



KCHA NEWS

October
2008

A resource for King County Housing Authority residents

Recycling kicks off at three KCHA properties

BY HEATHER MILLER
King County Housing Authority

Green Leaf resident Toni Cavilee is excited “big time” about a new recycling program that recently started at the Kenmore property and two other KCHA sites.

“This is wonderful,” she said. “I don’t want to see any reusable stuff going to the landfill.”

Residents at Green Leaf, Ballinger Homes and Park Lake Homes II now have a new way to help the environment. A one-year pilot recycling program began at these three KCHA properties in September, and if you live there, please do your part and get involved.

KCHA recently hosted ice cream socials at all three properties where staff members explained how the recycling program works.

“Usually, at least half of your garbage can be recycled,” said Joel Gregory, KCHA’s sustainability specialist.

If you live at Ballinger, Green Leaf or Park Lake II, here’s what you need to know:

More recycling news

To find out about a recycling education event at Harrison House, please turn to Page 4.

- Paper, plastic and metal cans are the three main recyclable items to keep in mind. Rather than throwing such items in your trash can, please put them in your recycling bin.

- Newspapers, advertisements and plain white or notebook paper all can be recycled.

- So can plastic dairy tubs and any plastic bottle that has a neck, including vitamin bottles.

- Aluminum soft drink cans and the tins that canned goods come in also can be recycled.

- Before you take your recyclables to the bin, please rinse out any items that once contained food or drink.

- Lids from plastic bottles and from plastic tubs must always go in the trash. They are made from different plastics and cannot be recycled.



PHOTO BY HEATHER MILLER

Joel Gregory (right), KCHA sustainability specialist, explains to Green Leaf residents what items can be recycled at a recent ice cream social at the Kenmore property.

- Lids on tin cans must remain attached to the tin can to be recycled. If a lid comes off when opening a can, throw it in the garbage. Separated lids can get caught in recycling machinery.

- Glass recycling is not available.

Green Leaf resident Sammy Kifle, 11, said he learned how to recycle at school and is happy that he’s able to recycle at home now, too.

“I’m glad because it’s good for the environment,” he said.

Better Budgeting Basics – A KCHA Series

This month: **Opening and managing a bank account**

Why should I open a bank account?

Bank accounts keep your money safe from theft and fires. Plus, your money will be federally insured. Even if your bank closes, you’ll get your money back.

Opening an account also improves your chances of obtaining a loan because banks tend to favor their own customers.

What types of accounts are there?

Checking and saving are the two main types.

A checking account is where to keep your funds for daily and monthly expenses: food,

transportation, utility bills, etc. Paying by check is easier and cheaper than buying a money order. If you get an Automated Teller Machine (ATM) or debit card, you can withdraw money easily or use your debit card to make purchases.

A savings account – which usually includes a small interest rate that helps your money grow over time – is where to put money you’re saving for the future.

Where do I begin?

Find the bank that has best deal to meet your needs. Visit several banks at convenient locations and compare what they offer. Key questions include:

- What is the minimum amount of money you’d be required to keep in the various types of accounts?

- What types of fees are associated with the different types of accounts?

- How much interest will you earn depending on the type of account?

Think about how often you’ll take money out and how much you expect to keep in the account at any given time to determine the bank account that’s right for you.

How do I apply for an account?

Most banks require potential customers to complete a short application that asks for basic information

like your name, address, birthday, etc. Banks typically will need to see at least one form of identification – like a driver’s license, passport or state-issued ID card.

A minimum deposit typically is required to open checking and savings accounts. If you sign up for a “free” checking account, the amount of your first deposit is up to you.

How should I manage my account responsibly?

- Track all of your deposits and withdrawals, and check your balance every month against the statement your bank sends you. Whenever you write a check or make a debit card purchase from a checking account, subtract that amount from your balance. You’ll avoid bouncing checks because you thought you had more in your account. Remember ATMs may not always reflect recent transactions. Keeping your own record will help you track your budget.

- Use your bank’s ATMs to avoid fees.

- Keep bank account information in a safe place. Don’t share bank account numbers, ATM cards, passwords or Personal Identification Number (PIN) with anyone. Identity theft can ruin your credit and take years to resolve.

Public hearing planned Oct. 16 on draft FY09 MTW Plan

A draft of the Making Transition Work Annual Plan for fiscal year 2009 (which begins Jan. 1, 2009 and ends Dec. 31, 2009) is now available online at www.kcha.org.

As a participant in the MTW program, KCHA is required to develop an MTW Annual Plan. The MTW Annual Plan outlines and identifies policies that the housing authority plans to change and programs that may be implemented during the coming year.

KCHA will hold a public hearing to review and receive comment about the draft MTW Annual Plan for FY 2009 at **6:30 p.m. Oct. 16 at KCHA’s Central Administrative Office at 600 Andover Park W., Tukwila.**

A copy of the draft plan is now available for review at www.kcha.org or during normal business hours at the above address.

In addition, the draft plan can be e-mailed to interested members of the public upon request by calling Judi Jones, MTW Program Director, at 206-574-1100.

Written comments about the draft MTW Plan and policy/program proposals can be submitted by mail prior to Oct. 16 to the following address: **KCHA MTW Plan; Attn: Judi Jones; 600 Andover Park W.; Tukwila, WA 98188.**

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HEALTHY FAMILIES

NEWS FOR FAMILIES LIVING IN KCHA COMMUNITIES

Auburn neighborhood gathers together for barbecue

BY HEATHER MILLER
King County Housing Authority

Green River Homes resident Jonathan Sadler had never seen as many children playing together on the property's playground and basketball court as he did one recent Friday evening.

There was a barbecue that night at the Auburn property, organized by the King County Housing Authority and the YWCA Green River Development Center. The event was for public housing residents at Green River and for tenants who live at the Valley Park workforce development next door.

The Kiwanis Club of the Valley provided the food, and club volunteers prepared and served the hamburgers, hot dogs and more.

Sadler said he thought the barbecue was

a great way to bring the entire community together.

"This is a good way to get everyone out of their comfort zone and get to know one another," he said. "It looks like we're all one big family."

Before sitting down to eat, the winners of the Green River Homes Yard Beautification Contest were formally recognized. Penny Bradley, the Green River property manager, and Steve Fisher, the resident services coordinator, started the contest earlier this summer.

They thought the contest would be a fun way to make the neighborhood look even more appealing and well-maintained. A total of eight families participated. Their yards were judged based on variety of color, variety of plants, design, maintenance,

Please see "Barbecue" on Page 3



PHOTO BY HEATHER MILLER

Children and some parents from Green River Homes play on a big toy at the Auburn property before a barbecue there at the start of Labor Day weekend.

YWCA Green River Career Development Center can help build your future

BY MINA AMIN, PROGRAM MANAGER,
YWCA SOUTH KING COUNTY EMPLOYMENT SERVICES
Special to The Voice

Green River Homes resident Khrystyna Vasylyshyna, originally from Ukraine, recently reached her goal of becoming a U.S. citizen.

Green River residents Lidiya Tysyachuk and Mykola Buzunov, both originally from Ukraine, also have met goals they set for themselves: learning how to speak English.

All three were recognized with certificates at a recent barbecue at the Auburn property, and all three reached their achievements with help from the YWCA Green River Career Development Center.

"It is a big pleasure to come to this office," Vasylyshyna said of the YWCA center.

Do you live at or near the Green River Homes, Burndale Homes or Firwood Circle communities and need help finding a job, becoming a citizen, learning English? The YWCA Green River Career Development Center might be able to help!

