Family Village Issaquah

newsletter

eliminating racism empowering women Seattle | King | Snohomish

ywca

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

JOIN US IN WELCOMING MICHELLE ELWORTH



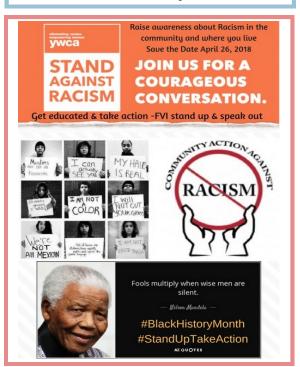
Please welcome Michelle your new Program Assistant in our services department. Michelle started at the YWCA Family Village Redmond as an intern in 2015. She then transferred to YWCA Family Village Issaquah as a temporary Office Assistant and then became our Housing Office Intern.

Michelle is from Kirkland, Washington. In her spare time she likes to go to the movie theaters, amusement parks, and family functions with her children and grandchildren.

Please feel free to stop at the front desk and introduce yourself.



The Village Commons will be open for Mid Winter Break Camp Tuesday, February 20th through Friday, February 23rd from 11:00am-3:00pm.





Monday: 10:00am-4:00pm Tuesday: 10:00am-4:00pm Wednesday: AVAILABLE BY APPOINTMENTONLY Thursday: 10:00am-4:00pm Friday: 10:00am-4:00pm Saturday: CLOSED

> We understand that your hours may not work with our hours.

TIP: You can obtain and drop off maintenance requests, rent slips, or any paperwork at our drop box which is located on the top floor outside of the Village Commons. For further assistance please contact the front desk at 425-270-6800 or Victoria at 425.270.6816// vthai@ywcaworks.org.

LET'S TAKE ON A TOUGH TOPIC THIS MONTH-ANGER #%*\$#@!

By Claudia Lockwood MA LMHC

Five tips for getting anger under control:

Scientists say holding on to your anger hurts your heart. That is important because the leading cause of dis-ease in America is not cancer, but **heart disease**. When you feel the anger rise, just say "stop, I need to breathe, " and do just that, it will take your blood pressure back down to a healthy level.

Showing your rage makes a big impression on your kids. When you are stressed and you show it through anger, you are teaching your kids to do the same. They do what you do, not what you say. If you are getting angry frequently at your kids, notice if they aren't getting angry right back at you. They have learned that anger is the chosen family antidote to stress, hmmmmm, is that a good idea?

Holding onto resentment causes stress. That is another important sentence and the idea is a biggie. Oprah says, "Forgiveness is knowing the past can never change." Contemplate that one...put things in perspective, see if you can "walk a mile in the shoes" of the perpetrator and understand the motivation. Or as our favorite "Frozen" Princess says, "Let it go!"

Really it's all about forgiveness, and forgiveness is a process. Working through resentments and moving on can vastly improve your sleep – a big motivator right there!

Lastly, forgiveness strengthens relationships. We are not meant to live our lives alone. Scientists says the more connected you are to others, the happier you will be and so will your heart.



Family Village Issaquah staff will be out of the office Monday, February 19th in honor of President's Day. Leasing & Services will resume Tuesday, February 20th at 10am.

Your Family Village Staff TRINA'S THOUGHTS FROM Front Desk #: 425-270-6800 After-Hour Emergency #: 206-461-4888 **HOUSING & SERVICES** Monday—Friday 10:00am-4:00pm Wednesday By Appointment Only MONTHLY RESIDENT NIGHT OUT-COMMUNITY DINNER ! **Housing & Services** Trina..... Housing Services Manager Lisa.....Assistant Manager Victoria.....Program Coordinator Michelle..... Program Assistant GAME **Children Services** 5PM-7PM Eric...... Youth & Children Director Markeese...... Youth & Child Advocate NIGHT Facilities Dan..... Maintenance Supervisor Tony......Maintenance Mary..... Custodian EricCustodian/Maintenance FIGHR BURGERS VILLAGE COMMONS