



A community-based newspaper serving the Puget Sound area since 1981



The Voice

November
2017
*Articles translated
into six languages*

The newspaper of Neighborhood House — visit our website at www.voicenewspaper.org

Big Brains help electrify the Seattle Children's Festival

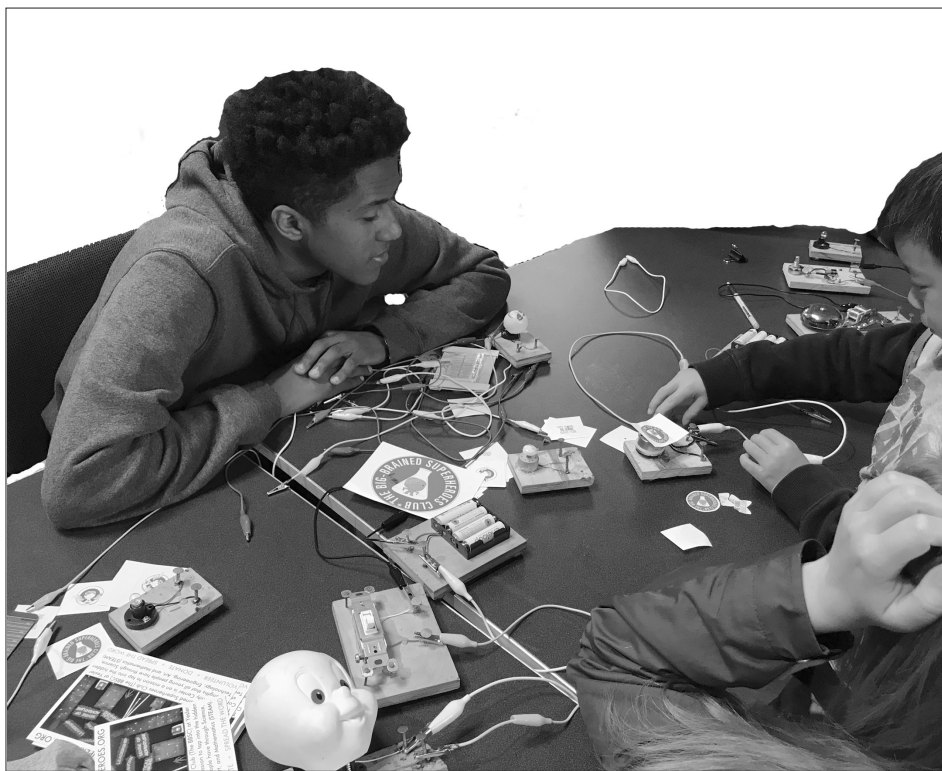


PHOTO BY ARIEL GROB

BY VOICE STAFF

Things got super nerdy at the Seattle Children's Festival on Oct. 8 as the Big-Brained Superheroes of Yesler played with robots, typed their names in code on a punch card machine, and played with electricity. At left, Big Buddy Sammy taught a young festival-goer how to use the electricity circuit.

The Big-Brained Superheroes Club helps young people unleash their hidden strengths in Science, Technology, Engineering, Art and Mathematics (STEAM). The twelve superpowers—teamwork, leadership, kindness, empathy, sense of adventure, critical thinking, adaptability, persistence, empowerment, respect, willpower, creativity—for which Big Brains are rewarded are essential to making everything they create together.

The Big-Brained Superheroes Club meets Mondays, Wednesdays and Fridays at the Yesler Community Center from 5:00-7:00 p.m.

Reminder: Turn your clocks back before going to bed Nov. 4



Daylight saving time ends Sunday, Nov. 5, so be sure to set your clocks back an hour before going to sleep so you can enjoy an extra hour of shut-eye. It's also a good time to replace batteries in your smoke detectors.

Nov. 8 RAC meeting

Leaders from Seattle Housing Authority's housing operations unit will be guests at the Nov. 8 Resident Action Council Meeting.

Jake LeBlanc, senior property manager at SHA, will field questions about public housing rules and practices.

LeBlanc will be joined by Pat Anardi, operations program administrator, whose areas of expertise include maintenance and facilities.

All SHA residents are welcome to attend and join in on the discussion which starts at 1:30 p.m. A light lunch will begin at 1 p.m.

RAC meets the second Wednesday of each month in the Jefferson Terrace Community Room, 800 Jefferson St.

Attendees receive free bus tickets and RAC will reimburse carpool driver's mileage.

Beloved family support worker bids a fond farewell

After 32 years, Neighborhood House's Annie Edwards retires

NANCY GARDNER
The Voice editor

Annie Edwards, family support worker, has worked for Neighborhood House longer than many of its staff have been alive. Come mid-November, however, that will change as she'll be retiring just as she turns 78 years old.

As a family support worker, Edwards assists families who are experiencing short or long term problems by offering practical help and emotional support.

When asked why she's still working many years past the typical retirement age, she said she just enjoys what she does.

"I've stuck around because of the love for helping seniors remain independent and living in their own environment. Seniors stay mentally and socially healthy longer

than if they enter into a nursing facility."

Over the years her position has evolved. Her primary focus initially was on assisting clients older than 55, and then she began helping disabled adults. For the past decade or so, she's tended to families through a contract with the Renton Housing Authority.

