

INN Weekly Email Update Jan 19, 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 [Kindering](#)
- 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/>

FOR YOUR CALENDAR

1. **IFCB: [ONE-TIME DONATION DROP-OFFS](#): Mon. Jan 22, 1:00pm – 3:30pm** The need is growing! You can help by donating food at our off-site warehouse! 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)
2. **Friend of Youth [Transportation options Jan 22 - Feb 7, 2024](#)** to the new [Willows Youth Services Center](#) located at 12735 Willows Road NE, Kirkland WA 98034
3. **NAMI Eastside Forum: [How to Set Goals, Build a Budget, and Save](#) Tues., Jan 23, 2024 7pm** Finding your values (or your "why?") unlocks the motivation and focus needed to achieve important goals. When you're struggling with mental health, it can be difficult to focus on financial wellness. Join Paul and our sponsor Chase Bank to learn some helpful tips to get you started with budgeting and saving in everyday life.
4. **ISD Cultural & Family Partnerships: [Transition to Middle School](#) Jan 24, 2024 6pm** This event is for families of fifth grade students who will enter middle school in the fall of 2024. This is an introduction to middle school for families that are new to U.S. public school systems or want more information about middle school before the presentations at their schools. Topics will include course selection information, elective class options such as orchestra and choir, PE/Health classes, sports, clubs, health/immunization, costs/fees, supplies, what a typical middle school day looks like, and general information about middle school to help prepare you and your child for this next step.
5. **NAMI Eastside: [New Support Group for Latin Mamas](#) Starts Jan 26, 2024** Our newest support group is a support group for Latina moms in Spanish at the together center starting January 26. Come and help us build a community of cooperation and empathy among Latina moms, who seek to learn more about caring for our mental health during motherhood
6. **NAMI Eastside New In-Person Peer Support Group Starts Jan 26, 2024** Longtime NAMI Eastside member and mental health hero Corinne Clarke is now facilitating an in-person support group regularly at the Together Center in Redmond. We are beyond excited to be adding in-person support back into the mix. Email corinne@nami-eastside.org for more info. Peer

Support Group Every 2nd and 4th Friday Starting January 26 at the Together Center 6:30pm - 8pm.

7. **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. You can 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.

- **01/27/2024** 3:00 - 6:00pm Indian American Community Services IACS Republic Day 16007 NE 8th Street **Bellevue**, WA 98008 All COVID-19 vaccines, Flu vaccine, Blood pressure screening, Blood glucose screening
- **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

8. **Northwest Immigrant Rights Project: [Legal Clinic for Farmworkers](#), Volunteers Needed Feb 3, 2024** We are looking for volunteers to help us for an upcoming free deferred action legal clinic for Washington farmworkers!

9. **KCLS: [Washington Health Outreach](#) Sunday, Feb 4, 2023 11:00AM – 3:00PM** Renton Library is partnering with Washington Health Outreach for free and low-cost veterinary care for community members in need. Washington Health Outreach will be set up in the parking lot of the library. *First come, first served. Visit the [website](#) for a full schedule and list of available services. * Care A Van will also be available **

10. **Hopelink: [Financial Capability Program](#) New Arabic workshop for immigrants and refugees.** Ned Kurabi, fluent in Arabic and one of our volunteers who has worked in finance for over 30 years, will lead this opportunity for the Arabic community to learn more about American Finance Systems. [Flyer in Arabic](#)

- Week 1: Money Management February 8, 2024 6:00 - 7:30 PM
- Week 2: Banks February 15, 2024 6:00 - 7:30 PM
- Week 3: Credit February 22, 2024, 6:00 - 7:30 PM

11. **KCLS: [Death Care for the BIPOC Community](#) Feb. 7, 2024 4pm - 5pm** Join Joél Simone Maldonado, also known as "[The Grave Woman](#)," for a 60-minute conversation and Q&A regarding death care for the BIPOC community. This talk will touch upon the importance of cultural competency, racial inclusion and diversity in end of life, death and grief care. *Please register.*

12. **Northwest Bloodworks [Blood Donation](#) Opportunity Feb 9, 2024 9am - 3pm** Blood banks and organizations that serve Washington and the Northwest are close to calling a Code Red – a critical supply warning to hospitals and emergency departments that donated blood is running out fast. A Code Red is declared after four consecutive days of emergency blood levels. It rarely happens due to a single event, but January's cold weather caused a severe dent in

emergency blood supplies beyond the usual donation slowdown during the holidays. **Location: Issaquah Highlands - Blakely Hall**

13. **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.

