

# INN Weekly Email Update Feb 2, 2024

Greetings Issaquah & Sammamish Nourishing Networks,

**Next INN meeting: Online, Tuesday, Feb 20, 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 Program](#)
- 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.State of WA Health Dept: Care A Van [Upcoming Locations and Date](#)** 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.

- **02/04/2024** 11:00am - 2:00pm Washington Health Outreach at Renton Library 100 Mill Avenue S **Renton**, WA 98057 All COVID-19 vaccines, Flu vaccine, Mpox vaccine, Childhood vaccines, Blood pressure screening, Blood glucose screening, Other, Naloxone (Narcan) Distribution
- **02/10/2024** 10:00am - 2:00pm Seattle Veterinary Outreach Community Health Coalition Clinic 17550 NE 67th Court
- **Redmond**, WA 98052 All COVID-19 vaccines, Flu vaccine, Mpox vaccine, Childhood vaccines, Blood pressure screening, Blood glucose screening, Other, Naloxone (Narcan) Distribution
- **02/14/2024** 6:00 - 8:30pm Centro Cultural Mexicano Valentines Day Serenata 7945 Gilman St **Redmond**, WA 98052
- All COVID-19 vaccines, Flu vaccine, Mpox vaccine
- **02/27/2024** 2:30 - 6:30pm LWSD Community Childhood Vaccination Clinic 17272 NE 104th St **Redmond**, WA 98052 All COVID-19 vaccines, Flu vaccine, Childhood vaccines

**2. The Circle: [Metro Flex Info Session - Spanish](#) Feb 5, 2024 6:30pm - 8:00pm** In this workshop, we will explain the Metro Flex service, which is a transportation service offered in the communities of Issaquah, Sammamish, Renton, and others. Metro Flex is similar to the taxi service. But it costs the same as public buses, \$1.00 for seniors (65+ years old), \$2.75 for adults (18+ years old), and free for minors (-19 years old). Children from 13 years old can travel alone. Come and learn how to use this service from an app on your phone. This presentation will be in Spanish. Please RSVP

**3. Hopelink GED/High School+ Orientations are scheduled for February 6 and February 8.** New students can contact [ged@hopelink.org](mailto:ged@hopelink.org) or 425-941-7004 to start the registration process. This program is free, and offers two pathways to earn a high school credential: GED

and High School+ (HS+). GED students prepare for the science, social studies, math, and language arts GED tests. HS+ students complete assignments to earn high school credits. Students attend classes and have free access to one-on-one tutoring, learning materials, and college/career advising. Hopelink provides vouchers for GED practice tests and scholarships to pay for the official GED tests. We also have computers available for students to borrow and can provide bus tickets to help with transportation costs. You can also visit our [webpage](#) for more information.

4. **ISD Family Partnership [Transition To High School Information Session Feb 7, 2024 6:30pm](#)** The Family Partnership Team will host a virtual presentation for current 8th-grade students and families about the transition to high school. This event is designed for families new or unfamiliar with the U.S. public school system. Each high school will host a school-specific event in late February. Topics will include: What are high school credits and how are credits earned? What is a transcript? What are graduation requirements? What requirements are needed for college applications? Other topics include high school programs, clubs and sports. District staff will be available to answer questions. Learn more and register here: <https://bit.ly/3SHX4K9>

5. **The Circle: [Volunteers Needed Feb 09, 2024, 4:30pm – 9:00pm](#)** We are looking for 4 volunteers to help during a tax help event at The Circle. Volunteers will be welcoming families, maintain the site waitlist, ensure that families have all required documents, and help maintain site flow.

