

The mission of the King County Housing Authority is to provide quality affordable housing opportunities and to build communities through partnerships. We encourage self-sufficiency and we protect the dignity of people with limited resources while safeguarding the public trust.

Holiday cheer abounds
SANTA VISITS WILEY CENTER
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KCHA NEWS

February
2008

A resource for King County Housing Authority residents

Residents learn about potential Park Lake Homes II revitalization

By HEATHER MILLER
 King County Housing Authority

Park Lake Homes II would receive a full makeover if a potential redevelopment project there moves forward in the years ahead.

The White Center redevelopment project's goals — which were outlined at a community meeting in December — include improving residents' living environment, revitalizing the site and building a sustainable community.

A combination of age and poor design of the heating, ventilation and roof systems makes it necessary to replace the 165 units.

The revitalized development will have about 300 housing units for people with a mix of incomes and new community spaces. Plus, "green" building practices will be used throughout the project.

The King County Housing Authority expects to apply this year for a HOPE VI grant that's needed to make the project a reality.

"It's very competitive to get a HOPE VI grant award," said Nikki Parrott, KCHA's senior development manager. "We hope to be successful."

The event marked the second in a series of meetings with Park Lake Homes II residents about possible changes in their community.

Christina Friedenthal, KCHA's community services manager, explained how the Housing Authority would help residents who would have to relocate.

"If we are successful and proceed with the project, we want to make it as comfortable and smooth a process as possible," she said. "We're going to do everything we can so that moving is not a huge burden for you."

KCHA's relocation assistance includes:

- Helping residents find new places to live
- Providing residents with funding for moving expenses

Community support services staff members also plan to stay in touch with residents while they're living elsewhere, Friedenthal said.

"They want to make sure that while you're



PHOTO BY HEATHER MILLER

At a recent community meeting, KCHA's Fardus Grimes (right) translates a presentation about a potential redevelopment project at Park Lake Homes II to residents who speak Somali.

living away from here that you're able to live successfully and happily," she said.

And once the project is finished, residents in good standing with KCHA will have the option of moving back into the redeveloped homes.

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Survey gauges need for services

By KCHA STAFF

In January, the King County Housing Authority conducted a needs assessment survey of residents living at Park Lake Homes II. The survey asked residents what services they use and where they go for those services. It also asked what services they don't use and why.

The survey results will help determine what services any future HOPE VI revitalization project at Park Lake Homes II will include.

"We want to make sure that we are thoughtful and respectful of what residents want and need," said Christina Friedenthal, KCHA's community services manager.

The deadline to return the surveys passed Jan. 25. If you haven't returned yours yet, please submit it to the Park Lake Homes II management office.

Get help with your taxes

By KCHA STAFF

Free assistance with preparing your taxes is available through April 15 at the locations listed below through the United Way of King County's Free Tax Campaign.

You don't need an appointment. But because many sites get very crowded, you should arrive as close to the site's opening time as possible for the best chance of getting served.

What to bring with you:

- Any W-2 forms, 1099 forms and other end-of-the year wage statements that you received from all of your employers and sources of income

- Photo identification

- A copy of last year's tax return

- Social Security card or Individual Taxpayer Identification Number for every person in your household that you support

- Birth dates for every person to be

claimed on your return

- Anything else that you think might affect your return, even if you're not sure
- If filing jointly, both filer and spouse must be present to sign

For more information, call 2-1-1.

Auburn

Auburn Valley YMCA, 1620 Perimeter Road S.W.

6 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturdays

Bellevue

Hopelink, 14812 Main St.

1 to 5 p.m. Tuesdays

5 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturdays

Burien

ACORN of King County Prosperity Center, 134 S.W. 153rd St.

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Remembering Martin Luther King, Jr.

PHOTO BY PAT PORTER

Students who are members of Student Ambassadors at Chinook Middle School in SeaTac joined several KCHA AmeriCorps members to restore habitat at Cheasty Greenspace as part of a Martin Luther King Day service project. The holiday marks a mandatory service day for AmeriCorps members.

