

INN Weekly Email Update April 26, 2024

Greetings Issaquah & Sammamish Nourishing Networks,

Next INN meeting: Online, Tuesday, May 21, 2024 3:00pm - 4:30pm. We're flipping the format so everyone will have a chance to share updates, news, asks and introductions -

- Round Table information sharing from the group.
- Guest Speaker from [Kinderling - Families in Transition](#)
- Zoom link will be emailed the day before the meeting

Please visit the [INN website](#) for a more complete list of events, programs and resources, as well as an archive of [past weekly updates](#)



FOR YOUR CALENDAR

- 1. IFCB: ONE-TIME DONATION DROP-OFFS: Mon 4/29, 1:00 – 3:30pm & Thurs. 5/9, 1:00 – 3:30pm** Rising food prices combined with growing need means we need food donations more than ever! Please check our **current needs list** to see our highest priority items. We update this list regularly to reflect our largest inventory gaps on our most-requested food items. **We also need grocery-size brown paper shopping bags with handles** in good condition for shoppers in our market. Bring your donations to our warehouse ONLY during scheduled days and times. Warehouse location: AtWork (930 7th Ave NW, Issaquah, WA 98027)
- 2. Eastside For All: Live Chat With Us! May 1, 2024 In Person and Online** Drop in for casual conversation and connections! Eastside For All team members invite you to visit us at the Together Center or join online. [English y en Español] No need to register. What's on your mind? Anti-Racism & Racial Equity in Action * Voter Education * Housing Justice * Building for Belonging * Queer BIPOC Community Support * Community Safety By Us, For Us * Advocacy for Refugees, Asylum Seekers, and Undocumented Community Members. Check [Calendar](#) for More Available Dates
- 3. KidVantage Car Seat Checks May 4, 2024 10am - 3pm Kent** Want help installing your car seat? Curious about the new Washington State Law that went into effect about booster usage and rear-facing age? Join Certified Child Passenger Safety Technicians from KidVantage for a Car Seat Check-Up and learn everything you need to know to ensure your car seat is installed correctly in your car. [Reserve your spot](#) today.
- 4. Influence The Choice: 12th Annual [Art with Influence](#) show May 9, 2024 6:30pm** Join us from 6:30-8:30pm at Liberty High School for an unforgettable evening showcasing the creativity and talent of our youth. Prepare to be moved by the rich, personal stories and experiences expressed through captivating video and visual art.
- 5. VA Puget Sound Healthcare: Women Veteran Resource Fair May 11, 2024 Tacoma** Join our Women Veteran Resource Fair on May 11, 2024, from 10 a.m. to 3 p.m. at AMVETS Post 1 Tacoma (5717 S Tyler St.). Come for the fun, leave with resources!

6. **Hopelink [Digital Skills program](#) Upcoming workshops:** “How to use Email” for Beginners IN-PERSON **Wednesday, May 15**, 4:30-6:00 pm, Redmond Hopelink Center - **Wednesday, May 29**, 4:30-6:00pm, Bellevue Hopelink Center
7. **Day of Service in Issaquah And Sammamish - Volunteers Needed at Tavon Learning Center May 18, 2024** Each year we bring hundreds of volunteers together to help give back. Register [Tavon Center \(All Ages\)](#)
8. **The Garage: Rainbow Prom Sat., May 18, 2024 6pm - 10pm** Mark your calendars! Join us for this intergalactic event celebrating LGBTQ+ teens. There will be food, music, dancing, and activities for FREE! If you want to get your hair and/or makeup done for FREE before the event, [reserve your spot](#) today.
9. **Solid Ground: HELP WITH BAD CREDIT Tues, May 21, 2024, 6-8pm Online; register for link.** Is your credit preventing you from obtaining a job, making a large purchase, or securing stable housing? This free credit counseling workshop from the [Urban League of Metropolitan Seattle](#) may be for you! For more information, visit [Credit Counseling Workshop – May 21](#). . **TO REGISTER:** Go to [Are you ready to get your finances on track?](#)

