



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



Neighborhood
House

The Voice

December
2017

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

Thousands receive free care at Northwest's largest medical clinic



PHOTO BY NANCY GARDNER

The fourth annual Seattle/King County Clinic, held Oct. 26 - 29 at KeyArena drew 4,000 people in need of free medical, vision and dental care. Luxury suites were used as private doctors offices while center court was converted into a large dentist office. Since 2014, roughly 14,000 volunteers have helped treat 16,000 patients.

Community health program is a win-win for SHA residents and SU students

BY JOHN YOST
SHA resident

This quarter Seattle University's College of Nursing assigned two students to work with residents at Bell Tower, three at Green Lake Plaza and three at Jefferson Terrace.

"Promotion of Health in Communities" is a course that includes a clinical component of hands-on community health nursing in a community setting like Seattle Housing Authority buildings.

Helping oversee the students is Lisa Skow, a registered nurse and professor at SU.

Skow says that when the students complete their schooling, they will be nurse practitioners in geriatrics, family medicine, midwifery and community/public health nursing.

"By working with Bell Tower residents the student nurses learn about working with residents with a number of medical and mental health issues like diabetes, hypertension, depression and so many more," Skow says.

"In order to provide medical care to their future patients, many of whom will be on restricted incomes, these students need to know what it's like to live on \$800 per month and how this can constrain choices that patients make about their health."

The College of Nursing adds to Bell Tower Apartment's quality of life for our residents. They host classes on cooking, foot care and health of our mind, body and spirit.

Please see "Nursing" on Page 3

What to expect when they're inspecting

SHA answers residents' most frequently asked questions about housing inspection procedures

BY SEATTLE HOUSING AUTHORITY

Some Seattle Housing Authority residents are curious to know more about the inspection process. Here are answers to your most common questions, as well as a short profile of Pamela Brunner, the woman in charge of it all.

Why does Seattle Housing Authority conduct inspections?

The U.S. Department of Housing and Urban Development requires that HUD-funded public housing authorities conduct regular inspections to ensure that units are properly maintained. Occasionally, in addition to HUD-required inspections, entities involved in building or financing SHA housing have separate inspection requirements.

How frequent are the inspections and what do they cover?

SHA inspects each dwelling unit prior to move-in, at least biennially (every two years) after move-in and at move-out.

In-unit smoke detectors are tested at a minimum of once a year and building exteriors, grounds, common areas and systems are also routinely inspected. SHA may conduct a special inspection for any of the following reasons: sanitary housekeeping issues, unit condition, suspected lease violation, preventive maintenance, routine maintenance and emergency situations.

Although inspections can seem like an inconvenience, they allow SHA to keep resident housing and building common areas in good repair, make sure things are safe and maintain a healthy living environment.

What can residents expect at the time of inspection?

SHA will provide written notice of the date and time of the annual inspection, which will be conducted during normal business hours.

Please see "Inspections" on Page 4



Seattle University College of Nursing students Mary Ann Fombu and Bridgett Chandler apply their clinical skills to treat residents of Bell Tower. The pair created workshops on nutrition, stress management, foot care, and health bingo to help satisfy the requirements of a course they are taking this quarter called Promotion of Health in Communities.

PHOTOS BY JOHN YOST

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A shorter Voice

The December 2017 issue of The Voice features a four-page front section. We'll return to our standard length of eight pages next month.

Health Notes

R A column devoted to your well-being
How to keep the stress in your life at bay

BY KATHERINE ALLAN
Neighborcare Health

Stress is a common occurrence for many people, but how stressed is “too stressed?” When stress begins to put a damper on the activities you normally enjoy, it could be a good time to talk to your doctor. Your doctor can help suggest ways to ease your stress and help control it before it takes control of you.

How can I tell if my stress is serious?

Some signs that stress may be harming you include: racing thoughts (especially while trying to fall asleep), trouble sleeping or feelings of loneliness, frustration anger, or of being trapped.

Ongoing stress can cause

changes in your body that make you feel hopeless or lose interest in the things you used to enjoy. Depression, for example, can happen to anybody at any time in life and is nothing to feel guilty or embarrassed about. More than 300 million people in the world struggle with some form of depression, according to the World Health Organization.

