

# INN Weekly Email Update April 5, 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. [Issaquah Food & Clothing Bank](#) will have multiple resources providers available on **Monday, April 8, 2024:**

- **Kindering** will be at the Issaquah Food Bank next week Monday April 8th from 12:30pm-3:00pm. **Families in Transition (FIT) - Kindering**
- **Lifeline Phone Provider April 8th-11th 1:30pm-3:30pm** Issaquah Food Bank will have Access Wireless for anyone that would like to complete a new application. Please note this is only for our neighbors that haven't applied or had a Lifeline phone in the past 6 months. If someone has a Lifeline services, is living unhoused and needs help navigating getting a replacement phone or other troubleshooting support please feel free to have them come by the Issaquah Food Bank during our program weeks Monday-Thursday between 9am and 3:00pm and meet with one of our wonderful Client Service Volunteers.
- **Mobile DSHS office at Issaquah Food Bank Monday April 8th from 11:30AM-3:30PM.** DSHS Mobile Office process 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

2. **WA Dept of Health: Suicide Prevention Listening Sessions Starting April 3, 2024**

DOH is updating the [State Suicide Prevention Plan \(PDF\)](#). The update process prioritizes collaboration with people from around the state, learning from those most impacted by suicide, and highlighting the voices of folks with lived experience in suicide and suicide prevention. If you're interested in engaging in the update process, join us at one of our upcoming focused conversations:

- Lived Experience: April 3 & April 9
- First Responders: April 4 & April 10
- Agriculture Workers: April 3 & April 10
- Youth 18-24: April 5 7 April 9
- LGBTQIA+ People: April 4 & April 9
- Veterans: April 3 & April 8

3. **Kindering** is offering free parent education classes in April: [April Parent Education Classes](#):

- Why Do Young Children....?! Tues, April 9
- Parent/Caregiver Support Group April 10
- Why Do We Tell Stories? April 15

4. **KCLS & Solid Ground: Rent Smart Tentants' Rights Wed., April 10, 2024 3:00 - 4:45pm Rent Smart: Fees and Deposits \* Wed., April 24, 2024 5pm - 6:30pm Rent Smart: Repair Issues and Landlord Duties** Solid Ground's tenant counselors offer workshops for current and future renters. Know and assert your rights as tenants, navigate the housing search and landlord screening process, protect yourself from eviction and housing loss, and learn how to get deposits back and repairs made. Online workshops will be held twice a month and will cover a variety of topics in English and Spanish. Please visit <https://1.kcls.org/RentSmartOnline> for upcoming topics and to register for a workshop. If you are currently living in King County and being threatened with eviction, contact the Housing Justice Project for legal assistance at 206.267.7069 or [hjpstaff@kcba.org](mailto:hjpstaff@kcba.org). Reasonable accommodation for individuals with disabilities are available upon request.

5. **Issaquah Food & Clothing Bank ONE-TIME DONATION DROP-OFFS: April 11, 2024 1pm - 3:30pm** If you'd like to do a one-time donation drop-off, please bring your food and personal care items **from our Emergency Needs List** to our warehouse ONLY during scheduled days and times. Warehouse location: AtWork (930 7th Ave NW, Issaquah, WA 98027)

6. **Solid Ground: Understand Your Medicare Options Wed, April 17, 2024, 1-4pm Online** Learn about all the parts of Medicare so you can make an informed decision about your Medicare choices. We'll discuss: Medicare A, B, C, and D \* Enrollment \* Medicare benefits and options \* Medigaps (supplemental plans) and Medicare Advantage plans \* Help paying for Medicare \* Medicare fraud. This event will be presented by [Statewide Health Insurance Benefits Advisors \(SHIBA\) Program](#) volunteers. SHIBA provides free, unbiased, and confidential assistance with Medicare health care choices.

7. **NAMI Eastside: Peer-to-Peer session starts April 17, 2024 Online** Spring Peer-to-Peer Classes start Wednesday April 17 and will be held virtually every Wednesday from 2 - 4 p.m. until June 12. **Click here to register for the next class!** NAMI Peer-to-Peer is a free, 8-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, the program includes presentations, discussion, and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach.