LaBarbara Brooks, receptionist at Neighborhood House, describes her colleague and friend of 25 years as considerate, compassionate, hard working and a great cook.

A native of Texas, Edwards grew up in Los Angeles and the San Fernando Valley, and arrived in Seattle in 1957 as a teenager. And while she plans on volunteering for Seattle Parks and Recreation after retiring, she's also looking forward to spending more time with her 14 grandchildren and 14 great grandchildren.



Annie Edwards

Neighborhood House
The Weller Building
1225 S. Weller St. Suite 510
Seattle, WA 98144

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Health Notes

R A column devoted to your well-being

Managing and coping with diabetes

By KATHERINE ALLAN
Neighborhood Health

Do you have diabetes? You aren't alone – more than 30 million people in the U.S. live with this condition. And each November communities across our nation take a closer look during this awareness month.

Diabetes affects how your body uses blood sugar and produces insulin. We need insulin to take the sugar (glucose) from the foods we eat, and turn it into energy for our body. If you have diabetes, you're likely living with one of these two main types:

Type 1 diabetes (formally called juvenile diabetes), in which your body does not make insulin, so you need to take insulin.

Type 2 diabetes – (formally called adult-onset diabetes), the most common type, in which your body does not make or use insulin well. You may need to take pills or insulin to help control diabetes.

Diabetes is serious, but taking steps to manage it can help you feel good today and in the future. The more you make healthy food choices, stay at a healthy weight, move every day, and take your medicine regularly, the better you will feel.

When your blood sugar (glucose) is close to normal you're likely to encounter the following:

- Have more energy
- Feel less tired and thirsty
- Heal better
- Need fewer trips to the bathroom
- Have fewer skin or bladder infections

You're also less likely to have these health problems caused by diabetes:

- Heart attack or stroke
- Eye problems that can lead to blindness
- Pain, tingling, or numbness in your hands and feet (nerve damage)
- Kidney issues, including kidney failure
- Teeth and gum problems

How can you manage your diabetes?

First, it's a good idea to ask your health care team what type of diabetes you have, learn where you can go for support, and know your diabetes ABCs. Talk to your doctor about how to manage your A1C, blood pressure and cholesterol.

The ABCs of diabetes

A is for the A1C test (A-one-C). The A1C is a blood test that measures your average blood sugar level over the last three months. Beyond the blood sugar checks you do each day, it's important to know your blood sugar levels over time. Ask your doctor what your A1C goal should be to avoid high

blood sugar that can damage your heart, blood vessels, kidneys, feet and eyes.

B is for blood pressure. Your doctor can also tell you your blood pressure goal. Blood pressure is the force of your blood against the wall of your blood vessels. If your blood pressure gets too high, it makes your heart work too hard and can cause a heart attack, stroke, and damage your kidneys and eyes.

C is for cholesterol. Ask your doctor what your cholesterol numbers should be, since goals can vary from person to person.

Coping with diabetes

Stress raises your blood sugar levels. Try to de-stress with some deep breathing, gardening, walking, meditating, working on your hobby or listening to your favorite music.

Eat well

Your health care team can help you make a diabetes meal plan, and choose foods that are:

- Low in calories, fat, sugar and salt (try trading juice and regular soda for water).
- Higher in fiber, like whole grain cereals, breads, crackers, rice or pasta.
- Fruits, vegetables, whole grains, bread and cereals, and low-fat or skim milk and cheese.

Be active

Set a goal to be more active each day. You can start slowly by taking short 10-minute walks, three times each day. Work to increase your muscle strength twice each week with yoga, stretch bands, recreational sports, gardening (digging and planting with tools), light weights or push-ups.

Get routine care to stay healthy

See your health care team to find and treat any problems early. You should go to the doctor every three months if your A1C is above your goal, and every six months if it is at or below your goal.

Do you need health insurance?

The open enrollment period to apply for health insurance is Nov. 1 – Dec. 15, you can enroll, re-enroll or change plans that will start in 2018. You can apply online to see if you qualify for Washington Apple Health (Medicaid) or other assistance in paying for monthly insurance premiums. Visit www.wahealthplanfinder.org or call 1-855-923-4633.

Neighborhood Health is the largest provider of primary medical and dental care in Seattle for low-income and uninsured families and individuals, serving our community for almost 50 years. More information is available at www.neighborhoodcare.org.

Be Safe

Keeping safe amidst the holiday hustle & bustle

By MINH NGO
Project Coordinator

As we approach the beginning of the holiday season and the end of daylight saving time, there are just too many things to do, plans to keep track of and simply not enough hours in a day to stay on top of it all.

While life can get overwhelmingly busy this time of year and projects can get neglected, nothing is more important than the well-being of you and your loved ones.

Seattle Neighborhood Group has you covered! Here is our public safety trio of tips to keep you secure during the busy holiday season.

Home safety

Don't leave your kitchen when anything is cooking. Unattended cooking is the leading cause of home fire injuries according to the National Fire Protection Association.

Keep children away from hot stoves, keep the floor clean to avoid tripping and face pot pan handles towards the rear of the stove to avoid being knocked over.

Inspect the heaters, the furnace and the chimney. Heating equipment is the second most common cause of home fire fatalities. Remove objects near or on top of the heaters (furniture, bedding, curtain, paper...) and have your chimney inspected and cleaned.