The center provides employment and training services and is located on site at Green



PHOTOS BY HEATHER MILLER

YWCA Case Manager Alla Voznyuk (above, left) congratulates Green River Homes resident Khrystyna Vasylyshyna (above, right) on recently becoming a U.S. citizen. Green River residents Mykola Buzunov and Lidiya Tysyachuk (right) show off the certificates they received from the YWCA for learning to speak English.

River Homes.

The available services include English as a Second Language classes, citizenship training, computer training and other life-skill training classes such as financial literacy and Cardiopulmonary resuscitation (CPR). The

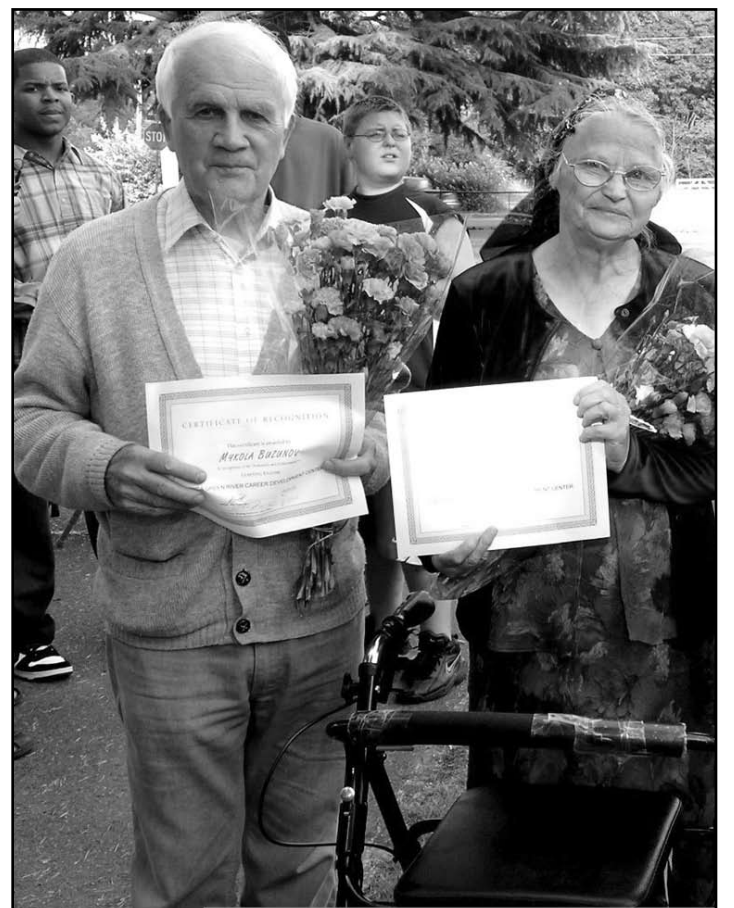
YWCA also offers training in how to open a small business.

You can sign up to use the center's six-station computer lab for free, and priority registration for computer time is given to KCHA residents who live in Auburn and participants

in KCHA's Housing Choice Voucher (Section 8) program.

The center also provides assistance with career planning, job searches, resume writing

Please see "YWCA" on Page 3



Parents can strengthen their marriage through 'Loving Families' program

BY BRUCE T. GARRETT,
LOVING FAMILIES OUTREACH SPECIALIST AT
THE CENTER FOR HUMAN SERVICES
Special to The Voice

What is Loving Families?

Loving Families is a Center for Human Services program that helps couples strengthen their marriages so that they can be strong parents and raise successful children. The program is based on the Loving Couples, Loving Children curriculum developed by Drs. John and Julie Gottman, leading national experts on relationship research.

Who can participate?

You may be eligible to participate if you are:

- Married
- Age 18 or older
- Parents
- Low income
- Speak English or Spanish

What are the benefits for couples?

• You'll be able to build skills that are essential to a healthy, strong marriage, such as communication, managing stress and anger, resolving conflict, parenting as a team, ensuring your children are happy, healthy and safe

and keeping fun, friendship and closeness in your marriage.

• You'll spend time together as a couple; the program provides free, on-site childcare.

• You'll enjoy a fun, supportive atmosphere where you can meet other married couples and make friends.

• You'll have access to a wide range of support services and staff members who can help you and your spouse connect to resources.

How does the program work?

• You'll participate in a community group

with other couples.

• You'll build a relationship with a family advocate who will work in partnership with you to connect you with additional supports.

How much does it cost?

It's free! Couples also receive free childcare, transportation vouchers and other gifts that recognize their participation.

How can I connect to Loving Families?

Call 206-362-6979 or e-mail sdefries@chs-nw.org. Eligible couples can receive a \$50 gift card and a \$10 gas card for completing an interview.

Valli Kee teen wins Achievers Scholarship to cover college tuition

By HEATHER MILLER
King County Housing Authority

Valli Kee resident Dan Doan, 17, intends to be the first generation in his family to go to college.

And the Washington State Achievers Scholarship that he earned is helping him to make that dream come true. The Washington State Achievers Scholarship, which is offered through a partnership between the College Success Foundation and the Bill & Melinda Gates Foundation, will pay for any of his tuition costs that are not covered by other financial aid that he receives. If he keeps up with the Achievers Scholarship requirements, he'll be able to count on that financial assistance throughout his undergraduate coursework.

"I feel like I'm paving the way for my family and for my future kids," said Doan, a senior at Kent-Meridian High.

Doan is just starting his college applica-

tion process. But he thinks he might like to go to the University of Washington, Washington State University or Seattle University. He plans to major in chemical engineering.

His mother, Valli Kee resident Nhi Doan, is very proud of her son.

"I'm really happy," she said. "I hope he can go to college."

The Washington State Achievers Scholarships are available to low-income students from 16 selected Washington high schools. Foster High in Tukwila, Kent-Meridian High in Kent and Truman High in Federal Way are the three selected schools that serve KCHA communities.

Juniors at the selected high schools can apply for the Achievers Scholarship each fall, with the application period generally running until November.

Applications are available from the college preparatory advisers at those selected high schools.



PHOTO BY HEATHER MILLER
Valli Kee residents Dan Doan, 17, (left) and his mother Nhi Doan (right) are excited about the Washington State Achievers Scholarship that he earned to help pay for college.

Help your child succeed in kindergarten

Children who started kindergarten this fall can use extra help at home from parents to support the learning they're doing in the classroom. Below are some ways that you can help your kindergartner be even more successful in school.

- Read books together. At certain points throughout the book, ask your child to predict what he or she thinks will happen next. Re-read favorite books.
- At the grocery store, have your children point out the fruits and vegetables they recognize.
- Take walks together and ask your child questions about what you see that seems to interest your child.
- Provide them with stimulating experiences such as trips to a park or story time at the library.
- Let your child help you prepare a meal. Stirring ingredients in a bowl, for example, can help improve fine motor skills.
- Asking your child to help you follow a recipe also can help hone math and measurement skills. For example, if a recipe calls for three eggs, ask your child to get three eggs from the refrigerator.
- Play board games, which offer a chance to take turns, extend attention span

and learn how to handle disappointment.

- If your child likes to sort things, have him or her make piles of the light clothes and the dark clothes when you're doing laundry. Older children also can help by finding matching pairs of socks, or finding all of the shirts to put into a pile for folding. These activities can build math and cooperation skills. Feeling useful also helps children feel good, which encourages them to continue to want to be helpful.

- Teach your child to recognize his or her own name.

- Count the number of cars of a certain color that you pass on the road. Try to make a fun game out of aspects of the surrounding world that your child finds interesting. For example, if your child likes trucks, look for trucks as you drive and see who can yell "truck" first.

- Let your child tell you when a traffic light has turned from red to green.

- At mealtime, ask your child to tell you a story about the day or tell a story about yours.