6. **[The Circle: Tax Help Feb 9, 2024](#)** Free tax preparation services offered by United Way of King County, including applications for the new Working Families Tax Credit. Please make sure to bring the following documents: - Your photo ID - Social Security Card or ITIN document. We cannot accept prior year returns as proof of your SSN - Any income documents (W-2, 1099-NEC, etc.) - Other relevant tax documents

7. **IFCB [ONE-TIME DONATION DROP-OFFS: Sat. Feb 10, 11am – 1pm & Thurs. Feb 15, 1pm – 3:30pm](#)** The need is growing! You can help by donating food at our off-site warehouse! \*\*\* We especially need proteins like peanut butter, canned tuna and chicken, etc \*\*\* 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**

8. **The Circle: [How To Get a House With ITIN - Spanish Feb 10, 2024 11:30 - 2:30pm](#)** In this class you will learn: - How to buy a house with an ITIN number, regardless of immigration status. - Process to apply for a mortgage loan for people with ITIN, a business, any type of work Visa, DACA, and first-time citizens or resident buyers. - Purchase and offer process. - How to file your taxes to buy a house this year. - How to use the tax refund when purchasing a house, for people with their own business. - This presentation will be presented in Spanish.

9. **MAPS/MCRC: [Community Clinics Feb 10 & March 9, 2024](#)** Medical care, dental care, pet care, vaccines and more! All services are free or offered on a sliding scale.

10. **Solid Ground [Welcome to Medicare Webinar Feb 10 2024 9:30am](#)** 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.

11. **MAPS: [MAPS MUHSEN Caregiver Support Group Feb 11 - March 31, 2024](#)** Starting February 11th, MAPS MUHSEN will be hosting a free, virtual caregiver support group for Muslim families who are differently-abled! It will be ongoing every Sunday at 10 am until March 31st! Learn more about the therapists [here](#). [Register](#) today!

12. **King County property tax exemption: Property tax statements for 2024 will be mailed on February 15.** 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.

13. **Friends of Echo Glen: [Community Service Socials Feb 22, 2024](#)** | Hygiene kits for unsheltered individuals served by [UGM Search & Rescue](#) Thank you to [Essentials First](#) for providing the kit contents & [Trail Youth](#) for the Bambas socks. Chat with 3 or 4 youth while helping them with a project that helps others.

14. **[NAMI Eastside Trainers Needed!](#)** Become a leader in NAMI Programs and attend a NAMI Washington state training! The next deadline is **Feb. 25 for the Family-to-Family training**. We could use more trainers in our youth programs! Learn more about getting trained in those programs like Ending the Silence and In Our Own Voice on the [NAMI WA website](#).

15. **NAMI Eastside Forum: [Speaker Khalfani Mwamba Feb 27, 2024](#)** Join us to hear from [Khalfani Mwamba](#) at our EvergreenHealth Forum this month. Stay tuned - more will be announced soon. You can also [register now on Zoom here](#)

16. **NAMI Eastside [Youth Mental Health Conference March 22, 2024](#)** Join us at the Together Center in Redmond for an event celebrating youth mental health awareness. Featured programming will include: \* A resource fair featuring our partner organizations serving youth around the community \* Project presentations from some of NAMI Eastside's Youth Ambassador team \* Workshop on how youth can get involved in mental health advocacy on a government level \* and more to come soon!

## RESOURCE INFORMATION AND UPDATES

17. **Unregistered Youth ORCA cards expired February 1, 2024** As a reminder, youth 18 and younger ride transit for free. For riders 13 and older, using a Youth ORCA card (also known as a Free Youth Transit Pass) is highly encouraged, but not required. Tapping a Youth ORCA card allows transit agencies to better understand how many young people are riding transit, including where and when. [Unregistered Youth ORCA cards expired](#) and are blocked as of Feb 1. Youth 18 and younger can easily register their card and request reactivation by visiting [FreeYouthTransitPass.com](#) or by calling 206-553-3000. Don't have a card yet? Youth aged 13 and older are encouraged to order a free Youth ORCA card by visiting [www.myorca.com/buy-online/](#) (the card will automatically be registered when ordered). For more information please visit [FreeYouthTransitPass.com](#).