Simple tips to try right away

Your doctor can work with you to find ways to manage stress that are specific to you. But in the meantime, here are some helpful wellness tips to relieve stress and to ask about at your next doctor’s visit:

- Take a walk, ride a bike—get outside
- Eat healthy foods and drink more water
- Get at least seven hours of sleep when you can (if you have trouble == sleeping, talk to your doctor)

- Do something you enjoy, like drawing, playing a game or listening to music
- Watch a funny video, read a funny story or spend time with people who make you laugh
- Write down your feelings, thoughts or worries
- Make a short list of things you’re grateful for each morning
- In moments of stress, practice taking a deep breath in, hold it and count to 10, then slowly let it out again. Repeat several times

- Call a friend, family member or spend time in a community space with other people

Take it slow and easy

Changing exercise, sleep and eating routines are easier if you make simple plans and build healthier habits gradually. For example, try adding one vegetable dish to your day or walk around the block

each morning.

If you feel overwhelmed and would like to talk to someone, you can call the crisis phone line at 1-800-273-8255 anytime, day or night, or send a text message to the Crisis Text Line at 741741. To learn more about the Crisis Text Line visit the website www.crisistextline.org.

And if you don’t currently have a doctor, visit neighborcare.org/clinics to find a clinic near you.

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.

Trouble sleeping
Always worrying
Overreacting
Racing thoughts
Loneliness
Feeling overwhelmed
Heartburn or chest pain
Nervousness or panic
Frustration

Be Safe

Seattle Neighborhood Group: 30 years of crime prevention efforts

BY MINH NGO
Project Coordinator

Seattle Neighborhood Group was founded in 1988 as an answer to the profound inadequacy of communication between community members and the police at the time. Since its formation, SNG has been working with neighborhoods all over Seattle, consistently and successfully helping reduce crime.

Kay Godefroy, founder and former executive director of SNG, recently shared her story of how SNG was created and the roots of its 20-year partnership with Seattle Housing Authority.

Q: How did you come up with the concept which formed SNG?

A: It was a very interesting beginning. I was working for the local Rainier Chamber of Commerce as the executive director, when crack cocaine and California gangs invaded the community. It quickly became frightening. There were people throwing rocks through businesses’ windows to get petty cash boxes. We had lots of drive-by shootings and innocent bystanders getting shot.

“Working with the police and the volunteers in South Seattle, we realized that by working together, we could reduce crime.”

And there were people renting homes and apartments and dealing drugs out of them, right in somebody’s neighborhood. That was actually the birth of SNG’s Landlord Training program, to teach landlords and property managers how to keep their properties safe.

Working with the police and the volunteers in South Seattle, we realized that by working together, we could reduce crime. It is a gutsy thing to say, that what we do re-



SEATTLE NEIGHBORHOOD GROUP

duces and prevents crime, but it is true. I took that concept and formed Seattle Neighborhood

Group and took it to the rest of the city. It was also the real beginning of community policing in Seattle.

Q: What were some of the challenges you faced in the early days?

A: The problem right at the beginning was that the police didn’t really want to work with us. It was new for them to formally work with communities to solve problems and now it is totally acceptable. It used to be just reporting crime and the police went away and did something. There was no back and forth at all. So just getting them to sit at the table and work collaboratively was the biggest challenge. And it was huge. It took about a year to make that happen.

At that time, the community and the police didn’t work together at all and we wanted to change that. We were trying to get the police to work with the community to find solutions, and help identify and prioritize problems. We might have the same lists but very different priorities. For instance, the police’s priority was going after the top of the drug dealing businesses whereas for the community, it was the bottom that was impacting them.

Q: How did the partnership with Seattle Housing Authority form?

A: We had a contract with SHA for many years, staffing crime prevention coordinators right in the garden communities. We had people at High Point, Holly Park, Rainier Vista and Yesler Terrace.



Kay Godefroy

Please see “SNG” on Page 3

Next RAC meeting: Jan. 10

Members of Seattle Housing Authority’s Resident Action Council will be taking December off.

The next RAC meeting will take place Wednesday, Jan. 10, 2018.

