

# newsletter

YWCA Seattle | King | Snohomish is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.

June 2017

Vol. 7 No. 6



## Empower \* Inspire \* Create



### School's Out Luncheon

**TUESDAY, JUNE 20TH**

**12:30PM-2:00PM**

**LOCATION: VILLAGE COMMONS**

Come on out and celebrate the last day of school with the kids! There will be lunch, a cupcake decorating station, water balloon toss, arts & crafts, bouncy house, and more!



### Family Village Issaquah Summer Camp is Back in Action! June 26 through August 18, 2017



Registration is June 1st through June 23rd. Registration packets can be found at the front desk.

This summer, Family Village Issaquah will offer supervised activities for children and youth ages 6-14. Children and youth will participate in a wide variety of activities including: sports, outdoor games, arts, crafts, science activities and field local trips; and much more! If you have any question regarding Summer Camp, please contact Markeese Rieux at [mrieux@ywcaworks.org](mailto:mrieux@ywcaworks.org) or (425) 270-6805. YMCA Sammamish is also offering FREE swimming classes this year— no strings attached. Registration is at the front desk.



### Please Welcome Trina Baker, Housing Services Manager!

Trina has been with the YWCA since February 2016. She started as the Relocation Coordinator during the YWCA Summerfield Apartments renovations. She went on to work in our Asset Management department as a Compliance Specialist at YWCA Seneca and has also served as the Property Manager at Family Village Redmond. In addition to her experience at the YWCA, Trina has a background in project management, marketing and development, and community outreach. She will be an excellent leader of the Family Village Issaquah Housing Team! Please feel free to contact her at [tbaker@ywcaworks.org](mailto:tbaker@ywcaworks.org) or at 425-270-6825.

# ***“Hold the Phone!” by Jonnali Mayberry-Abe, LMHC, Children’s Therapist***

*Do you notice that with any spare moment you are reaching for your phone and scrolling? Are you finding yourself looking at your phone or other mobile device (laptop, tablet) even when you are with others? With family? With children? Screen time is not just a problem for kids these days. It impacts our ability to be present as adults, with ourselves, with each other, and with children.*



*In fact, the area of our brain that is active when we are looking at a screen texting or emailing is the “get stuff done” part and with that comes a sense of urgency and pressure. It makes sense then that our irritability increases if we are interrupted from texting or emailing. What if we’re interrupted by a child in our care? The message that children can receive is that they are less important than what we are doing. Children learn about themselves and their emotions*

*from face to face interactions, especially with their caregivers. If you notice that you are needing extra support for limiting your own screen time and are curious about the impact on yourself or children in your care, we have counselors who are available at FVI. To get started call Laura Miller at 425-922-6192. Also, the King County crisis line is 206-461-3222.*

## **Your Family Village Staff Front Desk #: 425-270-6800**

**After-Hour Emergency #: 206-461-4888**  
Monday—Friday 9:00am—5:00pm

### **Services**

**Gina.....Child & Youth Director**  
Markeese..... Youth & Child Advocate  
Victoria.....Program Coordinator  
Fernanda..... Program Assistant  
Beth.....Program Services Intern

### **Housing**

Trina..... Housing Services Manager  
Lisa.....Assistant Manager

### **Facilities**

**Dan..... Maintenance Supervisor**  
Tony.....Maintenance  
Mary..... Custodian  
Eric .....Custodian/Maintenance

### **Mental Health**

**425-922-6192**

**Laura..... Mental Health Director**  
Ben..... ORCA LIFT Coordinator

## **We Thank You For Your Part In Our Journey**

On May 30<sup>th</sup>, we said farewell to our wonderful East King County Director of Housing, Holly King. Holly has been such a valuable member of the Permanent housing team in her various roles within Asset Management and Property Management over the past six years at the YWCA. She has brought incredible compassion, understanding, and integrity to her work and has been a strong advocate for her staff and residents. We will miss her greatly and wish her all the best into the future!

