

# INN Weekly Email Update April 12, 2024

Greetings Issaquah & Sammamish Nourishing Networks,

**Next INN meeting: Online, Tuesday, April 16, 2024 3:00pm - 4:30pm. We're flipping the format so everyone will have a chance to share updates, news, asks and introductions -**

- Round Table information sharing from the group.
- Guest Speaker from from [WA Dept of Commerce](#), King County Community Engagement
- Zoom link will be emailed the day before the meeting

Please visit the [INN website](#) for a more complete list of events, programs and resources, as well as an archive of [past weekly updates](#)



## FOR YOUR CALENDAR

- 1. KCLS: Getting Started with Credit April 16, 2024 6:30pm Online** Take control of your credit with a Hopelink Financial Coach. Learn how to safely pull and read your credit report. Explore what credit is, ways you are using credit and what areas you would like to improve. Please register
- 2. KCLS: One on One Computer Help at Issaquah Library Next: Wednesday, April 17, 5:00pm-7:00pm** [View all dates](#) Have computer or software questions? A tech volunteer can provide basic level help to you. You may bring your own laptop, but tech tutors cannot provide hands-on or hardware assistance. Registration not required.
- 3. KCLS: Tech Help at Sammamish Library Next: Wed., April 17** [View All Dates](#) Have computer or software questions? A tech savvy volunteer can provide one-on-one help for Windows, Mac, Android and iOS. Bring your smartphone, iPad or laptop and your questions. The tech tutor cannot provide hardware assistance. *Drop-in!*
- 4. The Circle: Drug-Free World Seminar Wed., April 17, 2024 6pm** Kelly Richardson, a volunteer with a Drug-Free World, a non-profit, will empower youth and adults with factual information about drugs so they can make informed decisions and live drug-free. No one likes to be lectured about what he or she can or cannot do. Thus, Drug-Free World provides the facts to empower individuals to choose not to take drugs in the first place. Additionally, participants will be able to take free drug information booklets containing facts about the most commonly abused drugs available in 22 languages. Please reserve your seat.
- 5. Friends of Echo Glen: Community Service Socials April 18** | Polymer necklaces to men and women in the residential recovery program at [Dream Center](#). Chat with 3 or 4 youth while helping them with a project that helps others.
- 6. IFCB: ONE-TIME DONATION DROP-OFFS: Sat 4/20, 11am – 1pm** Rising food prices combined with growing need means we need food donations more than ever! Please check our [current needs list](#) to see our highest priority items. We update this list regularly to reflect our largest inventory gaps on our most-requested food items. Bring your donations to our warehouse ONLY during scheduled days and times. Warehouse location: AtWork (930 7th Ave NW, Issaquah, WA 98027)

7. **2024 SFMNP Application Period opens April 22 and runs through May 24** The Senior Farmers Market Nutrition Program provides an e-Benefit card valued at \$80 (*one-time distribution*) to be used for the purchase of fresh fruits and vegetables at participating farmers markets. Visit website for more information including eligibility, application, and links to multiple languages.

8. **Influence The Choice: Free Screening of the film: Screenagers, Under the Influence. Addressing Vaping, Drugs, and Alcohol in the Digital Age April 23, 2024 6:30-8:30pm** Parents and Caregivers, please join us! Real life scenarios and problem solving as told by youth and their parents, parenting strategies, a must see for anyone who has kids or who works with them. Issaquah Middle School: 600 2nd Ave. SE Issaquah WA 98027 FREE tickets

9. **KCLS: Understanding Credit and Credit Scores April 23, 2024 6:30pm Online** Take your credit knowledge to the next level in the second part of this credit series lead by a Hopelink Financial Coach. Learn what impacts your credit score and why it's important to make sure your credit report is accurate.

10. **KCLS: Tech Help for Seniors Saturday, April 27, 2024 11:15am – 12:15pm Newcastle** Tech savvy volunteers will provide one-on-one help for Windows, Mac, Android and iOS. Bring your smart phone, iPad or laptop and your questions. Presented by [TeensWhoCare.us](https://www.TeensWhoCare.us). Please register.

11. **KCLS: Building and Protecting Your Credit April 30, 2024 6:30pm Online** This is the last workshop in a three-part credit series lead by a Hopelink Financial Coach. You will use the information from the first two sessions to explore ways to build and protect your credit in the future. Please register

## RESOURCE INFORMATION AND UPDATES

12. **IFCB: Translators Needed:** We are searching for **Mandarin, Spanish, Ukrainian and Russian speaking volunteers** to help translate during shopping weeks and break down a common barrier between the food bank and our clients. We also are in need of volunteers who are available to translate paper documents upon request. As we see significant growth in the clients we serve, we are also seeing a growth in the need for translators to help make shopping in our market an inclusive experience for all we serve. If you are interested in offering translation help, please email **Tiffany**

13. **Hopelink Mobile Market Schedule [April 2024 Schedule](#) - [May 2024 Schedule](#)** The Mobile Market distributes food around the community. Everything is free! We have a wide selection of fresh produce, dairy, and breads, as well as frozen foods, to choose from. You can also receive a prepackaged box of food with: soup, pasta, peanut butter, rice, canned fruits and vegetables, beans, tuna, and cereal. During each visit, you will be able to pick up enough food for at least 21 meals. You do not need to call in advance.

14. **King County Mobile medical and dental van schedules [April 2024 Schedule](#)** Please check daily for the most updated information. This program provides walk-in care for people who are living homeless (or were recently homeless) only. *Please try to arrive at least one hour before the scheduled end time for the clinic.* On rare occasions the clinic will close earlier than the scheduled time. Call the Mobile Van nursing lines if you would like to confirm the clinic end time for a particular day.

