

INN Weekly Email Update April 19, 2024

Greetings Issaquah & Sammamish Nourishing Networks,

Next INN meeting: Online, Tuesday, May 21, 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 [Kinderling - Families in Transition](#)
- 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. NAMI Eastside: New! Six-week Support Group for people experiencing housing instability.** The new NAMI Eastside Peer Connections Support Group for people experiencing housing instability will kick off with a six week in-person run every Monday in Bellevue.
When: Every Monday, April 8 - May 20, 2024 from 3pm to 4:30pm **Where:** The Mirror Room at the Crossroads Community Center: 16000 NE 10th St. Bellevue, WA 98008. This group is facilitated by people with lived experience of homelessness. Email Lena@nami-eastside.org for more info.
- 2. The Circle: ITIN Number Workshop [SPANISH] Monday, April 22, 2024 6pm** Saber qué es el ITIN number es importante para extranjeros y residentes de los Estados Unidos que no pueden aplicar a un número de seguro social conocido como 'Social Security Number'. En esta charla aprenderás acerca de: Qué es un ITIN number. * Para qué se usa el ITIN number. * Qué beneficios tiene el ITIN.
- 3. Friends of Youth: Willows Youth Center One-Day Closure April 24, 2024 Open 9pm** Drop-in services at the Willows Youth Services Center will be closed from 8:00am - 9pm on Wed., April 24, 2024. Shelter services will open at 9pm, the first shuttle pick up at Redmond Skate Park will be at 8:45pm and food will be available until 10pm. If you need assistance, young adults may call 425.449.3863
- 4. Hopelink: [Financial Capability Program](#) - **FINANCIAL FOUNDATIONS: ARABIC** Wed., April 24 10am - 11am** Are you working with clients who are new to the U.S. financial system and want to learn how to navigate it? We have an open session at the Bellevue center.
- 5. Issaquah School District: Financial Strategies for Parents of Students with Disabilities April 25, 2024** The Special Services Department is hosting a presentation for parents of students with disabilities on the topic of Financial Strategies and Estate Planning. Our presenters are Sheldon Sweeny, from Snider Financial Group and Suzanne Burke, from Assure Law Group. There are three Phases of Family Life, based on age, for a child with special needs: Pre-Guardianship, Post-Guardianship, and Independent Living. Each phase has its own unique financial challenges. However, with proper planning, parents/guardians can hopefully find peace, knowing that their child's financial well-being is protected throughout their life span as well as in

the event of an unforeseen life change. We will discuss the resources available to you and have an open conversation where you can ask questions and/or share life experiences.

6. NAMI Eastside: Mental Health First Aid April 27 & 28, 2024 In Person Mental Health First Aid is a course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

7. King County Senior property tax exemption: Property Taxes are due April 30! Seniors, people with disabilities, and others with qualifying conditions: For more information about applying for property tax exemptions or deferrals, [visit here](#) or call 206-263-2338. State law provides two tax benefit programs for senior citizens and the disabled: property tax exemptions and property tax deferrals. Yet more than 26,000 qualified seniors and disabled persons have yet to register for the exemption, and only 1 in 100 of those eligible for deferrals are currently enrolled. The process of applying is fairly simple. We encourage you or those you know to take advantage of this meaningful tax relief provided for our citizens on fixed incomes.

8. KCLS: World Language Community Listening Session Online Thur, May 2, 2024 6:00 – 7:30pm We want to hear from you! Participate in a World Language Community Listening Sessions. Help us understand the perspectives and lived experiences of immigrants, refugees, English Language Learner (ELL) individuals and multilingual communities. Share your ideas and vision to build stronger communities and better serve you.

9. State of WA Health Dept: Care A Van May 5, 2024 11:00am - 6:00pm Centro Cultural Mexicano's Cinco de Mayo 16101 NE Redmond Way **Redmond**, WA 98052 All COVID-19 vaccines, Flu vaccine, Mpox vaccine, Childhood vaccines, Blood pressure screening, Blood glucose screening The Care-a-Van is a mobile health clinic that serves people across Washington state. We work closely with community partners and local health jurisdictions (LHJ) or departments **to increase access to healthcare for priority communities**. To submit a request to have a DOH Care-a-Van at your event, please fill out the online form and someone will reach out to you within 5-10 business days from the date of submission. [Upcoming Locations and Date](#)

10. The Garage: Community Conversations: Creative Outlets May 8, 2024 6pm Join us to hear from a panel of teens and the importance of creative outlets. This is the last Community Conversations of the school year.