RESOURCE INFORMATION AND UPDATES

10. **Issaquah Senior Center: The May Newsletter** is here! We have tons of resources, events and classes. Be sure to check out the [lunch menu](#) to see what is being offered daily!
11. **Hopelink Mobile Market Schedule [May 2024 Schedule](#)** The Mobile Market distributes food around the community. Everything is free! We have a wide selection of fresh produce, dairy, and breads, as well as frozen foods, to choose from. You can also receive a prepackaged box of food with: soup, pasta, peanut butter, rice, canned fruits and vegetables, beans, tuna, and cereal.
12. **WDVA:Community Resource and Referral Centers (CRRCs) - Renton VA Clinic** 419 South 2nd Street, Suite 2, Renton, WA 98057-2234 **Main phone:** [425-203-7201](#) * **Mental health care:** [800-329-8387](#) CRRCs provide Veterans who are homeless and at risk of homelessness with one-stop access to community-based, multi-agency services to promote permanent housing, health and mental health care, career development and access to VA and non-VA benefits.
13. **King County: Organizations that Offer Low Cost or Free Bike Helmets** Affordable bike helmets are available for King County residents. Many local organizations provide free or low-cost helmets to the community in over a dozen locations. If you or someone you know are interested in getting a free or low-cost bicycle helmet, visit our **online listing** of places you can go. More information on bike safety available [HERE](#)
14. **Ruby Room Formal Wear and More! [Do you need a dress for prom or homecoming?](#)** Ruby Room offers a wide selection of formal dresses in every color and sizes ranging from 0 - 30. Choose from brand new and lightly used dresses with a few designer labels throughout our collection! Shoes and jewelry are also available to complete your look for the dance. Our boutique has a limited collection of men’s formal wear including, suits, tuxes, ties and accessories. [Check out the Guidelines section](#) for more information on accessing this resource.
15. **KCLS: Check Out Washington Discover Pass** The pass can be checked out for 14 days and may be used on lands managed by: Washington State Parks, Washington State Department

of Natural Resources, and Washington Department of Fish & Wildlife. The pass offers you access to millions of acres of state recreation lands in Washington, including: more than 100 developed state parks; more than 350 primitive recreation sites, including campgrounds and picnic areas; nearly 700 water-access points; nearly 2,000 miles of designated water and land recreation trails; more than 80 natural areas; more than 30 wildlife area. Check website for library locations availability.

16. **Recovery Beyond** Recovery Beyond is a Recovery Community Organization (RCO) in Washington providing Peer Support Services through Outdoor Activities and Adventures. We promote healthy connection and activities for anyone on the pathway of recovery including monthly events for individuals and families, exciting adventures & group experiences, recovery coaching services, skill building, education & training, and more. All events are no-cost and are held by peers for peers. Check out our [Community Calendar](#) to see our weekly recreation offerings and monthly community events. **Reach out to Taylor Richards for more information at taylor@recoverybp.org**

COMMUNITY ENGAGEMENT OPPORTUNITIES

17. [Issaquah Community Services](#) plays a critical role in our community by providing financial assistance for rent and utilities, and other financial hardships. In the first quarter of 2024, the all-volunteer team has distributed over \$75,000, a 37% increase in requests over the same period 2023. The amount distributed in 1Q 2024 equates to 3/4 of the amount raised in the December annual fundraiser. 100% of donations go to helping neighbors. Please share about our organization with your friends and neighbors.

18. **KidVantage 10th Annual Diaper Derby May 3 - June 7, -2024** Enter the Diaper Derby and compete to collect the most diapers. "Horse and jockey" teams will be running against other similarly sized businesses and organizations to see who will win their division and the Triple Crown! From the Kentucky Derby to Preakness and ending with the Belmont Stakes support your team by purchasing diapers and wipes for local kids. In 2023, 37 participating businesses and organizations collected more than 127,000 diapers for kids living right here in our community.

FOR NONPROFITS

19. **Snoqualmie Tribe: Veteran Resource Fair June 9, 2024** The Tribe has tables available for organizations that provide Veterans Services at an event this coming June. See link for more information.

20. **VSHSL funding opportunity: Countywide Nonprofit Workforce Surveys By May 29, 2024** This funding opportunity seeks to support nonprofits to better understand the array of influences, including wages, which contribute to employee recruitment, retention and satisfaction and how this impacts service delivery and the ability of an organization to meet their mission. In collaboration and consultation with King County staff, the funded entity(ies) will develop, administer, and report on a Wage Survey and an Employee Engagement Survey, that will allow King County to better understand the evolving landscape of wages and total compensation and employee experiences across King County-funded agencies.

21. VSHSL funding opportunity: Employment Training, Placement, and Supports By May 31, 2024 A new funding opportunity is available to fund programs and services that prepare unemployed and underemployed job seekers from marginalized populations for employment, connect them with employment opportunities, and support them in succeeding as an employee.

Be well,
Kim Weiss
she/her