- Create family traditions at meal times such as a song that you always sing or a game like "I Spy" that you always play.

Barbecue

Continued from Page 2

weeding and overall appearance.

"We're interested in making Green River a better and closer community," Fisher said.

Residents Galina and Nikolay Malchevskaya won first place. Residents Sophia and Nikolay Tkachuk won second place. And resident Flora Maylon won third place. The first-, second- and third-place winners won Fred Meyer gift certificates for \$50, \$30 and \$20, respectively. All of them also received certificates of recognition and appreciation.



Sophia Tkachuk Flora Maylon

Also, Valley Regional Fire Authority brought one of their fire trucks to the event, and interested children had a chance to sit in the cab and check out the truck's equipment.

Think you can't afford college? Think again!

If you have a child who is in seventh or eighth grade, he or she might be eligible for the Washington College Bound Scholarship. That's a four-year scholarship that covers the cost of college tuition, fees and books for low-income students who sign a pledge in the seventh or eighth grade promising to graduate from high school and to demonstrate good citizenship.

Seventh- and eighth-grade students from Washington families eligible for free

or reduced-price lunches and foster youth may sign the pledge to participate. Their family income must remain at 65 percent or less of the state's median income by the time of high school graduation to permit an award.

The students must graduate from a Washington high school or home school and earn at least a 2.0 cumulative grade point average through high school. Plus, students must stay crime free and apply for federal

student aid.

To apply, parents/guardians and the middle school student must complete and sign a College Bound Scholarship application. A Web-based application can be found at www.hecb.wa.gov/collegebound and paper applications can be found at your child's school. The signature page of the Web-based application and paper applications should be mailed to: HECB College Bound Scholarship; P.O. Box 43430; Olympia, WA

98504-3430.

The deadline to apply is June 30 of the student's eighth-grade year. During the 2008-09 school year, there is a one-time exception for ninth-graders to apply. The deadline for this year's eighth- and ninth-graders is June 30.

For more information, call 1-888-535-0747 or visit hecb.wa.gov/collegebound or knowhow2go.org.

The application forms and question and answer documents found online also are available in Chinese, Korean, Spanish and Ukrainian.

Business fair for immigrants set for Oct. 19

Washington Community Alliance for Self-Help (CASH) will host a free Entrepreneurial Business Fair for Immigrant Communities this month.

The event is scheduled from noon to 4 p.m. Oct. 19 at Renton Technical College, 3000 N.E. Fourth St., Renton. The fair will offer information in Ethiopian, Somali and Spanish.

The fair will offer training, networking and resources for business owners and individuals seeking support to start a business. There also will be free food and entertainment.

For more information, please call 206-352-1945 for English or 206-262-0794 for Spanish.

YWCA

Continued from Page 2

and job placement. Individual case management is available for KCHA residents who live in Auburn and for KCHA Section 8 participants.

The YWCA center also offers:

- The Food Stamp Employment and Train-

ing Program, which helps food stamp recipients gain skills, training or experience and increase their ability to obtain employment.

- The YWCA Homeless Intervention Program, which is designed to help homeless people throughout King County obtain full-time, permanent employment along with stable, affordable housing and self-sufficiency.

In addition to English, YWCA staff can speak Farsi, Spanish and Ukrainian.

The center is open from 10 a.m. to 6 p.m. Mondays and Wednesdays and on Fridays from 10 a.m. to 2 p.m. and by appointment from 2 p.m. to 6 p.m.

For more information, please call 253-735-7030 or stop by the center at 1102 Ninth St. S.E., Auburn.



Neighborhood House

Strong Families. Strong Communities. Since 1906.

GENERATIONS

NEWS FOR SENIOR AND DISABLED RESIDENTS OF KCHA COMMUNITIES

Diet, exercise help Wayland Arms resident lose more than 100 pounds

By GENEROSA SCHAUER
King County Housing Authority

Wayland Arms resident Kelle Bergsma has been working hard, and it shows. Tired of being overweight and not feeling well, she decided in August 2007 to start a low-carbohydrate diet and begin an exercise program.

In the one year since then, she has lost 110 pounds! At the outset, Bergsma wore a size 30 pants; she has since worked her way down to a size 16. While Bergsma plans to continue dieting and exercising to get to her ultimate goal of a size 14, she is definitely happy with the results so far!

"I feel good about myself," she said. "I did it all on my own."

Bergsma's weight-loss plan has not been an easy one. She had to completely change how she ate and make a commitment to living healthy. She traded in sweets and greasy foods for a balanced diet that includes low-fat meats, fruits, vegetables and dairy products. And she sticks to an exercise plan that includes water aerobics at her local YMCA, weights and walking five days

per week.

As the weight started to come off, Bergsma instantly began to feel better and pushed herself to keep going. She discovered she had more energy and a desire to do more things. She is to the point where she actually looks forward to exercising and the added support she gets from others at the gym.

"I can move now," Bergsma said. "I can do a lot more now than I could before because I'm not carrying around that extra weight."

She has formed new friendships along the way and has earned the respect and admiration of fellow residents who have tracked her progress during the past 12 months.

Through this process Bergsma has developed a greater sense of self worth and self confidence. She now knows that she can help herself and looks forward to being a role model to others.

"They can do it," she said of others who want to lose weight. "They just have to get motivated. It was hard at first, but I did it anyway."

Way to go!



PHOTO BY GENEROSA SCHAUER

Wayland Arms resident Kelle Bergsma holds up a pair of jeans that she fit into before she lost 110 pounds through dieting and exercising.

Recycling training delights Harrison House residents

By LINDA STEVENS
King County Housing Authority

Can you recycle frozen food boxes? What about your expired medications?

About 20 Harrison House residents learned the answers to those questions and more during a recent presentation by Jeanne Johnson, the Community Outreach Coordinator for the Environmental Coalition of South Sound (ECOSS).

ECOSS is involved in the Local Hazardous Waste Management Program, which is working to protect public health and the environment by reducing improper storage and disposal of hazardous materials.

Harrison House, in downtown Kent, currently has two recycling containers, and the recyclables in those containers are collected by Rabanco, an Allied Waste Company.

Johnson brought several bags filled with waste items and asked the residents to guess whether the items could be recycled.

Several residents also brought items from their homes – such as medical inhalers, medicine bottles and glass – so that they could find out whether each one could be recycled. These residents came well prepared with many questions!

Johnson explained that just because an item has the circular recycling symbol on it, that doesn't mean it's recyclable. Also, glass recycling is not available at Harrison House.

Here's a look at what Harrison House residents CAN recycle:

- Paper products including cardboard, telephone books, frozen food boxes (clean and empty), newspapers, magazines, milk cartons and juice boxes (empty and rinsed).

- Plastic products such as pop and water bottles, ketchup containers and plastic food tubs. Please empty and rinse the containers and remove and discard the lids.

- Some metal products such as aluminum and tin cans that are empty and rinsed. Coat hangers are not recyclable.

For more information about what is recyclable at Harrison House, please go to www.rabanco.com, click "Kent" from the drop-down menu on the left and then click "Multi-family: Tenant" from the drop-down menu on the left. You also can call 206-682-9735.

Johnson also talked about pilot programs at both Group Health and Bartells pharmacies that are accepting unused prescription and over-the-counter drugs. They will properly and safely dispose of the medications in an effort to protect individual safety and the environment.

- The pharmacies will accept: prescription medications, over-the-counter medications, medication samples, medications for pets, vitamins, medicated ointments and lotions, inhalers and liquid medication in glass or leak-proof containers.

- The pharmacies won't accept: needles, thermometers, lancets, controlled substances (narcotics), IV bags, bloody or infectious waste, personal care products, business waste, empty containers, hydrogen peroxide, aerosol cans.