14. **KCLS: [Adapt Toys](#) Sat, Feb 10, 2024 2:00PM – 4:00PM Bellevue** UW's [HuskyADAPT](#) team will teach you how to modify battery-powered toys to make them accessible to folks with disabilities. Learn basic soldering skills while you help create accessible toys for the community. Adapted toys will be distributed to community organizations and families, ensuring that everyone has the right to play. *For adults and teens ages 12 and older. Please register.*

15. **[2024 Seattle/King County Clinic](#) Feb. 15 – 18, 2024 at Seattle Center** This clinic is for people in need who struggle to access and/or afford healthcare. This clinic offers dental, vision and medical care; patients cannot seek dental and vision care on the same day. A limited number of admission tickets are distributed, beginning at 5:30 AM, on a first-come, first-served basis (one ticket per person) in Fisher Pavilion at Seattle Center. Visit [link](#) for more information, and flyers in multiple languages

16. **Guide Access into the Future and Join [APAC](#)** King County Metro's [Access Paratransit Advisory Committee \(APAC\)](#) advises Metro, the King County Executive, and King County Council on transit issues and policy matters related to providing equal access to public transportation for persons with disabilities. APAC is made up of members throughout the county who are Access riders, family members of Access riders, representatives of organizations that provide services to Access riders and representatives of organizations that support Access riders who speak English as a second language. Applications will be **open until February 11, 2024**. The APAC website has the information you need to [submit an application](#)

17. **Youth Voices Needed: Become a Member of the [SaFE Equity Workgroup](#)** King County Metro is looking for young people from ages 15-19 to help shape the future of transit safety in King County. Metro's Safety, Security, and Fare Enforcement (SaFE) Initiative wants to ensure the voices of youth are part of our SaFE Equity Workgroup, the panel that works with Metro to plan, prioritize, and evaluate projects to improve transit safety. The Equity Workgroup wants to add 3-4 young people to the group. Members of the SaFE Equity Workgroup are paid for their participation, a stipend of \$75 for each hour attending meetings and other events. The deadline to apply for the SaFE Equity Workgroup is **February 16, 2024**.

RESOURCE INFORMATION AND UPDATES

18. **Issaquah Schools Foundation: [Cultural Bridges Issue 26 Available Now!](#)** Some topics include Elementary Schedule Updates, Washington Guaranteed Admissions Program, VOICE Mentor, Middle School Robotic clubs, Chinese Lunar New Year & Culture, community resources such as the Circle & the Garage, etc. It also includes the Parent Connect Conference sessions that ISF hosted back in October.

19. **Issaquah Community [Virtual Resource Center](#) every Thursday from 12:30-1:30 p.m.** The Virtual Resource Center (VRC) is a free way for people to access resources and meet with regional providers online to assist with services and benefits. Supports include behavioral health clinics, furthering education programs, employment support, free or discounted bus tickets, basic needs or financial assistance, case management, youth or senior-specific services, Department of Social and Health Services (DSHS), Public Health and more. Check website for schedule of providers

COMMUNITY ENGAGEMENT OPPORTUNITIES

20. **The Sophia Way [Support Network Meetings](#)** - Meet once a month to get updates about The Sophia Way's programs and needs of women, as well as share ideas and resources. Meetings are held on the fourth Tuesday, 12 - 1 pm (Zoom link for virtual meeting is emailed the day prior to all who register). We hope that through these meetings, you can make meaningful connections.

21. **2024 [Soil & Water Stewardship program Applications Open](#)** The Soil and Water Stewardship program offers a comprehensive, nine-month training in sustainable food production and environmental stewardship for King County residents. Participants meet one weekend each month, learning together over Zoom and then applying what you learn through hands-on projects at garden and partner sites throughout King County. Topics include: soil health and compost systems; reducing toxic runoff threatening Puget Sound, through rain gardens, cisterns and green infrastructure; addressing food equity and environmental justice issues that affect communities in King County; build garden beds, plant community orchards and grow food using organic gardening techniques; implement permaculture concepts and design sustainable landscapes; and install rain barrels, drip irrigation systems and implement water conservation practices.

FOR NONPROFITS

22. **Hopelink Eastside Mobility Community Events - Is your organization interested in scheduling Mobility Outreach Events?** Please reach out to me about these options, or how we may be able to tailor one for your organization. Heather Clark hclark@hopelink.org or at 425-626-6784 and let me know how I can help.

- [Getting Around Puget Sound \(GAPS\) Tabling Events](#) – Join your special event and set up a table to share information about existing transportation options, reduced fare programs, and answer questions.
- [Travel Ambassador Trainings](#) – As a “Train the Trainer” model, in person or virtual trainings on various transportation options and reduced fare programs.
- [Public Transit Orientations](#) – These events involve taking small groups (no more than 12) on a short trip using public transit to help them learn how to use transit in a fun, hands-on way.

23. **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

Be well,
Kim Weiss, she/her