All SHA residents are welcome to attend monthly meetings and join in on the discussion which starts at 1:30 p.m. A potluck 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.

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 SHA. 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.net.

Knitting & Hand Sewing Club

Please Join Us

Hand Made With Love

Hand Made

Sunday 12/3/2017
11:00 AM-1:00 PM @ Hoa Mai

It's easy being green

Confused about recycling, composting and yard waste? We have the answers



This month: how to dispose of kitty litter, and what to do with all of that holiday packaging and wrapping paper

Editor's note: As an Environmental Stewardship and Sustainability Analyst for the Seattle Housing Authority, Anna Dyer creates healthier working and living environments for staff and tenants. Anna knows that "being green" isn't always easy, but thinks it should be! She welcomes your questions about recycling, composting or other environmental topics. Send them to her at GreenQuestions@seattlehousing.org. We might feature and answer your question in her next column.

BY ANNA DYER
Seattle Housing Authority

Greetings Readers!

Welcome to the second installment of "It's Easy Being Green," in which we attempt to demystify recycling, composting and other environmental topics. *Voice* reader Bruce wrote to us with this question:

Q: What should I do with used kitty litter?

A: Kitty litter and pet waste should be bagged, firmly tied shut and put in the garbage.

Special Edition: Holiday questions

Since we are in the midst of the holiday season, I thought I'd take some time to answer holiday-specific questions that came across my desk.

While spending time with friends and family is usually the centerpiece of the holiday season, it's also a time of year that many people celebrate by exchanging gifts and enjoying a second helping of their favorite foods. During this season we confront a whole host of special eco-challenges, such as: What to do with all that wrapping paper? Who brought the fruit cake?!? And more importantly, is it compostable?

Q: Help! There are umpteen types of plastic packaging. Is any of it recyclable?

A: Consumers now make more than 50 percent of their purchases online, which means packaging, packaging and more packaging. Almost all plastic packaging is not recyclable in your residential cart or dumpster.

Here are some of the most common types that belong in your garbage bin:

- Bubble pack envelopes*
- Bubble wrap*
- Styrofoam*

- Tyvek envelopes
- The almost-impossible-to-open clear packaging that often encases small electronics, batteries and many other items
- Shrink-wrap*
- Packaging peanuts*

*These items may be recycled at special drop-off locations. Styro Recycle has a free drop off center at 23418 68th Ave S, Kent, WA (www.styrorecycle.com or 253-838-9555) that accepts bubble wrap, Styrofoam, shrink-wrap and packaging peanuts.

Q: It's the thought that counts, but I'm allergic to the scented candle my aunt gave me and just can't keep it. What are my options besides sending it to the landfill?

A: It happens to all of us at one point or another—getting the gift you just can't keep. Instead of tossing it, you can always (strategically) re-gift, sell or choose one of these other options:

- Goodwill: Drop off locations around the city that accept most lightly used items. Seattlegoodwill.org, 206-860-5711
- BuyNothing: An online, location-specific, Facebook community that facilitates neighbors gifting free items to each other. Visit www.buynothingproject.org

Q: What do I do with all this wrapping paper and trimmings? What if the wrapping paper has tape on it?

A: Wrapping paper, paper gift bags, boxes and tissue paper can all be recycled, just remember to remove gift bows and ribbons and toss those in the trash. No need to remove the tape prior to recycling.

Q: No seriously, is fruit cake compostable? I can't stand another bite.

A: Yes, fruit cake and any other unwanted or spoiled food scraps should go in with food and yard waste. At this time of year when many people pull out all the stops in the kitchen, consider planning meals to avoid wasted food. Seattle Public Utilities' Love Food, Stop Waste Program has some great meal-planning tools: www.seattle.gov/util/reducereuse

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An evaluation funded by the Institute of Education Sciences is being conducted at the Bellevue College location to help us learn how well the Year Up PTC program is working to help participants. Only applicants who, after learning about the study, are willing to participate will be eligible for enrollment. Individuals who are eligible for the program and agree to participate in the study will be selected into the program based on a lottery.

SNG

Continued from Page 2

We have specifically worked with communities with the fewest resources and are impacted the most by crime. There was a lot of drug dealing, gangs and burglaries happening in those communities and we just kept systematically tackling each problem.