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February is African American History Month

African American settlers lived in communities across King County from the earliest years. Here are a few examples:

1885: A Civil War veteran and his wife, John and Mary Conna, were among the first settlers of Federal Way, acquiring a 157-acre homestead. Later, John Conna became the first assistant sergeant at arms for the new Washington State Senate.

1889: William Scott, who operated a successful truck farm where he raised vegetables for Seattle markets, was the first African American resident in Kent.

1891: African American miners arrived in the King County coalfields. These industrial workers were engaged in one of the region's most important early industries. By 1900, the miners numbered more than 1,000, and many served as community leaders.

1910: Some of the earliest African American residents in Auburn worked in the community's railroad yards.

Source: www.metrokc.gov

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

— Martin Luther King Jr.



Wiley Center hosts lawmakers' press conference on housing

By HEATHER MILLER
King County Housing Authority

Greenbridge resident Jeanne Servis moved into KCHA public housing in 1972 — a step she says made a big difference in her life.

"It allowed me to raise my two girls and not have to go on welfare and take money away from someone who needs it even more," she told Gov. Chris Gregoire at a press conference last month at the Wiley Community Center.

At the event, Gregoire announced that her 2008 supplemental budget proposal calls for investing \$57.5 million in housing programs.

That proposal includes:

- \$50 million to expand the Housing Trust Fund, which helps communities meet the needs of low-income and special needs populations
- \$6 million to expand the Washington Families Fund, a public-private partnership to expand affordable housing for the state's homeless families
- \$1.5 million for education and counseling to help homeowners



PHOTO BY HEATHER MILLER

Gov. Chris Gregoire (left) greets Greenbridge resident Jeanne Servis at a press conference in December at the Wiley Community Center.

"Your stories are exactly what today is all about," Gregoire told Servis and others who shared their personal histories. "You give us great hope for the human spirit."

Gregoire was joined at the press conference by several lawmakers, including Senate Majority Leader Lisa Brown and Speaker of the House Frank Chopp.

Trying to quit smoking? You're not alone

A new non-smoking policy took effect last month in two occupied KCHA buildings: Northridge I and Plaza 17. The new policy is intended to make the buildings healthier and safer for residents.

Nia Apartments, which are under construction, also will be entirely smoke-free when placed in service this fall.

If you want to stop smoking but can't seem to break the habit, consider checking out some of these local resources for people just like you.

Washington State Quit line: 800-QUIT-NOW or 800-2NO-FUME

The Quit Line has both English and Spanish versions with phone translation into other languages available. Anyone 18 or older who calls the Quit Line receives one telephone counseling session and a two-week supply of nicotine patches.

Pregnant women, people referred by the Veterans Health Administration, uninsured people, people using Medicaid or people using Indian Health Services receive four counseling phone calls and free nicotine patches for four weeks.

Youth age 17 or younger receive one counseling call. Anyone calling the

Quit Line should be thinking of quitting within 30 days from start of treatment.

Public Health Centers, Community Health Centers of King County, Puget Sound Neighborhood Health Centers

The Seattle and King County Tobacco Prevention Program has trained staff at all the clinics in these systems to counsel patients on tobacco use.

In addition, the program provides staff members with nicotine patches that they can give free to clients for the entire quit process.

People need to enroll as patients of the clinics to use these services.

A complete listing of the clinics the program works with can be found at www.metrokc.gov/health/tobacco/ctcp.htm.

More information about steps to quitting and reasons to stop smoking can be found at www.metrokc.gov/health/tobacco/quit.htm.

Harborview Medical Center

This Seattle medical center has nicotine patches and tobacco counseling for \$5. To enroll, call 206-731-2000.

Begin your future at YWCA career center

By KCHA STAFF

Do you need to find a job but don't know where to look or how to get started?