Change the batteries in all your smoke alarms yearly. And have a plan of escape showing two ways out of every room (when-ever possible).

Travel safety

Keep a trusted neighbor in the know. If you plan to go out of town, be sure to ask the neighbor to keep an eye out on your home, pick up your mail and to report any suspicious activities.

Don't tell the internet. Keep your whereabouts and travel plans hidden and hold off on posting vacation photos and details until you are back at home.

Prep your car for nighttime driving. Check and clean your headlights, taillights, brake lights and signal lights; keep your windshield and windows clean.

Get enough rest. Daylight saving time ends on Nov. 5 and the longer nights will induce drowsy driving. Make sure you're always well-rested behind the wheel.



NEVER drink and drive. In all 50 states, the legal limit for drunk driving is a blood alcohol concentration of .08 (two shots of liquor for a 120-pound woman or four shots for a 180-pound man). At .08, drivers are so impaired that they are 11 times more likely to have a single-vehicle crash than drivers with no alcohol in their system.

Shopping safety

Verify website security when shopping online. You can tell if a site is secure by the URL. A secure web site starts with <https://> instead of <http://>. Secure sites also have a small lock icon in the lower right corner of the screen.

Be cautious with sketchy offers that seem too good to be true. Especially during the holiday season, there will be plenty of online scams looking to hook you in with tempting offers and infect your device to steal credit or debit card information.

Choose credit over debit. Credit cards offer protection from identity theft that debit cards don't.

Never leave your purse in your shopping cart. It only takes a split second for it to "go missing." Your purse should be kept closed and by your side at all time.

If shopping at night, park in a well-lit area. If you feel uncomfortable walking to your car alone, take friends with you and stay in groups or ask for security to accompany you.

Have a safe and happy holiday!

The mission of Seattle Neighborhood Group is to prevent crime and build community through partnerships with residents, businesses, law enforcement and other organizations. Contact Minh at 206-323-9666 or minh@sngi.org.

The Voice

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Katherine Allan

The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority. Neighborhood House helps diverse communities of people with limited resources attain their goals for self-sufficiency, financial independence and community building. The Voice contributes to that mission by providing low-income people, immigrants, refugees and other concerned parties with timely, relevant news. Opinions expressed do not necessarily reflect those of the staff, Neighborhood House or Seattle Housing Authority. We welcome articles and tips from the community and reserve the right to edit all submissions. The Voice is published online at www.nhwa.org and at www.voicenewspaper.org



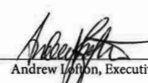
Risk Control and Safety Policy Statement

It is the policy of the Seattle Housing Authority to operate and maintain its buildings, equipment and grounds in a manner that promotes the safety of residents, staff and visitors; to protect the Authority's physical property from damage and to maintain its useful life; and, to minimize injuries, losses and the cost of injuries and losses. The Authority will continue to take a leadership role in promoting safety and preventing or controlling risks. Safety is the responsibility of everyone—staff, residents and visitors alike.

The Housing Authority's Risk Control program uses two main techniques to achieve the policy's objectives; risk financing and loss control. Risk financing is the process of analyzing and identifying the types and level of losses Seattle Housing Authority can absorb through its operational budget, then determining which other losses must be handled through insurance or contractual risk transfer. Loss control is the implementation of procedures and programs which aid in the prevention of accidents. The Authority's Safety programs – including regular inspection of buildings and equipment, training targeted at safe practices for employees and residents, and careful analysis of incident or accident data to focus training and corrective actions – are the principal tools for preventing and reducing accidents and thus for enhancing loss control.

Risk Control and Safety are the responsibility of all levels of the Seattle Housing Authority, starting with top management and extending to each individual employee. The intent of the Risk Control and Safety Policy is to ensure safe practices and to protect people and property from injury or damage. This is an ongoing operational priority.

This policy statement shall be publicized annually to residents and employees through regular publications for these audiences and through the Seattle Housing Authority's website.


Andrew Wilson, Executive Director


Rich Needham, Safety Administrator


Barb Berg, Risk Control Manager

Lictonwood apartments suffer fire damage

BY SEATTLE HOUSING AUTHORITY

At approximately 1:15 a.m. on Wednesday, Oct. 4, a fire broke out in a second story unit at the Seattle Housing Authority's Lictonwood apartments, located at 9009 Greenwood Ave North. The Seattle Fire Department responded to the two-alarm fire and all residents safely evacuated the building. One resident was taken by ambulance to Northwest Hospital and released the same day.

There are 81 units in the six-story building; 18 units were damaged due to smoke and water. SHA, Aging and Disability Services, Full Life Care and Red Cross volunteers were at the site of the fire to work with residents of those units on temporary emergency housing and other needs.

ADS helped residents needing additional mental health, mobility, moving and other support.

Red Cross, ADS and SHA were able to arrange for residents displaced by the fire to stay at the nearby Hotel Nexus, which provided the agencies with discounted rates and assistance in getting important communications to residents, and offered residents daily breakfast and shuttle van transportation. Most residents took the opportunity of emergency housing at the hotel, while a few others relied on family, friends or other resources.