Lastly, Johnson distributed the bags of potentially recyclable items that she brought with her. Each table of residents got a bag, and then residents worked together to determine if the items could be reused or recycled.

Luckily, I sat at resident Ludy Clark's table. She knew better than I did which items were recyclable!

Survey: Most Harrison House residents favor meal program

By KCHA STAFF

Nearly three-quarters of Harrison House residents who responded to a recent survey say the KCHA meal program has improved the quality of life in their building. And almost 90 percent said they thought KCHA should continue the program, which the Housing Authority does plan to keep as a valuable fixture at Harrison House.

"The main reason I moved here was the food service," one resident said.

"Many of the residents depend upon it," said another.

KCHA conducted the 2008 Customer Service Satisfaction Survey among meal program participants at Harrison House as a follow-up step to contracting with a new food services provider – Pioneer Food Services – earlier this year.

Of those surveyed, 71 percent said they ate the meals provided at Harrison House at least five days each week. A majority said that they are satisfied with the overall quality of food services they receive and that Pioneer Food Services' menu offers a variety of healthy options.

Several said they didn't know what they would do without the evening meal.

"I'd have no place to go as restaurants are extremely expensive, and I have no personal transportation to go to the grocery store on a regular basis," one resident said.

Though the survey results overwhelmingly favored the meal program, some residents said they weren't always satisfied with the food options. However, several noted that the menus have steadily improved in recent months.

"It is great having dinner at Harrison House," one resident said. "I really appreciate the service. Sometimes it's better than other times, but so is eating out."

The meal program costs \$175,000 annually to operate – an amount that includes the food, labor and the accompanying utility costs. Residents and the Housing Authority each contribute funding for the program, though KCHA has increased its share over the years to improve the variety and quality of the meals at no extra cost to residents.

Ballard neighborhood sights awe Northridge residents

BY HEATHER MILLER

King County Housing Authority

It's like coming back to revisit an old friend.

That's how Northridge I resident Barbara Gladen described her recent trip to the Hiram M. Chittenden Locks on the Lake Washington Ship Canal in Seattle's Ballard neighborhood.

"I haven't been here in so many years," she said. "It's wonderful to come back."

Gladen and six others from Northridge I and II visited the Locks during a field trip that was organized by KCHA resident services coordinator Candace Ives.

The Locks function as the gateway between the freshwater of Lake Washington and Lake Union – which sit at 20 to 22 feet above sea level – and the salt water of Puget Sound. By lowering and raising water within the Locks, the Lockmaster allows boats to move from the water level of the lakes to the water level of Puget Sound and vice versa.

As the residents approached the Locks, an Argosy Cruises ship entered the large lock.

"Wow!" Gladen said. "That's a big

one."

Everyone really liked watching the boats cruise in and out and seeing the large lock fill up with water.

Other attractions at the Locks include a fish ladder and a botanical garden that is home to 500 species and 1,500 varieties of trees, flowers and shrubs from around the world. The fish ladder was built because the Locks and adjacent dam block all salmon runs out of the Cedar River watershed. Pacific salmon hatch in freshwater lakes, rivers and streams and then migrate to sea only to return to spawn near the end of their lives.

The salmon either jump over each of the ladder's 21 weirs or swim through tunnel-like openings. And visitors can watch their progress from several viewing areas at the Locks.

When the residents arrived at the fish ladder, they saw huge Chinook Salmon climbing.

"The ladies had never seen fish that big," Ives said. "The fish ladder was absolutely packed. It was quite a sight to see."

After visiting the locks and fish ladder, the residents made their way to the Carl S. English Jr. Garden.

"Look at all of this, it's awesome,"



PHOTO BY HEATHER MILLER

Residents from Northridge I and II and KCHA resident services coordinator Candace Ives gather in the botanical garden at the Hiram M. Chittenden Locks in Seattle's Ballard neighborhood during a recent field trip. Pictured are (from left to right): Ives, Flora White, Juanita Stein, Vicki Shore, Debra Rose, Barbara Gladen and Dana Post.

Northridge I resident Vicki Shore said of the many varieties of plants and flowers in the botanical gardens. "I haven't been here in a long time, and they've obviously redone the whole park."

After leaving the Locks, the entire

group had a lovely picnic lunch at Carkeek Park, which overlooks Puget Sound.

"It was a really fun day," Ives said. "Everyone seemed to have a great time."

Individuals with disabilities can find free, online disaster preparedness info

The free online resources listed below offer emergency preparedness information and resources for individuals with disabilities.

Washington State Department of Health

The department provides general public information and an extensive library of fact sheets on many types of disabilities and disasters that apply to individuals in all states.

www.doh.wa.gov/phepr/pheprgeninfo.htm

National Organization on Disability

The NOD created an interactive map of federal, regional, state and local disability-related emergency management resources. It also has brochures, checklists and tip sheets that can be downloaded and printed.

www.nod.org/EPIResources/interactive_map.html

Federal Emergency Management Agency

This site has information about emergency preparedness for people with and without disabilities in print and video formats.

www.fema.gov/areyouready

American Red Cross

The Red Cross provides a guide on sign language for emergency situations and a guide specifically written for workplace emergencies. It also provides tip sheets for individuals with communication, cognitive, visual, mobility and other disabilities.

www.prepare.org/disabilities/disabilities.htm

www.redcross.org/services/disaster/beprepared/seniors.html

U.S. Department of Labor

The DOL's DisabilityInfo.gov site provides

a guide to accommodations during disasters, a guide for parents and teachers after a disaster, and flood, bioterrorism and fire information.

Go to www.disabilityinfo.gov. Then, click on the link that reads "community life." From there, click on the link that reads "emergency preparedness."

Department of Homeland Security

This Web site is dedicated to teaching individuals how to prepare a survival kit. It provides an additional checklist for people with disabilities.

www.ready.gov/america/getakit/disabled.html

PrepareNow

This association is part of the Collaborating Agencies Responding to Disasters in California. The Web site provides earthquake-specific information for people with disabilities and offers information in Spanish.

www.preparenow.org

Disaster Preparedness for People with Disabilities

Run by a professor at the University of Texas, this site provides checklists and links as well as hurricane-specific information.

www.disability911.com

Anderson County Medical Reserve Corps

While this site focuses on emergency preparedness in Anderson County, Texas, it offers free videos in American Sign Language on emergency supplies, preparedness kits, evacuation plans, hurricanes and floods.

www.andersoncountymrc.com/asl.html

Do you know how to be street smart?

BY JUDY LAWLER

King County Housing Authority

Many people enjoy spending time outside, and walking is great exercise. But it's important to be alert when you're walking, and it always is a good idea to walk with someone else.

Below are some other street safety tips to keep in mind:

- Stay on populated, well-lit streets. Avoid shrubbery and dark areas. Don't take a shortcut if it means you have to walk through an alley, a vacant lot, or another deserted place. If possible, walk during the daytime instead of at night. Look around when you walk. Be aware of your surroundings. Don't let yourself be taken by surprise.

- Carry something like a whistle that can make a loud noise, and don't be afraid to blow it.

- If you ride the bus, sit near the driver. And if someone is bothering you, tell the driver.

- Be careful when you use a credit card or an ATM. Do not let anyone see your card or PIN. Wait until there is no one around before using an ATM. If you are making a deposit, have all the paperwork done before you walk up to the machine.

- Try to limit the number of things you carry around. Too many bags could affect your ability to defend yourself. If you are walking from a store to your car, have your keys in your hand before you reach the car.

- Women should not leave their purses in grocery carts. Carry your purse with you at all times. It is best to have a purse that has a long strap that you can put across your shoulders.

- Don't wear headphones. They make it hard for you to hear if someone approaches you.