8. **KCLS: Drop-In Employment Help Desk Issaquah Library Thurs, April 18, 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](#)

9. **WA NAMI: Chai & Chat starts April 18, 2024 Online** Join us for three Thursdays of tea and talk starting April 18 at 6 p.m. Chai & Chat meetings for South Asians aged 18-30 seek to address topics typically overlooked in our South Asian communities, such as the complexities and barriers to mental wellness, signs & symptoms, stress management, intergenerational differences, and more. They will be held on Zoom from 6-7:30 p.m. on Thursday April 18, 25, and May 2. Please register.

#### 10. **WA Dept of Health: Suicide Prevention Regional Workshops Tukwila, April 19, 2024**

Washington State Department of Health is hosting two regional workshops to bring together people invested in suicide prevention and to collaborate on updating the State Suicide Prevention plan. Workshops are free, and light refreshments will be provided. Compensation may be available for community members who attend.

#### 11. **NAMI Eastside: Managing Stress and Burnout April 23, 2024**

April is Stress Awareness Month, and we'll have an expert on managing stress and burnout leading our monthly forum. Michelle Solomon, MSW, LICSW of Roots of Compassion Therapy PLLC, will talk through some of the best methods for managing stress and avoiding burnout in the workplace and everyday life. [Register here.](#)

### RESOURCE INFORMATION AND UPDATES

12. **The Garage, A Teen Cafe: Mon - Fri School Break Hours 12pm - 6pm** The Garage is a non-profit drop-in space exclusively for high school teens. We're a safe space for teens to come hang out with friends, grab a coffee and a snack, play a game, play music, watch TV, talk over homework, meet with a counselor, and much more! All events & activities, services, food, and drinks at The Garage are free of charge. Our teens develop and produce all events and activities that happen at the Garage under guidance and support from staff. From Open Mic Nights to Movie Marathons, it's all up to you!

13. **Issaquah School District Healthy Youth Survey Results Available** Many Washington school districts like Issaquah voluntarily administer the anonymous survey to 6th, 8th, 10th, and 12th grade students in October. In the fall of 2023, the survey was administered between Oct. 9 and 24. The survey includes questions related to physical activity and diet, unintentional and intentional injury, substance use, risk and protective factors, access to school-based services, and sexual behaviors, abuse, and orientation. Results are used by schools, communities, and state agencies to plan programs to support our youth and reduce their risk

14. **Working Wardrobe @ Family Village Redmond** Working Wardrobe is now back open! Appointments can be made on the hour. Booking the first appointment at 10:00am & last appointment time is at 12:00pm. The mission of Working Wardrobe is to Empower Women & Men to achieve economic independence by providing professional interview attire & the tools to help clients thrive in work and in life. Requirement(s) of booking an appointment for your client: 1. Client's name, contact information: phone number/email: 2. Provider (case managers/advocates): name and contact information: phone or email. Flyer [HERE](#)

15. **Affordable Connectivity Program** The ACP is a U.S. government program run by the [Federal Communications Commission \(FCC\) program](#) to help low-income households pay for internet service and connected devices like a laptop or tablet. **The Affordable Connectivity Program is currently set to wind down in May.** More than 77,000 households in King County could see their internet bills go up in May when the federal ACP runs out of money. **Households have options for continuing service and switching plans, but must communicate with their internet provider** to choose and confirm a continuing internet service plan and costs when the discount ends...or to ensure they end their service plan with a company if they want to. For more information, [What low-income users of the Affordable Connectivity Program need to know and do when the discount ends.](#)

## COMMUNITY ENGAGEMENT OPPORTUNITIES

**16. Friends of Issaquah Library Book Sale April 20, 2024 11am - 6pm** The FOIL Book Sale features thousands of books (hard cover, paperback, on CD and audiotape), collectibles, children's books, tons of fiction, tons of non-fiction, and movies on DVD. Everybody welcome! Adult Books are usually \$2. Children's books are a \$1. Help support library programs as well as the Bookshelf Program held at Issaquah Food & Clothing Bank where clients are encouraged to select one or two books per child each time they visit.