After air quality and other safety tests, all residents were able to move back into their units, with the exception of one resident whose apartment wasn't yet ready, another who chose to relocate to another SHA apartment building since his unit will take longer to repair and another who moved out of SHA housing altogether. Investigation into the cause of the fire is continuing.

Fire safety tips for the winter months

BY VOICE STAFF

Winter heating safety

Winter increases the potential for house fires and other threats such as carbon monoxide poisoning. But fire and other potential dangers can be reduced by following a few simple rules.

Fire safety

Make an escape plan that shows two ways out of your house or apartment, and have every member of your family practice the plan.

Test your smoke alarm at least monthly by pushing the test button.

Clean your smoke alarm at least once a year. You may use a vacuum to clean out the dust.

Candles may pose a fire danger. If you light a candle, make sure it rests on a nonflammable candleholder. Never leave a candle unattended and never place it on or near anything that is flammable.

If the power is out, a flashlight or battery-operated lantern is a much safer lighting option than a candle.

Replace the battery in your smoke alarm whenever it beeps to signal it must be replaced. It is a good idea to replace the battery twice yearly — in the spring and the fall, when we change the clocks for daylight saving time.

Indoor heating

Never use gas-powered equipment or grills inside the home, whether for cooking or for heating. These devices emit carbon monoxide, a lethal gas.

Do not use your oven to heat your home. An oven, particularly one that is left unattended, can be an extreme fire danger.

All objects, including furniture, curtains, clothing and other objects, should be kept at least 36 inches away from any heater.

Seattle City Councilman Mike O'Brien discusses challenges of finding homes for the homeless

BY NANCY GARDNER
The Voice editor

Seattle City Councilmember Mike O'Brien told Seattle Housing Authority residents that Seattle's homeless crisis has escalated due to a lack of enough affordable housing.

At the monthly SHA resident meeting on Oct. 11, he said, "A person can't live in Seattle on \$15 per hour or by making the minimum wage. And ticketing, towing and sweeps create more problems than they resolve."

He also said Seattle needs more places to move the homeless before they get 'swept' out of their makeshift housing.

The 49-year-old native Seattleite said housing was affordable 20 years ago, but not anymore.

Councilmember Mike O'Brien wants to tax large companies in order to raise more funds for the homeless.



"Look around — we're creating massive amounts of wealth in our community but that's going to just a handful of people."

To help raise revenue for affordable housing, O'Brien has proposed a new tax on businesses making more than \$5 million, called the Housing, Outreach, and Mass-Entry Shelter (HOMES) proposal. Councilmembers will vote on Nov. 20.

Be fire smart with electricity throughout your home.



There are more than **45,000** home electrical fires each year.



About **half** of these involve lighting equipment or home electrical wiring.



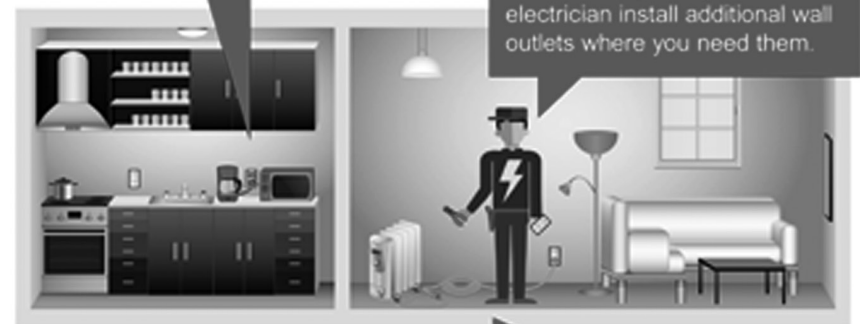
Home electrical fire deaths peak between **midnight and 6 a.m.**



Peak months for electrical fire deaths are **December through March.**

Plug only **one** heat-producing appliance (such as a coffee maker, space heater, or microwave) directly into a wall outlet at a time.

Extension cords should only be used temporarily. Have an electrician install additional wall outlets where you need them.



Never use an extension cord with a heat-producing appliance.

For more information about electrical fire safety, visit www.usfa.fema.gov and www.nfpa.org

U.S. Fire Administration

FEMA




NewHolly community rallies to raise funds for Hurricane Harvey victims

BY VOICE STAFF

Not long after residents in the Southern and Eastern United States were hammered by Hurricane Harvey in late August, a small but mighty group of residents and community members spent an afternoon raising money for residents of Houston, which felt the brunt of the storm.

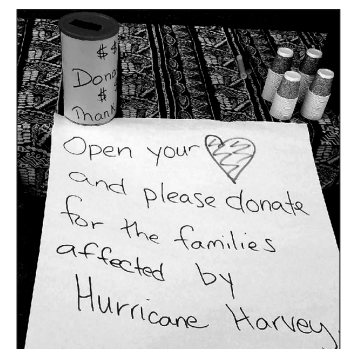
NewHolly resident Sacdiyo Muuse quickly organized a group of fellow residents who gathered at the corner of 32nd and S. Myrtle Streets with posters asking for donations.

"If we had stayed home, we would have raised nothing. We were out here for two hours and raised \$104."

Staff from Somali Family Safety Task Force, East African Community Services and the Somali Community Services of Seattle also pitched in with donations.

