

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.

May 2021
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Get Moving for Mental Health!

Mental Health is a Vital Part of Health and Wellness!

1 in 5 adults in the USA experience mental illness in a given year, costing **\$193.2 billion** in lost earnings. Less than half receive care. Exercise plays a vital role in improving quality of life through specific physiological responses!



1

Cardio

Moderate intensity aerobic exercise for 45 minutes 3x/week, over an average of 9 weeks, has a significantly large overall anti-depressant effect.

2

Strength

Resistance training 2-5 days per week significantly reduced anxiety and the size of these reductions is comparable to that of treatments such as medication and psychotherapy.

3

Walking

Brisk walking for 30 minutes 3x per week, all at once, or split into 10-minute increments improves weight control, fitness level, blood pressure, and energy in those with schizophrenia.



How Does it Work?



One pathway involves the molecule Kynurenine. KYN is produced instead of Serotonin during times of high inflammation or stress, and is associated with depression and schizophrenia.

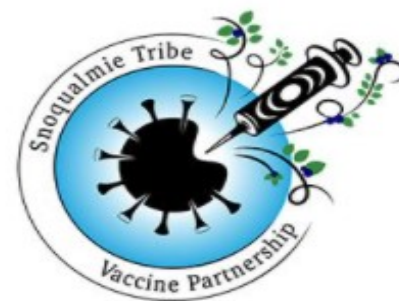
Exercise stimulates an enzyme that reduces KYN levels, and greater fitness leads to easier expression of the enzyme (in as little as 3 weeks of training)!

Golden Home Fitness



Premier | Professional | Precise

Full Article and Research Referenced Available on our Blog at: [GoldenHomeFitness.com/Fitness/Mental-Health-Exercise/](https://www.goldenhomefitness.com/Fitness/Mental-Health-Exercise/)



The Snoqualmie Tribe's Vaccine Clinic, which first opened on the Snoqualmie Tribal Reservation in February, will now operate at the Lake Sammamish State Park site. M-F 8AM -5PM. Make appointment, get vaccinated.

Link: <https://snoqualmievacine.snoqualmietribeweb.us/>



May is Mental Health Awareness Month. Read more about how pets can improve their pet parent's emotional well-being.



HOMEAGAIN.COM
Pets Can Improve Mental Health

LEARN MORE

"**May is Mental Health Awareness Month**" 1 in 5. The number of people who will be affected by mental illness in any given year. This person is sitting next to you. This person is living in your house. This person is a part of your family. This is you. Even if this disease is not yours to fight, you are impacted by knowing and loving someone who is.

A semicolon. A pause. An indication of connection between sentences. Often causing confusion yet important to empathize relationships. A pause to let the reader know there is more to the story.

The semicolon can be described as stronger than a comma but weaker than a period. An apt description. However the semicolon is more than just this. It continues the sentence where a period could be placed.

And I am stronger than depression and anxiety. I am more than what it tells me I am. It will not be my ending period. My disease makes me pause in my day. It makes me stop and care for myself. But it doesn't end me. I have more to my story. And so do you. Share it. Talk about it. Reveal it. Display it.

There is no shame. Don't let it become your end. Let it be a part of your story. One that you overcome every day.

Support your 1 in 5. Show them you see them. You hear them. You love them. Show them their disease does not make them less of a person.

My name is Katie. I am 1 in 5 ;

Property Happenings

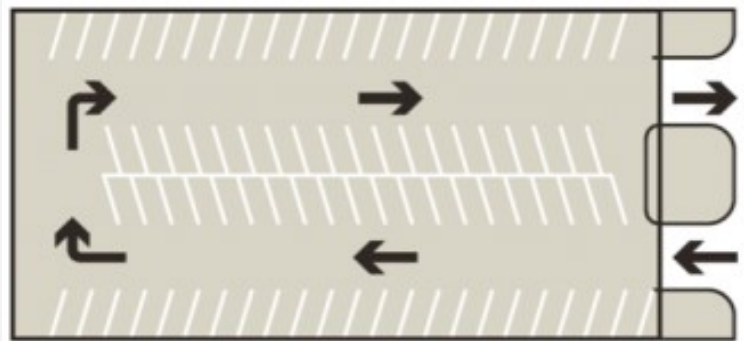
Clean-Up

Clean-up, clean-up,
everybody get some toys.
Clean-up, clean-up,
all the little girls and boys.
Clean-up, clean-up
everybody do your share.
Clean-up, clean-up,
everybody, everywhere.



Issaquah quiet hours are from **10:00 pm to 7:00 am.** We follow the same quiet hours as the City of Issaquah. Please be considerate of your neighbors and keep sounds at reasonable levels, especially during quiet hours.

Parking Garage is One way entrance which it loops around in order to exit the parking garage.



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



Housing & Services Office is Moving

The Main Housing & Services office will be
relocating back to the Village Commons
(upper office area)
adjacent to the E building.

Our official moving date is June 7th, 2021