



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



# The Voice

April  
2018  
*Articles translated  
into six languages*

The newspaper of Neighborhood House — visit our website at [www.voicenewspaper.org](http://www.voicenewspaper.org)

## Mayor's free college tuition agreement signed by Seattle Colleges, Seattle Public Schools

*High school students enrolled in fall 2019 will be eligible for two free years of college*

BY CITY OF SEATTLE

Seattle Mayor Jenny A. Durkan, along with Seattle Colleges Chancellor Shouan Pan and Seattle Public Schools Superintendent Larry Nyland, signed a partnership agreement entering into a collaborative partnership to implement the Seattle Promise Program in the upcoming years.

"This partnership is a critical step towards creating an affordable future for the next generation," said Mayor Durkan. "Barriers to college often span generations, and for too long have held back communities of color, immigrants and refugees. Seattle Promise will open doors and change the lives of our young people by creating true economic opportunity for Seattle students."

*"The Seattle Promise will make college a reality for more Seattle Public School graduates, particularly those who see cost as a barrier."*

"Seattle Public Schools aim to provide every student an excellent education and the opportunity to attend college. The Seattle Promise will make college a reality for more SPS graduates, particularly those who see cost as a barrier. I am really excited and grateful to the City and Seattle Colleges for this partnership," said Dr. Larry Nyland, Seattle Public Schools Superintendent.

"Research suggests that obtaining a high school diploma and one-year of college is the critical tipping point for many students to earn living wage jobs or continue their education," said Seattle Colleges Chancellor Shouan Pan. "Through strong partnerships like the one we signed today we can build a bright future for the youth in Seattle for years to come."

In November 2017, Mayor Durkan signed an executive order directing the City of Seattle to create the Seattle Promise College Tuition Program. The Seattle Promise College Tuition Program will expand on the successful 13th Year Promise Scholarship from serving three high schools to serving six high schools—Chief Sealth, Cleveland, Garfield, Ingraham, West Seattle

and Rainier Beach. Beginning in the fall of 2018, current 13th Year Promise Scholarship students will be eligible for an additional 14th year of tuition support.

When fully implemented, the Seattle Promise will provide two years of free college for all Seattle public high school graduates, removing financial barriers to higher education facing many Seattle public school students. Seattle Promise students will have the opportunity to obtain up to 90 credits of instruction towards a degree, credential, certificate or pre-apprenticeship program.

## SHA resident tech support goes mobile

BY BEN WONG  
SHA resident

The City of Seattle awarded a Technology Matching Funds grant to Full Life Care to provide a mobile computer lab for nine Seattle Housing Authority communities. SHA residents were involved in the grant's application and several residents are teaching computer classes in the Mobile Computer Lab.

The Lab visited Olive Ridge in March and will be at the following properties this spring: Ballard House, April 2-18; University West, May 7-23; Center West, June 4-20.

Additional classes will be scheduled later this year for University House, Bell Tower, Ravenna School Apartments, Schwabacher House and Cedarvale House.

For more information about the Mobile Computer Lab, contact Ken Smith at Full Life Care, [KenS@fulllifecare.org](mailto:KenS@fulllifecare.org).



Ben Wong answers questions about composing email from Olive Ridge resident, Tefra.

### *Celebrate student achievements at NewHolly on April 5*

BY SHA STAFF

In March, students at Aki Kurose Middle School and Asa Mercer Middle School participated in an attendance challenge. Seattle Housing Authority and Seattle Public Schools staff will recognize SHA students who achieved perfect or improved attendance at a celebration event at **NewHolly's Gathering Hall on Thursday, April 5, from 6 p.m. to 7:30 p.m.**

All NewHolly residents are encouraged to attend the event and celebrate these students' achievements and help emphasize the importance of being at school every day. There will be prizes, food and ice cream at the event.

Neighborhood House  
The Weller Building  
1225 S. Weller St. Suite 510  
Seattle, WA 98144

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### In this issue

**Health Notes**  
Proper nutrition is the key to good health

Page 2

**SHA News**  
There's a new CAT in town

Page 3

**Translations**

Page 7

# Health Notes

**R** A column devoted to your well-being

*Good health begins with good nutrition*

BY NEIGHBORCARE HEALTH

According to the Centers for Disease Control and Prevention, people who eat a diet rich in fruits and vegetables are likely to have a lower risk of heart disease, diabetes, cancer and many other ongoing health issues. Healthy eating habits can help you control your weight, improve your mood, combat diseases, boost energy levels and live a longer life.

But how do you get started? There are many budget-friendly options available to help you make healthier food choices.

### Apply your SNAP/EBT benefits at your local farmers market

Farmers markets around the area offer a bounty of fruits and vegetables through fall. The Fresh Bucks program allows SNAP/EBT recipients (a food assistance program called the Supplemental Nutrition Assistance Program) to double their dollars at all participating farmers markets in Seattle and King County. For example, if you apply \$5 in SNAP/EBT, you'll receive an additional \$5 in Fresh Bucks to spend.

Over 30 farmers markets, farm stands and grocery stores in the Seattle area participate in the Fresh Bucks program, making farm-fresh fruits and veggies accessible to all residents regardless of their budget. In addition to providing families with healthy food choices, the Fresh Bucks program also helps support local food producers.

### How to use Fresh Bucks

Step 1: Go to your farmers market information tent.

Step 2: Swipe your EBT card for Fresh Bucks.

Step 3: Double your dollars.

Step 4: Shop for fresh produce, including fruits, vegetables, herbs and more.

Go to [freshbucksseattle.org](http://freshbucksseattle.org) to find a complete list of participating farmers markets.

