

# INN Weekly Email Update May 3, 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](#) & [Issaquah School District Family Partnership](#)
- 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](#)

**\*\* Please Note:** Due to technical issues with the website, the INN webpages have not been updated with the below information. I have attached a couple of flyers instead of providing links to them as I am not able to upload them to the INN website at this time.



## FOR YOUR CALENDAR

\* **SW WA NAMI: [Overview of Tardive Dyskinesia webinar](#) May 6, 2024 6pm Online** a free webinar where you will learn about the symptoms, risk factors and impacts, and steps that can be taken after a diagnosis of TD.

\* **[The Bellevue College Annual Job Fair](#) May 8, 2024, from 11:30am to 2:00pm.** The job fair will be held in person at the Bellevue College campus in room U301A&B. Employers from a wide range of industry sectors will be hiring for all types of jobs at all levels. Don't miss this wonderful opportunity to network and find internships, seasonal, part time and full time jobs!!

\* **[Stamp Out Hunger](#) May 11, 2024** Here's how it works: A blue Stamp Out Hunger bag will be sent to your home in early May. Fill the bag with non perishable food items and leave it by your mailbox by 8am for your postal worker on Saturday, May 11. That's it! Food from this drive helps Food Lifeline fill the shelves of local food banks, shelters, and meal programs across Western Washington. While one bag of food may seem small, a little goes a long way and Stamp Out Hunger succeeds every year thanks to the donations of generous neighbors like you!

\* **Recovery Beyond: [Community Social - Kickball Picnic](#) May 11, 2024 1pm - 5pm** Open to all! Confluence Park, Pack a picnic for yourself and/or to share with others & come enjoy some fun games of Kickball with us!

\* **The Circle: [Personal Growth Workshop](#) May 15, 2024 7pm** We invite you to participate in these three personal growth classes where you can learn about what you do well and how to increase your self-esteem. Life sometimes takes us down difficult paths. This is hard on our self-esteem. If we add to this the habit of focusing on what we do wrong, our motivation and self-esteem go down. When we focus on what we like and do well, then we find motivation and reasons to go ahead.

- \* **KCLS: Renton Library Resource Days Fri, May 17, 2024 11:00AM – 2:00PM Renton**  
For community members in need of support. Local social support providers will help connect you to resources such as healthcare, addiction recovery, free job training, access to ORCA cards, a free phone, gently used clothes, hygiene kits and free lunches (while supplies last). Flyer [here](#)  
*Registration not required.*
- \* **Empower Youth Network: [Youth Mental Health First Aid](#) May 18 @ 9:00 AM - 3:30pm,**  
Fall City Fire Dept. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing behavioral health challenges or is in crisis.
- \* **Recovery Beyond [Virtual Community Social](#) May 20, 2024 7pm** Come join our virtual community social where we will be announcing our new members for the month, celebrating anniversaries, sharing new information & events coming soon, AND WELCOMING A GUEST SPEAKER to share their story with us!! New Guest Speaker each month.
- \* **WDVA: [Veteran Spouse Listening Session](#) May 23, 2024 5pm Online** Veteran Spouses, please join Olivia Burley, the Washington State Military Spouse Liaison, for a Virtual Listening Session to share your thoughts on programs and supports for Veteran spouses. Come prepared to share thoughts on spouse employment, healthcare, mental health resources, benefits, and other areas that impact you and your families.

## RESOURCE INFORMATION AND UPDATES

- \* **[Reclaim](#)**: After 12 years of providing shelter in the Snoqualmie Valley, **we finally purchased our own building**. Happy dances all around! - Our building now allows space for our entire staffing team and will provide severe weather shelter during extreme cold, heat, and smoke. - Our new location will also house the valley's first-ever community service center, called "The Front Door", where we'll focus many of our efforts on eviction prevention and housing stability. - In partnership with the Snoqualmie Tribe, we'll provide support for those fleeing domestic violence and trafficking. - As if that wasn't enough, we'll also provide a free clothing boutique, "Threads of Kindness", for anyone without the financial means to purchase clothes. - We continue to shelter upwards of 50 individuals and families each night through our motel-based Shelter to Home program. **Please join us on June 29th** to celebrate this huge accomplishment and support the services we provide to our neighbors living in poverty. Save the Date now and we'll provide a sign-up link soon to various tour times through the day.
- \* **WA Dept of Licensing: [DOL2Go](#) is an exciting new program supporting communities around Washington.** The DOL2Go mobile unit provides onsite ID card and driver licensing services to people with barriers to visiting our traditional offices. You may find us in rural communities, assisting people experiencing homelessness, community centers, and emergency response events. Visit link for calendar of locations.
- \* **Washington State Department of Health: [Safe Medication Return Survey](#)** We want to hear from you! We are surveying Washingtonians about their awareness and use of the Safe Medication Return system. By taking this survey, you're helping us figure out how we can improve this system to better fit the needs of your community.
- \* **[DementiaFriends](#)** is a global movement that is changing the way people think, act, and talk about dementia through 60-minute information sessions that are free to the public. **There are**

**virtual sessions available the first Monday of every month from 10-11:30am** (*flyer attached*) for anyone interested in attending an information session. Our goal is to spread awareness and reduce stigma about dementia. This program is housed in Washington State at the UW Memory and Brain Wellness Center. During our information sessions, we share information about what dementia is, the most common type of dementia, normal aging vs abnormal aging, 5 key messages, communication tips and strategies, ways to take action, and resources and support. In addition, there are a few sessions coming up in King County for interested organizations, companies, and groups who would like to host a session, as well as volunteers who would like to be trained to lead information sessions. Sessions are always free to attend.

\* **WA Dept of Commerce: Public comments invited: [Draft 5-Year Homeless Housing Strategic Plan and Local Plan Guidance](#)**. During the next six weeks, Commerce will be collecting feedback and comments from the public. Various opportunities to submit feedback will be available through 5 p.m. June 7, 2024. The goal of this plan is to pursue bold actions to reduce homelessness in Washington, informed by both researched best practices and input from individuals with firsthand experiences of homelessness and housing instability.

## COMMUNITY ENGAGEMENT OPPORTUNITIES

\* **GiveBig is happening May 7-8, 2024** and many of our local and Eastside service organizations are participating in this annual donation event. You can find [Issaquah Community Services](#), [Issaquah Food & Clothing Bank](#), [Issaquah Community Meal/CCS](#), [Everyone 4 Veterans](#), and many more!

\* **Kiwanis of Issaquah Fundraiser with Tutta Bella May 5 - May 9, 2024** - Customers who use the **code: *EasyAsPieKiwanis*** will return 20% of Tutta Bella's profits to the Kiwanis Club of Issaquah. The code works with in-person and online orders, and it works in any Tutta Bella restaurant. *See attached flyer for more details.*

## FOR NONPROFITS

\* **VSHSL funding opportunity: [Veteran Provider Training Supports](#)** Apply by June 4, 2024 This funding opportunity will prioritize funding entities that have a demonstrated history of veteran cultural competency and can prioritize providing trainings to organizations in King County that serve veterans, servicemembers, and their families.

\* **VSHSL funding opportunity: [Countywide Gender-Based Violence and Trafficking Prevention](#)** Apply by June 11, 2024 This opportunity will fund community-based entities to develop and implement programming and initiatives designed to prevent all forms of gender-based violence and human trafficking including, but not limited to, domestic violence, sexual assault, and commercial sexual exploitation.

Be well,  
Kim Weiss  
she/her