

# INN Weekly Email Update Feb 23, 2024

Greetings Issaquah & Sammamish Nourishing Networks,

**Next INN meeting: Online, Tuesday, March 19, 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 - stay tuned for details!
- 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. IFCB: ONE-TIME DONATION DROP-OFFS: Thurs., Feb 29, 2024 1:00 - 3:30pm** Your donations of the [listed priority items](#) help us to provide the most-needed food and basic needs items to our clients. **Tents and sleeping bags** also needed for our unhoused community members. Please bring your food and personal care items **to our warehouse ONLY during scheduled days and times** Warehouse location: AtWork (930 7th Ave NW, Issaquah, WA 98027)
- 2. Find a Ride is Seeking User Testers:** Sign up to provide feedback on **Find a Ride's** new trip planner. Provide feedback by February 29th, 2024, to be entered to win a \$50 grocery store gift card. Sign up today to be a community tester for the new trip planner at FindARide.org, our existing service discovery website, and stay tuned for the soft launch announcement in March!
- 3. The Garage : Meet The Author - Dashka Slater Fri., March 1, 2024 6pm** Open to the Community! In partnership with Issaquah KCLS, Dashka Slater, author of "The 57 Bus", will be at the Garage. Join us to meet Dashka Slater, and hear her interview by local teens.
- 4. Hopelink Financial Capabilities Program For Ukrainians Sat., March 2, 2024 10am - 12pm** This workshop for Ukrainians will be held at Carl Gipson Center 3025 Lombard Ave, Everett, WA 98201. Financial Capabilities Workshops for Immigrants and Refugees: During our time together, you will build a solid foundation for managing your money, accessing financial products, understanding credit, and safeguarding your finances. You will also develop skills and gain confidence in navigating unfamiliar financial products and services. Sessions on Money Management, Banking and Credit. **Want to volunteer?** Contact us [here](#)
- 5. The Garage Community Event: Social Media Wed., March 6, 2024** Every month there is a new Garage Community Event topic chosen by our teens! In March, they will be talking about their thoughts and experiences with Social Media! These events are open for anyone to attend! RSVP [Here](#).
- 6. Solid Ground: Info Session for Volunteers 55 & Older Thurs, March 7, 2024 1:15-2:30pm Virtual** Passionate about making a difference? We need YOU to share your experience and skills to help meet critical community needs! Solid Ground and RSVP (Retired and Senior

Volunteer Program) invite you to an information session. *All are welcome! Can't make this event? Check out all [Upcoming RSVP Events](#).*

**7. ParentWiser: Goodbye, Anxiety March 19, 2024 5pm - 6:15pm** In today's world, who isn't feeling stressed? From the everyday—work, school, relationships, social media—to the unprecedented, you may often feel anxious and overwhelmed. Terri Bacow, Ph.D., developed "[Goodbye, Anxiety: A Guided Journal for Overcoming Worry.](#)" to help you find relief with accessible and helpful writing exercises designed to diminish worries, insecurities, fears, conflicts, and stressors for your unique issues. Learn practical, yet highly effective, coping skills developed from cognitive-behavioral therapy, dialectical behavioral therapy (DBT), and other scientifically-based therapy approaches to use whenever anxiety arises.

## RESOURCE INFORMATION AND UPDATES

**8. Issaquah Nourishing Network Meeting Minutes [Feb 2024](#)**

**9. Hopelink: Tax Help 2024** Free Tax Preparation at Bellevue, Redmond, and Shoreline! Hopelink is hosting three tax sites this year in partnership with the United Way of King County free, in-person tax preparation services. All tax sites are first-come, first-served. No appointment needed. Visit [Get Free Tax Help | United Way of King County](#) for more information about what to bring and a list of additional sites opening throughout King County. [Flyer](#) in multiple languages

**10. KCLS: Free Tax Help by AARP Foundation at Renton Highland and Issaquah libraries** Renton Highlands Library: [View all dates](#) Issaquah Library: [View all dates](#) - [Flyer](#) for Issaquah Location. Free individualized tax preparation assistance provided by trained AARP volunteers. No age or income limits. Renton Highlands: If you need help making an appointment, ask a librarian, or come during our hours, and the Tax-Aide volunteer will help you.

**11. Northwest Share Free Vegetarian Food Truck New location!** 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. **Starting Feb 22, 2024 Together Center in Redmond**, up to 200 meals will be served every Thursday 6:30-8:00. [Flyer here](#)

**12. Master Builder Assoc. Rampathon** Each year, MBAKS members and community volunteers head to homes throughout King and Snohomish counties to build wheelchair access ramps. For free. Because our neighbors in need deserve the same freedoms we have.