The money will be given to the Houston Housing Authority.

Hurricane Harvey caused 90 deaths and roughly \$70 billion in damages. On Oct. 21, five former presidents, Barack Obama, George W. Bush, Bill Clinton, George H.W. Bush and Jimmy Carter appeared together at a fundraiser for hurricane victims, including Hurricane Harvey.



NewHolly residents and area nonprofits raised \$104 to help Houston-area residents whose lives were impacted by Hurricane Harvey.



Seattle's Low-Income Internet Options

Who offers home internet service for low-income residents? These two companies offer high-speed internet in Seattle, for around \$10 a month. Through these programs, you can check email, do homework, search for jobs, pay bills, watch short video clips, download music and much more.



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- Free online or in person digital training classes.
- Eligible households must reside in an area serviceable by Comcast and live in a Seattle Housing Authority property or be a Housing Choice Voucher recipient.
- Not eligible if household has recent unpaid Comcast bills (less than one-year old) or have had Comcast Internet service within the last 90 days.



MOBILE CITIZEN THROUGH INTERCONNECTION

(206) 633-1517 or visit their store at 1109 N 35th St, Seattle, 98103

- \$120 per year Internet through the Sprint 4G LTE Internet network through Mobile Citizen.
- Cost of one-time fee of \$99 for an LTE modem.
- Maximum 30GB data per month; but no throttling or overages charged if you go over 30GB.
- Can be used wherever there is Sprint 4G LTE service.
- \$99 refurbished laptops with a range of software (Windows 7 Pro, Microsoft Office Home & Business 2010, Microsoft Security Essentials, and a 1-year warranty).
- Desktops, flat screens, tablets and high-end laptops are also available.
- DSHS recipient or income below 80% Area Median.

For more information contact: Brenda Tate at 206-386-1989 or by email at brenda.tate@seattle.gov

November 2017 general election candidates and major issues

BY VOICE STAFF

The 2017 general election is Tuesday, Nov. 7. You should have received a ballot and voter's guide in the mail. Follow the instructions on your ballot to vote and return it by mail – don't forget a stamp! – by Nov. 7. Ballots must be postmarked by that date to be counted.

The following is a list of major ballot measures and candidates:

King County, Proposition 1, Levy Lid Lift for Veterans, Seniors and Vulnerable Populations

King County Executive

- Dow Constantine
- Bill Hirt

King County Sheriff

- Mitzi Johanknecht
- John Urquhart

Mayor, City of Seattle

- Jenny Durkan
- Cary Moon

City of Seattle City Attorney

- Pete Holmes
- Scott Lindsay

City of Seattle, Council Position 8

- Teresa Mosqueda
- Jon Grant

City of Seattle, Council Position 9

- M. Lorena González
- Pat Murakami

On Friday, Sept. 29 a ribbon cutting ceremony was held for Hoa Mai Gardens, Seattle Housing Authority's newest residential building located at Yesler. Below, at left, SHA's Executive Director Andrew Lofton gets a little help from a youngster. The ceremony included unveiling a work of art by Thanh Tran, center, at right, a Yesler resident whose artwork is displayed in the Hoa Mai Gardens lobby. Named for a flowering plant representative of Vietnamese Têt, or New Year's celebrations, Hoa Mai has 111 apartments.



PHOTOS BY SHA



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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority. The Voice is developed and edited by Neighborhood House with help from SHA residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in Seattle Housing Authority communities.

If you'd like to submit an article, or if you have a question about anything you've read in this publication, please contact Editor Nancy Gardner at 206-461-8430, ext. 2051 or by email at nancyg@nhwa.org.

All submissions are subject to editing for accuracy, style and length.



Free Thanksgiving meals available to those in need

By VOICE STAFF

Budgeting for meals and celebrations around the holidays can be difficult, and everyone needs to know where to go to find some help during this time of need. The King County 2-1-1 Community Resource Online is one of the most up-to-date and comprehensive databases of health and human services in King County.

If you find you need help assembling a holiday dinner, consider visiting a local food bank.

It's important to note that many food banks serve residents only within a limited geographic radius or within certain ZIP codes. If you are unsure, please call ahead to make sure you're eligible. The following is a list of complimentary Thanksgiving meals. For a comprehensive list or more information about holiday resources, call 1-800-621-4636 or 206-461-3200, or visit www.211kingcounty.org.

Asian Counseling and Referral Service
3639 MLK Jr Way S
206-695-5967
<http://acrs.org>
Meal: Nov. 23, 11:30 a.m. - 2 p.m.

Blessed Sacrament Church Food Bank
5050 8th Ave NE
206-424-3020
info@blessed-sacrament.org
Meal: Nov. 26, noon - 2 p.m.

Bread of Life Mission
97 S. Main Street
206-682-3579
Meal: Nov. 22, 4 p.m.

Cathedral Kitchen, St. James Cathedral
907 Columbia Street
206-264-2091
<http://www.stjames-cathedral.org>
Meal: Nov. 23, 2:30 p.m.

Millionair Club Charity
2515 Western Ave
206-728-5627
<http://millionairclub.org>
Meals: Nov. 22, 23, noon - 1:30 p.m.

Sound Generations - Central Area Senior Center
500 30th Ave S
206-726-4926
<http://centralareasrcenter.org>
Meal: Nov. 16, noon-1:30 p.m.

