

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.

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KCHA NEWS

May
2010

A resource for King County Housing Authority residents

Final group of Birch Creek residents return home

By HEATHER MILLER
King County Housing Authority

While Birch Creek resident Victoria Roach was living off-site, she'd occasionally stop by to visit the community and see how the construction project there was progressing.

"I was always impressed," said Roach, who has now moved into her own new unit at Birch Creek. "It is really beautiful."

Most residents moved away from Birch Creek for a period of time during the construction project. And though construction will continue to wrap up for the next month or two, in April, the last relocated families returned home to the property.

"It was wonderful to get to know the Birch Creek residents over the past couple of years," said Christina Friedenthal, KCHA Senior Resident Services Manager. "I know the process was confusing at times and could be inconvenient, but we really appreciate everyone's flexibility and patience. Without everyone working together, we couldn't have accomplished such a great result."

Roach said the entire process of moving away from Birch Creek and then coming back went very smoothly for her household,

which includes her youngest daughter and two grandchildren.

"The Housing Authority followed through on everything they said they were going to do," she said.

Located in Kent's East Hill neighborhood, the property formerly known as Springwood was constructed in the late 1960s. Its buildings were functionally obsolete and needed to be renovated.

Construction on most – though not all – of the Birch Creek apartment buildings is complete.

The buildings' exteriors have been replaced with attractive modern materials that add texture and color. The apartments have been completely renovated with new windows, doors, cabinets, countertops, wall finishes, floor coverings, and plumbing and electrical fixtures. A half-bath and a washer and dryer have been added to existing units. New heating and ventilating equipment as well as fire alarm and sprinkler systems have been installed.

"It's really great," said Marci Herman, a resident and mother of two young children. "It's nice to have a big kitchen and two bathrooms. It really feels like a home now."

In addition, several units have been made accessible for residents with disabilities.



PHOTO BY WILLIAM WRIGHT PHOTOGRAPHY

The building exteriors at Birch Creek have been replaced with attractive modern materials that add texture and color.

The renovation also is improving Birch Creek's landscape. The project is adding trees, shrubs, lawn areas, and recreational equipment. It's also expanding and enhancing open spaces throughout the neighborhood, creating new places for children's play, teen activities, and family

recreation.

The \$55 million project is expected to earn a 4-Star Built Green™ rating. Built Green™ is an environmentally friendly residential building program of the Master Builders Association of King and Snohomish counties.

KCHA starts \$2.1 million stimulus project at Valli Kee

By KCHA STAFF

Work began in late March on \$2.1 million in improvements to Valli Kee, a 114-unit family public housing complex in Kent. The project is being funded under the American Recovery and Reinvestment Act (ARRA), which is intended to provide jobs across America.

The project will replace exterior vinyl siding, roofs, and windows at Valli Kee, which was constructed in 1968. Current building envelopes have reached the end of their useful

life span, are tremendously energy inefficient, and encourage moisture and mold issues.

"This initiative will not only provide good-paying jobs for the community, it will also enhance the quality, longevity, energy efficiency, and safety of this public asset, and convert several existing apartment units into homes that are fully accessible to persons with disabilities," KCHA Executive Director Stephen Norman said.

Nationwide, the Obama administration dedicated \$4 billion to housing authorities to preserve and improve the country's public housing stock.

This project encompasses building envelope upgrades on each of the 31 single-story buildings, including the replacement of roofs, the installation of new exterior siding, new doors, and energy-efficient fluorescent exterior lights with daylight sensors. The installation of new energy efficient windows will complete the improvements to the building envelopes. Energy costs will be reduced by an estimated 13 percent for residents when the work is finished.

Enhancements to apartment entrances, extensive attic work, including an upgrade of the insulation, and the addition of seven trash/recycling enclosures round out the renovation. Four conventional units will be converted into units that fully comply with Uniform Federal Accessibility Standards with modifications to



ILLUSTRATION COURTESY OF ARC ARCHITECTS

The building envelope upgrade project at Valli Kee will replace roofs, and install new exterior siding, new doors, and energy-efficient fluorescent exterior lights with daylight sensors.

bathrooms, kitchens, and living areas.