### Try growing your own

Starting an edible garden is easy inexpensive and fun. Patios, balconies, and porches can all be converted into small outdoor gardening spaces to plant carrots, strawberries, beets and other easy-to-grow edible plants. Renters can ask property management if they can use garden beds, rooftops or empty spaces around their buildings to grow fruits and vegetables.

If outdoor space is unavailable, plant herbs like mint, chives and oregano in pots and place them on a sunny windowsill. Herbs are easy to grow and add flavor to meals.

Here are some low-cost ideas to help aspiring gardeners get started:

- Grow from seeds (store leftover seeds in a cool, dry place to reuse them next season).
- Fill an old kiddie pool with soil to make a garden bed. Punch holes in the bottom for drainage.
- Reuse wood pallets to make a space-saving vertical garden.
- Punch holes in the bottom of empty coffee containers to make pots for herbs.
- Look online for your local Craigslist "Free List," Freecycle Seattle, or a Buy Nothing Group for garden supplies like compost, pots and live plants.
- Buy vegetable starter plants at a farmers market using Fresh Bucks.

Go to [seattle.gov](http://seattle.gov) for more information about growing food in the city.

### Visit a food forest

The Beacon Food Forest in Beacon Hill was the first edible park in Seattle, and includes a berry patch, nut grove and edible garden where visitors can forage for food free of charge. There are also family-friendly work parties and a kid's area. The five-plus-acre food forest offers many free and discounted classes to educate visitors about the forest and gardening.

Sign up for The Beacon Food Forest's newsletter at [beaconfoodforest.org](http://beaconfoodforest.org) to receive information about work parties, classes and more.

### Learn more about nutrition

Talk to your medical provider about your options for meeting with a nutrition expert who can help you find ways to switch to healthier eating. Neighborcare Health patients can make a free appointment with a Neighborcare Health nutritionist. Nutritionists can help patients of all ages and from all cultures.

In addition, the WIC program (Women's Infant Children's) is a program for pregnant women, breastfeeding women and children under five years old, offering food assistance, nutrition education and more. Call the Family Health Hotline 1-800-322-2588 or text "WIC" to 96859 to find a location 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 50 years. More information is available at [www.neighborcare.org](http://www.neighborcare.org).*

# Be Safe

*Get help from the city to get some spring cleaning done*

BY MINH NGO

Project Coordinator

Get ready to put the rainy and gloomy winter behind us because daylight saving time is back and spring arrived March 20!

What a perfect time to get outside, enjoy the sun and tidy up your home and your neighborhood. Community-led events in which neighbors take care of common spaces together can create a positive image, reputation and a sense of community activation that can deter criminal activities.

Seattle Neighborhood Group would like to give you a few guidelines and safety tips to kick start a productive season and make the best out of this beautiful weather!

Spring Clean Neighborhood Cleanup is Seattle's major clean-up event. Held each year in April and May through partnerships with Seattle Public Utilities, Seattle Parks and Recreation, Seattle Department of Neighborhoods, and Seattle Department of Transportation, Spring Clean provides opportunities for residents to keep our city tidy.

Use the following link to sign up and receive City support to clean up your neighborhood: [www.seattle.gov/util/SpringClean/](http://www.seattle.gov/util/SpringClean/)

And for more information, contact the **Spring Clean hotline at 206-233-7187**.

### How to get your neighbors involved

**Tell them.** Knowing your neighbors and knowing them well is a great asset for community activities. If you already see your neighbors regularly, setting up an event like this together should be a walk in the park (literally).

**Introduce yourself and go door-to-door.** If you haven't gotten the chance to get to know your neighbors yet, this is the perfect opportunity to start off on the right foot. This also means that the very first impression they will get from you is that of a great neighbor who is organizing a fun event that will benefit the whole community.

**Create a promotional flyer.** A great way to get the word out there is to distribute flyers at nearby local businesses, grocery stores and the local community center's bulletin board.

*Seattle Neighborhood Group educates, organizes and collaborates with residents, businesses, government entities and other organizations to create safe communities through equitable engagement, with a focus on underserved populations. Contact Minh at 206-323-9666 or [minh@sngi.org](mailto:minh@sngi.org).*



**Find them on Facebook.** Sometimes, neighborhoods create Facebook group pages. If your neighborhood is represented on a Facebook group, send a request to join (these group pages are generally closed).

**Ask yourself, who else is out there?** Contact your local schools, churches and non-profit organizations to find other resources and families in the area. You may find people who share the exact same idea and you may just have beat them to it!

### Safety Tips

**Plan ahead.** You will need time to organize your event and it's best to start planning now. Seattle Public Utilities typically provides safety vests, gloves and other resources for Spring Cleanup projects.

**Wear orange vests.** Make sure that everyone, especially little ones, stay visible on the street to avoid getting hit by cars and bikes.

**Wear gloves.** Never touch anything bare-handed and watch out for hypodermic needles.

**Children need to be assigned adult supervision.** Never let the kids wander around without a parent or guardian close by.

**Keep plenty of water on hand and a first aid kit on-site.** And remember to keep calm and know what to do or who to call in case of injury or emergency.

**Leave your block cleaner than when you started.** Believe it or not, piles of trash or leaf litter left overnight can render all your hard work futile by the next day. Arrange for the garbage drop-offs or pickup in the same day or as soon as possible.



