

# INN Weekly Email Update Jan 26, 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.

## FOR YOUR CALENDAR

1. **IFCB: [ONE-TIME DONATION DROP-OFFS](#): Thurs., Feb 1, 2024 1pm - 3:30pm** Your donations of the [listed priority items](#) help us to provide the most-needed food and basic needs items to our clients. Please drop off donations only at our off-site warehouse. AtWork (930 7th Ave NW, Issaquah, WA 98027)
2. **[The Garage](#) Sparking Conversations: Teens & the Environment Wed, Feb 7, 2024 6:00-7:30 p.m.** Our teens are inviting you into the Garage to have a Community Conversation about the Environment. From Environmental activism to their passions for nature, hear from our teen panel about what is important to them! **RSVP [Here](#)**
3. **ParentWiser: [The Parent Compass: Navigating your Child's Wellness and Academic Journey](#) Wed, Feb 7, 2024 7:00 - 8:15pm** Navigating a competitive academic environment is one of the biggest stressors for teens and their parents. Cynthia Muchnick, MA, author of The Parent Compass, provides guidance on what parents' roles should be in supporting their students' mental health as they traverse the maze of the adolescent years. Muchnick will provide advice on fostering grit, strategies to help your teen approach life with intention, and effective ways to use technology in your home, all while preserving a trusting, positive relationship with your child.
4. **[Affordable Connectivity Program](#) Enrollments End February 7, 2024** The Affordable Connectivity Program (ACP) is a U.S. government program run by the Federal Communications Commission (FCC) program to help low-income households pay for internet service and connected devices like a laptop or tablet. You are likely eligible if your household's income is below 200% of the Federal Poverty Line, or if you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch. ACP has replaced the Emergency Broadband Benefit program.
5. **NAMI Eastside: [Mental Health First Aid \(MHFA\) training](#) Feb 10 & 11, 2024 at Together Center** Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Pre-work:

There is a 2 hour self study portion which needs to be completed at least 3 days prior to the class.

6. **Issaquah School District: [Financial Strategies for Parents of Students with Disabilities](#) Feb. 13, 2024** The Special Services Department will host a presentation for parents of students with disabilities on the topic of Financial Strategies and Estate Planning. There are three phases of family life, based on age, for a child with special needs: Pre-Guardianship, Post-Guardianship, and Independent Living. Each phase has its own unique financial challenges. However, with proper planning, parents/guardians can hopefully find peace, knowing that their child's financial well-being is protected throughout their life span as well as in the event of an unforeseen life change. We will discuss the resources available to you and have an open conversation that allows you to ask questions and/or share life experiences.
7. **KCLS: Drop-In Employment Help Desk Issaquah Library Thurs, Feb 15, 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. [View all dates](#)
8. **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. Register Today!
9. **KCLS: [Renton Library Resource Days](#) Fri, Feb 16, 2024 11:00AM – 2:00PM Renton** [View all dates](#) For community members in need of support. Local social support providers will help connect you to resources such as healthcare, addiction recovery, free job training, access to ORCA cards, a free phone, gently used clothes, hygiene kits and free lunches (while supplies last). Flyer [here](#) *Registration not required.*
10. **WSCADV: [Child Support 101](#) Feb 21, 2024 10:00am - 12:00pm** A webinar for DV Advocates presented by Kevin Lee (WSCADV) and Tom Atkinson (Division of Child Support). This webinar will cover the basics of how survivors can access child support collection through DCS (the Department of Child Support).
11. **KCLS: [Bellevue Resource Fair](#) Thur, Feb 22, 2024 11:00AM – 1:00PM** The King County Library System, Peer Kent and City of Bellevue come together to offer: Housing resources \* Employment help \* Transportation assistance \* Food benefits sign-up \* Referrals to other local resources \* And more!
12. **WSCADV: [Following Their Lead: A Teen Dating Violence Action Month Panel](#) Thurs., Feb 22, 2024 2:00pm – 3:30pm** Teen dating violence prevention starts with youth power! Young people, especially people of color, queer and trans folks, and folks from economically struggling communities know how to lead the way forward and know what their communities need. Youth-led violence prevention forges a path toward liberation for all of us and one of the best things we can do is to follow their lead! Join us for a panel highlighting the important work that young people are doing across the state to end dating violence, uplift marginalized voices, and shift culture. We look forward to seeing you there!
13. **Eastside Legal Assistance Program: [Free Wills Clinic](#) Sat, Feb. 24 9am - 12pm** Do you have a plan for the future that includes a legal will? Get help drafting an important legal document like a Will, Advanced Directive, or Power of Attorney at ELAP's upcoming February

legal clinic. You may qualify if: – You live in King County – You are a low-income household. Renton Senior Activity Center Appointments are required. Call 425-747-7274 to make an appointment.