In addition to preserving an important affordable housing resource, the new exterior façade will look more attractive and contemporary, with textured surfaces replacing the current monochromatic, utilitarian vinyl siding.

Additional Valli Kee improvements will combine aesthetic components with practical ones, including removing the trash closets located by front doors and replacing them with entry alcoves at all but the senior and townhouse units. Gables will be constructed above one-third of the entries to create a more varied and appealing "village" appearance. The six townhouse units will get a new roofing system with pitched roofs to replace the existing flat roofs.

"Valli Kee has always been a desirable complex for the residents and the community, but it has needed a fresh new look," said Marsha Murphy, Regional Manager for the



PHOTO BY HEATHER MILLER

Valli Kee's existing building envelopes have reached the end of their useful lifespan.

Southeast Area. "With this remodel, it is just the beginning of a new life for this development."

This rehabilitation project will help offset declining private investment in our region. As the unemployment rate in the Puget Sound region hovers around 8 percent, these well-paying jobs will help reinvigorate the local economy.

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GENERATIONS

NEWS FOR SENIOR AND DISABLED RESIDENTS OF KCHA COMMUNITIES

Exterior construction project to start soon at Briarwood

A \$1.7 million construction project is expected to start this month at Briarwood that's funded by the American Recovery and Reinvestment Act. The stimulus project is expected to both preserve the building for the long-term and improve its energy-efficiency.

Upgrades to Briarwood's building envelope include new, post-industrial recycled content fiber cement board siding, energy-efficient windows, exterior insulation, new high solar reflective roofing, and energy-efficient exterior lighting.

In addition to the exterior project, Briarwood also will receive several interior water and energy upgrades, including new 1.1-gallon low-flow toilets, heat recovery/energy recovery ventilators, solar hot water heating, Energy Star fixtures and appliances, programmable thermostats, and high-efficiency showerheads.

The project – which is expected to employ roughly 40 workers from a variety of trades – is expected to be finished in December.



KCHA FILE PHOTO

Briarwood's existing siding – shown above – will be replaced with new, post-industrial recycled content fiber cement board siding.

Throwing out the salt ... You can do it!

BY SENIOR SERVICES

Here are a few tips:

Salt has a long and interesting history. Dating as far back as prehistoric times, it has been used for a variety of purposes including making pottery, as a preservative, for religious rituals, as currency, and of course, as seasoning. Is it no wonder that salt is so prevalent today?

For many, the salt shaker is a constant presence on the table, and the thought of getting rid of it seems almost like blasphemy! For those of you who can't relate, lucky you. For those of us that use salt and other sodium-containing seasonings in food, lowering your salt intake can be a challenge. You should strive to consume less than 2,400 milligrams of sodium per day, which is about 1 teaspoon of salt.

Most people with high blood pressure can benefit from reducing their sodium intake. If you take medication for high blood pressure, it is likely that lowering your sodium intake will allow your medication to work better and can decrease your risk of heart disease and stroke.

Lowering your sodium intake is possible with a little bit of work.

Be a smart shopper.

Read food labels of the items you buy. A low-sodium food contains 140 milligrams or less of sodium per serving. Buy more fresh whole foods like fruits and vegetables and less pre-made convenience products. Processed foods like frozen dinners or packaged noodles and sauce generally contain higher levels of sodium than if you made the item yourself.

Focus on preparing lower-salt meals.

Add less salt at the table and in cooking. Reduce the amount you use each day until none is used so that you can get accustomed to not having it. Use fresh or dry herbs in place of salt. Replace garlic and onion salt with the powder versions. They taste the same! Use fewer sauces, mixes, and instant products. This includes flavored rice, pasta, and hot cereals, which usually have salt added. Rinse salt from canned foods and limit smoked, cured, or processed meats and poultry.

Flavor that food.

Low sodium does not have to equal low taste. The following are just a few suggestions that you can use to season your food without adding salt or sodium-containing seasonings.

