized, "This is a balance class. If you are afraid of falling, come to this class. If you stick with the program, you will see benefits."

To learn more about the program, please contact Kat Danella at 206-963-5909 or KatherineD@fulllifecare.org. Participants can also just drop in to any of the classes.



Above, the yin yang symbol represents perfect balance. In Chinese philosophy, the two halves show how seemingly opposite forces are actually complementary and interconnected.

The philosophy of yin yang includes:
life and death
heaven and earth
night and day
dark and light
poverty and wealth

Where to take a class

Ballard House: Tuesdays 2 -2:45 p.m.

Blakeley Manor: Wednesdays 1-1:45 p.m., no class first Wednesday of the month

Cal-Mor Circle: Mondays 11:30 a.m. -12:15 p.m.

Capitol Park: Contact Kat Danella for class times

Green Lake Plaza: Thursdays 11:30 a.m. - 12:15 p.m.

A Tai chi primer

Many of the basic Chinese words and commands used in Tai chi are simple to learn. Here's a sampling:

Begin - Kai Shi
Bow - Kow Tow
Emotional mind intent - Shen
Essence - Jing
Explosive energy - Fa jing
Forms - Taolu
Forward stance - Gung bu
Good - Hao (sounds like how)
Goodbye - Zai Jian
Hello - Ni Hao (sounds like nee how)
How are you? - Ni Hao Ma
I - Wa
Internal strength - Neijing
Kick - Ti
Life energy - Qi or Chi
Life energy cultivation - Qigong
Master - Shifu
Meridian - energy pathway in the body
No - Bù (Boo)
Punch - Quan
Pushing Hands - Tuishou
Relaxed body/mental state - Sung
Spirit - Shen
Student - Tu Di
Sword - Jian
Teacher or instructor - Lao Shi
Thank You - Xie Xie
Very Good - Hěn Hǎo (Hung How)
You - Ni or Nee
Work skill - Kung Fu