

# INN Weekly Email Update Jan. 5, 2024

Happy New Year 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/>



## FOR YOUR CALENDAR

- 1. MAPS/MCRC: [Community Clinics](#) Jan 6 - Feb 10 - March 9, 2024** Medical care, dental care, pet care, vaccines and more! All services are free or offered on a sliding scale.
- 2. IFCB [ONE-TIME DONATION DROP-OFFS](#): Mon. Jan 8, 1:00 – 3:30p, Thurs. Jan 18, 1:00 – 3:30p, Mon. Jan 22, 1:00 – 3:30p** The need is growing! You can help by donating food at our off-site warehouse! \*\*\* We especially need proteins like peanut butter, canned tuna and chicken, etc \*\*\* 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)
- 3. KCRHA: Volunteers Needed on the Eastside!** King County Regional Homelessness Authority is scheduled to conduct the Point-in-time (PIT) count to survey unhoused individuals. KCRHA will have 16 hub sites throughout the county. To meet the goal of 1,000 interviews, the process requires volunteers for 4 hours, morning or evening shifts, per day for two weeks between January 22 and February 22. Volunteer shifts will be filled as sign-ups are received. **To ensure a volunteer placement, please submit your application today.** Each volunteer must complete 1 of the 3 trainings being hosted the week of January 8th. These will be offered in a hybrid format and access details will be provided within 48 hours after applications are submitted. **Volunteer [registration](#) is required!** To learn more on PIT, please visit online [here](#).
- 4. KCLS: Mending Circle Tuesdays, 2pm - 4pm Bellevue Next: Jan 9, 2024 [View all dates](#)** Mend your clothes in the Makerspace! We will have mending and darning supplies, basic instructions and examples. *Ages 13 and older. Registration not required.*
- 5. KCLS: [Social Services Support with FD Cares](#) Renton Wed, Jan 10, 2024 1:00pm – 3:00pm [FD Cares](#)** will be on-site to offer resources to people who are unhoused. Get help with housing, mental health resources, vital sign checks, substance abuse resources and more. [FD Cares](#) is a nurse and social worker team that help community members get connected to community resources.

6. **Washington State Coalition Against Domestic Violence (WSCADV) [MoneyTalks – Taxes](#) Jan 10, 2024 10:00am – 12:00pm** Our next MoneyTalk webinar happens on January 10th from 10:00am to 12:00pm. This quarter we will be talking about “Taxes”. Tax season is coming up soon, get yourself up to date on the latest changes that impact survivors, and get yourself prepared! Don’t miss it! Be a part of a knowledgeable and resourceful community.

7. **The Garage: [Sparkling Conversations](#) Trusting Teens Jan 10, 2024 6pm** You are invited to a moderated panel discussion where teens share their thoughts about trusting teens. In November the teen panel shared about stereotypes of teens and how they often feel overlooked and distrusted. These youth are fun, enthusiastic, and eager to be heard and we can support them by showing up, listening, and engaging in positive dialogue. Register [here](#)

8. **KCLS & Solid Ground: [Rent Smart Tenants’ Rights](#)** 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](mailto:hjpstaff@kcba.org). Reasonable accommodation for individuals with disabilities are available upon request. **Wed., Jan 10, 2024 3pm - 4:45pm [Rent Smart: General Information](#) \* Wed, Jan 24 5:00pm–6:30pm [Rent Smart Housing Search Part 1-Looking for Housing](#)**

9. **Eastside For All: [Healing in Community](#) Jan 13, 2024 1:00pm Together Center** In honor of Martin Luther King Jr. Day (1/15) and the National Day of Racial Healing (1/16), we invite you to spend time healing in community. Let’s come together and connect! **[Please Register](#)** \* Food \* interactive art \* *lotería* \* music \* open mic

10. **KCLS: [Washington Health Outreach](#) Sunday, Jan 14, 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.*

11. **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 vaccine for priority communities**. To 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.

- **01/14/2024** 10:00am - 2:00pm Gurudwara Singh Sabha of Washington Health Fair  
5200 Talbot Road S Renton, WA 98055
- **01/18/2024** 2:30 - 6:30pm Redmond High School (Lake Washington School District)  
LWSD Community Childhood Vaccination clinic 17272 NE 104th Street  
Redmond, WA 90852
- **02/10/2024** 10:00am - 2:00pm Seattle Veterinary Outreach Community Health  
Coalition Clinic 17550 NE 67th Court Redmond, WA 98052

12. **ParentWiser: [Reducing Frustration & Fostering Resilience](#) Jan 16, 2024 7:00 - 8:15pm** In the face of escalating irritability and diminishing resilience in our kids and ourselves,

how do we reduce everyone's frustration load? When upset is unavoidable, how do we get better, and help kids get better at handling it? Jenni Pertuset provides a map for understanding frustration, anger, and aggression, for adults to create more ease at school and at home.