Then the YWCA Greenbridge Career Development Center might be exactly what you need to help you get on a successful employment path. The center offers:

- Access to a job bank with computers, Internet service and job leads
- Help with interviewing techniques, online applications, building a resume and writing a cover letter
- Job placement assistance
- On-site English Second Language (ESL) courses in partnership with Highline Community College
- Referrals to General Educational Development (GED), basic skills and citizenship classes
- An on-site computer education center that includes individualized instruction and free basic office work computer training

- Referrals to short-term training programs

"The clients we serve so far speak 23 different languages," said Mina Amin, the program manager for YWCA White Center and Auburn Employment Services. "Fortunately, our staff is also very diverse. YWCA staff speak nine languages. But getting past the language barrier is just the first step. We really care about helping our neighbors."

Program services are available to food stamp recipients, King County HOPE VI clients, all residents of Park Lake Homes and Greenbridge and King County Section 8 residents.

The center is at 9800 Eighth Ave. S.W. Ste. 104 in White Center. It's open from 9 a.m. to 5:30 p.m. Monday through Thursday and from 9 a.m. to 4:30 p.m. on Friday.

For more information, drop by the center or call 206-763-6922.



PHOTO COURTESY YWCA

Staff members from the YWCA Career Center (above) can speak nine different languages, including Amharic, Farsi, Russian, Somali, Spanish, Tigrinya, Ukrainian and Vietnamese.

Don't let your cooking ignite a kitchen fire

Nearly one-third of home fires start in the kitchen. That's more than any other place in the home, according to the National Fire Protection Association.

Leaving your cooking unattended is the leading cause of home cooking fires, two-thirds of which start with a range or stove.

To protect your household's safety, please read the following tips on avoiding a kitchen fire:

- Never leave cooking food on the stovetop unattended, and keep a close eye on food cooking inside the oven.
- Keep cooking areas clean and keep things that can burn — such as dishtowels, paper or plastic bags, and curtains — at least three feet away from the range top.
- Keep grease from building up on the range top, toaster oven and in the oven.
- Before cooking, roll up sleeves and use oven mitts. Loose-fitting clothes can touch a hot burner and catch on fire.
- If your power goes out while cooking, be sure to turn off the oven and all burners so that when the power is restored, nothing catches on fire.
- Always turn pot handles toward the back of the

range to prevent small children from reaching and pulling down a hot pan.

- Keep pans, hot beverages and trays that have just come out of the oven away from the edge of counters so that children are not able to reach them.

- Hot liquid and food burns often occur when children pull hanging tablecloths or placemats. Use tablecloths and decorations with care.

- Food cooked in a microwave can be dangerously hot. Remove the lids or other coverings from microwaved food carefully to prevent steam burns. Always test microwaved food for heat before giving it to children.

- Keep children and pets away from the range when anyone is cooking and keep a close eye on them at all times.

- Never leave barbecue grills unattended while in use.

- Keep grills at least three feet away from other objects, including the house and any shrubs or bushes.

Sources: Home Safety Council, National Fire Protection Association

Tax prep

Continued from front page

5 to 9 p.m. Thursdays
10 a.m. to 2 p.m. Saturdays

Federal Way

Multi-Service Center, 1200 S. 336th St.
5 to 8 p.m. Wednesdays, Thursdays

Kent

Alliance Center, 515 W. Harrison
5 to 8 p.m. Tuesdays, Thursdays
9 a.m. to noon Saturdays

Seatac

Airport Jobs Office at SeaTac Airport
5 to 9 p.m. Thursdays
10 a.m. to 2 p.m. Saturdays

The Village at Angle Lake Community Services Building, 4040 S. 188th St.