For meat, poultry, and fish:

Beef: Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Lamb: Curry powder, garlic, rosemary, mint
Pork: Garlic, onion, sage, pepper, oregano
Poultry: Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme

Fish: Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper

For vegetables:

Carrots: Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Corn: Cumin, curry powder, onion, paprika, parsley
Green beans: Dill, curry powder, onion, paprika, parsley
Greens: Onion, pepper
Peas: Ginger, marjoram, onion, paprika, parsley, sage
Summer or winter squash: Cinnamon, ginger, nutmeg, onion
Tomatoes: Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

Do you need answers or help?

Living life to the fullest as we age can be exciting – and challenging.

The Senior Services Information & Assistance Line can help. We have answers to questions on topics such as:

- In-home care
- Transportation
- Social Security
- Medicare
- Physical fitness
- Heating bills
- Help for aging parents

- Preventing disease
- Nutrition
- And much more

If you are a senior living in King County – or if you know an older adult who needs information or assistance – call 1-888-4ELDERS (1-888-435-3377). Our phone lines are staffed weekdays from 9 a.m. to 5 p.m. by trained professional advocates at Senior Services. We will provide the answers you want and the help you need, confidentially and free of charge.

Spring blooms begin to bud at new Wayland Arms flower boxes

By GENEROSA SCHAUER
King County Housing Authority

Residents at Wayland Arms are ready for spring! Thirteen new flower boxes have been built and were ready just in time for April showers and are starting to show some May flowers.

During the winter months, Wayland Arms underwent a \$397,258 construction project – funded by the American Recovery and Reinvestment Act – that included replacing the boiler with a new energy-efficient one and installing thermostats in each unit. The front entrance also was upgraded with an entrance that's accessible for those with disabilities and wheelchair ramp. In addition, energy-efficient lighting with sensors was installed in all corridors, and the door hardware to all emergency exits was replaced.

During construction, it was determined that to complete the new wheelchair ramp, the existing flower boxes in the front of the building would have to be removed. These boxes had been faithfully maintained by residents since they were installed more than nine years ago.



PHOTO BY GENEROSA SCHAUER

New flower boxes have been built at Wayland Arms and are starting to sprout new blooms.

Recognizing the importance of these flower boxes for residents, Property Manager Taraz French was able to set aside funds to have new boxes built on the other side of the building. Residents were also surprised to have three new benches added to the garden area for them to use while enjoying their flower gardens.

The flower boxes and surrounding landscape were designed and built by Jay Feery and Kevin John-

son, both members of KCHA's Maintenance Crew. Thanks to you both!

To complete the team effort, Resident Services worked with Wayland Arms residents to create a set of guidelines for using the flower boxes and a process to assign out boxes to interested residents.

Residents have started planting their seeds, bulbs and plants, and we cannot wait to see the results!

Protect yourself from identity theft

Identity theft is a growing crime that disproportionately affects older adults. The term identity theft refers to fraud that involves using someone else's personal information – such as a Social Security Number or bank account number – to steal money or get other benefits.

Below are ways that you can try to protect yourself from identity theft:

- Shred your mail, documents, and records before you throw them away. Cut the paper into tiny pieces so that thieves can't put it back together again.

- When you send out mail that includes personal information, place it into a postal service mailbox rather than the outgoing mailbox at your home.

- Review your credit report annually – a service that's available to you for free once a year. To request a copy of your credit report, call 1-877-322-8228 or go online to www.annualcreditreport.com.

- When you give out personal information, don't give more than you need to.

- If someone contacts you by phone, mail, or e-mail, no matter

who they say they are, don't give out your personal information unless you're 100 percent sure of who they are. Instead, say that you don't give out personal information unless you initiate the contact. Then, try to independently verify that they are who they say they are by looking up their phone number and placing a call.

- Keep only the cards that you absolutely need in your wallet. Most of the time, you shouldn't need to carry your Social Security card with you.

Larger type, better access

The stories in the Generations section are printed in a larger typeface than the standard font size, to help make the articles easier to read for the visually impaired.