At one time, the Yesler Terrace community actually had some of the older residents sitting at a card table at the corner of Yesler and Boren just to play cards to keep the drug dealers from working the corner. Working with people like that was inspiring, because these were the people who were living right there and they were putting themselves in danger to make their community safer.

Q: Do you have any advice for readers in terms of keeping themselves safe?

A: Build community. If you know your neighbors, you're going to be safer. For example, parents often get to know other parents through the schools their kids go to, and those relationships are usually long-lasting.

People get to know each other when they get involved in the community clubs, even the farmers markets. A lot of it is also grassroots organizing. Almost every community has an organization that is doing outreach and trying to bring the community together, but you have to find out who they are. Try to get to know the people who live around you and it will really make a difference.

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 info@sngi.org or 206-323-9666.

Nursing

Continued from Page 1

Skow and her two nurses assigned to Bell Tower will unfortunately be leaving us after fall quarter. They do such a great job for our residents. I have watched her and she sees quite a few of our residents when she comes to us in our office. This is a program I would recommend for all SHA sites. Many residents need the extra care and attention to ensure they are physically and mentally well.

Bridgett Chandler and Mary Ann Fombu are this quarter's students from the Seattle University College of Nursing. They have done an outstanding job caring for us. Both

say they got started in the field of nursing for the one-on-one care they can provide. They enjoy the friendships and results that nursing care brings. They have provided many smiles and conversations. We will miss these women dearly but look forward to new nurses visiting us next year.

The Bell Tower Resident Council shares the office with the nurses and both have similar mission statements: both want to provide an enhanced quality of life for our residents.

Sure, medical care is not the Council's responsibility, but providing a better living experience is. Our Council tries to make residents' lives more fulfilling by hosting holiday dinners, lobbying for needed ser-



Mary Ann Fombu provides massage therapy for residents at Bell Tower.

vices like more security, and communicating with SHA management about holding extra activities to bring more fun to all.

SHA has been and continues to be great partners in this journey of better living. Together we created a nice garden on our property. We now have Wi-Fi available in the community room, and a library for the residents. We are proud of our community and these accomplishments.

What this all means is that with agencies like the College of Nursing, lives are changed and quality of life is greatly improved. Let's continue these kinds of partnerships for the greater good of everyone!

Yost is president of Bell Tower Resident Council.

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS



Free after-school meals for kids and teens through June 2018

The Seattle Public Library has partnered with Food Lifeline, Boeing and the USDA to bring healthy and kid-friendly foods to three library locations. Free after-school meals are available for all youth ages 18 and under for the remainder of the school year, which ends on June 22, 2018.

Library programs are free and everyone is welcome. Free parking is available at all three locations. Dates, times and locations for the Kids Cafe After-School Meals are as follows:

- 3 p.m. to 4 p.m. every weekday at the Broadview Branch, 12755 Greenwood Ave N, 206-684-7519
- 2:45 p.m. to 3:30 p.m. every weekday at the High Point Branch, 3411 SW Raymond St, 206-684-7454
- 3:45 p.m. to 4:15 p.m. every weekday at the South Park Branch, 8604 Eighth Ave S, 206-615-1688

All kids are welcome—no proof of income, address or citizenship is ever required. Kids Cafe meals are specifically selected to appeal to kids' notoriously picky palates and to meet their special nutritional guidelines. For more information, call 206-386-4636.

Inspections

Continued from Page 1



- Let your property manager know of any accommodations you might need
- Refer to the house rules you received at move-in; if you don't have them, or have questions, ask your property manager

On the day of your inspection, restrain your pets

Meet SHA's housing inspector

Pamela Brunner has worked at SHA for more than eight years and has met many residents in numerous SHA communities.

She said recently, "I really enjoy working in this position and I care for the residents we house. I feel like I can really make a difference in creating a safe living environment."

And people are noticing just how much Pamela cares. One resident recently sent a note to Pamela about her experience with an inspection.

"I truly and completely want you to know how much we all appreciated and welcomed your professional manner, combined with the graciousness and courtesy demonstrated," the resident wrote. "It shows that professionalism is not exclusive to the respectfulness and dignity you exhibited."

