

INN Weekly Email Update Feb 9, 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. Solid Ground: How to Overcome Barriers To Housing, Online Wed, Feb 14, 2024 3-4:45pm This is the second of a three-part series on your housing search. We'll focus on overcoming barriers that prevent tenants from successfully getting into rental housing. Topics include: tenant credit information * evictions and orders of limited dissemination * dealing with past debt * criminal history on tenant records * landlord discrimination. A visiting attorney from the [Tenant Law Center](#) will also be on hand to help with answering questions. If you're 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. TO REGISTER: Go to [Rent Smart Housing Search Part 2-Overcoming Barriers to Housing](#) on the King County Library System website. Contact Julia Gibson at jgibson@kcls.org for help with registration.

2. KCLS & Solid Ground: Rent Smart Tentants' Rights Wed., Feb 14, 2024 3:00pm - 4:45pm Rent Smart Housing Search Part 2-Overcoming Barriers to Housing * Wed., Feb 28, 2024 5pm - 6:30pm Rent Smart Housing Search Part 3-Renting with an Eviction on Record 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. Reasonable accommodation for individuals with disabilities are available upon request.

3. IFCB: Lunch For The Break: Friday, February 16, 2024 Lunch for the Break provides nutritious breakfast, lunch, and snack options for children attending school in the Issaquah School District. The program helps alleviate hunger during school breaks by providing a week's worth of free grocery items for students to be able to prepare breakfast, lunch, and snacks for themselves. Open to all families with children attending school in the Issaquah School District or who live in ZIP codes 98027, 98029, 98059, 98074, and 98075.

4. Kinderling: Parent Education Opportunities in February 2024 - Flyer in English [HERE](#)

- **Feb 20 @ 6:30pm Social and Emotion Coaching with Young Children:** Parents and caregivers will learn ways to coach their children during play to build young children's emotional, social, and self-regulation skills. Curriculum is from the Incredible Years. www.incredibleyears.com.
- **Feb 21 @ 1pm Parent/Caregiver Support Group:** Join other parents, foster parents, grandparents, grand-friends, and other caregivers of young children, birth to age 8 to share in a conversation about the joys and challenges of raising young children. There will not be a set topic in this session, but participants will be able to share ideas, ask questions, and learn from each other.
- **Feb 27 @ 6pm Positive Discipline: Effective Limit Setting for Young Children:** The goal of this session is to provide parents and other caregivers coaching on how to set limits on young children's behaviors. We will discuss how to establish clearly defined limits and effective ways of making requests and giving directions. Curriculum is from the Incredible Years. www.incredibleyears.com.

5. BloodworksNW: Blood Drive Mon Feb 26, 2024 9am - 3pm EF&R HQ Issaquah CODE RED! Our community has an emergency need for blood donors before our supply runs out! By booking and keeping an appointment and donating blood through Bloodworks, you are helping to support hospitals that treat thousands of local patients every day. First time donating? Create your account to begin saving lives. Donated with us before? If you haven't donated or booked your own appointment with us since Oct. 18, 2023, you will have to create a brand new account to access your appointment and donation details. Thank you!

6. KCLS: Tax Time Saving Tips Feb 29, 2024 Bellevue 2pm in English & 3pm in Spanish Savings can help you be prepared for financial emergencies and begin to plan for the future. Learn where to get free tax help, how to start saving and avoid tax scams. *Registration optional, walk-ins welcome.*

7. Empower Youth Network Resilience Rising Conference 2024 March 8, 2024, 8:00am-3:15pm The Empower Youth Network offers youth development programming throughout the Snoqualmie Valley and works in partnership with organizations around the Puget Sound's Eastside. We are excited to launch our fourth annual conference on building resilience and becoming a trauma-informed community. We welcome people from all walks of life to this day-long learning opportunity: laypeople, parents, educators, social service providers, and you! Resilience Rising will be held entirely online in 2024 to make it as available as possible to as many folks as possible. Visit our website for a look at the draft conference line-up.