Residents with disabilities can seek Reasonable Accommodations

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

Requests must be medically necessary and sufficiently tied to the individual's disability. To request a reasonable accommodation, please talk to your property manager or resident services coordinator. Also, a copy of the reasonable accommodation request form for public housing applicants and residents is available on the KCHA Web site at www.kcha.org/currentresidents/sh_reasonable.aspx.

News notes

Apply for Senior Farmers Market vouchers

Don't forget that the application period for the King County Senior Farmers Market Voucher Program ends May 28. The program allows eligible seniors to receive vouchers worth up to \$40 to purchase fresh fruits and vegetables at authorized farmers markets or roadside stands. In addition, the program provides delivery of local produce purchased directly from farmers to homebound seniors.

Applications are available online for you to print out at www.agingkingcounty.org.

For more information about the program, please contact Senior Information & Assistance at 206-448-3110 or 1-888-435-3377.

King County seniors can get rides through Volunteer Transportation program

More than 400 volunteers use their own vehicles to drive seniors to medical, dental, eye, foot care, and other essential appointments through Seniors Services' Volunteer Transportation program. The volunteers provide a personalized, one-on-one transportation service. They drive seniors to and from appointments, waiting with them until they are ready to return home. The seniors appreciate the helping hand and moral support. There is no charge for Volunteer Transportation services.

You're eligible if you are at least 60 years old, a King County resident, can transfer into a private vehicle with minimal assistance, and cannot use other transportation options.

To schedule a ride, please call 206-448-5740 or 1-800-282-5815 by Wednesday (or before) for any rides the following week. Please have your trip details ready. Scheduling hours are 8 a.m. to 5 p.m. Monday through Friday.

Caregivers and/or family are welcome to come as long as you give prior notice. All rides are dependent upon driver availability.

Get a ride on Bellevue EZ Rider

EZ Rider is a free bus service through Hopelink in East Bellevue to help you with your transportation needs.

It serves seniors, ACCESS riders, and people with disabilities plus low-income people getting to work, to job training, or accessing child care while looking for work.

The bus will pick you up in East Bellevue and then take you to any one of 16 stops where you can connect to King County Metro or Sound Transit buses. To get home again, the bus will pick you up at any of the 16 stops and take you home.

Rides are available from 6 a.m. to 7 p.m. weekdays. To schedule a ride, please call 425-943-6787. Help with trip planning also is available.

HEALTHY FAMILIES

NEWS FOR FAMILIES LIVING IN KCHA COMMUNITIES

Vista Heights, Youngs Lake communities shine in new recycling effort

By **THERESA BLACK**
King County Housing Authority

Vista Heights and Youngs Lake residents welcomed something new – or rather something recyclable – to their curbs this spring.

These two communities in the Renton area are joining roughly 50 other KCHA Public Housing properties in efforts to recycle some of what they otherwise would send to the landfill. Impact Property Services, a division of the Seattle Housing Authority, has added recycling pick-up to its regular waste pick-up service on Mondays at both communities.

“We like to recycle because we know it is better for our community to create less garbage,” said Olga Kuzmych, a Youngs Lake resident.

More than 50 Vista Heights and Youngs Lake residents attended community meetings earlier this year to learn more about the new recycling effort. At those meetings, residents shared both enthusiasm and concerns but most welcomed the change. For example, members of the Lats family at Youngs Lake said they were really excited about the chance to recycle so that they could help save energy and resources.

With more than 130 residents at each of these two communities, successful recycling could mean an impressive reduction in the amount of waste going to Washington landfills. The average American creates more than 4 pounds of garbage in a day. That means, in one year, Vista Heights and Youngs Lake residents could create more than 220 tons of waste. Fortunately, more

Recycling Tips

- Do rinse containers before recycling (juice, milk, soda, soy milk);
- Do flatten boxes (cereal, crackers);
- Do recycle the basics: paper; cardboard; plastic bottles, jugs and tubs; tin and aluminum cans;
- Clean glass jars and bottles can usually be recycled at most sites—ask your Property Manager to be sure!
- Don't tie your recyclables up in a plastic bag. This looks like garbage and all of your recyclables may be taken to a landfill. Keep recyclables loose!
- Don't recycle flimsy plastic (shopping bags, Ziplocs, plastic wrapping, Saran wrap, chip bags, etc). Clean plastic shopping bags can be recycled at many grocery stores;
- Don't recycle anything with food on it (napkins, pizza boxes, paper plates, paper towels);
- Do call the KCHA Resource Conservation Specialist, Theresa Black, at 206-214-1366 with recycling or garbage questions.

than half the waste we produce can be recycled and used to make new products – saving energy, water, and landfill space.

