

INN Weekly Update March 22, 2024

Greetings Issaquah & Sammamish Nourishing Networks,

Next INN meeting: Online, Tuesday, April 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 from [WA Dept of Commerce](#), King County Community Engagement
- 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](#).

**** The next INN Weekly Update will be April 5 **** I will not be available next week, but please send any updates, events, asks, etc so I can include them for the April 5 update. **Thank you!**



FOR YOUR CALENDAR

1. Issaquah Food & Clothing Bank: Molina Healthcare Medicare Benefit Advisor at IFCB March 25, 2024 12pm - 3pm Come meet with a representative from Molina Healthcare Benefit Advisors to learn more about Medicare, providing education and awareness to help understand Medicare benefits options. The advisor can do a Needs Assessment – Identifying an individual's healthcare needs, Share on Government Funded Medicare Subsidy Programs and help those who qualify apply, and Educate on Medicare rights and bring awareness on how to navigate healthcare services.

2. Issaquah Food & Clothing Bank: For The Week of March 25, 2024: Access Wireless on site daily 1:30pm-3:30pm for anyone that would like to complete a new application. Please note this is only for our neighbors that haven't applied or had a Lifeline phone in the past 6 months. If someone has a Lifeline services, is living unhoused and needs help navigating getting a replacement phone or other troubleshooting support please feel free to have them come by the Issaquah Food Bank during our program weeks Monday-Thursday between 9am and 3:00pm and meet with one of our wonderful Client Service Volunteers.

3. Hopelink: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. **Upcoming workshops:**

- **"How to use Zoom" for Beginners IN-PERSON**
 - Wednesday, March 27, 4:30-6:00 pm, Redmond Hopelink Center
 - Wednesday, April 17, 4:30-6:00 pm, Redmond Hopelink Center
 - Wednesday, April 24, 4:30-6:00 pm, Bellevue Hopelink Center
- **"How to use Email" for Beginners IN-PERSON**

- Wednesday, May 15, 4:30-6:00 pm, Redmond Hopelink Center
- Wednesday, May 29, 4:30-6:00pm, Bellevue Hopelink Center

4. KCLS: Bellevue Resource Fair Thur, March 28, 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!

5. King County Metro Service Changes Begin March 30th Starting Saturday, March 30, Metro will update bus schedules while maintaining the current frequent, safe and reliable service riders count on. Details are posted on Metro's [March 2024 service change web page](#) and are also available in multiple languages, including: [简体中文](#) (Simplified Chinese), [Русский](#) (Russian), [Español \(Spanish\)](#) and [Tiếng Việt \(Vietnamese\)](#). Schedule updates for travel dates after March 30 will be available on Metro's [Trip Planner](#) in the coming weeks. March 30 service change highlights:

- **Routes with schedule changes:** 5, 10, 21, 28, 45, 56, 57, 75, 118, 119, DART 631, DART 914, RapidRide A Line and RapidRide H Line.
 - Vashon Island routes 118 and 119 will have new midday trips on weekdays to better connect to ferry service and meet customer demand during the midday.
- **Routes that have changes to their bus stops:** 153, 221, RapidRide F Line.
 - Route 221 will use new bus stops including Overlake Station, effective March 30 which will be served by Sound Transit 2 Line service beginning April 27.

6. Communities in Schools: Hygiene Donation Drive through March 31, 2024

Communities in Schools is collecting donations for students and families in the Issaquah School District, as well as other Eastside communities. Please visit their [website](#) for a list of most-needed items, as well as their Amazon Wish List. Check [HERE](#) for local donation drop off locations.

7. King County Children and Youth Advisory Board recruiting new members By March 31, 2024

The King County Children and Youth Advisory Board (CYAB) is seeking new members for Executive appointment. The CYAB is a King County executive-appointed oversight and advisory body made up of King County residents with geographically and culturally diverse perspectives. Interested individuals should be passionate about issues impacting children and young people in King County, and willing to serve and share their expertise in a committed volunteer setting. Areas where the CYAB lacks representation are King County District 6, King County District 1, young people 24 years of age and younger, rural King County, Pacific Islander, Latinx, Native American, and Alaskan Native communities.

8. The Garage Community Event: LGBTQ+ Community & Allyship April 3, 2024 6pm

Our teens are inviting you into the Garage to have a Community Conversation about the topic: LGBTQ+ Community & Allyship. Hear about their experiences as a part of the LGBTQ+ community!

9. ISD: Information Night: Attendance, Reporting Student Conflict April 3, 2024 6:30-8pm

The Cultural and Family Partnerships Team will host a virtual Parent Information Night about "Attendance and Reporting Student Conflict/HIB" (Harassment, Intimidation and Bullying). This presentation is specially designed with families new to the U.S. school system in mind, but all parents are welcome to attend.

10. **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**

11. **Hopelink English for Work Program: Spring Quarter Orientation Sessions:** New students can contact us now to register to attend a Spring 2024 orientation session on **April 10, 11, or 15**. Morning and evening options are available. Please see our [webpage](#) for flyers in multiple languages. Something new and exciting is that, thanks to a partnership with Seattle Public Library (SPL), students can choose to attend a weekly in-person class at the Rainier Beach Branch of SPL in addition to attending class on Zoom. We will continue to offer these supplemental, in-person classes at Hopelink's Shoreline and Redmond centers as well.

12. **KCLS: Healthcare 360: Your Guide to Medical Questions and Benefits / 健康360座談會** **Thur, April 11, 2024 1:30PM – 5:00PM Newcastle Library** Introduction to Medicare, QHP, Medicaid, Apple Health, medical billing, health navigation and more.

