

Family Village Issaquah newsletter

eliminating racism
empowering women
Seattle | King | Snohomish



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

January 2021
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“What defines a community is the people who live in it. I love the diversity in our community. I believe diversity gives our community a richer culture and makes it a much more interesting place to live and raise a family.”



COMMUNITY

Bright Horizons brought Holiday Cheer



THANK YOU TO OUR COMMUNITY PARTNERS!

| | | |
|-----------------------------------|----------------------------------|------------------------------|
| <p>EAT MORE VEGETABLES</p> | <p>GET ENOUGH SLEEP</p> | <p>STAY MINDFUL</p> |
| <p>DRINK WATER</p> | <p>GET SOME FRESH AIR</p> | |
| <p>EXERCISE</p> | <p>DETOX</p> | <p>ADD MORE FRUIT</p> |
| HEALTHY LIFESTYLE | | |

Meal pick-up on Mondays and Thursdays

The meal program has been extended through the end of the 2020-21 school year. The District is serving free, nutritious meals to all children 18 and younger, regardless of income or enrollment in the Issaquah School District.

What?

Free breakfast and lunch to all children 18 and under

Who can get these free meals?

Children or their parents/guardians

When?

Mondays and Thursdays from 4 p.m. to 6 p.m.
Pick up breakfast and lunch for three days on Mondays
Pick up breakfast and lunch for two days on Thursdays

Where?

Elementary Schools: Endeavour, Grand Ridge, Issaquah Valley, Sunset
Middle School: Beaver Lake
High Schools: Issaquah, Liberty and Skyline

All the details for the meal service during remote learning can be found here:
<https://www.issaquah.wednet.edu/family/supports/meals>



Welcome Baby Ahri
To Family Village



Property Happenings

UPDATES

March—All units will have mandatory fire sprinkler inspections we will do our best to limit the exposure of staff/vendors in your unit.

We missed our annual unit inspections due to COVID however we are still determining when that will be rescheduled.

Work Orders—please still submit your work order so maintenance can plan for supplies accordingly they are only doing urgent work orders at this time and if they do come please step out of the unit. If you are able to change light bulbs on your own we ask that you bring in the old bulbs to exchange out . You may need to buy a lamp for extra lighting

Office staff are still on-site M-F 10am-4pm but doors aren't open for residents however ring the doorbell we can still service your needs and we don't anticipate any resident gatherings until July 2021.

COVID adjustments we are still NOT encouraging gatherings in the common areas such as playground or basketball court. We DO expect mask to be worn and with elevators it is recommended for 1 household at a time.

Continue to Stay healthy & safe while we get through this together



IH Doers & Dreamers Day of Service

Inspired by Martin Luther King, Jr., take 15 minutes each month to keep our community beautiful. Monday, January 18

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

After-Hour Emergency #: 206-337-4394
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

Eliminating racism is important because:

Communities deserve an opportunity to thrive vs survive

#StandAgainstRacism



Community Events

Newcastle Area Youth Artist Call
Friday, January 15, 2021
Grades K-12

Newcastle Arts Council and Newcastle Library are now accepting submissions from local youth artists for the 2021 Spring Newcastle Area Youth Art Exhibition. Let your imagination soar and share your art with the community. The art exhibition will be held virtually with the possibility for displays at locations throughout the Newcastle community through the month of March. All mediums considered. For more information, visit <https://kcls.org/> or send an email to Vicki Heck: vaheck@kcls.org.

Study Zone Plus
Tuesdays
Grades K-5 [3:00 to 5:00 p.m.]
Grades 6-12 [5:30 to 7:30 p.m.]
King County libraries

StudyZone is online homework help from volunteer tutors. Students in grades K-12 can work with a tutor or find recharge activities, language and reading support. Connect to Zoom using your computer, tablet or smartphone. Or, dial in using a home phone or smartphone. For more information, visit <https://kcls.org/studyzoneplus/> or call (425) 462 9600 or (800) 462 9600

Community Resource Center
Tuesdays [1:30 to 3:00 p.m.]
Wednesdays [2:00 to 4:30 p.m.]
King County libraries

All are welcome! Get the help you need at the virtual resource center. We are living in stressful times and you may find yourself in need of support for: cash assistance, employment and training, education, housing, food assistance, health/medical care, legal assistance, dispute resolution, mental health treatment, substance use treatment, transportation/ORCA Lift. For more information, visit <https://kcls.org/> or call (206) 362-7550.

Cultural Events

Celebrate Dr. Martin Luther King, Jr. Day
January 18 [11:00am - 4:00pm]

Free online performances and activities for all ages by the Washington State Historical Society. For Zoom details and more information, visit <https://www.washingtonhistory.org/event>.

Workshops, Community Rallies and More

Many events have gone virtual in 2021, but there are still plenty of ways to mark the MLK Day holiday this year! <https://www.washington.edu/mlkweek/events/>

Celebrate MLK Day with a Walk in the Park
Lake Sammamish State Park
Jan. 3 - 18

Learn about his life and his dreams with quotes along the pathway. Many of his quotes are as relevant today as they were in the 1960s when he initiated change while speaking out for civil rights. MLK's most famous speech— "I have a dream..." — is captured in its entirety at the end of the walk. The walk will begin at Tibbetts Beach and takes you along the lakeshore to the Sunset Beach bathhouse.

Black History is Washington History
February 25 [6:00 - 7:30 p.m.]

This is the first in a series of lectures about Black History in Washington. Join this insightful conversation from the comfort of your own home. How does place impact culture? In Seattle's case, it means going against the grain. While hip hop thrived in New York and Los Angeles, individuals like Sir-Mix-A-Lot found success by styling to the beat of their own drum in the Pacific Northwest. Join Dr. Daudi Abe for a discussion of his book Emerald Street: A History of Hip Hop in Seattle and learn more about the growth of hip-hop in our region. This is a virtual event via Facebook Live @HistoryMuseum by the Washington State Historical Society.