**Need help but don't know where to turn?  
Dial 2-1-1 to find social services such as...**

- Caregiver & Disability Resources
- Housing & Shelter Information
- Rent & Utility Assistance
- Health & Dental Care
- Food & Clothing
- Legal Help

Language interpretation available



Toll Free 800.621.4636  
[www.crisisclinic.org](http://www.crisisclinic.org)

### The Voice

#### Editor

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206-461-8430, ext. 2051  
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#### Contributing Writers

Ben Wong

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](http://www.nhwa.org) and at [www.voicenewspaper.org](http://www.voicenewspaper.org)

## Center Park meets their new CAT



BY SEATTLE HOUSING AUTHORITY

Solid Ground and King County Metro introduced the new Community Access Transportation bus to Center Park residents on March 6.

The new bus is a low-floor vehicle having the ability to accommodate up to six wheelchair users and people using walkers, plus up to 15 people who do not use mobility devices. This new vehicle, which will be operated by Solid Ground, replaces two 35-foot vehicles owned by METRO that served Center Park for over 20 years and were ready to be retired from active service.

A grassroots movement persuaded the King County Council to reverse an earlier decision to terminate services in the area. The CAT bus is prioritized for Center Park residents but accessible to qualifying individuals living in the Judkins Park neighborhood.

*At left, King County Councilmember Larry Gossett and Center Park residents gather in front of the new Community Access Transportation bus.*

### April 11 RAC meeting

BY RESIDENT ACTION COUNCIL

Whitney Joy Howard and Rob Parfet, Supportive Housing Managers with the Aging and Long-Term Support Administration, will be speaking about Healthier Washington Medicaid Transformation's Initiative 3 — Foundational Community Supports. They will specifically address Supportive Housing services and eligibility.

April is also RAC election time! RAC needs your talents. RAC needs your energy. RAC needs your vision. If you would like to consider running for office, please attend the April RAC meeting or contact Dorene Cornwell, 206-650-3035 or [dorenefc@gmail.com](mailto:dorenefc@gmail.com)

RAC has a new email address which will be checked daily: [SeaRac2018@gmail.com](mailto:SeaRac2018@gmail.com).

All Seattle Housing Authority residents are welcome to attend and join in on the discussion which begins 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.

### SHA welcomes new community builder

BY SHA STAFF

Nancy Mero was recently hired as the new Community Builder for the Seattle Senior Housing Program and Lake City Court. Nancy has been with Seattle Housing Authority since 2011; her first position was as a landscaper.

"I knew that I wanted to work for the Seattle Housing Authority because of my belief in the importance of decent, safe, affordable housing for everyone," Nancy said.

Having filled in as the temporary Community Builder for the past five months,



Nancy Mero

Nancy is looking forward to deepening the relationships she has begun with SHA community members, partner organizations and coworkers.

### Technology Matching Fund application process is open

BY CITY OF SEATTLE

The City of Seattle Technology Matching Fund program invites community organizations and nonprofits to apply for grants up to \$50,000 each. The grants are designed to help improve digital equity through projects that support the community.

"From computer labs to STEM programs, job training, and teaching parents how to use a laptop or tablet, the work of these technology grants help connect communities that have limited access to technology year after year," said Seattle Council President Bruce Harrell. "We look forward to hearing the projects this year's applicants present."

The City seeks applications for projects that increase access to free or low-cost broadband, empower residents with digital literacy skills, and ensure affordable, available, and sufficient devices and technical support. The fund gives matching dollars for community-driven projects. City funds are matched by the community's contribution of volunteer labor, materials, professional services or funding.

**The application deadline is Monday, May 7, at 5:00 p.m. For more information and application materials, go to [www.seattle.gov/tech/tmf/](http://www.seattle.gov/tech/tmf/).** If you have questions about applying for funds or would like to discuss your project idea, please contact [communitytechnology@seattle.gov](mailto:communitytechnology@seattle.gov) or 206-233-2751.

For application assistance, contact Delia Burke, 206-233-2751, [delia.burke@seattle.gov](mailto:delia.burke@seattle.gov), or Vicky Yuki, 206-233-7877, [vicky.yuki@seattle.gov](mailto:vicky.yuki@seattle.gov).

### Looking for employment or training in healthcare?

Inquire now about **CareerConnect** at Neighborhood House

#### Services offered:

Job Readiness Workshops  
Support with healthcare training  
Employment Placement Assistance  
Support Services  
Case Management Support



#### Eligibility:

18 years or older  
Eligible for Basic Food/SNAP

Seattle City resident  
US work eligible

**Interested?** Call (206) 483 - 5114 or email [tedj@nhwa.org](mailto:tedj@nhwa.org)



CareerConnect is a Neighborhood House and Seattle Jobs Initiative partnership





**DELRIDGE GROCERY**  
A COMMUNITY CO-OP

We are hosting a **COMMUNITY LISTENING SESSION** to gather feedback and participation from the Delridge Community for the Delridge Grocery Co-op!

When: April 25th, 6-8pm  
Where: High Point Neighborhood House  
6400 Sylvan Way SW, Seattle

We will be providing interpretation services, dinner, and childcare

If you are interested in participating, please email Isabella Wong at [isabellawong868@gmail.com](mailto:isabellawong868@gmail.com)

[delridgegrocery.coop](http://delridgegrocery.coop) 



**FRIDAY APRIL 6TH**  
**4:30-6:30PM**  
**RAINIER VISTA**

SNOQUALMIE ROOM  
2917 S SNOQUALMIE ST



SUMMER OPPORTUNITIES,  
JOBS AND SERVICE PROJECTS  
FOR YOUTH AGES 12 TO 24

**YOUTH RESOURCE FAIR**

**SPRING YOUTH**

**APRIL 9** **1 - 3 PM** **AGE: 12 - 24**

**RESOURCE FAIR**

**NEWHOLLY GATHERING HALL**  
**7054 32ND AVE S**

Questions? Please call Ty Edwards at (206) 883-7841



**Letters to the editor**  
*Readers of The Voice speak out*

**"Unhoused" is a better term for the homeless**

Dear Editor,

I think we should switch from using the biased, dehumanizing term, "homeless" to "unhoused."