Congratulations to Vista Heights and Youngs Lake for taking advantage of this new opportunity!

The recycling effort was made possible by the supportive staff and residents at the two Renton area communities. Property Manager Danielle Munroe and Landscaper



PHOTO BY THERESA BLACK

Olga Kuzmych joined more than half of the families at Vista Heights and Youngs Lake who showed excellent form in their first weeks of recycling.

Melissa Swansen are both big supporters to offer this service at their sites. of recycling and encouraged KCHA staff

Rent policy, utility allowance changes coming soon for working, work-able families

Resident meetings planned in May

By **KCHA STAFF**

The King County Housing Authority has been reviewing existing rent policies for working and work-able families in the Public Housing and Section 8 Housing Choice Voucher programs. Our goal

is to make those policies easier for you to understand and for KCHA staff to administer.

As part of that effort, KCHA also has been working to improve the way that utility allowances work for all Public Housing and Section 8 households. We

Please see “Rent” on Page 5

Career/College Fair at Birch Creek draws a crowd



PHOTO BY ??????

Several dozen Birch Creek and Kent area residents sought jobs and information about pursuing higher education training and degree programs a College/Career Fair at Birch Creek last month. At least nine colleges were represented along with many local employers. Representatives from the College Success Foundation and Job Corps also were in attendance.

YWCA Job Search 101

This month: Career Networking Tips

By **NATALIA ARREDONDO**
YWCA Greenbridge Learning Center

Are you currently looking for a job but feeling stuck? Career networking may be the key you need to unlock the doors to employment.

Networking means developing contacts and exchanging information with other people for the purposes of expanding your career opportunities. It not only can lead you to your dream job but may also help you receive referrals to other agencies or services that you may need.

You also can receive information on a career field you hadn't thought about or learn what the job market is like in another area.

Here are some tips on how to build your career network.

- Networking within your familiar circle of friends and family members is always a great way to start. Let your friends and family members know you are searching for employment. You may never know when an opportunity may appear.

- Your career network also should include anyone who can assist with your job search. It can include past and present co-workers, bosses, acquaintances with similar interests, colleagues from business associations, neighbors, college or high school classmates

Upcoming Job Event

Looking to build your network? Come to the YWCA Job and Resource Fair from 10 a.m. to 1 p.m. June 10 at the YWCA Greenbridge Career Center, 9720 Eighth Ave. S.W., Seattle.

You'll have a chance to meet with employers from across King County that are offering a variety of positions within multiple fields. If you have questions or need more information, please call the career center at 206-336-7000.

– truly anyone who might have a connection that will help.

- Online networking works, too. Web sites such as LinkedIn or Jobster can help you get in touch with other networkers at specific companies, with particular college affiliations, or in a certain geographic area.

- When networking with people you don't know, make sure that you know what you want. Are you looking for company information? Do you want to know about job opportunities? Be specific in what you ask for.

- After you get a job, make sure you still stay in touch with your network. Give back to your network by sharing job leads or interesting job articles. People are always more willing to help you when they know they are going to receive that same help back.

Birch Creek students share WASL experiences at legislative panel discussion

By IRENE AGUILAR
Center for Career Alternatives

If you want to succeed, you cannot give up.

That's what Birch Creek resident Mohamed Hassan told state lawmakers in Olympia earlier this year when he and fellow Birch Creek resident Zaharo Adan participated in a student panel discussion about the Washington Assessment of Student Learning. The WASL was given as the state's primary assessment from spring 1997 to summer 2009 and receiving a passing score had been a high school graduation requirement. It has now been replaced by two other assessment tests – one for grades 3 through 8 and another for high school students.