Teen Feed at University Congregational United Church
4515 16th Ave NE
206-522-4366
<http://www.teenfeed.org>
Meal: Nov. 23, 7 - 8 p.m.

The perfect recipe for fall and winter's nippy nights and days

There's nothing better than a delicious bowl of steaming hot soup to stave off a chilly evening this time of year. The simple recipe below is courtesy of the Neighborhood Farmers Markets, a non-profit that has been supporting local farms and serving Seattle neighborhoods since 1993. Three of the seven markets are open year-round, including the following: Capitol Hill (every Sunday 11 a.m. to 3 p.m.), West Seattle (every Sunday 10 a.m. to 2 p.m.) and University District (every Saturday 9 a.m. to 2 p.m.).

The Fresh Bucks program matches your SNAP/EBT benefits dollar-for-dollar up to \$10 at these Farmers Markets.



Curried Squash and Mushroom Soup

Serves 4

River Farm
Ellensburg, Washington

Ingredients

- 2 acorn or butternut squash
- 2-1/2 cups water or stock
- 1 cup orange juice
- 2 tablespoons butter or margarine
- 1/2 cup chopped onion
- 6 ounces sliced mushrooms
- 1/2 teaspoon cumin
- 1 clove crushed garlic
- 1/2 teaspoon coriander
- 1/2 teaspoon cinnamon
- 3/4 teaspoon ground ginger
- 1/4 teaspoon dry mustard

Optional
Salt



Process

1. Preheat oven to 375 degrees F.
2. Cut squash lengthwise.
3. Bake squash face down on an oiled cookie sheet for 30 to 40 minutes.
4. Scoop out insides and discard seeds.
5. Puree pulp in blender with water or stock.
6. In a skillet, melt butter, add onion, garlic, salt and spices.
7. Sauté until onion is soft, add mushrooms.
8. Cover sauté mixture and cook 10 minutes.
9. Combine sauté and squash purée and orange juice in a soup pot, and heat gently.
10. Add salt and a few dashes of pepper to taste, and serve immediately.



PROGRAMS DESIGNED FOR CHILDREN 3-5 Years Old

PRE-SCHOOL ENRICHMENT

EVERY TUESDAY 10:30-11:30AM



Join us for **FREE** programs presented by
The Woodland Park Zoo
Pacific Science Center
Seattle Children's Theatre
Seattle Public Library

NOVEMBER:

- 7: Seattle Children's Theatre - Story Drama Workshop
- 14: Woodland Park Zoo - Body Coverings lesson and meet a zoo ambassador animal
- 21: Seattle Public Library - Storytime and Art Activity with "Animals" theme (this program starts at 11am)
- 28: Pacific Science Center - Creating Color Workshop and activities

DECEMBER:

- 5: Seattle Children's Theatre - Story Drama Workshop
- 12: Woodland Park Zoo - "Ledged of Dragons" lesson and meet a zoo ambassador animal
- 19: Seattle Public Library - Storytime and Art Activity with "Measuring" theme (this program starts at 11am)

PROGRAMS WILL BE HELD AT

NEIGHBORHOOD HOUSE HIGH POINT

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CONTACT MEGAND@NHWA.ORG OR CALL 206-588-4900



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206.325.4284 (computer center)

206.518.0766 (lab coordinator)

www.starofseattle.org info@starofseattle.org



Full Life

COMMUNITY RESOURCES



Workshops and resources available for all ages this fall at the Seattle Public Library

Learn writing tips from the pros

The Seattle Public Library's 2017 Seattle Writes fall program series features a host of writing workshops at numerous library locations through Dec. 19. Learn how to use humor in your novel, experiment with time and narration, write a memoir, get feedback on your work at a writing circle, format a self-published book or start a novel.

Selected workshops include the following:

Writing Circle with Hugo House - Attend drop-in writing circles facilitated by established local writers from Hugo House.

- 6 p.m. to 7:30 p.m. **Thursdays, Nov. 2 and Dec. 14** at the Beacon Hill Branch, 2821 Beacon Ave S, 206-684-4711
- 6 p.m. to 7:30 p.m. **Wednesdays, Nov. 8 and Dec. 13** at the West Seattle Branch, 2306 42nd Ave SW, 206-684-7444.

Poetry: An Introduction - Poet and educator Laura Da' presents a class for poets, songwriters, and anyone who wants to write more effectively.

- 2 p.m. to 4 p.m. **Sunday, Nov. 5** at the Montlake Branch, 2401 24th Ave E, 206-684-4720.
- 2 p.m. to 4 p.m. **Sunday, Dec. 10** at the Central Library, 1000 Fourth Ave, Level 4, Washington Mutual Foundation Meeting Room 1, 206-386-4636.

Getting Started with Creative Nonfiction - Explore techniques to adapt true events for memoir, travel writing and journalistic writing with writer and educator Gail Folkins.

- 2 p.m. to 4 p.m. **Sunday, Nov. 19** at the Lake City Branch, 12501 28th Ave NE, 206-684-7518.

Dissolving or Deepening Tension with Humor - Learn how to use humor in your fiction in this free writing class taught by author Donna Miscolta.