15. **Seattle/King County Health: [Asthma Community Health Worker Program](#)**

**Registration:** The program consists of virtual or home visits to educate patients with asthma and their families and equip them with the tools they need to improve their health. We invite healthcare providers and community service organizations to refer patients or clients to our program by completing the survey below. **Alternatively, people with asthma or their caregivers can complete the survey for themselves or on behalf of a family member.**

16. **WA State DHS EBT Benefits Summer EBT Food Program for Children** SUN Bucks in Washington Once approved by USDA, approximately 550,000 Washington children will meet the [eligibility requirements](#) to receive SUN Bucks benefits for summer 2024. Certain children will automatically qualify depending on specific school and / or public assistance program enrollment criteria. Children who do not automatically qualify may submit an application. Specific details will be provided once the state plan has been approved and funding is provided. Each eligible child will receive a one-time payment of \$120 in food benefits on a dedicated SUN Bucks card.

[Additional SUN Bucks Information](#)

17. **King County: Launch a 24/7 Buprenorphine Prescribing Line: TeleBup Hotline.** This 24/7, free hotline (206-289-0287) offers access to medical professionals who can prescribe buprenorphine, a medication used to treat opioid use disorder by treating withdrawal symptoms and preventing overdose. All callers are recommended to have Apple Health or another insurance coverage. However, those who are uninsured should still call, as care coordinators can determine the least costly solutions to access medication. Questions? Email [telebup@uw.edu](mailto:telebup@uw.edu).

18. **WA Dept of Health Discovery Survey - Maternal and Child Health** Every five years, the Washington State Department of Health (DOH) completes an assessment of the health of children, parents and caregivers, and families in the state. The information we gather helps us identify priorities which guide the work we do. DOH conducts the Discovery Survey as part of this process. The aim of the Discovery Survey is to learn about what people like you feel are the most important things affecting the health of women, youth, and families. This information on what you think, especially on what is working and what might be improved on, is important to us. **Survey submissions are anonymous. Names are not collected during the survey process and there will be no attempt to associate an individual's responses with their identity or use responses to identify individuals.**

## COMMUNITY ENGAGEMENT OPPORTUNITIES

19. **PorchLight Volunteer Orientation Wednesday, April 17, 2024 6-7pm Online**

PorchLight volunteers provide critical support to our staff and the men we serve. Each year dozens of volunteers donate and serve meals, give time and skills, and support PorchLight financially. Help us increase our impact by volunteering at PorchLight. Take the first step and attend a volunteer orientation.

20. **Influence The Choice: Vicki Hoffman Award Nominations Submit By April 30, 2024**

Influence the Choice, our Issaquah-area teen drug prevention coalition, hosts this award which honors individuals who have made significant contributions to youth behavioral health services in our community. This year's award will be presented at the Chamber of Commerce's annual Community Awards Banquet (scheduled this year for May 21). We encourage people to consider nominees who embody Vicki's joyous spirit and earnest commitment to youth wellness.

21. **Solid Ground 50th Anniversary Gala Wed., May 8, 2024** Join Solid Ground for our 50th Anniversary Gala at SUMMIT\* ([900 Pine Street, Seattle, WA 98101](#)) to celebrate a half century

of progress toward solving poverty. You'll hear from participants, partners, leaders, and changemakers who have helped improve the lives of thousands of our neighbors. We'll also share our transformative vision for the future! CEO Shalimar Gonzales will cohost the event with Sasha Summer Cousineau, Fundraising Auctioneer extraordinaire.

**22. Asian American & Pacific Islander Celebration Saturday, May 18, 2024** Come to celebrate as a community Asian American & Pacific Islander cultures. We will have performances such as the Dragon Dance with fun and hands-on activities for families.

## FOR NONPROFITS

**23. Eastside Human Services Forum: Providing Comprehensive Services to Asylum Seekers & Refugees Apr 25, 2024 3:30pm - 5:00pm** Hear from Pastor Jan Bolerjack of Riverton United Methodist Church as she provides an update on their congregation's outreach efforts and experience for people who have come to the Northwest in hopes of finding safety from war, oppression and climate crisis. Complementing the conversation will be representatives from both service organizations and those with lived experience on our panel. We hope to engage the community in meaningful conversation and support. [Register in advance for this webinar.](#)

**24. Seattle/King County Coalition on Homelessness: Public Benefit Trainings [ABD \(Aged, Blind, and Disabled\)](#) and [HEN \(Housing & Essential Needs\)](#) benefits – April 25th, 2024** In partnership with Solid Ground's Benefits Legal Assistance and REACH, we are pleased to host the Public Benefits Are Key! training series. This series is geared towards case managers working with people experiencing homelessness – both new case managers as well as experienced providers who have questions and would like additional support in navigating these resources. You will learn what you can do as a case manager to help your client navigate the benefits process, hear key tips for avoiding barriers, and learn when to contact an attorney. This will be a practical, hands-on training.

**25. Puget Sound Energy: Free Appliances to Nonprofits and other organizations** PSE is distributing appliances at no cost, and wants to connect with places of worship, non-profits, schools, restaurants, childcare centers, etc. The location of the organization or business must be linked to a PSE account. PSE will cover the cost of the units, the recipient will be responsible for the sales tax. Please note that there is no restriction on the number of units for a given location. To be added to the list for the freezer, please provide information of the contact person, the address of the location where the freezer will be utilized, phone number, email address, and the quantity desired. The company will then reach out to the organization to finalize delivery details and discuss the sales tax payment. Questions? Please contact Phon Sivongxay at [psivongxay@highline.edu](mailto:psivongxay@highline.edu) or 206-579-9384 **Free Freezers \* Single Door Fridge \* 2-door Fridge \* Ovens \* Gas Deep Fryer**

Be well, and we hope to see you Tuesday!  
Kim Weiss  
she/her