13. **KCLS: [Support, Learn and Share: How to Show Up for the LGBTQIA+ People in Your Life](#) Wed, Jan 17, 2024 6:00PM – 7:00PM Online event** Join this interactive conversation with Renton PFLAG representatives! Learn about the resources and local support networks available for folks with LGBTQIA+ people in their lives. Whether you have a trans friend, a queer sibling, a gay co-worker... this is a safe space to learn, share and grow together. PFLAG is the nation's first and largest organization for lesbian, gay, bisexual, transgender and queer people, their families, and their allies. *Please register*

14. **KCLS: [Renton Library Resource Days](#) Fri, Jan 19, 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.*

15. **Issaquah Senior Center: [Taking Care of You: Powerful Tools for Caregivers](#) Starts Jan 22, 2024.** 6-week program held once a week that offers caregivers the opportunity to learn new strategies for self-care, emotional balance, coping skills and confidence. Register today!

16. **Issaquah School District: [The ARC of King County - Parent Presentation](#) Jan 25, 2024 5:30-7:00pm Online** Please join the Issaquah Special Services Department in partnership with The Arc of King County, Tracie Warren Future Planning Support Program Manager, for the Transition to Adulthood presentation. The information will include a timeline of when certain services for adult students should be applied for. ARC of King County will also share links of resources, as well as any required applications. In addition, the discussion will provide basic information, but focus on moving students into adulthood and the importance of fostering their ability to be independent.

17. **The Circle: [Finance Workshop \[SPANISH\]](#) Starting Jan 29, 2024** Durante nuestro tiempo juntos, construirás una base sólida para gestionar tu dinero, acceder a productos financieros, entender el crédito y proteger tus finanzas. También desarrollarás habilidades y ganarás confianza a medida que aprendes a utilizar productos y servicios financieros que pueden ser desconocidos.

18. **King County Public Health Seeks Providers and Volunteers for Feb 2024 Event** Volunteers are needed for the next Seattle/King County Clinic , February 15-18, 2024 at Seattle Center. Help provide free dental, vision and medical care for people in need. It takes a community of 750 volunteers each day to make the Clinic possible! Seeking dental, vision & medical professionals, social workers, interpreters, general support, health insurance navigators, and more! Register: [seattlecenter.org/volunteers](https://seattlecenter.org/volunteers)

## RESOURCE INFORMATION AND UPDATES

19. **Issaquah Senior Center The [January 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!

20. **[Hopelink Mobile Market Schedule - Jan 2024 Calendar](#)** 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

**21. Hopelink: Did you know Hopelink offers digital literacy support?** Our Digital Skills program offers workshops, classes, and one-on-one support for adults to develop skills like keyboarding, using the internet, creating Word documents, using Zoom, and more! For more information, email [digitalskills@hopelink.org](mailto:digitalskills@hopelink.org).

**22. Snoqualmie Valley YMCA [COMMUNITY SHOWER PROGRAM](#)** MONDAY – THURSDAY: 6:30AM – 8:00PM, FRIDAY: 6:30AM-7:00PM, SATURDAY: 7:30AM-4:00PM, SUNDAY: 8:30AM-4:00PM Original government issued ID required (No photocopies) 30-minute limit Shower supplies & towels provided

**23. Find a Ride is Seeking User Testers:** We appreciate your support in raising awareness about Find a Ride's new trip planner. We're calling on you to help recruit local community members now through February 2023! With the support of [Every Ride Counts marketing materials](#) we will enhance transportation access and mobility for all. In gathering this critical community feedback, we will develop a responsive and user-friendly program that can help us better serve our communities. Please share the sign-up link ( [here](#) ) with your networks and encourage them to sign up to be part of our user testing community. For more information on this new approach to specialized transportation, please visit [www.kcmobility.org/ococ](http://www.kcmobility.org/ococ). There is the opportunity to win a \$50 gift card for providing feedback, too.