- 2 p.m. to 4 p.m. **Saturday, Dec. 9** at the Queen Anne Branch, 400 W Garfield St, 206-386-4227.

The Art of Query and Synopsis Writing - Learn how to write a sparkling query letter and get an agent's attention, with novelist and nonfiction author Martha Brockenbrough.

- 2 p.m. to 4 p.m. **Sunday, Dec. 3** at the Rainier Beach Branch, 9125 Rainier Ave S, 206-386-1906.

Conversational ESL sessions

The Seattle Public Library offers English as a Second Language (ESL) conversation groups throughout the city for beginning to advanced-level learners to practice speaking English this fall, through Dec. 18.

Topics include everything from education and social issues to food, money, family and weather. Times, dates and locations for the meetings are as follows:

- 4 p.m. to 6 p.m. **Mondays, through Dec. 18** at the Fremont Branch, 731 N 35th St, 206-684-4084.
- 6 p.m. to 7:30 p.m. **Tuesdays, through Dec. 12** at the Lake City Branch, 12501 28th Ave NE, 206-684-7518.
- 2 p.m. to 3:30 p.m. **Wednesdays, through Dec. 13** at the Central Library, 1000 Fourth Ave, Level 4, Washington Mutual Foundation Meeting Room 1, 206-684-0849.
- 10:30 a.m. to noon **Saturdays, through Dec. 16** at the Beacon Hill Branch, 2821 Beacon Ave S, 206-684-4711.

Weekly activities for youth at the Central Library

The Seattle Public Library has a weekly drop-in program for youth ages 12 to 22 to hang out, eat snacks, learn new things and connect to resources. The youth drop-in program takes place from 12:30 to 1:30 p.m. every Tuesday through Dec. 19 at the Central Library, 1000 4th Ave., Level 3, Teen Center, 206-615-1410.

College financial aid application help available to high schoolers

Applying for 2018-2019 student financial aid? The Seattle Public Library will offer drop-in support for students and their families as they navigate the college financial aid process at the Northgate and Southwest branches in November:

- 2 p.m. to 5 p.m. **Saturday, Nov. 18** at the Northgate Branch, 10548 Fifth Ave NE, 206-386-1980.
- 11 a.m. to 5 p.m. **Saturday, Nov. 4** at the Southwest Branch, 9010 35th Ave SW, 206-684-7455.

BFI is expecting....
...a new Tutoring Center!



Join us as we welcome it into the world!

November 4th, 10am-12noon

**THE BUREAU of FEARLESS IDEAS
HOA MAI GARDENS FIELD OFFICE**

Suite #174, 221 10th Ave. S., Seattle WA 98104

Community Notes

Seattle-King County Immigrant Legal Defense Network launches

By OFFICE OF IMMIGRANT AND REFUGEE AFFAIRS

The Seattle-King County Immigrant Legal Defense Network is now available to provide legal aid and information to vulnerable immigrants and refugees.

To qualify for free LDN assistance, one must:

1. Be an immigrant in detention, facing deportation or in danger of losing their immigration status;
2. Live or work in the City of Seattle or live in King County; and
3. Have a household income below 200% of the federal poverty level. For a family of four, that amount would be \$24,600 or less per year.

The LDN consists of three nonprofit organizations acting as community navigators that can provide general information and eligibility screenings for immigrants. In addition, three nonprofit organizations in the network provide legal services for qualifying applicants.

Immigrants wanting to see if they are eligible for free legal services should first call one of these community navigators:

- Filipino Community of Seattle: 206-280-8406
- South Park Information and Resource Center: 206-767-7445
- West African Community Council: 206-349-0892

Legal services are provided by the following:

- Northwest Immigrant Rights Project and Colectiva Legal del Pueblo (for adults and families): 206-816-3870
- Kids in Need of Defense (for unaccompanied children): 206-359-3266

Earlier in 2017, both Seattle and King County passed legislation authorizing \$1.5 million to fund a network of community-based nonprofit organizations to provide free legal aid to immigrants and refugees in detention, facing deportation or in danger of losing their immigration status.

For more information about the Legal Defense Network and its purpose, go to www.seattle.gov/iandraftaffairs/programs/legal-defense-fund.

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

Around the Sound

New detox facility opens for homeless population needing mental health and addiction services

By KING COUNTY EXECUTIVE

A new detox facility, supported by \$1 million in capital funds from King County will offer integrated treatment for mental health and substance-use disorder – including opioid addiction – that prioritizes bed space for people who are homeless. The new facility, Recovery Place Seattle at Beacon Hill, will begin accepting patients in early November.

Recovery Place Seattle will offer 33 detox beds and 40 intensive inpatient treatment beds. Residents who are at the city of Seattle’s Navigation Center, a 24-hour, dormitory-style facility for the homeless, will be a priority, but eventually referrals from local hospitals will be considered.

Recovery Place Seattle, which is operated by Valley Cities Behavioral Health Care, is the first detox facility in King County to offer treatment for co-occurring disorders. That will make it possible for the staff to better address the underlying cause of the client’s behavioral issue, whether it’s mental health or addiction.

"The partnerships we are creating will save lives and connect more people to the effective treatment they need to once again live a healthy, productive, meaningful life," said King County Executive Dow Constantine. "We are doing more than providing additional beds. We are connecting entire systems so we can better confront challenges in mental health, addiction, and homelessness throughout our region."