13. **KCLS: Renton Library Resource Days Fri, April 12, 2024 11:00AM – 2:00PM Renton** 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.*

14. **Influence The Choice: [ART with Influence](#) Contest 2024! Entries are due April 14, 2024** Students can POSITIVELY influence each other to be resilient and better navigate the pressures inherent in being a teen during challenging times. This year's PSA Video and Art Contest introduces a new category – Visual Arts! We are excited to announce that we are now accepting 2D visual art PSA entries.

15. **KCLS: Washington Health Outreach Sunday, April 14, 2024** 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.*

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

RESOURCE UPDATES AND INFORMATION

17. **INN Meeting Minutes** [March 2024](#) & [Communities in School Presentation](#)

18. **KidVantage: We are very low, or out, of the following items:** Children's Coats sizes 2T - 12, Children's Shoes sizes 8C - 3Y, Children's Pants sizes 2T - 12. We could use your help to make sure no child goes without! Donate these needed items (new or quality-used) during our donation hours, see available times [here!](#)

19. **Issaquah Senior Center The April 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. **PIM/VITA Free Tax Help Weekly in Renton and Everett** In partnership with the Washington State Department of Revenue and the Internal Revenue Service (IRS), PIM Savvy provides FREE IN-PERSON and DROP-OFF TAX PREPARATION throughout King and Snohomish Counties in Washington State. We ensure taxpayers maximize their refunds by claiming all credits they are eligible for, including the federal Earned Income Tax Credit (EITC) and Washington State's Working Families Tax Credit (WFTC).

FOR NONPROFITS

21. **Find a Ride: New Trip Planner and Engagement Opportunities!** [Find a Ride's website](#) now has a new trip planner! Email [Laura Loe](#), Program Manager, for a demonstration. FaR is working to engage organizations that support King County travelers with mobility and trip planning. Our service discovery website and trip planner include transportation options in the tri-counties: Pierce, King, and Snohomish counties. For more information, visit [Multi-phase Roadmap and Project Updates](#) and [FindaRide.org](#).

22. **Communities Rise 2024 Fundraising Clinics** Would you like to speak with a professional fundraiser about your organization's specific fundraising goals? Make an appointment for one of our Fundraising Clinic dates! Sign up for a [free 2-hour consultation](#) with one of our fundraising consultants. They review your questions in advance and talk with you about your fundraising goals and plans for the year. Whether it's assistance planning a fundraising event or questions about donor cultivation, our experts are ready to help. These services are free of charge and available by appointment only.

23. **Communities Rise 2024 Grant Writing Clinics** Our Grant Writing Clinics offer interactive sessions where you can learn the ropes, ask questions, and gain valuable insights into the art of grant writing. Whether you're a seasoned professional or just starting, this clinic is designed to empower you with the knowledge needed to secure crucial funding for your organization. Check out the full list of 2024 dates!

24. **BSK: Home-Based Services Supportive Environments RFA – apply by April 16!** Home-based services are a type of relationship-based support provided by trained home visitors to pregnant people and caregivers of children aged birth to five in the places they live. Home visitors provide caregivers a range of resources that support healthy births, positive parenting knowledge and confidence, positive child development, and school readiness. The purpose of this RFA is to facilitate the co-development of an environment in which home-based services can thrive. This RFA is seeking a facilitator able to assemble and hold space for a home-based services collaborative advisory group as well as to work with this group of representatives to identify home-based services community priorities, actionable next steps, and support the implementation of their goals.

25. **Be Heard: BIPOC Voices about Mental Health & Wellness Community Listening Project Apply By April 17, 2024** Accessible and responsive behavioral health care (mental health, wellness, and substance use care) is an important need facing all of our communities. To better understand the diversity of needs and experiences, DCHS is seeking to fund up to 12 small Community-Based Organizations (CBOs) that provide mental health and/or wellness support within their community to participate in the Be Heard: Black, Indigenous, People of

Color (BIPOC) Voices on Mental Health and Wellness Community Listening Project. **An information session will be held virtually March 29th from 9 – 10AM**

26. WA Dept of Commerce: WSDA local food system infrastructure grant applications open Apply by April 17, 2024 The Washington State Department of Agriculture (WSDA) is offering \$2 million in grants to support local food supply chains and market access for farms, ranches, food processors, and food distributors. The grants are designed to expand and strengthen collaboration across linkages in Washington’s regional food supply chain. The grant is available to farmers, ranchers, food businesses, and **non-profit**/tribal/government organizations that aggregate, process, manufacture, transport, store, or sell foods that have been grown, caught, or raised in Washington state. Applications are now open for the WSDA [Local Food System Infrastructure](#)

27. King County Support Services for Immigrants and Refugees Apply by April 25, 2024 2:00pm A new funding opportunity is available from the [Veterans, Seniors, and Human Services Levy](#) (VSHSL) to improve access to civil legal advice, civic engagement, and resources for immigrants, refugees, and asylum seekers residing in King County.

28. BSK Positive Family Connections Family Network Mini Grant RFP – apply by April 26! This RFP seeks to fund activities that support families with young people ages 5-24 as they navigate their changing relationships to strengthen the family, particularly the relationship between the young person and their parents/adult caregivers. Funding can be one-time projects or events in 2024. We welcome creative ideas that includes a focus on self-care, help with working families, and/or mental health support.

29. Inatai Foundation Connecting, celebrating, and building power together Funding opportunity for community events that connect, celebrate, and build power together. Range - \$2,500 - \$5K. Applications Due – At least 60 days before and up to 1 year before a planned event. [Inatai Foundation – Sponsorship Grants](#)

Be well,
Kim Weiss
she/her