11. IACS: Senior Health Fair May 11, 2024 11am - 4pm Bellevue IACS is now getting ready to bring the Senior Health Fair next month for our seniors to find resources, get information on different health conditions and to benefit from the basic health check-ups. For all the IACS senior program information and registration, contact us at seniorcoord@iaww.org. **Want to join the event as a clinic or health provider?** See link for more details.

12. KCLS: Washington Health Outreach Saturday, May 11, 2024 11:00AM – 3:00PM Renton Renton Library is partnering with Washington Health Outreach for free and low-cost veterinary care for community members in need. Washington Health Outreach will be set up in the parking lot of the library. *First come, first served. Visit the [website](#) for a full schedule and list of available services.*

13. KCLS: Medicaid/Medical Benefit Update 專題介紹：聯邦醫療福利更新 Tues, May 14, 2024 2:00 – 5:00pm Issaquah Healthcare 360: Your Guide for Healthcare Questions and Benefits Chinese Information & Service Center provides free, unbiased and confidential help to

clients who want to learn about Medicare, Apple Health, QHP, Medicaid and healthcare choices. These workshops will cover details about these services as well as medical billing, health navigation and related topics. Offered in Cantonese, Mandarin and English. *No appointment necessary. First come, first served. For more information, please call CISC at 206.823.7842.*

14. KCLS: Drop-In Employment Help Desk Issaquah Library Thurs, May 16, 2024 10am - 12pm Receive one-on-one support from a professional Hopelink Employment Specialist on resume building, cover letters, job search strategies, interview preparation and more. Ages 18 and older. First come, first served. [View all dates](#)

15. KCLS: Renton Library Resource Days Fri, May 17, 2024 11:00AM – 2:00PM Renton For community members in need of support. Local social support providers will help connect you to resources such as healthcare, addiction recovery, free job training, access to ORCA cards, a free phone, gently used clothes, hygiene kits and free lunches (while supplies last). Flyer [here](#)
Registration not required.

16. Day of Service in Issaquah And Sammamish - Various Opportunities May 18, 2024 Each year we bring hundreds of volunteers together to help give back. The Day of Service began in 2012 as a way for Sammamish Hills Lutheran to volunteer in the local area. It has grown to be a large interfaith and community event we plan to continue annually as a way to lift up those in need. We promise it will be a day that you will remember. Join us! [Eastside Friends of Seniors](#) * [Bike Works](#) * [Tavon Center \(All Ages\)](#) * [Choose From More Events](#)

17. Issaquah Food & Clothing Bank: DSHS Van at IFCB May 20! DSHS Mobile Office processes new applications, reviews, and changes for active cases; they issue EBT cards and receive documents. Applications for the Childcare Subsidy Program will be forwarded to that unit for processing . The Mobile CSO specialists also determine eligibility for Medicare Savings Programs and Aged, Blind, or Disabled Medicaid. [Aged, Blind, or Disabled \(ABD\) Cash Assistance Program | DSHS \(wa.gov\)](#) - [Basic Food | DSHS \(wa.gov\)](#) - [Refugee Cash Assistance | DSHS \(wa.gov\)](#) - [TANF and Support Services | DSHS \(wa.gov\)](#) - [Medicare Savings Program | DSHS \(wa.gov\)](#)

RESOURCE INFORMATION AND UPDATES

18. INN Meeting Minutes [April 2024](#) & [Dept of Commerce Community Engagement Presentation](#)

19. Kinderling [Volunteers Needed!](#) Volunteers are essential to helping Kinderling fulfill our mission. We have a couple of volunteer opportunities with our [Families In Transition](#) program, which serves families experiencing homelessness and housing insecurity. If you're interested in supporting KidVantage, please fill out this [application](#). Opportunities to support: (1) Two openings to pick up supplies from KidVantage Issaquah and deliver them to Kinderling's Renton office. This would be every Thursday and the hours can be flexible to your schedule between 9am-2pm. (2) One opening to coordinate with lead volunteer for weekly support doing the following: Occasional Thursday (9am-2pm), pick up supplies from KidVantage Issaquah and deliver them to Kinderling's Bellevue office, Sometimes meet the lead volunteer in Bellevue to help move supplies from delivery to staff desks.