18. **KidVantage Drop off opportunities at our [Issaquah Hub](#):** Interested in donating goods? [Sign-up](#) for a time during the weekday or visit us on the 1st or 2nd Saturday of each month! [Feb 2024 Current Greatest Needs](#): Winter coats sizes NB-14, Children's hats & gloves, Strollers, Highchairs, Umbrellas, Comforters & bedding sets – all sizes, Toddler size sneakers

sizes 6C-13C, Maternity clothes XL-3XL, Baby monitors/noise machines, Boys pants size 6-14, Warm baby blankets

19. **[Essentials First](#)** - **Pick up free hygiene kits from any of our [4 Locations](#)** We are providing free of cost personal and household hygiene essentials to low-income families in the state of WA.

20. **[Northwest Share Free Vegetarian Food Truck](#)** Free Food Truck Schedule: Hello!! Are you looking for a free dinner or meal near you? Please see the schedule of our food truck and come there. Our food will make your heart happy. Thursdays 6:30 PM to 8:00 PM Avon Villa entrance Avondale Rd NE & Puget Power Trail Walk, Redmond, WA 98052 Sundays 11:30 AM to 1:30 PM CFH/PorchLight Bellevue

21. **Youth Eastside Services: [Introduction to Holistic Wellbeing](#) virtually Tuesdays at 4:30 PM.** *For students aged 13-18.* Are you passionate about mental health and wellbeing? This VIRTUAL club is for you! By providing a safe space to learn and talk about mental health in our society students will learn how to help care for their friends, their community, and themselves. Join YES counselor Katherine. To register, call Katherine Hatfield at 425-586-2334 and leave a voicemail with your name and phone number. We look forward to getting together with you.

22. **King County Sheriff Car Seat Inspections [2024 Schedule](#)** Did you know that many of our police partners and unincorporated areas partner with [Public Health](#) and [Target Zero](#) to provide complimentary car seat inspections? Additionally, they host car seat events periodically throughout the year. These inspections are open to everyone and completely FREE. Locations near Issaquah: Bellevue Children's, Sammamish, Newcastle, KidVantage

23. **Free WorkSource Virtual Workshops for Job Seekers:** WorkSource hosts free virtual workshops for job seekers in multiple languages on topics such as financial capabilities, interviewing techniques, job-search strategies, perfecting applications, résumés and cover letters, skills and abilities analysis, strategies for success, and more. See all upcoming free workshops for job seekers in King County @ the [WorkSource workshop calendar](#)

24. **TRAC Associates [JOB HELP FOR PEOPLE IMPACTED BY THE CRIMINAL LEGAL SYSTEM](#)** **TRAC Associates** provides funding for training, help with job searches and résumé writing, work-related supplies, peer and group counseling, expungement services, and transportation. Services are available to King County residents who've been recently released, recently charged, or pre-released from the criminal legal system.

25. **[King County Mobile medical and dental van schedules](#)** **South King County including Renton Feb 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.*

26. **WA Health Care Authority [Family initiated treatment \(FIT\) Program](#)** As a parent or family member, FIT is a way for you, your family, and/or your youth to seek out behavioral health treatment. Learn more about the program and what is available to assist you and your family in accessing care.

27. **[Statewide Health Insurance Benefits Advisors \(SHIBA\)](#)** A free, unbiased and confidential service of the Washington state Office of the Insurance Commissioner, SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options.

## COMMUNITY ENGAGEMENT OPPORTUNITIES

28. **Imagine Housing [Signature Fundraiser](#) Friday, April 19, 2024** Celebrate with Imagine Housing while enjoying fabulous food and libations. Bid on some amazing live and silent auction packages and celebrate affordable housing on the Eastside that benefits your neighbors and the entire region.

29. **Friends of Youth [Celebration of Youth](#) April 18 & 25, 2024** Mark your calendars! You won't want to miss these unique opportunities to delve into the heart of Friends of Youth's mission. In collaboration with community partners, youth, and our dedicated team, these events will provide valuable insights into our foster care, shelter, and housing programs. More details to come!

## FOR NONPROFITS

30. **Seattle/King County Coalition on Homelessness: [Public Benefit Trainings TANF and WorkFirst – February 29th, 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.

Be well,  
Kim Weiss  
she/her