8. 425 Smiles: Free Dental Clinic in Issaquah Sat., April 6, 2024 425 Dental, in partnership with the University of Washington School of Dentistry and PMI Dental Hygiene Program, is happy to bring you 425 Smiles - a FREE dental clinic event for those who have a difficult time affording routine dental care. Time: 8:00 AM – 2:00 PM. First come, first served. Please note that [registering on the website](#) cannot guarantee you an appointment time. **Flyers in English and Spanish**

RESOURCE INFORMATION AND UPDATES

9. The Sophia Way Meals - Help stock our pantry with breakfast items this month! **Shop our Amazon Wishlist** to send items straight to us, or contact us about dropping off items in-person at our Donation Center. Wish List links and more info are available at sophiaway.org/shelter-needs. We are so grateful for your help filling our shelves with: - Apple Sauce (individual cups) - Boxes of cereals - Instant oatmeal (individual packets) - Granola bars - Nuts and trail mix - Coffee - Tea bags - Sugar packets - Carnation Breakfast Essentials High

Protein Powder Drink Mix. Thank you for helping nourish women in your community who are experiencing homelessness!

10. Hopelink Mobile Market Schedule - Feb 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

11. Bellevue College: Bellevue College Workforce Education is currently accepting applications for their spring quarter that begins April 2nd. Learn more and apply here! Workforce Education provides services to low-income or unemployed people to help them achieve their academic and career goals. They provide funding for tuition, fees, and potentially other costs like books and transportation for eligible students in [approved programs of study](#).

12. Solid Ground: Working Families Tax Credit Information You can now get your **Working Families Tax Credit** as a prepaid debit card, which means you don't need a bank account to get your refund. You will also have access to your money right away and can use your card to make purchases, pay bills, or get cash. You can still get your refund as a direct deposit or a paper check as well. Under the Working Families Tax Credit, Washington state individuals and families may receive up to \$1,255 back if they meet certain eligibility requirements. If you didn't get your refund last year, there's still time to apply. TO APPLY: [Working Families Tax Credit - Prepaid debit cards](#) MORE INFO: Go to [Working Families Tax Credit - Apply](#)

13. HCA Lifeline Phone Services Lifeline is the Federal Communications Commission's program to make communications services accessible to low-income consumers in Washington State. Lifeline provides subscribers a discount on monthly telephone service, broadband Internet access service, or voice-broadband bundled service purchased from participating providers.

14. WA State Dept of Health: Free Covid Tests for Those with Visual Impairment Free at-home COVID-19 tests are available for people who are blind or have low vision. Ellume's COVID-19 test technology provides audible step-by-step instructions and test results, making it more accessible. Please only order if you do not have another way to test, such as assistive technology, or help from family and friends. To learn more about how to order tests for people who are blind or have low vision visit: <https://acl.gov/accessibletests>

COMMUNITY ENGAGEMENT OPPORTUNITIES

15. City of Issaquah: The Art of Freedom Feb 24 & 25, 2024 10am - 4pm The City of Issaquah, in partnership with Onyx Fine Arts Collective, invites you to The Art of Freedom exhibit. Browse this exhibit, created in partnership with Onyx Fine Arts Collective, on February 24 and 25 anytime between 10 a.m.-4 p.m. at the Issaquah Community Center. The *Art of Freedom* exhibit celebrates the great cultures of Black American history through the arts. These local artists have created beautiful and masterful works expressing their own unique talents of the American cultures. Desserts and hot beverages will be provided by Fattboy Catering.

16. Issaquah Kiwanis: Boots, Barrels & Brews March 22, 2024 6:30pm We'll have live music, a dance floor, delicious food/desserts, a variety of beverages, and all kinds of prizes to raffle or auction off! Must be at least 21 years of age. ID checked at the door.

FOR NONPROFITS

17. **Department of Health FREE Test-&-Go 24/7 Accessible Kiosks** NEW Kiosks across the state will offer free COVID-19, flu tests, and healthcare supplies, 24/7. Accessible kiosks are in food banks, transit stations, churches, schools, and libraries. **GENERAL INFORMATION for kiosks in your community/non-profit. REQUEST FORM for kiosks in your community/non-profit.** Tests include COVID-19 rapid antigen tests, multiplex rapid antigen tests (detect flu types A and B and COVID-19), and self-swab PCR tests. Learn more: **DOH COVID-19 Testing. DOH website. Public Health Connection Blog Sign-up.**

18. **Non-Best Starts Funding Opportunities - February/Early March 2024 Deadlines!** 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.** This is just a start; we know we're not able to post every funding opportunity out there that exists. If you know of other grant opportunities that would serve babies, children and youth in King County, please let us know and we will include them in the next posting.

Be well,
Kim Weiss
she/her