If you see Pamela out and about, say "Hi!" She is interested in helping each resident have a positive inspection experience.

If a resident needs to reschedule an inspection, they must notify SHA at least 24 hours prior to the scheduled inspection. SHA will reschedule the inspection no more than once unless the resident has good cause to delay the inspection further; verification of the cause may be required.

Except at move-in inspections, residents are not required to be present for the inspection. The resident may attend the inspection if he or she wishes. If no one is at home at the pre-arranged inspection time, the inspector will enter the unit, conduct the inspection and leave a copy of the inspection report in the unit.

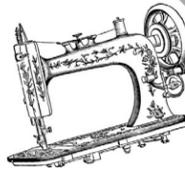
Is there anything residents need to do to prepare for an inspection?

Early preparation is the best way to be ready for any inspection. Here are some tips:

- Prior to your inspection, submit work orders for damaged items or needed repairs
- Put new batteries in your smoke detectors and report beeping detectors
- Clean your unit and clear any clutter

The Artisans Collective

Sewing Workshop
Meeting Every Friday
5:00 PM - 8:00 PM



Meet our wonderful teachers

Claire Beaumont

"I am an artist, sewer and activist, invested in creating meaningful relationships and emotional value with clothing through creative problem solving and self expression."

Marlena Dougherty

"Everyone contributes to the atmosphere they exist in. I believe that teaching can be most effective when students are given the tools to harness self direction through authentic collaboration."

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✉ For more information - outreach@seattlemuses.com

📌 Following us at Facebook - @artisanscollectiveseattle

SHA community residents honored for volunteerism and goodwill

By ANDY CHAN
SHA Community Builder

The seventh annual Volunteer Recognition Celebration sponsored by Resident Action Council and the Resident Leadership Development Team took place on Saturday, Nov. 11 at El Centro de la Raza. The event was established to give thanks to a few of the many people who make the lives of other Seattle Housing Authority residents a little bit better. Honorees were nominated by their neighbors, their resident councils, and Community Builders.

The roll of honorees came from many different SHA communities across Seattle and highlighted the wide range of ways that people make a difference. Some, like Chris Ethington of Green Lake Plaza and Susan Pratch of Olive Ridge were credited with tireless work advocating through resident councils for their neighbors. Others, such as Geraldine Duncan and Connie Hart of Queen Anne Heights, or David Dorais of Jackson Park House were honored for stepping up and spending many hours organizing social events for their communities. Jamilla McDaniel was recognized for staffing the computer lab at Ross Manor and Frances Prasad for helping distribute food bank deliveries at Westwood Heights.

The event was emceed by longtime Yesler resident and activist Kristin O'Donnell, who took a moment on Veterans Day to thank those who served. RAC and RLDT representative Anitra Freeman (of International Terrace) gave an impassioned speech on the need to address the homeless issue in Seattle.

Honorees included the following: **Paige Wheeler** - Ballard House, **Judy Frey** - Ballard House, **Marv Loveness** - Barton Place, **Patsy Taylor** - Bell Tower, **Sharon de la Cruz** - Bell Tower, **Cindy Crandall** - Cal-Mor Circle, **Boe Oddissey** - Capitol Park, **KJ Gratteau** - Capitol Park, **Jane Schimmelfennig** - Center West, **Joey Stanton** - Center West, **Christina Sargent** - Green Lake Plaza, **Chris Ethington** - Green Lake Plaza, **True Keate** - Green Lake Plaza, **Eric Niles** - Harvard Court, **Gui Juan Chen** - International Terrace, **Ron Johansen** - International Terrace, **David Dorais** - Jackson Park House, **Lynda Musselman** - Lake City House, **Susan Pratch** - Olive Ridge, **Geraldine Duncan** - Queen Anne Heights, **Connie Hart** - Queen Anne Heights, **Jamilla McDaniel** - Ross Manor, **Cricket Thompson** - Stewart Manor, **Leasa Grove** - Stewart Manor, **Olla Pinder** - Tri-Court, **Elizabeth Kennedy** - University West, **David Merrow** - University West, **Frances Prasad** - Westwood Heights, **Georgia Hinton** - Yesler, **Kim Do** - Yesler.