**24. Eastside For All and Pride Across The Bridge: QTPOC Collective Monthly Social Group Interest Form** Welcome to our [QTPOC \(Queer and Trans People of Color\) Interest Form!](#) We welcome you and invite you to join us in creating a safe space for QTPOC folks on the Eastside. It is an opportunity learn more about yourself, others and have direct access to advocacy and support. This form is designed to help us better understand your needs, passions, and goals so that we can create a more inclusive and supportive environment for everyone. Your voice matters, and by sharing your thoughts and preferences with us, you are contributing to a brighter and more diverse future. Thank you for taking the time to connect with us and be part of this important conversation. Together, we can make a difference. Start Date: February 2024 Location: The Together Center Redmond, WA [16305 NE 87th St.](#) Any Questions? Contact: [info@prideacrossthebridge.org](mailto:info@prideacrossthebridge.org)

## COMMUNITY ENGAGEMENT OPPORTUNITIES

**25. [Washington Poison Center](#) We need help buying a new generator** We need your help to stay prepared! The Washington Poison Center is seeking your help (<https://gofund.me/fcbc8124>) to replace our aging generator. Your donation will support the cost of a new propane generator, a new cement pad, safety enclosure, and labor/installation. Having a backup generator is crucial to ensure we are here 24/7 for Washington residents. This is especially important since our office building is in Seattle, which has frequent power outages from windstorms. Your friends, family, and community: \* Last year, we managed 115,376 phone calls and helped 60,826 patients—that's over 316 calls and 166 patients per day. \* Most calls were about a potential poisoning. Over 6,000 individuals, however, called to ask us questions, such as safety considerations with their medications. \* 40% of our patients were children younger than 6 years. We treated most of these little ones at home, so they (and their families) avoided the stress and expense of visiting the emergency room. \* 13% of our patients intentionally poisoned themselves for suicide/self-harm reasons. We helped treat their medical needs and connected them with mental health resources.

26. **REACH Renton: [Nourishing the Dream: MLK Community Breakfast Jan 15, 2024](#)**  
**9am** Join us for a morning filled with warmth, connection, and a shared commitment to Martin Luther King Jr.'s dream of equality. The "Nourishing the Dream: MLK Community Breakfast" is not just a meal; it's a celebration of diversity, inclusion, and the power of community. Breakfast for the Soul: Indulge in a delicious breakfast prepared with love, symbolizing our shared commitment to nourishing the dream of equality. Community Connection: Engage with like-minded individuals, forge new connections, and celebrate the strength that comes from unity.

27. **Together Center - [Register for a Tour](#)** Come learn more about Together Center and our landmark new community campus! Our monthly tours are open to all but advanced registration is required - Register at least 24 hours in advance. Over the 1 hour tour, you will learn more about Together Center's unique model and get to explore the ground floor human services hub that's home to our 22 incredible nonprofit partners. There will be an opportunity to ask questions about the on-site affordable housing but note that we are unable to tour the housing floors or units. Tour dates: Tours are the 1st Wednesday of each odd numbered month at 4:30pm or the 1st Friday of each even numbered month at 12:00pm. **Upcoming dates: Friday, February 2 @ 12:00pm & Wednesday, March 6 @ 4:30pm**

### FOR NONPROFITS

28. **Seattle/King County Coalition on Homelessness: [Public Benefit Trainings](#)** In partnership with Solid Ground's Benefits Legal Assistance and REACH, we are pleased to host the Public Benefits Are Key! training series. This series is geared towards case managers working with people experiencing homelessness – both new case managers as well as experienced providers who have questions and would like additional support in navigating these resources. You will learn what you can do as a case manager to help your client navigate the benefits process, hear key tips for avoiding barriers, and learn when to contact an attorney. This will be a practical, hands-on training.

- [Social Security Disability Benefits \(SSI/SSDI\) – January 25th, 2024](#)
- [TANF and WorkFirst – February 29th, 2024](#)
- [Working Families Tax Credit – March 28th, 2024](#)
- [ABD \(Aged, Blind, and Disabled\) and HEN \(Housing & Essential Needs\) benefits – April 25th, 2024](#)
- [Basic Food Assistance – June 27th, 2024](#)
- [Medicaid and Medicare – September 26th, 2024](#)

29. **BSK: Non-Best Starts Funding Opportunities - [January/February 2024 Deadlines!](#)** At Best Starts we are working to build long-term sustainable supports for our community so that every baby born and child raised is happy, healthy, safe and thriving. Part of building sustainable systems is recognizing we can't do it all on our own. We will always promote our Best Starts funding opportunities here on the blog and our [website](#).

30. **BSK: Now accepting applications for the [Promoting First Relationships – Agency Training Project](#) – apply by February 7!** This RFA seeks community-based agency staff to participate in the PFR Train-the-Learner training model or Train-the-Trainer training model. This funding opportunity is open to agencies with staff who work for a non-profit human service agency in King County with education/experience in social work, psychology, early intervention, early childhood education, home visiting, or related fields.

Be well, Kim Weiss she/her