- Finally, trust your instincts. Don't be afraid to yell or to make a scene if necessary. Those actions might be necessary to protect your safety.

TRANSLATIONS

TRANSLATED ARTICLES FOR OUR FAMILIES

KHÚ TRÙ LÒAI GIÁN

Gián là loài côn trùng mạnh và lì lợm khi chúng cần phải tìm thức ăn. Nếu không tìm thấy đồ ăn, chúng có thể đi xa để tìm thức ăn để tránh bị hủy diệt.

Gián cũng có thể sống ngay cả trong tủ lạnh và những đồ điện khác.

Gián có mang trong mình các vi trùng gây nguy hại cho con người, làm cho chúng ta đau bệnh. Đối với người mang bệnh về đường hô hấp, thì có đến 25 phần trăm số người bị dị ứng từ phân gián hay xác khô của con gián.

Để liên minh với quý vị, cơ quan cấp phát gia cư KCHA đang cố gắng kêu gọi sự lưu tâm của quý vị về loài gián, để rồi quý vị không phải sống chung với những loài khách không mời này.

Nếu quý vị làm theo những phương thức căn bản dưới đây, thì sẽ giảm đi được nạn bọ gián một cách đáng kể:

Hãy rửa chén bát ngay sau khi ăn

Hãy đựng thức ăn trong các hộp có nắp đậy

Các hộp hay túi đựng đồ ăn như túi khoai tây xắt khô (potato chip), hộp đựng bánh qui, hộp đựng cereal cần phải được niêm kín lại để trong hộp.

Hãy chùi rửa các kệ tủ, và lau sàn nhà thường xuyên

Hãy ăn uống ở chỗ cố định, thay vì đi khắp nơi trong nhà

Các thùng rác phải có nắp đậy kín. Nếu thùng rác của quý vị là loại có nắp đóng mở, thì phải gói kín các túi rác, xúc rửa các chai lọ đồ ăn trước khi bỏ vào thùng rác.

Phải trét kín các khe cửa. Nếu cần, phải báo cáo cho Ban Sửa Chữa.

Hãy giữ cho căn nhà được sạch để loài bọ gián không sống chung với quý vị.

Nếu thấy nhà có gián, xin hãy liên lạc ban quản lý ngay.

ባልዕ ተኸላኸሉ።

ድዱዕ መግቢ ንምርካብ ኣበርቲዑ ዝሓድን ባልዕ እዩ።

ናይ መግቡ ምንጪ ምስዝጠፍእ ወይ ምስዝውዳእ መግቢ ንኸናዲ ናብ ካልእ ቦታ ይግዕዝ ወይድማ ይመውት።

ድዱዕ ድሕሪ መዝሓሊ ፍሪጅ ኤለክትሮኒክ ኣቕሑት ክክብር ይኸእል።

ድዱዕ ሓደገኛ ዝኾኑ ባክተርያ ንሰባት ብሕማም ክልብዱ ዝኸከሉ ከመሓላልፍ ይኸእል ።እቶም ብናይ

ምትንፋስ ሕጽረት ዝሰቅዩ ሰባት 25 ካብእም ናይ ድዱዕ ቀልቀል(ሞልተድ ኤክስከለተን) ኣለርጂ ኣለዎም ።

ብምትሕብባር ናይ ኩሉኹም ናይ ኪንግ ካውንቲ ሃወሲንግ ኣውቶሪቲ ብዛዕባ ድዱዕ ዝሰበሰበ ጠንቂ ህማማት ከስተምህር ዮድሊ ኣኣሉ።

እዞም ኣብ ታሕቲ ተጠቂሶም ዘለዉ

ምሰረታዊያን ምኽርታት ኣብ ግብሪ ምስተወዕሉ ናይ ድዱዕ ወራር ክግግቱ ይኸእሉ።

ድሕሪ መግቢ ዝበላዕካሉ ኣቕሑ ሕጸቦ መግቢ ኣብ መዓሸጊ ዘለዎ ኣቕሑ ዓሸጎ

ክም ፖተቶ ቺፕስ ክራክርስ ወይድማ ሲርያል እቲ መቐመጫ ዓሸጎ መዳለዊ መምተሪ መግቢ ድሕሪ

ምጥቃምካ ሕጸቦ ክምኡውን ምድራቤት ስሚንቶ መዓልታዊ

ኣብ ሓደ ፍሉይ ቦታ ኮይንካ ተመገብ ጎሓፍ ትቐመሉ እንዳ ጎሓፍ መኸደኒ

ዘለዎ ይኹን ጠራሙዝ ታኒካ ጸንቂቕካ ኣቀምጦ ተረፍ መግቢ ኣብ

ዕጹው ኣንዳ ጎሓፍ ትቐምጦ ጨዳድ ኣብ ቤትካ ምስትርኢ

ንሰራሕተኛታት ሃውሲንግ ትሕብር ድዱዕ ከይወፍኻ ቤትካ ኣጽሪ ኣብ

ቤትካ ድዱዕ ምስትርኢ ንማናጀርካ ሓብር።

Ban the bug ការការមិនឲ្យមានសត្វល្អិត

សត្វកន្ត្រាតជាប្រភេទសត្វល្អិតម្យ៉ាងចូលចិត្តម្ហូប

ជំពូក់នៅលើម្ហូបអាហារ ហើយវាមាននាំមកនូវជំងឺគ្រប់ប្រភេទ។ កាលណាយើងដាក់ម្ហូបចោល

ដោយមិនបានទុកដាក់ឱ្យបានស្រួលនោះ ។

កន្ត្រាតជាសត្វមិនក្លាចម៉ាស៊ីនត្រជាក់ឬច្រកអគ្គីសនី

អ្វីទាំងអស់។ កន្ត្រាតវាមាននាំមេរោគចូលមកដល់

រាងកាយរបស់យើងគ្រប់គ្នាផងហើយវាជំនាន់ការ

ប្រុងប្រយ័ត្នទេនោះ។ ហើយវាអាចដោយមានជំងឺ

ដល់ប្រដាប់ផងផ្លើមលើអ្នកមានប្រតិកម្មកន្ត្រាតផង

គឺឯកណាធរយលោកអ្នកនិងមានជំងឺលើប្តីនិងជំងឺខា

នលើលោកអ្នកជំនាន់ការប្រុងប្រយ័ត្ននោទទេ ។

ដើម្បីការពារកុំឲ្យមានសត្វកន្ត្រាតកើតមាននៅផ្ទះ

ត្រូវស្រាវជ្រាវយល់ហេតុអ្វីបានជាវាកើតមាននៅ

ដូចខាងក្រោមនេះ :