Roughly 30 full and part-time employees will be working at Recovery Place Seattle at Beacon Hill, providing detoxification, medication-assisted treatment, residential treatment, and recovery services for people who are homeless and people who earn a lower income who also face mental-health crisis, substance-use disorder and/or opioid addiction.

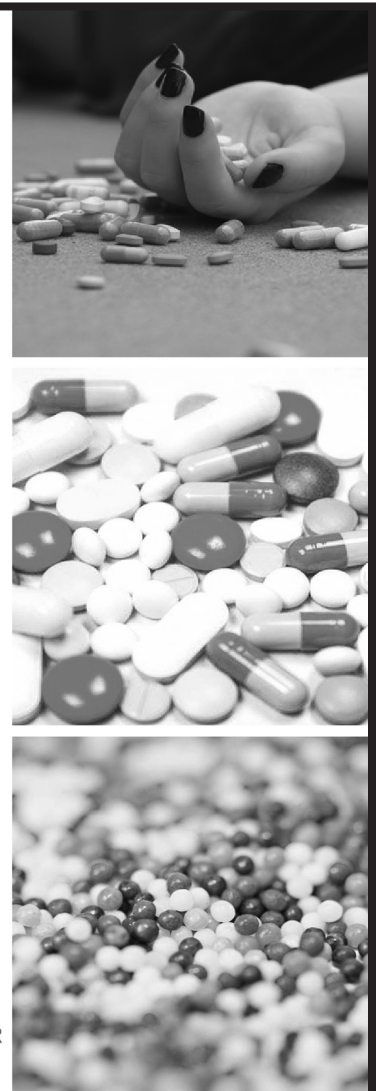
TAKE BACK NOW

Do you have unused medications at home?

FIND YOUR NEAREST LOCATION

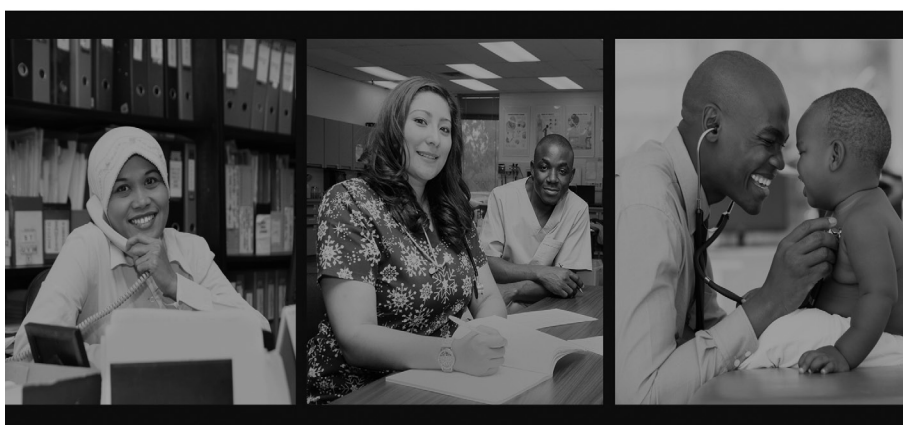
takebackyourmeds.org

OVER 230 LOCATIONS IN WA



CareerConnect

This new, FREE, short-term, industry-specific job training program trains entry-level job seekers in the Healthcare and Manufacturing Sectors and matches them with employment opportunities and a path for career advancement.



Program Details

- FREE, rapid, industry-specific training in Healthcare or Manufacturing
- Performance skills coaching
- Connection to and assistance navigating support services
- Job placement assistance with employers dedicated to your career growth

Eligibility

CareerConnect is available at NO COST to eligible participants! Requirements include:

- City of Seattle Resident
- Age 18 or older
- SNAP/BFET eligible
- Meet low income guidelines
- Eligible to work in the United States

Persons in Family	SJI 200% Poverty Guideline - 3 Month
1	\$6,030
2	\$8,120
3	\$10,210
4	\$12,300
5	\$14,390
6	\$16,480

This institution is an equal opportunity provider

For more information, call a Career Navigator:

Healthcare - Neighborhood House
206.483.5114 | Ted

Manufacturing - Pacific Associates
206.728.8826 ext 710



www.seattlejobsinitiative.com

ALERT SEATTLE

EMERGENCY ALERTS AND NOTIFICATIONS

What is AlertSeattle?

AlertSeattle is the city's official emergency notification system. AlertSeattle is a FREE service that allows you to sign up online to receive customized alerts by text message, email, voice message and on social media (Facebook and Twitter).

Signing Up is Easy!

- 1 ENROLL ONLINE**
 - Go to alert.seattle.gov
 - Tell us how to reach you (receive alerts by text message, email or voice message)
 - Your information is private
- 2 RECEIVE ALERTS**
 - Select alerts you want to receive (emergency alerts and community notifications)
- 3 STAY INFORMED**
 - This system is available to anyone who lives, works, travels through or visits Seattle



Sign up now at alert.seattle.gov

City of Seattle | alert.seattle.gov | [/alertseattle](https://www.facebook.com/alertseattle) | [@alertseattle](https://twitter.com/alertseattle)