5 to 8 p.m. Tuesdays
10 a.m. to 2 p.m. Saturdays

Shoreline

Hopelink, 15809 Westminster Way N. (next to Marshalls in the Aurora Square Plaza)
5 to 9 p.m. Wednesdays
10 a.m. to 2 p.m. Saturdays

White Center

Salvation Army, 9050 16th Ave. S.W.
5 to 9 p.m. Tuesdays, Wednesdays
9 a.m. to 1 p.m. Saturdays

White Center Assembly, 10237 16th Ave. S.W.
5 to 9 p.m. Thursdays
11 a.m. to 3 p.m. Saturdays

Independent spirit inspires Briarwood resident to overcome limitations

By JUDY LAWLER AND HEATHER MILLER
King County Housing Authority

After a devastating car crash at age 29, Regina Fulmer wasn't expected to ever walk or talk again.

She suffered a massive brain injury while living in Texas in 1985 when the car in which she was riding ran a red light and was broadsided by a van on the passenger side. She was in a coma for three months. When she regained consciousness, Fulmer began the slow process of relearning how to do everything: feeding herself, standing upright, even saying her own name.

She knew one thing for certain – the nursing home in which she initially was placed after leaving the hospital wasn't going to be her home forever.

"I was just determined," said Fulmer, a 51-year-old Briarwood resident who has lived in KCHA housing for nearly two decades. "I said, 'I'm as good as the next person. I will walk. I will talk.'"

Thanks to long hours trying to overcome her speech and mobility limitations, she made that statement come true.

Step by step Fulmer began to regain her skills. And after moving to Washington shortly after the crash, she was able to live in an apartment where on-site staff members were able to provide necessary care and



PHOTO BY HEATHER MILLER

Regina Fulmer poses for a photograph in her Briarwood apartment with the stuffed animals she collects and her dog, Morgan, a service animal that is her constant companion and best friend.

assistance with tasks such as cooking and doing laundry.

While there, she learned to walk without a walker or cane by holding someone's hand.

"You tell me I can't do something, and I'll show you I can," Fulmer said, describing how she overcame such significant challenges. "I've always been that kind of

person."

After 18 months in the assisted-living apartment, she moved into Lake House in Shoreline. Briarwood is the third KCHA community where she's resided.

"I like being able to live independently," Fulmer said.

Living on her own isn't the only aspect of independent adult life that returned to her.

Reasonable accommodations

The King County Housing Authority is committed to providing reasonable accommodations to qualified persons with disabilities so that their living arrangements are, as a whole, comparable to that of other residents.

For more information or to submit a request for a reasonable accommodation, applicants or residents should contact their management office.

She eventually regained her driver's license and went back to work, first at Deseret Industries and later as a Fred Meyer cashier.

She has since stopped working, but she's fought hard to keep her driving privileges.

The car crash isn't the only hurdle Fulmer has overcome in her life. In fact, she calls it "a snap" compared with her childhood and then raising children of her own. Despite the challenges she's faced, Fulmer said she loves life and hopes others learn to appreciate every day they have.

"People, no matter what has happened to them in their life, they should be happy and go on and live life," she said. "You've got to focus on the positive and healthy because life really is short."

KCHA says goodbye to beloved key keeper

By GENEROSA SCHAUER
King County Housing Authority

Gustaves Manor residents have lost treasured key keeper and fellow resident Janice Bennett, who died Jan. 2 after a battle with cancer. She was 71.

Jan had served as the Gustaves Manor key keeper since 1993. Though her main duty was letting residents into their units when they were locked out, she did so much more for everyone.

She always was out to greet people when they came home from the hospital or vacations. She worked hard to make sure each resident's needs were met and was quick to call for help when necessary. She came to meetings with a note pad and pencil to take notes for those who were unable to attend. She coordinated countless events, hosted prayer groups, diabetes support groups and Red Cross trainings and even

taught English as a Second Language classes for those who were interested.

Most memorably, Jan was a friend to everyone she met.

Jan is survived by her husband, Richard Bennett, their three children, four grandchildren and her two sisters and two brothers.