Mohamed told lawmakers that although he struggled with the test, he vowed to keep taking it until he passed.

"I said, 'I'm not giving up no matter what!'" he said.

Both Mohamed and Zaharo entered high school shortly after moving to the United States as refugees from war-torn countries. Going to school wasn't easy for them. The first challenge they encountered was learning English. They also found that the American education system was very different from the education they'd previously received.

Both students became regulars at the Center for Career Alternatives – which has an on-site office at Birch Creek – to receive homework assistance.

Regardless of their challenges, Mohamed and Zaharo worked hard and passed all of their classes by their senior year. The final challenge they both faced was passing the WASL in order to graduate. Both had to retake the writing portion of the test because they did not receive a passing score on their first try. Mohamed and Zaharo said they found it difficult to move from another country and try to be successful in school plus face an additional challenge such as the WASL exam.

However, both also said the test hasn't stopped them from achieving their dreams. Mohamed currently has two jobs – working in the Kent School District as a Somali



PHOTO COURTESY OF THE CENTER FOR CAREER ALTERNATIVES

Birch Creek residents Mohamed Hassan (center) and Zaharo Adan (right) pose at the Washington Capitol with Claire Cortez, the Site Director for the Center for Career Alternatives' Kent Office during a trip to speak before state lawmakers earlier this year.

interpreter for parents at school conferences and translating for other families when they attend medical appointments. Zaharo is continuing her education at Everest College, where she's studying to become a medical assistant.

Though sharing their experiences with

state lawmakers was nerve-racking, Mohamed and Zaharo said they were glad they chose to participate in the student panel.

"I wanted to come and be heard," Zaharo said. "I wanted to do something that was going to make a difference."

Simple Delights

This month: Mostaccioli and Beans

While a healthy diet is the cornerstone to good health, meeting that goal can be a challenge. The recipe below conforms to the recommendations contained in the Dietary Guidelines for Americans. We hope you find it easy, tasty, and economical.

Mostaccioli and Beans

Serves six.

Ingredients:

3 cups uncooked mostaccioli pasta (or any pasta shape similar to penne)
2 medium red bell peppers, seeded and chopped
1/2 pound fresh asparagus, trimmed and cut into 1-inch pieces
1 medium onion, chopped
2 cloves garlic, chopped
1 (14.5 oz.) can diced tomatoes, undrained
1/2 cup low sodium vegetable or chicken broth
1 Tbsp. chopped fresh or 1/2 teaspoon dried rosemary leaves, crumbled
2 cups lightly packed fresh spinach leaves

1 (15 oz.) can cannellini beans, drained
Parmesan cheese (optional)

Directions:

1. Cook and drain pasta according to package instructions.
2. While pasta is cooking, spray a 4-quart, thick-walled cooking pot with a tight-fitting lid. Cook the peppers, asparagus, onion, and garlic for about six minutes or until vegetables are crisp-tender.
3. Add tomatoes, broth, and rosemary to vegetable mixture and stir until blended.
4. Reduce heat and simmer, uncovered, for about three minutes.
5. Stir in spinach and cannellini beans and simmer until the spinach is wilted.
6. Toss vegetable mixture with the cooked pasta and, if desired, sprinkle with Parmesan cheese.

Nutritional facts:

Calories: 313
Total fat: 2 grams
Saturated fat: 0 grams
Cholesterol: 0 milligrams
Sodium: 467 milligrams

Camp

Continued from Page 8

a planetarium to discover the stars above, learn about the wonders of worlds beyond our own, and build your own spaceship.

- **Dinosaur Camp:** Learn about many dinosaurs and their characteristics plus create story books and art projects.
- **Animal Antics:** Build animal models, learn about natural animal camouflage, write amusing animal tales, and create crazy creature flipbooks.
- **Super Hero Camp:** Identify a community problem, design a super hero that will solve that specific issue, and create a comic strip based on your ideas.
- **Pirate Camp:** Go on a treasure hunt, do team challenges and island crafts, and take a field trip to Waterfront Park.