នៅពេលបរិភោគត្រូវជូតដុះលាងចានឲ្យបានស្អា

ត, ម្ហូបចំណីត្រូវដាក់ទុកឲ្យបានល្អ ត្រូវជូតឲ្យបាន

ស្អាតហាមកុំមានជាតិស៊េរីនៅទីកន្លែងចម្រុះលើ

មានម្ហូបកំប៉ុងត្រូវជូតលាងឲ្យស្អាត ហាមកុំចោល

ទៅទីកន្លែងចម្រុះឲ្យជាហេតុនាំឲ្យកើតកន្ត្រាត, ម្ហូបអា

ហារបរិភោគត្រូវជូតលាង ទុកដាក់ឲ្យស្អាតហ្មឹង

រាល់ថ្ងៃ, ត្រូវជូតដុះលាងកម្រាលហ្មឹងរាល់ថ្ងៃ, បើ

មានធុងសំរាមឬស្បែកស្បែកស្រាមត្រូវចងខ្ទប់ឲ្យជិត,

បរិភោគអាហារនៅបន្ទប់ទទួលភ្ញៀវមានមិនត្រូវបរិភោ

គពេញទាំងគ្រប់ដំនែងនោះទេព្រោះកាលណាមានតំ

ខ្លួនអាត្រក់នាំឲ្យមានកើតសត្វល្អិត ។ បើសិនមាន

រន្ធឬមានកន្លែងសត្វល្អិតកើតមាននៅទីធ្លាផ្ទះលោ

កអ្នកឲ្យត្រូវតែប្រាប់ទៅក្រសួងផ្ទះរដ្ឋបាលដើម្បីមានវិ

ធីថែរទាំឲ្យបានស្អាត ។

សូមថែរក្សាទីលំនៅផ្ទះលោកអ្នកឲ្យបានស្អាតការ

ពារមិនឲ្យមានកើតកន្ត្រាតជាហេតុនាំឲ្យមានជំងឺ

ផ្សេងៗដល់ក្រុមគ្រួសារលោកអ្នក, បើនៅផ្ទះលោក

អ្នកមានលើក្របខ័ណ្ឌកើតសត្វល្អិតកន្ត្រាត ត្រូវវាយការ

ទៅនឹងម្ចាស់ផ្ទះរដ្ឋបាល ដើម្បីមានវិធានការពារកុំ

មានកើតច្រើននៅក្នុងផ្ទះលោកអ្នក ។

Ban the bug Уничтожайте насекомых

Таракан очень сильное и решительное

насекомое в поисках еды. Если иссякают

источники еды, таракан, спасаясь от

голодной смерти, способен путешествовать

куда угодно.

Тараканы прекрасно проживают даже в

холодильниках и электронных приборах.

Тараканы переносят бактерии, опасные для

людей, и могут сделать нас больными.

Среди людей, страдающих респираторными

заболеваниями, 25 процентов тех, кто

имеет аллергию на продукты

жизнедеятельности тараканов. При вашем

участии ЖУОК старается повысить

бдительность по отношению к тараканам,

чтобы все могли жить без этих незваных

гостей. Если вы позаботитесь о том, чтобы

соблюдать основные правила, приводимые

ниже, то вероятность тараканьего

нашествия разительно уменьшается.

Мойте посуду сразу после еды.

Храните продукты в закрытых контейнерах.

Все продукты в пластиковых мешках,

такие, как картофельные чипсы, кракеры,

сириалы должны быть плотно свёрнуты

вверху и закреплены прищепкой и коробки

должны быть закрыты надёжно.

Протирайте столы и мойте полы

регулярно.

Ешьте в одном определённом месте, а не

по всей квартире.

Проверьте свой контейнер для мусора,

крышка должна закрываться плотно. Если

вы используете открытый контейнер, то

непреренно мойте все банки и бутылки и

выбрасывайте остатки пищи в закрытых

пластиковых мешках. Следите за тем,

чтобы все щели были заделаны. Если нет,

то сообщите жилищному управлению.

Содержите своё жилище в чистоте, чтобы

тараканы не могли жить с вами.

Если вы обнаружите тараканов,

немедленно сообщите об этом

управляющему своего дома.

Dabar goynta Baranbarada

Baranbaradu waa cayayaan xoog ayna ka go’an tahay quud raadis.

Haddaba haddii meelaha ay anfaca ke helaysay ay weydo, waxaa la soo gud-boonaada labo xaalo; inay haajirto iyo in ay le’ato oo aan mid ka harin.

Baranbaradu waxay xataa ku noolaan kartaa talaagadda (faranjiyeer) iyo qalabka kale ee korantada ku shaqeyaa.

Ma ogtahay akhristow in baranbaradu siddo jeermis halis ku ah aadanaha oo xanuun noo keena. Tusaale ahaan, boqolkiiba 25 dadka qaba xanuunada ku dhaca habdhiska neefsashada waxay ku xajiimoodaan xarada baranbarada iyo ama qolofteeda.

Wada jir iyo iskaashi ahaanba, waxay KCHA isku dayeysaa in ay samayso wacyi gelin ku saabsan cayayaanka baranbarada si qofkasta gurigiisa ugu noolaado baranbaro la’aan

Haddii aad si taxadar leh u qaaddo talaabooyinkan hoos ku qoran waxay u daban tahay in taranka si aad ah isu dhimo.

- Dhaq alabta cuntada ilsamaraad ku cunteysaanba
- Ku xafidda cuntooyinka shay afka ka xiran ama ka daboolan.
- Bacyaasha cuntooyinkuku jiraan sida bacda patato chip-ka iyo bokiska crackers-ka ama midka cereal-ka waa in aad kor u fidisaa binna ku dhejisaa, bokiskana aad xafidan u xirtaa.

• Tirtir miiska kore ee jikada, waana in aad markasta dhaqdaan faloorka guriga

• Waa inaad halmeel cuntada ku cuntaan ee iidnaan meelkasta cunto la fariisan.

• Hubso in caagga qashinku dabool adag leeyahay. Haddii aad isticmaaley-sid mid af furan, waa inaad dhaq-dhaqdaa gasacadaha, iyo dhalooyinka nitaadan qashinka ku tuurin, cuntada haraaga ahna aad ku fogeysaa bac afka ka xiran.

• Hubso in caulking (koolo guryeed) ay tahay aan dhicin oo wali isu haysa meelaha la mariyey. Haddii aysan taas jirin, la xiriira dayartirayaasha dhismaha.

• Ugu danbayntii, gurigaagu waa inuu markasta nadiif ahaadaa, haddii aadan rabin in baranbaro kugula noolaato.

Haddii aad ku aragto baranbaro gurigaaga, fadlan deg-deg ula soo xiriir maaamulaha dhimaha.

ተባይን ማገድ

ተባይ ትልቅና ጠንካራ የሆነ ለምግብ ፍለጋ የሚኖር ነው።

ምግቡ ደረቅ ከሆነ ተባይ ምግብ ለመፈለግ ወደ ሌላ ቦታ ይሄዳል

ወይም ይጠፋል።

ተባዮች ቢቻል ሪፍሪጂሬተር ወይም በኤሌክትሪክ ዕቃዎች ኣካባቢ ይቀመጣል።

ተባዮች የተሞህሲያኖችን በሽታ በመሸከም ወይም ልንታመም የምንችልበትን ሁኔታ ይፈጥራሉ።

ከነዚህም በመተንፈሻ ኣካላቸው ከሚሰቃዩት 25% ፐርሰንቱ ለተባይ ኣለርጅክ መንስኤና ጠንቅ ናቸው።

ከእናንተ ጋር በመተባበር የኪንግ ካውንቲ የቤቶች ኣስተዳደር ስለተባዮች ግንዛቤ እንዲኖርና ማንኛውም ሰው በነዚህ ባልተጋበዙ እንግዶች መኖር እንዲችል ይፈልጋል።

የሚከተሉትን መሰረታዊ ነገሮች በጥንቃቄ ከተከተሉ የሚያስከትሉት ጥንቆች በጣም ይቀንሳሉ።

ከምግብ በኋላ እጅዎን ይታጠቡ።

ምግቦችን በታሽጎ ዕቃዎች ያስቀምጡ።

ሁሉም የምግብ ማስቀመጫ ዕቃዎች ለምሳሌ የድንች ጥብስ ባግ፣ የክራክር ቦክስ፣ ወይም የሴሪያል ፓኬት፣ በደምብ መግጠሙን ወይም መታሸጉን ያረጋግጡ።

የምግብ ማብሰያ ወለሎችን መጥረግ በየጊዜው ያስፈልጋል።

ምግብ በተለያዩ ቦታዎች ከመብላት ኣንድ ቦታ መጠቀም።

ቆሻሻ ነገሮች በደምብ መታሰራቸውን ያረጋግጡ።

ክፍት የሆነ የጋርቤጅ መጣያ ከተጠቀሙ ቆርቆርና ፕላስቲኮችን ኣንጠፋጥፎና ምግቦችን ኣራግፎ በደምብ መዝጋት ያስፈልጋል።

ማሸጊያ የሆኑ ነገሮችን ወቅታዊ መሆናቸውን ያረጋግጡ።

ያነጋግሩ።

የሚኖሩትን በንፅህና በመያዝ ተባዮችን እንዲቀንሱና ኣብሮዎት እንዳይኖሩ ያድርጉ።

TRANSLATIONS

TRANSLATED ARTICLES FOR OUR SENIOR AND DISABLED RESIDENTS

Do you need a ride?
መሳፈር ይፈልጋሉ?