20. Imagine Housing: In Need Of In-Kind Donations We have a variety of in-kind needs, especially basic needs and items to make residents' new apartments feel more like home. We keep basic needs items on hand for residents during times of need. Access to these items helps

our residents maintain their health, dignity, and confidence when they can't afford basic needs items. From grocery store gift cards to cleaning and hygiene supplies, your in-kind contributions make a world of difference for residents

21. WA Health Care Authority: Apple Health Expansion Coming July 2024 What is Apple Health Expansion? The 2022 supplemental budget directs the Health Care Authority (HCA) to develop a medical assistance program that would provide Medicaid equivalent health care coverage to uninsured adults who do not meet the immigration requirements for federal assistance. Learn more and sign up for alerts [HERE](#)

22. Public Health – Seattle & King County: Did you know you may qualify for FREE cancer screenings? Screenings can find cancer early when treatment is most effective. To learn more and find out if you're eligible, visit: kingcounty.gov/CHAP or call 1-800-756-5437. CHAP is a free and confidential telephone assistance program serving King County residents by connecting them to health insurance, health care services and other resources. Schedule an appointment for Navigator Assistance at 1-800-756-5437 or visit us at kingcounty.gov/enroll

23. KCLS: World Languages Community Member Survey King County Library System (KCLS) is collecting information to better understand and serve our local community members who speak languages other than English, or other languages in addition to speaking English. By completing this survey, you will help KCLS to identify and create better library services, programs, and collections in non-English languages. Your responses are anonymous. We will not ask questions to personally identify you. Thank you for participating. This survey will take about 7 minutes.

COMMUNITY ENGAGEMENT OPPORTUNITIES

24. KidVantage: Take A Chance For Kids Friday May 10, 2024 It will be an unforgettable night filled with food, drinks & cocktails, Vegas-style games, a live auction, and more! Dress in cocktail attire, bring your friends, and delight in a stunning ballroom nestled on the tranquil shores of Lake Sammamish. Join emcee & auctioneer, Chris Cashman, and get ready to raise your paddles to help keep kids safe, warm, and thriving!

25. Issaquah Philharmonic: 6th Annual Food Bank Concert May 13, 2024 Issaquah Philharmonic Orchestra presents a free public concert in support of the Issaquah Food and Clothing Bank. This is a family friendly event and children are welcomed. Please bring non-perishable food items to donate.

26. Issaquah Food & Clothing Bank Open Position Resource Navigator of Client Services. The Resource Navigator helps connect people in need to the right resources. Whether our clients need help securing a replacement ID to apply for a job, assistance with applying for benefits, or a referral for housing, IFCB works to connect them with the resources they need. Because the Resource Navigator is the primary point of contact for these clients, relationship building is key.

FOR NONPROFITS

27. Communities Rise: My Health My Data Act Privacy Training Thur, April 25, 2024 12:00 - 1:30pm The My Health My Data (MHMD) Act is a new Washington law that **applies to a large set of businesses and nonprofit organizations that collect health information**

about consumers. The law is meant to better protect the privacy of consumers' health information. * Is your nonprofit or small business required to comply with the MHMD Act? * What are the requirements for compliance and what steps should you take to meet them? * Also does your organization have a privacy policy in place that informs your customers about what you do with their personal data they provide you? These questions and more will be addressed at this important training by health law attorney Maddie Haller and privacy law attorney Jeff Brennan.

28. UPDATED INFORMATION: Puget Sound Energy: Discounted Appliances to Nonprofits and other organizations PSE is distributing appliances at discounted rates, 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 has partnered with a local equipment company, Alteza LLC. If you have any questions about specific equipment or costs, please contact Hayden Muir at alteza.hayden@gmail.com for more information. You may also contact Phon Sivongxay at psivongxay@highline.edu for general questions. [Gas Deep Fryer](#): Customers will be charged the sales tax of \$150. * [Freezers](#): Customer will be charged a crate fee of \$250 and sales tax. * [Single Door Fridge](#) * [2-door Fridge](#) and [Ovens](#): Available at a discounted rate.

29. Dept of Commerce: Youth Recreational Facilities (YRF) Seattle Workshop By May 28, 2024 Capital grants for recreational buildings integrated with social and/or educational services. Awards 25% state funds of eligible capital project costs for the acquisition and major new construction or renovation of nonresidential youth recreational facilities. The YRF Grant application will be available beginning April 1, 2024 and will close May 28, 2024 at 5 p.m. This is for Tribes and nonprofits.

Be well,
Kim Weiss
she/her