**17. Kiwanis of Issaquah: Accepting Nominations for Volunteer of the Year in 2 Categories. Submit by April 26, 2024** Who would you like to nominate? The Kiwanis Club of Issaquah administers two awards each year, Community Volunteer of the Year and Spiritual & Human Values Award, which are presented at the Chamber of Commerce's annual Community Awards Banquet (scheduled this year for May 21). Nominations are welcome from every sector of the greater Issaquah community, and are also open to adult and youth nominees.

**18. Children's Day Celebration Sunday, April 28, 2024 RSVP here. Hosted by The Circle** In many countries, Children's Day celebrations are held during the spring and the summer. In Issaquah, the Latino Circle is offering this year again a free and fun event for families of all backgrounds! The first one hundred and fifty families will be able to create a paper mache piggy bank to take home. There will also be games, piñata, and snacks for all ages.

En muchos países, las celebraciones del Día del Niño se llevan a cabo durante la primavera y el verano. ¡En Issaquah, el Latino Circle está ofreciendo este año nuevamente un evento gratuito y divertido para todas las familias! Las primeras ciento cincuenta familias podrán crear una alcancía de papel maché para llevarse a casa. También habrá juegos, piñata y snacks para todas las edades.

**19. King County Metro Paratransit Mobility Board Apply by April 30, 2024** Shape the Future of Access Paratransit. King County Metro is planning for the future of its paratransit rideshare service, Access Transportation. This project is called Future of Paratransit and will shape the service for the next five to ten years. Metro is looking for those interested in having a role in this project to take part in the Future of Paratransit Mobility Board. Members of the Future of Paratransit Mobility Board are paid for their participation, a stipend of \$75 an hour for their time, expertise, and any related transportation costs. Board members are expected to have regular access to email and access to a device (computer, phone, tablet) where Zoom or Microsoft Teams can be used. You can access application form by going to this [link](#).

**20. City of Issaquah: Survey: Future Light Rail Station By April 30, 2024** We're expecting that Issaquah's Central Issaquah neighborhood will have light rail service around 2041. By that time, the neighborhood will have a mix of homes, businesses, parks, services, and other places to enjoy, all connected by streets that are safe and easy to walk on. While the future station's exact location is yet to be decided, **this survey** is your chance to help shape how Central Issaquah develops around the new train station. Your feedback is important to help us understand what the community wants for this area! Questions related to the survey, or the light rail station planning, can be emailed to [Thomas Valdriz](#), Senior Transportation Planner.

**21. Everyone 4 Veterans April Krispy Kreme Fundraiser** Throughout the month of April, when you purchase a dozen Krispy Kreme doughnuts from your nearest store for just \$15.00, Krispy Kreme will donate half of your purchase to E4V! Yes, you read that right – when you partake in these delectable delights, you will serve a greater purpose: connecting veterans with the essential oral healthcare they need and deserve. Order [HERE](#)

## FOR NONPROFITS

22. **Puget Sound Energy: Free Freezers!** PSE is distributing freezer units 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. Additionally, coming soon, PSE will be distributing refrigerators. Questions? Please contact Phon Sivongxay at [psivongxay@highline.edu](mailto:psivongxay@highline.edu) or 206-579-9384

23. **King County Employee Giving Program: Nonprofits can apply April 9 - April 30, 2024** Spring is finally here, which means longer days and a bit more sunshine! It also means you can soon apply (or renew) for the King County Employee Giving Program. **Nonprofit Application Webinar - Join us!** We recommend our nonprofit application webinar – especially for new applicants. If you are not able to attend live, that’s okay, we will be recording it for later viewing. Please know it is not required – but we do try to make it not boring! **April 10, 2024 9:00 a.m.** If you have any questions, don't hesitate to contact us at [employeegiving@kingcounty.gov](mailto:employeegiving@kingcounty.gov)

24. **Non-Best Starts Funding Opportunities -April & May 2024 Deadlines** At Best Starts we are working to build long-term sustainable supports for our community so that every baby born and child raised is happy, healthy, safe and thriving. Part of building sustainable systems is recognizing we can’t do it all on our own. We will always promote our Best Starts funding opportunities here on the blog and our [website](#). **But now we’re also highlighting funding opportunities from other agencies and organizations that support groups that promote the health and well-being of our babies, children, and young people.**

Be well,  
Kim Weiss  
she/her