

# newsletter

February 2018

Vol. 2 No. 8

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.

### MID-WINTER BREAK

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

### OFFICE HOURS

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

eliminating racism  
empowering women  
ywcaworks.org

Raise awareness about Racism in the community and where you live  
Save the Date April 26, 2018

### STAND AGAINST RACISM

### JOIN US FOR A COURAGEOUS CONVERSATION.

Get educated & take action -FVI stand up & speak out

FOOLS multiply when wise men are silent.  
— Nelson Mandela —

#BlackHistoryMonth  
#StandUpTakeAction

AZ QUOTES

**DROPBOX**

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

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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](mailto: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, hmmmm, 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

Front Desk #: 425-270-6800

After-Hour Emergency #: 206-461-4888

Monday—Friday 10:00am—4:00pm  
Wednesday By Appointment Only

### Housing & Services

Trina..... Housing Services Manager  
Lisa.....Assistant Manager  
Victoria.....Program Coordinator  
Michelle..... Program Assistant

### Children Services

Eric..... Youth & Children Director  
Markeese..... Youth & Child Advocate

### Facilities

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



## TRINA'S THOUGHTS FROM HOUSING & SERVICES

**FEB 22/18** MONTHLY RESIDENT NIGHT OUT- COMMUNITY DINNER!

**GAME**

**5PM-7PM**

**NIGHT**



**BURGERS  
N  
SHAKES**

**NEIGHBOR  
FRIENDLY  
ALL ARE  
WELCOME**



VILLAGE COMMONS