When I lived in Tent City, many of my neighbors held jobs. Yet there's the perception that the unhoused are chronic, public nuisances, but this just isn't true.

"Unhoused" provides a sort of light at the end of the tunnel. And if we start using this term instead of its outdated, negative alternative, we can hopefully raise our level of consciousness of people who are less fortunate than those of us who have a roof over our heads.

Sincerely,  
Boe Samantha Oddisey  
Capital Park

Join us for the 6th Annual

**West Seattle Bee Festival**  **MAY 19**

**11 AM Kids Costume Parade**  
**Noon Bee Hive Demo**

Saturday, 10 AM — 3 PM,  
High Point Commons Park &  
Neighborhood House

**11 - 2 Vendor Fair**  
**Art & Science activities**

Details on our website  
[westseattlebeegarden.com](http://westseattlebeegarden.com)

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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 SHA 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](mailto:nancyg@nhwa.org).

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

# Bits & bytes

## #MobileTechLabsRock

*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 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

Hello again friends, it's your neighbor from Olympic West. I have exciting news about a technology grant that SHA residents requested from the City of Seattle that got renewed for this year.

It's called the Mobile Computer Lab project and it is intended to be a computer lab that myself and two other SHA residents, Elizabeth Kennedy and Al Yardley, will bring to various SHA and SSHP buildings to teach classes on computers (essentially, a box full of laptops and tablets with a WiFi hotspot).

We'll have 10, two-hour classes at each building. There's a general structure for the sorts of classes we'll teach by default (see chart at right), but if you have advanced questions, it's worth a shot to show up for a class.

In buildings where no one needs introductory training, I'll skip that and teach whatever people want to learn. (Example questions: How do I create a memorable password? Can I print a 3-D part for a model airplane? What is "artificial intelligence"? How do I reset my password? Is it safe to shop online? How do our building keycards work?)

**All classes start at 2:00 p.m., have a break around 3:15 and finish at 4:30 p.m.**



SHA computer instructors, including Elizabeth Kennedy, shown with Olive Ridge resident Lanel, are teaching their way around the housing community and Seattle Senior Housing Program sites. Equipped with laptops used to teach basic computing, the Mobile Computer Lab is made possible by a grant from the City of Seattle.

PHOTOS COURTESY OF BEN WONG

The "tech support" days are not classes, but are an opportunity for individuals to ask me any questions, including bringing in their computing devices to see if I can help. However, if a building shows enough interest in a topic in the first week, I may be able to create a completely new class by the second week specifically for that building.

While the Mobile Lab will provide laptops to use in the class, if you have one of your own you are highly encouraged to bring it to class to learn on.

Here's the general schedule for the three weeks we'll be at each building:

Monday	Tuesday	Wednesday	Thursday	Friday
Ben Introduction to Computing	Ben E-mail, your key to the Internet	Elizabeth Word Processing I	Elizabeth Spreadsheets I	
Ben Tech support (or building specific class)	Ben Tech support (or building specific class)	Elizabeth Word Processing II	Elizabeth Spreadsheets II	
	Al Tablets and Phones	Al Tablets and Phones		



## Teens with overdue fines get a Fresh Start

Since 1999, The Seattle Public Library's Fresh Start program has given teens, ages 12-19, a one-time chance to clear their overdue fines. Now, thanks to support from The Seattle Public Library Foundation, fees for lost items are also forgiven.

"Teens use the library as a third place," said Chief Librarian Marcellus Turner. "They do homework here, use computers, check out books and more. Fresh Start clears a teen's Library account, so there aren't any fines or fees. Our data shows that teens with cleared Library fines are twice as likely to use the Library, so this program is a really wonderful thing for Seattle-area families."

When Library accounts have an unpaid balance of \$15 or more, they are blocked from checking out materials. This helps us make sure that Library materials are available for everyone. Many teens have blocked accounts due to late fines or lost items. The average balance on a blocked account is over \$50, which many families are unable to pay.

With Fresh Start, we can offer teens a one-time clearing of all fines. And thanks to The Seattle Public Library Foundation, we can now also clear charges for lost items.

For more information about the Fresh Start program, go to [www.spl.org/fresh-start](http://www.spl.org/fresh-start), or call the Library at 206-386-4636.

## Citizenship Class

**Greenbridge**  
9800 8th Ave SW  
Seattle WA 98106  
Tuesdays & Thursdays  
Intermediate: 12-2pm  
Beginner: 2-4pm  
**Starting April 10th**

**High Point**  
6400 SW Sylvan Way  
Seattle, WA 98126  
Tuesdays & Thursdays  
Class-500-6:30pm  
**Starting April 10th**

Bring your:  
Green card  
Washington state ID  
Social Security Card  
Proof of income: pay stubs, food stamps letter, or Section 8

**BIRCH CREEK**  
13111 SE 274th St  
Kent, WA 98030  
Mondays & Wednesdays  
Beginner: 12p-230pm  
Intermediate:  
4:30-6:30pm  
**Starting April 11th**