The cost is \$70 per week plus the \$25 annual Boys & Girls Club membership cost (unless you're already a current member). Cash, check, or credit payments are accepted. Limited scholarships are available; please ask the Boys & Girls Club for more details about financial assistance.

If you'd like to enroll your child in a camp, please attend a parent orientation at 7 p.m. on one of the following dates: May 7, May 14, May 21, June 4.

The club is located at 9800 Eighth Ave. S.W., Suite 105, Seattle and can be reached by phone at 206-436-1910.

News notes

Free financial literacy class in Kent

The Multi-Service Center offers a weekly, six-hour finance class called "Show Me the Money" at the center, 515 W. Harrison St., Suite 205, Kent.

You'll learn ways to control your money, build your budget, cut expenses, understand basic credit and credit cleanup, basic taxes, the banking system, and insurance.

Weekly class schedules vary but include one Saturday per month and are by reservation only. For more information on dates and/or to reserve a seat, please call Georgene at 253-854-4406 ext. 142.

Career & Education Fair planned in Kirkland for Hopelink clients

The Hopelink Employment Program will be hosting its first annual Career & Education Fair from 10 a.m. to 2 p.m. May 7 at Hopelink's Kirkland/Northshore Center, 11011 120th Ave. N.E., Kirkland. You must be a Hopelink client to attend.

Representatives from local employers and colleges will be at the event, providing information on job openings, career opportunities, education and training programs, and more.

Please bring copies of your résumé, and dress professionally.

If you have any questions, please contact the Hopelink Employment Program at 425-885-0043 ext. 100 or HEP@hope-link.org.

Rent

Continued from Page 4

want to simplify the system, make the utility allowance calculation easier for you to understand, and standardize how utility allowances work in both the Public Housing and Section 8 housing programs.

Now, we are ready to share the possible changes that we are considering both to rent policies and to utility allowances.

One possible change is eliminating flat rents in the Public Housing program.

To learn more about the changes we are considering both to rent policies and to utility allowances, please come to one of the three upcoming resident meetings that we are planning in May.

At those meetings, you will have a chance to ask questions about the proposed changes and share your feedback.

So please, consider attending one of the following three upcoming meetings at KCHA communities in Auburn, Kent, and Shoreline:

- 5:30 p.m. May 11 at Birch Creek, 27360 129th Place S.E., Kent
- 6 p.m. May 18 at Ballinger Homes, 2200 N.E. 201st Place, Shoreline
- 6 p.m. May 20 at Firwood Circle, 314 37th St. S.E., Auburn

If you have other questions or cannot attend a meeting, we encourage you to contact us by e-mail at rentreform@kcha.org.



Neighborhood
House

WHITE CENTER SCENE

NEWS ABOUT THE GREENBRIDGE AND SEOLA GARDENS COMMUNITIES

Educare Early Learning Center celebrates grand opening at Greenbridge

Working a full-time job and taking a full roster of college classes makes raising a child an even bigger challenge for White Center parent Beatrice Harper.

So she is very grateful to have her son enrolled at the new Educare Early Learning Center at Greenbridge, where she knows he feels comfortable and receives high quality instruction.

"I've come to know for a fact that it really does take a village to raise a child, and the Educare program makes up a huge portion of that village," Harper said at the center's grand opening in late March. "That makes me feel so good inside as a parent to know that my son is in a place that truly loves and cares about him."

The new, 44,000-square-foot center features six preschool classrooms, four infant-toddler classrooms, training rooms, and community gathering spaces. It offers full-day, year-round infant, toddler, and preschool programs for 134 children from income-eligible families and for children with disabilities.

KCHA is very excited to have the Educare center at Greenbridge and contributed the land and New Market Tax Credit financing for the project.

In addition to programming for young children, the center also offers parent and teacher resources and training programs to enhance the quality of early learning and care in all settings to prepare all children to be successful in school and life.