መኪና መንዳት ያቆሙት ቢያንስ የ60ዓመት እድሜ ስላለዎት ነው ወይስ አካል ስንኩል ነዎት? ወይስ በጋዝ ዋጋ ጭማሪ ውድ ስለሆነ? የአዛውንቶች ሻትል ምናልባት ሊረዳዎ ይችላል።

የአዛውንቶችን ሻትል ለመጠቀም ነፃ ሲሆን እርዳታ ሊሰጡ ግን ይቻላል። በኪንግ ካውንቲ የአዛውንቶች ኮሚቴ ሻትሎች በተለያዩ አካባቢ ማለትም በቢሩየን፣ ዴዝ ሞያንስ፣ ሃይላይን፣ ለኖርማንዲ ፓርክና፣ ሾርላይን ለሚገኙ ግልጋሎት ይሰጣል።

የሰለጠኑ ሾፌሮች በግል የጉዞ ማሽከርከሪያቸው ወደምትፈልጉት የቀጠሮ ቦታና ሌሎች ቦታዎች ያመላልሷችኋል። ይህም የመጓጓዣ ክሊሎች ሰዎች ለመገናኘትና ለማዘናኘትም ይረዳል። በተጨማሪም እነዚህ የአዛውንቶች የመጓጓዣ ሻትሎች ወደ ብሄረሰባዊ ቦታዎችና ትኩስ ምግብ ወዳሉባቸው የኪንግ ካውንቲ ቦታዎች ያደርሷችኋል። ቫኑ በተጨማሪም አዛውንቶችን ወደህክምና፣ መዝናኛ ቦታ፣ ስቆችና ወደሌሎች ቦታዎች ያደርሳሉ።

ለመጓጓዣ ምንም አይነት ፎርም መሙላት የለብዎትም። ይህ ሻትል በየጊዜው በኪንግ ካውንቲ የቤቶች አስተዳደር አዛውንቶች በሚገኙባቸውና አካል ስንኩላን በሚገኙባቸው ይሄዳሉ።

በይበልጥ ለመረዳት በአካባቢው የሚገኘውን የደረጃዎች አገልግሎት ተጠሪ ያነጋግሩ። የአዛውንቶችን ሻትል በስልክ ቁጥር 206-727-6262 ወይም 800-282-5815 ከጧቱ 8 - ከሰዓት በኋላ 5 ከሰኞ እስከ ዓርብ ባለው ጊዜ ውስጥ መጠየቅ ይቻላል።

ናይ መጓጓዢ ሓገዛት የድልየኩም ዶ?

ዕድሜዎ ልዕሊ 60 ዓመት ድዩ ናይ አካል ጉድለት አላሎካ ዶ? ምዝዋር መኪና ደው ዘበልካ ዲኻ? አውቶቡስ ምውሳድ ይሸግረካ ዶ? ብምኸንያት ክብሪ ነዳዲ ምዝዋር መኪና አጃሪጽካ ዲኻ? ናይ ሰንደር ሻትል ክሕግዝካ ይኸእል ይኸውን?።

ሰንደር ሻትል አካብ አትጥቀመሉ ግዜ ኣይትኸፍልን ኢኻ ቐሩብ ክትሕግዝ እንተደሊኻ ንኸበል ኣኢና።

አካብ ኪንግ ጃውንቲ ሰንደር ሻትል ኮሚቴ ቫንስ ኣብ ከባቢና ናይ ጉዕዞ አካገልግሎት የኸርቡ ንሰንደር ዓበይቲ ሽማግሌታት ኣብ ቡርዮን ዶሞይን ሃይላይን ኖርማንዲ ፓርክን ሶርላይን ዝኸመጡ።

ኣቶም ስልጡናት መራሕቲ መካይን ኣብቲ እተካይድዎ ንጥፊታትን ትበጽሕዎ ቦታን ስለጥ ኣገልግሎት የኸርቡልኩም ።

እቲ ጉዕዞ ምስ ካላኡት ንክትራኽቡ ዕድል ይህበኩም ክምኡውን ኣብ ኮሚቴኹም ንምኻድ ክምኡውን ናይ ምግብና ፕሮግራማት ኣብ ዝተፈላልዩ ቦታታት ኪንግ ካውንቲ እተን መካይን ኣኣብ ናይ ሕክምና ጃጸራኹም ድማ ይውስዳኹም ሰንደር ሰንተር ግርሰሪ ካልእ ቦታ ከባቢናን።

ኣትመላሞ ፎርም የለን ትፍርምዎ ነገር የለን ራይድ ንክትረኽቡ እዘን መካይን ኣኣብ ኩሉ ናይ ኪንግ ካውንቲ ሃወሲን ሰንደር ብዩልዲንግ ይበጽሓ ኣየን ክምኡውን ጉድለት ኣኣካል ዘለዎን ።

አካገልግሎት ምጓጓዢ ምስትደልዩ ምስ ረሲደንት ሰርቪስ ትራክቡ ሰንደር ሻትል ኣብ 206-727-626 ወይድማ 800=282-5815 ዝያዳ ሓበርታ ካብ 8.00 ንግሆ ክሳብ 5.00 ምሸት ካብ ሰኑይ ክሳብ ዓርቢ።

**Do you need a ride ?
ፎርም መሙላት የለብዎትም?**

የሰለጠኑ ሾፌሮች በግል የጉዞ ማሽከርከሪያቸው ወደምትፈልጉት የቀጠሮ ቦታና ሌሎች ቦታዎች ያመላልሷችኋል። ይህም የመጓጓዣ ክሊሎች ሰዎች ለመገናኘትና ለማዘናኘትም ይረዳል። በተጨማሪም እነዚህ የአዛውንቶች የመጓጓዣ ሻትሎች ወደ ብሄረሰባዊ ቦታዎችና ትኩስ ምግብ ወዳሉባቸው የኪንግ ካውንቲ ቦታዎች ያደርሷችኋል። ቫኑ በተጨማሪም አዛውንቶችን ወደህክምና፣ መዝናኛ ቦታ፣ ስቆችና ወደሌሎች ቦታዎች ያደርሳሉ።

ለመጓጓዣ ምንም አይነት ፎርም መሙላት የለብዎትም። ይህ ሻትል በየጊዜው በኪንግ ካውንቲ የቤቶች አስተዳደር አዛውንቶች በሚገኙባቸውና አካል ስንኩላን በሚገኙባቸው ይሄዳሉ።

በይበልጥ ለመረዳት በአካባቢው የሚገኘውን የደረጃዎች አገልግሎት ተጠሪ ያነጋግሩ። የአዛውንቶችን ሻትል በስልክ ቁጥር 206-727-6262 ወይም 800-282-5815 ከጧቱ 8 - ከሰዓት በኋላ 5 ከሰኞ እስከ ዓርብ ባለው ጊዜ ውስጥ መጠየቅ ይቻላል።

Do you need a ride?
Вас подвезти?

