

Family Village Issaquah newsletter

eliminating racism
empowering women
Seattle | King | Snohomish

ywca

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

April 2020

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EARTH DAY 2020 THEME: CLIMATE ACTION

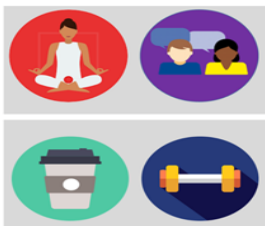
Every year the Earth Day Network, as organizers of the original Earth Day, selects an environmental priority to engage the global public.

Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable. Unless every country in the world steps up – and steps up with urgency and ambition – we are consigning current and future generations to a dangerous future.

Earth Day 2020 will be far more than a day. It must be a historic moment when citizens of the world rise up in a united call for the creativity, innovation, ambition, and bravery that we need to meet our climate crisis and seize the enormous opportunities of a zero-carbon future.



Words of Hope in Issaquah Highlands



Managing Stress

Every day, our community receives updates about the developments of COVID-19 in Washington, in the United States and in the world at large. As messaging from our agency's leadership suggests – the spread of this virus can spark fear, anxiety and an uncomfortable uncertainty about the future. Here are some ways to alleviate that stress, while also practicing social distancing as medical professionals have advised:

- **Find a verified source** – Look to trusted health professionals, government officials or even communication about COVID-19 for accurate information.
- **Limit how often you get information** – it can feel overwhelming to get updates constantly, and even more stressful navigating what is truth and what isn't. It's important to take stock of the things going well in your life and what you can control. Be mindful of how often you engage.
- **Keep your body healthy** – eat foods that give you energy, meditate, stretch, take a ten minute walk, and find creative ways to stay active. Many fitness professionals are taking to online forums to continue providing services for those looking to exercise!
- **Talk with your neighbors, friends and loved ones** – Human interaction is essential to our health. Although we are practicing social distancing, there are other ways to stay connected. Some include video chat, social media, text messaging and phone calls.







April is the National Month of Hope. It was founded by Mothers in Crisis, Inc. This org supports women and families who are in need, bringing them hope and empowering them to find a new path. Hope is fueled by optimism and the belief that you have the power to make positive changes in your life.



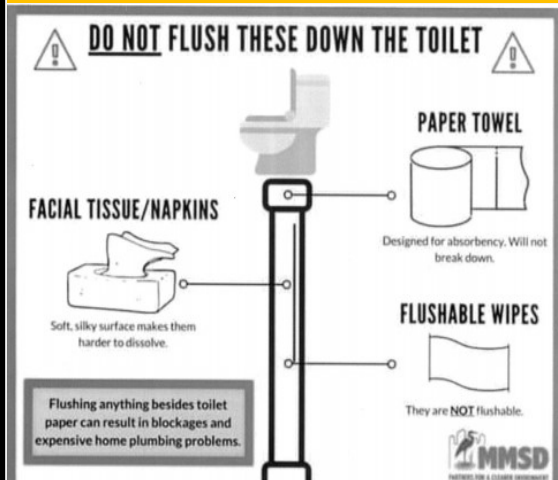
COVID-19 COMMUNITY ACTION RESPONSE

5 things you can do to make a positive difference in your community

 Think of Others People in every community are facing the challenges of COVID-19—consider your actions and be kind.	 Stay in Touch Find ways to stay connected. Pick up the phone, use video chat, group text your book club, get creative.	 Make the Most of Local Online Groups Share accurate info and be a positive part of your local community conversations.	 Support Vulnerable Populations Help out with efforts to support local workers, seniors, and families most affected. Donate to food banks, nonprofits, and check #allinSeattle	 Share Accurate Information It's normal to be anxious, and important to be accurate. Point people to official sources like the state department of health.
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If you have to go out, remember to stand 6 feet apart.

PROPERTY HAPPENINGS



Staff is still onsite to deliver Groceries 2 Go and respond to resident request (s) via email or phone

Maintenance is only doing Emergency work orders include fire, flood, blood, no water, no hot water, broken stove, broken fridge, flooding, over-flowing toilet, and/or clogged toilet. Please consult with us with any questions on other work orders that may be considered an emergency.

During this critical time—the Housing & Services office is temporarily Closed until further Notice. Following Governor Inslee's and CDC Guidelines “Stay Home Stay Safe” to prevent the COVID-19 Outbreak from Spreading.

Listen and follow the directions of your **STATE AND LOCAL AUTHORITIES.**

IF YOU FEEL SICK, stay home. Do not go to work.

IF YOUR CHILDREN ARE SICK, keep them at home. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, or have a serious underlying health condition, stay home and away from other people.

If someone in your household has **TESTED POSITIVE**, keep the entire household at home.

EVEN IF YOU ARE YOUNG, OR OTHERWISE HEALTHY, YOU ARE AT RISK AND YOUR ACTIVITIES CAN INCREASE THE RISK FOR OTHERS. IT IS CRITICAL THAT YOU DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS.

Work or study **FROM HOME** whenever possible.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars and restaurants — **USE PICKUP OR DELIVERY OPTIONS.**

AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

ALWAYS PRACTICE GOOD HYGIENE:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

CORONAVIRUS.GOV

Our Family Village Staff
Front Desk #: 425-270-6800
fviinfo@ywcaworks.org

After-Hour Emergency #: 206-461-4888
Monday—Friday 10:00am—4:00pm

Housing & Services
Trina..... Housing Services Manager
Michelle..... Program Assistant

Facilities

Victoria Thai...Facilities Operations Manager
Ryan GillLead General Maintenance
Jesus.....Custodian

Dear Valued Customer,

Thank you for your commitment to Cedar Grove's organics recycling program. This notice is to inform you of changes taking place in regard to the items that are accepted at our commercial composting facilities.

Effective April 1, 2020, Cedar Grove requests that cardboard of any kind be kept out of the compost waste stream. Clean cardboard should be placed in your recycling container, while waxed cardboard should be redirected to your trash container.

Our goal at Cedar Grove is to help our customers divert as much material out of the landfill while ensuring it's entering into the proper waste streams. We recognize that the benefits of the commodity of cardboard are greatest when used within the recycling system. Additionally, we feel this decision is in line with our continual efforts to create a quality soil product for use in the Puget Sound region, resulting in environmental benefits throughout our community.

It's understood that this may change your current composting or recycling practices and we would be happy to assist you through this transition. As Cedar Grove customers, you are eligible for informational signage as well as employee training sessions, free of charge. If you have any questions regarding this change in policy, please contact us at 877-994-4466 or by email info@cgcompost.com.

Thank you and we look forward to your continued business!

Sincerely,

Cedar Grove Organics Recycling