As the Gustaves Manor resident services coordinator, I've known Jan for nine years. In all of that time, she worried more about me driving on icy roads or working too many hours than about herself. Her heart was full of love, and her faith was incredible. She will be greatly missed.



Jan Bennett

Santa's sleigh visits Wiley Center

Jolly Old Saint Nicholas made the Wiley Community Center a very merry place to be when he stopped by to have his photo taken in December with children from the Boys & Girls Clubs of King County Southwest Branch.

Volunteers served a meal of pasta, salad, bread rolls and cookies to as many as 300 children and parents who came to the branch's annual holiday dinner. The event marked the branch's first holiday dinner in the Wiley Center since the building completed a \$5 million renovation project.

After dinner, children and their families crafted art projects and took snapshots with Santa.

Meanwhile, many organizations donated gifts to the Boys & Girls Clubs of King County's Southwest Branch



PHOTO BY HEATHER MILLER

during the holiday season. Among donors was KBA Construction Management – a consultant on the Greenbridge project. The consulting firm provided gifts to more than 75 children.

Rent reform underway

By KCHA STAFF

The King County Housing Authority has started a review of its existing policies related to checking residents' income and calculating their rent for the Public Housing and Section 8 Housing Choice Voucher programs.

KCHA wants to make its current policies easier for residents to understand and more respectful of their privacy. The Housing Authority also wants to make its policies easier for KCHA staff to administer.

There will be two parts to this process:

Part one: Simplify how rent is calculated for seniors and residents with disabilities on fixed incomes.

Part two: For work-able adults and working families, improve policies related to checking income and calculating rent and encourage work and increased savings.

KCHA wants to hear what residents and community members have to say about the existing rent policy. How well do the existing policies work for you? How could they be improved? To share your thoughts, please e-mail rentreform@kcha.org. More information about KCHA's planning process and public hearings on this topic will appear in future issues of The Voice.

Park Lake

Continued from front page

So far, KCHA's redevelopment plan includes keeping an existing Head Start building, creating new pedestrian trails, preserving big, healthy trees where possible and adding new roads and parks.

"The next time we meet with you, we will talk about where housing will be built and

how it might look," Parrott said.

KCHA staff members were among those who provided interpretation services at the December community meeting so that all residents in attendance could understand the presentations.

In addition to KCHA staff, the meeting also featured an interpreter hired through the Academy of Languages.

South area KCHA buildings get special holiday help

By GENEROSA SCHAUER
King County Housing Authority

About 50 residents in four South area buildings were surprised with \$35 gift cards to Fred Meyer.

Who was Santa for them? The gift cards were generously donated by Home Instead Senior Care's Federal Way location, which provides non-medical assistance to seniors to help them age in their own homes.

Four years ago, Home Instead Senior Care started the "Be a Santa to a Senior" program nationally. In 2006, staff members across the country coordinated the delivery of more than 300,000 gifts to low-income seniors throughout the United States.

Each year, Home Instead Senior Care in Federal Way hosts a fundraiser that allows them to purchase gifts distributed regionally.

This year, that effort touched the lives of some 500 seniors in King, Pierce, Sno-

homish and Spokane counties.

Meanwhile, Plaza 17 residents in Auburn also were treated to some extra holiday joy by staff members at their adjacent Rite Aid. Cheryl Quam, who is married to KCHA maintenance staff member Mike Quam, and other Rite Aid staff members created a giving tree that allowed residents to make a wish for a gift from their store.

Every resident who made a wish received a gift.

The presents were delivered right before Christmas, which gave some residents their first gift of the holiday season.

Lastly, residents of Gustaves Manor, Plaza 17, Mardi Gras and Wayland Arms each have received frozen whole chickens donated by Ray Valdez of Sunshine Farms, who has coordinated this generous donation for more than 10 years.

Residents look forward to this annual tradition, taking the opportunity to cook for their families and friends.