14. **HopeFest March 30, 2024 Bellevue Highland Community Center 3pm - 7pm** The annual Hope Festival is an event supporting families across the Eastside. Hopefest not only provides more than 1,000 guests with free groceries, clothes, hygiene items, and books; but also provides clients with free services such as haircuts, dental care, vaccinations, health screenings, and much more. Everyone is welcome to enjoy the refreshments being served, or even pick up a club for a game of mini golf with the family.

## RESOURCE INFORMATION AND UPDATES

15. **Issaquah Senior Center The [February Newsletter](#) is here!** We have tons of resources, events and classes. Be sure to check out the [lunch menu](#) to see what is being offered daily!

16. **[Sammamish Seniors: WHAT ARE YOUR INTERESTS?](#)** Because we care about you, we want to know what is important to you and how Sammamish Seniors can best serve you and the 50+ community. Your answers to our survey matter! We care about you! [TAKE THE SURVEY](#)

17. **Hopelink Financial Capabilities Program: [Drop-In Hours Every Tuesday on Zoom!](#)** Join Hopelink's financial coach and local financial institutions every Tuesday from 12:00 to 1:00 p.m. for an informal session to get answers to your credit, banking, and money management questions. Interpreters are available. No registration is required.

18. **Working Connections Child Care Applications are accepted on a rolling basis. [Apply now at this link](#)** Working Connections Child Care (WCCC) helps eligible families pay for childcare. When a family qualifies for subsidy benefits and chooses a provider, the state pays a portion of the cost of childcare. Parents may be responsible for a copayment to their provider each month. Families experiencing homelessness may be approved for up to 12 months to help resolve issues surrounding homelessness. For more details, [please visit the grant website here](#), or if you have questions, please email [providerhelp@dcyf.wa.gov](mailto:providerhelp@dcyf.wa.gov) or call 1-800-394-4571.

19. **INN Meeting Minutes [Jan 2024](#) & [City of Issaquah Human Services Strategic Plan](#)**

## COMMUNITY ENGAGEMENT OPPORTUNITIES

20. **[Mary's Place Lunch & Learn](#)** Join us at our Mary's Place Lunch & Learn webinar programs to hear from our staff and partners about some of the causes of homelessness, as well as innovative programs to address our community crisis, and how you can get more involved. [Join our mailing list](#) to get invitations!

## FOR NONPROFITS

21. **RFA: Capital Improvements of Behavioral Health Treatment Facilities Applications are due Tuesday, February 27th by 2 PM. [Apply now at this link.](#)** The purpose of this RFA is to support organizations to make necessary capital improvements, repairs, renovations, and/or expansions in behavioral health treatment facilities located in King County. The goal of these improvements is to improve access to and availability of behavioral health services by assisting with costs associated with building repairs, renovations and/or expansion of existing

behavioral health provider facilities. There is a total of \$5 million to be allocated in 2024. For more details, [please visit the grant website here](#), or if you have questions, please email Tiffany Ngo, RFA Lead, at [dchscontracts@kingcounty.gov](mailto:dchscontracts@kingcounty.gov).

**22. New VSHSL funding opportunity: [Support Senior Centers](#) Apply By March 13, 2024**

A new funding opportunity is available from the Veterans, Seniors, and Human Services Levy (VSHSL) to provide foundational support to a robust number of Senior Centers and will establish the King County Senior Center Network. Funded Senior Centers will be well positioned to be inclusive, vibrant gathering spaces for Seniors and their caregivers. A virtual information session to discuss questions related to this RFP will be held on **Feb. 7, 2024, 3:00 – 5:00pm**. [Apply now!](#)

Be well,  
Kim Weiss  
she/her