

INN Weekly Email Update Jan 12, 2024

Greetings Issaquah & Sammamish Nourishing Networks,

Next INN meeting: Online, Tuesday, Jan 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 [Eastside Friends of Seniors](#)
- City of Issaquah Human Services Strategic Plan - Community Input for priorities in human services for the next five years
- 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. <https://www.nourishingnetworks.net/networks/issaquah/>

SEVERE WEATHER UPDATES

1. **Issaquah Food & Clothing Bank has an Amazon Wish List** for supporting unhoused community members: Online orders of items of [Essentials for Unhoused Neighbors](#)
2. **Porchlight** (Congregations for the Homeless) and **Mary's Place** have both shared requests for specific funding assistance to provide for the additional services and staffing needed over this severe weather period. **Porchlight:** To address this immediate crisis, we are launching an emergency fundraising campaign to cover additional staff costs. Donate [HERE](#). **Mary's Place:** If you can make a donation today to help us keep our teams out there providing shelter and relief, we would be so grateful! Any amount is appreciated and will be put to good use.
3. **Reclaim** (formerly Snoqualmie Valley Shelter Services) **** Jan 10, 2024: Our shelter has relocated and we are no longer located in downtown Snoqualmie. If you need shelter, please contact us at (425) 773-2874. ****
4. **Friends of Youth** is pleased to announce the [Willows Youth Services Center](#) located at 12735 Willows Road NE, Kirkland WA 98034 (between 139th Ave NE to the north and 141st Ave NE to the south) **will be open to young adult clients, ages 18 to 24, on Tuesday, January 16th, 2024**, with both drop-in and overnight shelter services. **The last day for the current emergency shelter "The Landing" in Redmond, will be Monday, January 15th.**
5. **Continue to check the [KCRHA Severe Weather Response page](#)** for updates throughout the weekend, and activation period.

FOR YOUR CALENDAR

6. **Hopelink: [Tax Help 2024](#)** Free Tax Preparation at 3 locations! 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.

- **Bellevue Hopelink Opens 1/16/24:** Tues 5:00pm - 9:00pm * Wed 5:00pm-9:00pm * Sat 9:00am - 4:00pm * Sun 10:00am - 4:00pm
- **Redmond Hopelink Opens 1/20/24:** Saturday 10:00am - 3:00pm
- **Shoreline Hopelink Opens 1/16/24:** Monday 5:00pm - 8:00pm * Tuesday 5:00pm - 8:00pm * Saturday 10:00am - 4:00pm * Sunday 10:00am - 4:00pm

7. **KCLS: Talk Time Classes Starting Next Week!** Practice speaking English with other English language learners! Learn about American culture and meet people from around the world, while connecting from home! Check each option for more information and any registration.

- [Online: Join Talk Time Classes Tuesdays 1pm - 2pm](#)
- **Sammamish Library Wednesdays 1:00pm - 2:30pm** [View all dates](#)
- **Issaquah Library Thursdays 3pm - 5pm** [View all dates](#)
- **Newcastle Library Fridays 10:30am - 12pm** [View all dates](#)

8. **KCLS: [Drop-In Employment Help Desk](#) Issaquah Library Thurs, Jan 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. Monthly. [View all dates](#)

9. **Solid Ground: [New To Medicare? Understand Your Options](#) Fri, Jan 26, 2024, 1-4pm** 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. QUESTIONS? Contact Sam Stones at sams@solid-ground.org or 206.694.6750.

10. **KCLS: Free Tax Help by AARP Foundation - Renton Highland and Issaquah - Starting in February** Renton Highlands Library: [View all dates](#) Issaquah Library: [View all dates](#) Free individualized tax preparation assistance provided by trained AARP volunteers. No age or income limits. Renton Highlands: For an appointment, schedule your online appointment by going to <https://tinyurl.com/RHLTaxAideAppt> (case sensitive). If you need help making an appointment, ask a librarian, or come during our hours, and the Tax-Aide volunteer will help you.

11. **Empower Youth Network: [Youth Mental Health First Aid](#) Sat, Feb 3, 2024 9am - 3:30pm** Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. This class is for people in King County, WA

COMMUNITY ENGAGEMENT OPPORTUNITIES

12. **NAMI Eastside: [Demographic and Program Evaluation Instrument - 2023](#)** NAMI Eastside's free programs support the mental health of our community and beyond. They are supported by funders that require information about the people we served. Our annual demographic survey is one of the ways we get that information. If you were involved with NAMI

Eastside in 2023, please take five minutes to help keep our programs running and fill out this confidential demographic survey.

13. **WA State Health Care Apple Health Expansion Outreach survey** Washington State Health Care Authorities request community feedback from medical providers and residents on best practices to communicate updates and information about Apple Healthcare Expansion. Responses to the survey inform HCA's outreach materials and how/where information should be shared. [WA State Apple Health Care Expansion Survey](#)

14. **Issaquah Community Services:** As we reflect on the progress of our campaign, we are delighted to share that, with your help, we have raised over \$88,000 so far. **However, we find ourselves still short of our fundraising goal and the amount needed to sustain our mission through 2024.** There is still time to make a difference: If you have not yet had the opportunity to contribute to this year's *Neighbors Helping Neighbors*, we kindly ask you to consider making a donation today. Your generosity will directly impact the lives of our neighbors who need it most, and it will enable us to continue providing vital assistance to those who need it most. It takes a community to do what we do. Learn more in our Winter 2023 [newsletter](#).

FOR NONPROFITS

15. **The Snoqualmie Tribe Applications Open Now** The Snoqualmie Tribe will be accepting applications for our next Funding Cycle from **January 1, 2024 to March 31, 2024.** Organizations which are registered with the IRS as a 501c3 nonprofit and located in the State of Washington are eligible to apply for charitable funds from the Snoqualmie Tribe. Following the deadline, the Tribe will review the applications submitted and follow up with organizations regarding any questions. For the **2024 Funding Cycle**, the Tribe anticipates notifying organizations whether or not they were selected to be funded in **July 2024.** For more information about the funding opportunity and to apply, visit [online](#).

16. **Funding Opportunity: 2024 AARP Challenge Grant Apply by March 6, 2024 2pm** This year, the AARP Community Challenge is excited to accept applications across three different grant opportunities: *Flagship Grants; Capacity-Building Microgrants; and Demonstration Grants.* All applications must be submitted through [aarp.org/CommunityChallenge](#) and projects must be completed by December 15, 2024. To answer any questions applicants might have, the AARP Livable Communities team is hosting a [Public Q&A Webinar](#) on Wednesday, January 31 at 2 p.m. ET. The free webinar will describe the 2024 Community Challenge grant program, explain the application process, highlight the work of a few past grantees who jump-started long-term changes in their communities, and answer attendee questions! [Please register to join us.](#) If you have questions, please email communitychallenge@aarp.org. LEARN MORE AND APPLY: [aarp.org/CommunityChallenge](#)

Monday, Jan. 15, 2024 many agencies and organizations will be closed in honor and recognition of Martin Luther King, Jr Day.

Be well and warm, and I hope to see you next week!
Kim Weiss
she/her