**13. Issaquah Meals Program is looking for Site Leads** for weekday evening meals (M-F). If interested in this volunteer position, call (425) 679-0342 or email [CCSKingCountyInfo@ccsww.org](mailto:CCSKingCountyInfo@ccsww.org). The meal program provides a free hot meal daily, including holidays at the Issaquah Community Hall, 180 E. Sunset Way, next to the fire station.

**14. KidVantage: Donations Needed! Help us get a step ahead. We are in urgent need of sneakers for children** to fill requests from families. If you have new or gently-used children's shoes (especially 6C-13C) that you can part way with, donate them to KidVantage! Sign-up for a donation time here: <https://go.oncehub.com/DonationSign-Up>

**15. Issaquah Community Services: Volunteers Needed.** ICS provides emergency financial aid for rent and utilities to individuals and families facing temporary hardship. We are dedicated to fostering stability, dignity, and hope by addressing the immediate needs of our neighbors so they can have a secure environment in which to thrive. For more than 50 years, we have served this area as an all-volunteer non-profit organization. Our assistance is available to residents of

Issaquah, much of Sammamish and Newcastle, and parts of Renton, Bellevue and Maple Valley. Volunteers are always needed. Our office is open 9am - 11am, weekdays.

## COMMUNITY ENGAGEMENT OPPORTUNITIES

### 16. **Nourishing Networks Consortium Spring NetWorkshop March 16, 2024 10am - 2pm**

Nourishing Networks presents the 2024 Spring NetWorkshop. Come and connect with all the Eastside Nourishers in this engaging workshop format. Two workshop topics will be highlighted this day, Nourishing Networks 101 and Equity within the Networks. Attendees will have the chance to attend both. Lunch included!

### 17. **Apply for Board Position: Regional Coalition for Housing (ARCH) By March 15, 2024**

Make your voice heard on affordable housing funding and programs by joining the ARCH Community Advisory Board (CAB). The CAB consists of twelve to fifteen community residents and housing professionals that work with ARCH staff to evaluate local housing funding proposals and increase awareness of housing issues on the Eastside. Board members contribute their understanding of housing and community issues, as well as certain specialized perspectives including real estate, housing development, planning, finance, assisting persons with low income or special needs, faith community, racial diversity, architecture, and residents of affordable housing. The CAB also strives to be representative of the Eastside communities that make up ARCH. The CAB typically meets the fourth Wednesday evening of each month for two hours. CAB meetings currently have a virtual and in-person option at Together Center in Redmond. For a description of CAB Member responsibilities, see the [CAB Roles and Responsibilities](#). For more information, visit the ARCH and the ARCH Community Advisory Board [website](#). To apply, please fill out an [application form](#) and submit to Diana Heilman ([dheilman@bellevuewa.gov](mailto:dheilman@bellevuewa.gov)).

18. **City of Issaquah Focus Group on Link Light Rail Station** The City of Issaquah is seeking community input as we work to collaboratively define our vision for the future light rail station area. Let's work together to make the future better for everyone. Volunteer for a focus group today! Registration information [here](#)

19. **The Sophia Way Coffee with the Exec Dir: Thurs, March 14, 2024 9am** on Zoom. Join me for a chat about program and service updates, and share your thoughts and questions. Don't forget to send your questions in advance to [Sujata Agrawal](#).

20. **The Sophia Way Breakfast of Philanthropy March 28, 2024 7:30am** *Breakfast of Philanthropy: Investing in Stability* brings together community professionals to raise much-needed funds and increase support for women experiencing homelessness on the Eastside. Join us for an inspiring morning filled with compassion and purpose where your presence can make a meaningful difference in supporting women.

21. **Issaquah Schools Foundation Nourish Every Mind Thurs., March 28, 2024** Join us in celebrating 25 years of fueling innovation for Every Student, Every School. All are welcome, the light lunch is complimentary, and the event is free to attend. We encourage every attendee to donate as generously as possible.

22. **King County Mobility Coalition Program Supervisor : The Hopelink Mobility Management** team is hiring for a King County Mobility Coalition (KCMC) Program Supervisor, providing leadership over the **KCMC Coalition**. The Program Supervisor will become a mobility expert responsible for project management, communications, meeting facilitation, relationship building, partner recruitment/engagement, and marketing. The ideal candidate will possess an enterprising spirit and passion for impacting the local community. **APPLY HERE!**

## FOR NONPROFITS

23. **BSK: Lead and Toxics: Reducing Toxics Exposures in our Communities RFP – apply by April 17!** This RFP seeks to fund pilot projects to support the work of communities most impacted by toxics to address exposure sources harming families, young children, and pregnant people in King County. We strongly encourage anyone interested in applying to attend our information session to learn more: Tues, March 5, 2024, 11:00am -12:00pm and Mon, March 18, 2024, 2:30pm – 3:30pm

Be well,  
Kim Weiss  
she/her