Questions? Call Marissa Graff: (206) 734-0366

## FREE PROGRAMS FOR LOW INCOME FAMILIES!

We serve children of all abilities, including those with special needs

**WEEKLY HOME VISITING**  
(prenatal-age 3)

Weekly home visits promote parent-child relationships & understanding of child development. Serving families in:  
Tukwila • SeaTac • Skyway • Burien • West Seattle • Central Seattle • South Seattle • White Center • Des Moines

**FULL DAY TODDLER CLASSROOM**  
(ages 2-3)

Our full day toddler classroom includes meals & snacks for children and family support services. Serving families in:  
Burien • SeaTac • Des Moines • White Center • South Seattle

**TODDLER COMBINATION PROGRAM**  
(ages 2-3)

Families receive monthly home visits with two days/week of class time for children. Families also have access to parent engagement opportunities & family support services. Serving families in:  
South Seattle

**FULL DAY & HALF DAY PRESCHOOL**  
(ages 3-5)

Our half day classes include both morning and afternoon sessions. Includes meals & snacks for children and family support services. Serving families in:  
West Seattle • Central Seattle • South Seattle

**APPLY NOW!**  
206-461-8430, ext. 2041 | [erseahelp@nhwa.org](mailto:erseahelp@nhwa.org)  
Para español, llame al: 206-816-4421

For more information visit: [www.nhwa.org/earlylearning](http://www.nhwa.org/earlylearning)

# COMMUNITY RESOURCES

## Receive up to \$1,500 to start a Community Emergency Hub

Completed applications must be submitted by April 16

BY CITY OF SEATTLE

In partnership with the Seattle Office of Emergency Management, the Seattle Department of Neighborhoods is offering up to \$21,600 in funding to support Community Emergency Hubs throughout the city.

Community Emergency Hubs are places where people gather after a disaster to help each other. Currently there are 135 hubs designated throughout the city. Each hub reflects the unique character of the community they serve, and may look different from location to location.

This is enough to provide 14 groups with up to \$1,500 to create their own Hub-in-a-Box.

A Hub-in-a-Box contains the essential materials and supplies your community would need in case of a disaster where help from the City or others is delayed or disrupted. They must be contained within a durable and secured storage box that is in a publicly accessible location.

### What is a Community Emergency Hub?

- Hubs serve as a central gathering place among neighbors in homes, apartments and condominiums. They are organized and managed by local neighbors and serve to connect and help people when City and other resources are overwhelmed.
- Hubs are a way to collect, coordinate

and provide information on local situations, needs and resources.

- Emergency hubs also are a great way to encourage emergency preparedness in your neighborhood, or to connect with others and receive training on emergency preparedness.

Applicants can fill out the on-line form at: <http://seattleemergencyhubs.org>. Your personal or organizational contact information will be publicly available for other community members to see on the Seattle Emergency NeighborLink Map. Please drop off applications in person to:

Tim Wolfe

Seattle Department of Neighborhoods  
600 4th Ave, Floor 4, Seattle  
Or submit via email to: [DON\\_Grants@seattle.gov](mailto:DON_Grants@seattle.gov)

If you want to learn more about Community Emergency Hubs and what local Hub Captains are doing in their own neighborhoods, visit [seattle.gov/hubs](http://seattle.gov/hubs).

If you have questions, please contact: Seattle Emergency Hubs, Cindi Barker, [CindiLBarker@gmail.com](mailto:CindiLBarker@gmail.com) or 206-933-6968; or Tim Wolfe, [tim.wolfe@seattle.gov](mailto:tim.wolfe@seattle.gov) or 206-684-0535.

NEIGHBORHOOD HOUSE PRESENTS:

# SPRING JOB FAIR

WEDNESDAY, APRIL 18TH, 11AM-2PM

SEOLA GARDENS

11215 5TH AVE SW, SEATTLE, WA 98146

This event is a great opportunity to:

- Meet employers
- Search for new opportunities
- Get in touch with resources
- Learn about furthering your education

CONTACT BEVERLY UMEH, FOR MORE INFORMATION:  
(206) 637-9732 OR [BEVERLYU@NHWA.ORG](mailto:BEVERLYU@NHWA.ORG)

 Neighborhood House  
Strong Families. Strong Communities. Since 1906.

## Community Notes

### Two community members wanted on Seattle Renters' Commission

BY DEPT. OF NEIGHBORHOODS

The Seattle Renters' Commission is seeking two community members to serve on the SRC. Established by ordinance #125280 in March 2017, the SRC advises the City on policies and issues of interest to renters citywide.

The Commission comprises 15 members—six appointed by City Council, six appointed by the Mayor, and one position is filled by a young adult through the Get Engaged Leadership program. The final two commissioners are selected by the SRC, and these are the open positions.

The SRC consists of people living in an array of rental housing types, to include students, low-income renters, LGBTQ renters, people with past felony convictions, people in subsidized housing, and those who have experienced homelessness. The members are also geographically representative of Seattle. SRC meetings are open to the public, and the commissioners serve without compensation.

Those interested in being considered should complete the online application at <https://www.surveymonkey.com/r/seattle-renters-commission> by Thursday, April 12.

If you cannot submit the application online, contact Maureen Sheehan at 206-684-0302, and an application will be mailed to you or you can pick one up at Seattle Department of Neighborhoods in Seattle City Hall, 600 Fourth Avenue, 2nd floor, between 8 a.m. and 5 p.m.

The Seattle Renters' Commission is one of three commissions managed by Seattle Department of Neighborhoods.

# TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

## La Clinica de Crisis ofrece una serie de servicios, que incluyen una línea telefónica las 24 horas/By Jonny Fernandez

Usted, o alguien que usted conoce, experimenta:

- ¿Ansiedad o soledad?
- ¿Dificultades familiares o de relación?
- ¿Síntomas de enfermedad mental?
- ¿Pérdida de un trabajo?
- ¿Preocupaciones de salud?
- ¿Abuso?
- ¿Abuso de alcohol o drogas?
- ¿Pensamientos de suicidio?

La línea de crisis de 24 horas brinda ayuda inmediata a personas, familias y amigos de personas en crisis emocional. Podemos ayudarlo a determinar si usted o su ser querido necesita una consulta profesional y podemos vincularlo con los servicios apropiados. Somos una fuente primaria para vincular a los residentes del Condado de Seattle-King

con los servicios de salud mental de emergencia. La ayuda está a solo una llamada de distancia. ¡Llámanos ahora!

- Llamar al 866-4CRISIS (427-4747)
- Local 206-461-3222
- TTY 206-461-3219

También proporcionamos interpretación de idioma inmediata en más de 155 idiomas.

Para brindarle la mejor asistencia posible, debemos hablar con usted directamente por teléfono. Al hablar con usted de forma anónima y confidencial, somos más capaces de descubrir los detalles de su situación y trabajar con usted para encontrar respuestas efectivas. No estamos disponibles para responder a correos electrónicos noectados con una crisis.

## ናይ ቅልውላው ኣእምሮ ክልኒክ (Crisis Clinic) ዝተፈላለየ ኣግልግሎት ዘበርከት ትካል እዩ- 24 ሰዓታት ዘየቛርጽ መስመር ኣገልግሎት ናይ ቅልውላው ኣእምሮ ኣለዎ::/By Habte Negash

ንሰኹም ኮነ ወይ ድማ ካልእ እትፈልጥዎ ሰብ፡ ከምዚ ዝስዕብ ተመኸር ዘጋጥሞ እንተኾይኑ- ማለት፡

- \* ጭንቀት ወይ ጽምዖ ?
- \* ምስ ስድራቤት ብግቡእ ናይ ምውሳኔ ጸገማት?
- \* ናይ ኣእምሮ ሕማም ምልክታት?
- \* ስእነት ስራሕ?
- \* ናይ ጥዕና ጸገማት?
- \* ዓመጽ?
- \* ናይ ኣልኮላዊ መስተ ኮነ ናይ ሓሽሽ (drug) ዓመጽ?
- \* ርእሰ ቅትለት ናይ ምግባር ሓሳብ ?

እዚ 24 -ሰዓታት ዘየቛርጽ መስመር ኣገልግሎት ናይ ቅልውላው ኣእምሮ ከምዚ እተጠቐሰ ጸገማት ንዘለዎ ውልቀሰብ፡ ቤተሰብ፡ ከምኡውን ንኣዕናኽ ናይ ቶም ከምዚ ዝኣመሰለ ጸገማት ዘለዎም ሰባት ቐልጡፍ ረድኡት ይህቡ። ንሰኹም ኮነ ቤተሰብኩም ወይ ድማ ፈተውትኹም ምክሪ ናይ ሰብ መያ እንተደሊኹም ምስ ዝምልከቶም ወሃብቲ ኣገልግሎት ከነራኸብኹም ንኸእል ኢና።

ኣገልግሎትና ብቀዳምነት ንነበርቲ ስያትልን- ኪንግ ካውንቲን ኢመርጃንሲ መንታል ሄልዝ ዝምልከት እዩ። ሓገዝ እንተደሊኹም ኣብዚ ዝስዕብ ቁጽሪ ተሌፎን ደውሉ ። ሕጂ እንተኾነውን ደውሉ!

- \* ኣብዚ ዝስዕብ ቁጽሪ ተሌፎን ደውሉልና 866-4CRISIS (427-4747)
- \* =ዞባዊ 206-461-3222
- \* ቴክስት 206-461-3219

ብተወሳኪ ድማ ካብ 155 ንላዕሊ ንዝኾኑ ቛንቛርታት ቀጥታዊ ናይ ትርጉም ኣገልግሎት ንህብ ኢና።

ዝበለጸ ኣገልግሎት ምእንቲ ከነበርከተኩም፡ ብቐዳምነት ምሳኹም ብቀጥታ ብተሌፎን ክንዘራረብ የድልየና። ምሳኹም ተዘራራብና ኩነታትኩም ብምርዳእ ዘድልየኩም ኣገልግሎት እንታይ እንታይ ምዃኑ ብንጹር ክንርድኦ የኸእለና፡ ፡ኹነታትኩም ብንጹር እንተዘይፈለጥና ግና ግቡእ መልሲ ምሃብ ከጸግመና ይኸእል እዩ። ምሳኹም እንገብር ምዝርራብ ኩሉ ስቲር እዩ (confidential)።

## Trung Tâm Trợ giúp Người Bị Khủng Hoảng cung ứng một số dịch vụ, bao gồm cả đường dây 24-giờ cho người bị khủng hoảng./By Long Luu

Có phải quý vị, hoặc ai đó mà quý vị biết, đang trải nghiệm:

- Lo lắng hoặc đơn độc?
- Gặp khó khăn trong sự liên hệ gia đình?
- Triệu chứng của bệnh tâm thần?
- Bị mất việc làm?
- Quan tâm về sức khỏe (bệnh hoạn)
- Bị lạm dụng?
- Lạm dụng rượu hay ma túy?
- Có những ý nghĩ tự tử?