The new facility also serves as the hub for services provided by the White Center Early Learning Initiative. Primary partners in WCELI are Child Care Resources, Highline Public Schools, Open Arms Perinatal Services, Public Health - Seattle & King County, Puget Sound Educational Service District, Educare/Bounce Learning Network, and Thrive by Five Washington. The partnership is supported by grants from Thrive by Five Washington and the Bill & Melinda Gates Foundation.



PHOTO BY HEATHER MILLER

Children helped to cut the ribbon at the Educare Early Learning Center's grand opening celebration this spring.

Sign up this month for summer camp!

BY EMILY SLAGLE
Southwest Boys & Girls Club

Come join the fun at the Southwest Boys & Girls Club Summer Camps for youth ages 5 to 12!

The camps are from 7 a.m. to 5:30 p.m. weekdays from June 28 to Aug. 27. Breakfast, lunch, and dinner are provided.

The club will not offer drop-in activities this summer; all youth must be enrolled in a camp. The following camps will be available:

- Jedi Camp: Create your own Jedi character, play fun Jedi training games, study basic astron-

omy, and wield a light saber in a choreographed fight.

- Gross & Goopy Science: Make your own goo, and carry out a number of revolting-in-a-good way science projects.

- Under the Sea: From fish to sand, bubbles to mermaids, take an actual look under the sea and bring sea life up to the surface for a closer look.

- Bugs, Bugs, Bugs!: Learn about insects and creepy, crawly critters. Explore spiders, worms, bees, caterpillars, and more.

- To Infinity and Beyond Space Camp: Visit

Please see "Camp" on Page 5

News notes

Exercise Classes

Free, weekly exercise classes - sponsored by Neighborhood House - are now offered in the Joe Thomas Room at the Wiley Community Center, 9800 Eighth Ave. S.W., Seattle.

- From 6:15 to 7:30 p.m. every Tuesday, there's a women-only exercise class that gives women a chance to have fun while working out in a relaxed, female-only environment.

- From 3 to 4:30 p.m. every Thursday, there's a class for men

and women older than 18 of all fitness levels and languages. The 90-minute sessions - led by former University of Washington football player Willie Austin - are designed to help you maintain and improve strength, balance, and health.

Though the classes are free, you must arrive 15 minutes early to register. Specific attire is not required; please wear attire that you feel comfortable exercising in.

For more information, please call Melisa at Neighborhood House at 206-461-4554 ext. 22.

Be Active Together brings Neighborhood Night events to Greenbridge

BY MELISA KESKIN
Neighborhood House

Nia Apartments resident Tuong Tran found plenty to enjoy at the inaugural Greenbridge Neighborhood Night earlier this spring.

At the event, the White Center Heights Elementary School gymnasium was transformed into an indoor play area with active games, board games, Wii Sports, music, raffle prizes, and more. Midway through the evening, a Latin beat came on the speakers, and salsa dancing lessons were offered to anyone who wanted to join.

"I enjoyed seeing the kids playing and the adults dancing," Tran said after the event.

The Be Active Together team at Neighborhood House - in partnership with the King County Housing Authority and the White Center Community Development Association - organized the Greenbridge Neighborhood Night and offers a similar event to the High Point community in West Seattle.

In addition to the activities, refreshments were served in the cafeteria, which also

Greenbridge Neighborhood Night

Come meet new neighbors, play board games, win a raffle, and enjoy some refreshments at an upcoming Greenbridge Neighborhood Night. The events are free and fun for all ages!

Greenbridge Neighborhood Night events are planned for May 14 and July 16. Both will begin at 6:30 p.m. in the Wiley Community Center.

For more information, please call Melisa at Neighborhood House at 206-461-4554 ext. 22.

featured resource tables hosted by local service providers.

"We created Neighborhood Night as a way to bring the community together and offer neighbors a chance to meet one another in a fun, family-friendly environment," said Denise Sharify, manager of the Be Active Together project.

Be Active Together also offers field trips, exercise classes, and community involvement opportunities.



PHOTO COURTESY OF NEIGHBORHOOD HOUSE

Those who came to the inaugural Greenbridge Neighborhood Night had a chance to try out their salsa-dancing skills.