



# Online Meeting Minutes: Sept 19, 2023

**Guest Speaker: Sabina Bagirova [sabinab@ichs.com](mailto:sabinab@ichs.com) 206-379-6815 Community Access Specialist, International Community Health Services Bellevue Medical & Dental Clinic**

- <https://www.ichs.com/locations/bellevue-medical-and-dental-clinic>
- **Presentation slides are available on the INN website with these minutes**
- The Bellevue Medical & Dental Clinic is located in Bellevue and is conveniently located for residents of the Eastside including Sammamish, Issaquah, Newcastle, Kirkland and Kenmore
- ICHS began in Seattle in the 1960s with grassroots efforts to address health care for seniors in China Town
- In 1973, started working on equal rights and access to health services
- Supports for those who were isolated, primarily from China and the Philippines
- In 2007, the nonprofit 501(3)c entity was established, and currently serves everyone – all are welcome
- Offers culturally appropriate health and dental care, across 10 clinics. Multiple languages are available.
- Accepts all insurances, and also provides sliding scale for those without, based on family size and income
- Locations are Shoreline, some Seattle schools, Legacy Housing, Bellevue clinic, and more
- Pharmacy services available in Shoreline, International District, Holly Park
- Care is from family planning to end of life services
- Dental services also available, both urgent issues as well as preventative care
- Vision care at the International District location, for both insured and uninsured
- Behavioral Health also available at all locations, with care from a team of specialists
- ICHS also advocates for health services across the area
- Community Outreach reduces barriers to access including transportation, establish care with a PCP (primary care physician), and also connecting to community resources such as food, and housing
- Partners with food banks like Hopelink and CISC
- Community Pop Up clinics for vaccinations (Covid, flu, childhood vaccinations)
- **If an organization is interested in hosting a Pop Up clinic, please contact Sabina!**

## **City of Issaquah, Human Services, Hannah Roberts**

- In honor of Hispanic Heritage Month the City will be partnering with our local non-profit [The Circle](#) to host an event on **Sunday October 1<sup>st</sup>, 3:00 – 5:00 p.m. at the Issaquah Senior Center**. The free, family friendly event is for all ages and will follow local artist Maria G. Casey to create a heart collage to represent your heritage. There will be live music and snacks will be provided. You can find more information about the event and the history of Hispanic Heritage Month [online](#).

## **Issaquah Food & Clothing Bank, Nicole Oman, Case Manager**

- Recipe for Hope, you are invited to join us for breakfast or lunch. Special guest speaker. Tues, Sept 26 at the Newcastle Golf Course

## **Influence The Choice, Laurelle Graves**

- Join ITC for Healthy Youth Forum on Sept 20 for breakfast and learn about the results of the Healthy Youth Survey, hear from teen panel, and ISD staff

### **Issaquah School District, Family Partnership, Lorna Gilmour**

- Upcoming event for families on using Canvas, the system for grades 6-12. Multiple languages offered
- Seeing a continued increase in the number of families that choose Russian as their preferred language
- Other most commonly requested languages are Spanish, Chinese, Korean

### **Hopelink, Family Development Program, Donata Brenner**

- Family development is for families with at least one child under the age of 18. Assists with connecting to resources including clothing and housing.
- <https://www.hopelink.org/programs/family-development/>

### **Hopelink, Financial Capabilities Programs, Donna O'Connor and Lorena Reyes**

- Upcoming classes offered in partnership with KLCS **Let's Talk About Credit** Unravel the mystery of getting and keeping good credit. Ask your credit questions in a small group setting. Discuss credit basics, changes to medical debt reporting and more.
  - September 19, 2023 [Register](#)
  - October 17, 2023 [Register](#)
  - November 14, 2023 [Register](#)
- <https://www.hopelink.org/programs/financial-capabilities/>

### **The Garage, Christine Knight, Case Manager**

- Case management services for ages 12-19
- Free mental health counseling on site for high school students
- Join us on Saturday for the 5 Year Anniversary of the Garage opening. 5-7pm

### **Issaquah Schools Foundation, Lisa Haynes**

- Parent Connect Conference - interactive conference on youth mental health and well being October 14, 9 am - noon, at Gibson Ek High School, it's FREE. Register here <https://isfdn.org/events/foundation-events/parent-connect/&month=08/&year=2003/>
- Cultural Bridges will release next issue on Oct 1.

**Next INN Meeting: Tues, Oct 17 2023 with Alicia Spinner from The Circle as guest speaker**