Đường dây 24-giờ cho người bị khủng hoảng cung cấp sự giúp đỡ ngay lập tức cho các cá nhân, gia đình và bạn bè của những người đang bị cảm xúc khủng hoảng. Chúng tôi có thể giúp quý vị xác nhận ra nếu quý vị hay người thân của quý vị cần được tư vấn bởi người chuyên nghiệp, và chúng tôi có thể nối kết quý vị đến với các dịch vụ thích đáng. Chúng tôi là nguồn trợ giúp trước tiên nối kết cư dân Seattle- quận King đến với những giúp đỡ khẩn cấp về những dịch vụ bệnh tâm thần. Chỉ cần 1

cuộc gọi điện thoại là có được sự giúp đỡ. Hãy gọi cho chúng tôi!

Trung Tâm Trợ giúp Người Bị Khủng Hoảng cung ứng một số dịch vụ, bao gồm cả đường dây 24-giờ cho người bị khủng hoảng.

- hãy gọi cho số 1-866-4CRISIS (427-4747)
- đường dây địa phương: 206-461-3222
- đường dây TTY 206-461-3219

chúng tôi cũng cung cấp ngay tại chỗ việc thông dịch với trên 155 ngôn ngữ

Để cung cấp sự giúp đỡ tốt nhất, chúng tôi cần nói chuyện trực tiếp với quý vị trên điện thoại. Do nói chuyện với quý vị với tính cách ẩn danh và tính cần làm cho chúng tôi có khả năng biết được chi tiết hoàn cảnh của quý vị và làm việc với quý vị để tìm ra giải đáp hiệu quả. Chúng tôi không có phương tiện để trả lời những khủng hoảng bằng điện thư.

## Крайзис-Клиник (Кризисная клиника) предоставляет разнообразную помощь, в том числе круглосуточную горячую линию/By Irina Vodonos

Если вы или ваши близкие столкнулись с:

- Тревожностью и одиночеством
- Сложностями в семейных или любовных отношениях
- Симптомами психического заболевания
- Потерей работы
- Проблемами со здоровьем
- Насилием
- Злоупотреблением алкоголем или наркотиками
- Мыслями о самоубийстве...

... звоните на круглосуточную горячую линию. Здесь могут оказать моментальную помощь человеку, испытывающему эмоциональный кризис, а также его родным и близким. Мы можем определить, нужна ли вам или вашему близкому человеку профессиональная консультация, и порекомендуем, куда обратиться. Наша горячая линия – основной

ресурс для жителей Сиэтла и округа Кинг, которым срочно требуются услуги психолога или психиатра. Чтобы получить помощь, нужно сделать всего лишь один звонок. Не откладывайте, звоните нам прямо сейчас!

- 866-4CRISIS (427-4747)
- Местный номер 206-461-3222
- ТТУ (телетайп для глухих и слабослышащих) 206-461-3219

Для того, чтобы оказать вам наиболее квалифицированную помощь, нам нужно поговорить с вами по телефону. Все разговоры анонимны и конфиденциальны. Только в ходе разговора мы можем правильно понять специфику вашей ситуации и вместе с вами найти эффективные решения. По этой причине у нас нет возможности предоставлять кризисную помощь по электронной почте.

## የችግር ጊዜ ክለንክ የተለያዩ ኣገልግሎቶችን ያቀርባል፤የ 24-ሰአት የችግር መስመርን ጨምሮ/By Abdu Gobeni

እርሶ ወይም እርሶ የሚያወቁት ሰወ. እነዚህ ችግሮች አሎትን:

- ብቸኝነት ወይም ስጋት?የቤተሰብ ወይም የዝምድና ችግር?
- የኣእምሮ ህመም ምልክት?
- ስራ ማግት?
- የጤና ስጋት?
- መኅላቆል ወይም ሁከት?
- አልኮልና ድራግ ያለ ኣግባብ መጠቀም?
- ራስዎን ለመግደል ማሰብ?

የ 24-ሰአት የችግር ጊዜ መስመር ስሜታቸው ለተጎዳ ግለሰቦች፤ ቤተሰቦችና ጓደኞች አስቸኳይ ድጋፍ ያደርጋል። እርሶ ወይንም እርሶ የሚወዱት ሰወ. ሙያዊ የማማከር ኣገልግሎት የምፈልጉ ከሆኑ እኛ ልንረዳዎት እንችላለን ወይንም ደግሞ ጉዳዩ ከሚመለከተውና ይህንን ኣገልግሎት ከሚሰጥ ሌላ ኣካል ጋር እናገናኛታለን። በሲያትል ክንግ ካወ.ንቲ ነዋሪ የሆኑ ሰዎችን በዋናነት ከኣጣዳፊ የአዕምሮ ጤና

ኣገልግሎት ጋር የሚናገሩኛል. እኛ ነን። ስልክ በመደወል ብቻ እርዳታ ማግኘት ስለምችሉ አሁኑኑ ይደዉሉ!

- ይደዉሉ 866-4CRISIS (427-4747)
- የኣከባቢ 206-461-3222
- ቲቲዋይ TTY-206-461-3219

ከዚህ በተጨማሪ ከ155 ቋንቋዎች በላይ ወዲያዉኑ የማስተርጎም ኣገልግሎት እንሰጣለን።

የተሻለ ድጋፍ ለእርሶ ለመስጠት እንድያመቸን በቀጥታ በስልክ ልናናግሮት እንፈልጋለን። ስምዎት ሳይጠቀስ ምስጥሪዎትን በመጠበቅ ከእርሶ ጋር በመነጋገርና በትክክል ያለ-በትን ሁኔታ በመለየት ተገብወን ሚላሽ ለማግኘት ከእርሶ ጋር እንሰራለን። ችግሮችን የሚገልጽ ኢሜይል ለመቀበል ምቹ ሁኔታ የለንም።

## Xarunta Dhibbanaha waxay bixisaa adeegyo tiro badan, oo ay ku jiraan Khadka Qalalaasaha 24-Saacadood/By Saido Alinur

Adiga, ama qof kale oo aad taqaan, ma leeyihiin calaamadahan:

- Welwelka ama kelinimada?
- Dhibaatooyinka qoyska ama xiriirka?
- Calaamadaha cudurka maskaxda?
- Shaqo la'aanta?
- Walaacyada caafimaadka?
- Xad-gudub?
- Khamriga ama maandooriyaha?
- Fikradaha is-dilista?

Khadka Qalalaasaha ee 24-saacadood wuxuu bixiyaa caawimaad degdeg ah oo loogu talagalay shakhsiyadka, qoysaska, iyo saaxiibada ee qaba qalalaasaha dareenka. Waxan kaa caawini karnaa ogaanshaha haddii adiga ama qof aad jeceshahay uu u baahan yahay la-talin xirfadeed; waxaana kula xiriirin karnaa adeegyada ku habboon. Waxaan nahay ilaha ugu muhiimsan oo ku xira dadka deggan Seattle-King

County sida adeegyada caafimaadka maskaxda oo degdegga ah. Caawimadu waxaa kaa xiga oo kaliya wacitaan. Na soo wac hadda!

- Wac 866-4CRISIS (427-4747)
- Degaanka 206-461-3222
- TTY 206-461-3219

Waxaan sidoo kaloo si degdeg ah u bixinnaa tarjumaad luqadeed oo ka badan 155 luqadood.

Si aad u hesho gargaarka ugu waanaagsan ee suurtoogalka ah, waxaan u baahanahay inaan si toos ah kugula hadalno telefoonka. Adigoo si qarsoodi ah oo kalsooni leh u hadlaya, waxaanu si fiican u awoodi karnaa inaan ogaano waxyaabaha ku saabsan xaaladdaada iyo inaan kaala shaqeyno si aad u hesho jawaabo tayo leh. Uma aan qalabaynsin inaan ku jawaabno emails arimaha khalalaasaha.

# OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS



## FREE TAX HELP!



If you make less than \$66,000, United Way of King County will help you prepare and file your taxes for free. Now through April 19, 2018, we'll have free tax experts at 30 locations, ready to help you maximize your refund. No appointment is needed. If you don't need in-person tax help, simply visit [MyFreeTaxes.com](http://MyFreeTaxes.com) where you can quickly and easily file your taxes online for free.

**What to bring**

- Social Security card/ITIN letters for everyone on the return **REQUIRED**
- Photo ID **REQUIRED**
- All tax statements (W-2 form, 1099 form, SSA-1099 form, etc.) **REQUIRED**
- Health insurance forms 1095-A, 1095-B, or 1095-C **REQUIRED**
- Bank account number and routing number (recommended)
- A copy of last year's tax return (recommended)

Note: If you are filing with your spouse, you both must be present to e-file.

**North Seattle**

**Solid Ground**  
1501 N 45th St.  
Tues: 5 - 9 pm  
Sat: 10 am - 2 pm

**Lake City Neighborhood Service Center**  
12525 28th Ave. NE  
Mon/Tues/Thurs: 5 - 9 pm  
Sat: 11 am - 3 pm

**Seattle Public Library, University Branch**  
5009 Roosevelt Way NE  
Thurs: 1 - 5 pm  
Sat: 1 - 5 pm

**Univ. of Washington, Seattle Campus**  
Mackenzie Hall, Room 132  
4215 E Stevens Way NE  
Mon/Wed: 4 - 7 pm  
Fri: 12 - 3 pm

**Central Seattle**

**Seattle Public Library Central Branch**  
1000 4th Ave.  
Mon to Thurs: 12 - 7 pm  
Fri: 12 - 4 pm  
Sat: 11 am - 5 pm  
Sun: 1 - 5 pm

**Seattle Goodwill**  
700 Dearborn Pl. S  
Mon/Wed: 5 - 9 pm  
Sat: 10 am - 4 pm

**El Centro de la Raza**  
2524 16th Ave. S  
Tues/Thurs: 5 - 9 pm  
Sat: 10 am - 2 pm

**Seattle Public Library Douglass-Truth Branch**  
2300 E Yesler Way  
Tues: 3 - 7 pm  
Wed: 3 - 7 pm

**Seattle Central College**  
Room BE1139D  
1701 Broadway  
Tues: 11 am - 2 pm  
Thurs: 12 - 4 pm

**South Seattle**

**Rainier Community Center**  
4600 38th Ave. S  
Tues/Thurs: 5:30 - 8:30 pm  
Wed: 10 am - 1 pm  
5:30 - 8:30 pm  
Sat: 10 am - 4 pm

**Rainier Beach Community Center**  
8825 Rainier Ave. S  
Wed: 5 - 8 pm  
Sat: 10 am - 2 pm  
Sun: 11 am - 3 pm

**West Seattle Food Bank**  
6516 35th Ave. SW  
Wed/Thurs: 5 - 9 pm  
Sat: 10 am - 2 pm

**YWCA Greenbridge**  
9720 8th Ave. SW  
Thurs: 5 - 8 pm  
Sat: 9:30 am - 4:30 pm  
Sun: 10 am - 2 pm

**South Seattle College WorkSource Career Services**  
Robert Smith Bldg.  
6000 16th Ave. SW  
Tues: 12 - 4 pm  
Wed: 12 - 4 pm



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