Вам за шестьдесят и вы отказались от вождения машины или вы инвалид? Вам трудно ездить на автобусе? Или, возможно, цены на горючее сделали вождение слишком дорогим? Автобусы для пожилых - Senior Shuttles - могут помочь!

Поездки на этих автобусах бесплатны, хотя пожертвования с радостью принимают.

Для пожилых, проживающих в Бюрене, Да Моин, Хайлайн, Норманди Парк и Шорлайн округа Кинг обеспечиваются поездки в окрестностях на общественных микроавтобусах.

Опытные водители обеспечат вас персональным транспортом для поездок на назначенные встречи и общественные мероприятия.

Возможность ездить позволит вам общаться и знакомиться с новыми людьми. Кроме того, автобусы для пожилых могут отвезти вас на этнические и другие программы, которые обеспечивают горячую еду во многих местах округа Кинг.

Микроавтобусы также отвозят пожилых на медицинские приёмы, в центры для пожилых, в продовольственные магазины и другие места в округе.

Для того, чтобы записаться на поездку, не нужно заполнять никаких форм. К тому же микроавтобусы регулярно ездят ко многим зданиям ЖУОК, где проживают пожилые и инвалиды.

Чтобы узнать больше, поговорите с координатором по услугам в вашем доме. Вы также можете позвонить в службу автобусов для пожилых по тел 206-727-6262 или 800-282-5815 для дополнительной информации с 8 утра до 5 вечера с понедельника по пятницу.

Ma u baahan tahay in lagu qaado

Ma tahay qof waayeel ah iskana daayey wadidda baaburta, ugu yaraanna lixdan jir ah ama curyaan ah? Mase kugu adag tahay raacidda baska? Ama qiimaha shidaalka kacsan ma ka dhigtay wadidda baabuurka qaali. Arintaan waxaa kaa caawinkara *Senior Shuttles!*

Waa lacag la'aan raacitaanka Senior Shuttles, inkastoo deeq bixinta la soo dhaweeynayo ayna banana tahay.

Faananka *Senior Shuttles* ee *King County* waxay baahida gaadiidka ka caawiyaan waayeelka ku nool Burien, Des Moines, Highline, Normandy park iyo Shoreline.

Darawallo tababaran ayaa kuu qaadi doona ballamahaaga iyo meelihii kale oo aad u baahan tahay in lagu geeyo lagaana soo qaado.

Raacitaanka faanankaanu waxay kaloo kuu sahlayaan dhexgalka bulshada iyo la kulanka dad cusub, sidoo kale waxay waayeelka geeyaan goobaha ay ka socdaan bixinta cunto dhaqameedka iyo meelaha kale ee barnaamijka cunto siintawaayeelka ka jiro ee guud ahaan *King County*. Faananku waxay kaloo waayeelka u qaadan balamaha dhakhtarka, xarumaha dadka waaweyn, dukaamada adeegga iyo goobaha kale ee dhow-dhow.

Lagaagama baahna in aad buuxiso wax foom ah si aad u raacdo faanan-kan. Faanankuna waxay si joogto ah u tagaan dhismayaal badan oo ay leedahay KCHA ayna degan yihiin waayeelka iyo naafaduba.

Fadlan ka warso xiriiriyaha adeegga dhismaha aad degan yahay haddii aad u baahato war bixin dheeraad ah. Waxaad sidoo kale soo wici kartaa *Senior Shuttles* oo lamberkoodu yahay (206) 727-6262 ama 800-282-582-5815 saacadaha u dhexeeya 8:00 AM and 5:00 PM Isniintailaa Jamcada.

QUÍ VỊ CÓ CẦN PHƯƠNG TIỆN DI CHUYỂN KHÔNG /

Có phải quý vị là người đã bỏ không lái xe, được 60 tuổi , và bị khuyết tật không ? có phải quý vị gặp khó khăn khi đón xe bus không ? Hoặc quý vị thấy vì giá xăng tăng cao, nên lái xe đi lại thì tốn kém ? Chương trình xe bus Senior Shuttles có thể giúp quý vị.

Sẽ không phải trả tiền khi đi xe bus của Senior Shuttles, dù vậy họ cũng nhận tiền công hiến.

Trong quận King, các xe van của Senior Shuttles cung cấp phương tiện di chuyển cho quý vị cao niên cư ngụ ở Burien, Des Moines, Highline, Normandy Park để đi đến các nơi lân cận trong vùng.

Các tài xế đã được huấn luyện, sẽ đưa quý vị đến những cuộc hẹn hay những sinh hoạt của quý vị.

Phương tiện di chuyển này cũng

là dịp để quen biết và gặp gỡ những người mới. Hơn nữa , các xe van của Senior Shuttles có thể chở quý vị đến những nơi cung cấp các bữa ăn trưa hay sinh hoạt dành cho các sắc dân trên toàn vùng quận King. Các xe van cũng đưa quý vị cao niên đến các cuộc hẹn khám bệnh, đến các trung tâm người cao niên, đến tiệm bán thực phẩm và các địa điểm trong vùng.

Quý vị không phải điền bất cứ mẫu đơn nào để xin phương tiện xe. Và các xe van của Senior Shuttles cũng thường ghé đến các cao ốc có quý vị cao niên hay tàn tật đang cư ngụ trong khu vực housing của quận King -KCHA-

Xin vui lòng liên lạc với điều hợp viên phục vụ cư dân, để biết thêm chi tiết. Quý vị cũng có thể gọi cho số 206-727-6262 hoặc số 1-800-282-5815 từ khỏan 8 giờ sáng đến 5 giờ chiều từ Thứ Hai đến Thứ Sáu.

WHITE CENTER SCENE

NEWS ABOUT THE GREENBRIDGE AND PARK LAKE II COMMUNITIES

YWCA helps White Center resident find full-time work at KCHA

BY HEATHER MILLER
King County Housing Authority

White Center resident Mara Palmer was accustomed to working part-time or freelance jobs.

But she knew that full-time work would be the best way to support the young children she has at home.

That's why she approached the YWCA Greenbridge Career Development Center, which helped her find a job that's a good match with her skills, rewrite her resume and write a job proposal. Now, she has full-time job as an independent contractor for the King County Housing Authority.

Palmer does intake and outreach for KCHA's Weatherization Program, a role she entered in late July. She spends her days processing applications from families who want assistance weatherizing their homes and reaching out to community organizations that can help connect more people with the program.

"It's been really nice to always be welcomed in the community and to work with people who really love their jobs," Palmer said of why she enjoys her work.

Stephanie Nguyen, Palmer's case manager at the YWCA center, said she helped

Do you need help finding a job? Contact the YWCA Greenbridge Career Development Center at 206-763-6922 or stop by 9800 Eighth Ave. S.W., Suite 104, Seattle. The center is 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.

Palmer understand the steps she would need to take to apply for the independent contractor position.

"She has the ability to work with kids and adults successfully, so I thought this contract would be good for her," said Nguyen, who first suggested the contractor position to Palmer. "She wants something that she can work regularly, flexibly and enjoy meeting with new people from different backgrounds and cultures while still having time to take care of her kids."

To be considered, Palmer needed to write an independent contractor proposal – something she had never done before. She and Nguyen searched the Internet together for examples of similar proposals and then used those examples as a jumping off point.

"We read and re-wrote many times to get a final proposal," Nguyen said. "I care-



PHOTO BY HEATHER MILLER

White Center resident Mara Palmer works on the computer at her new role in KCHA's Weatherization Program.

fully read her writing and pointed out what should and should not be done for a good proposal."

Fred Campbell, KCHA's Director of Housing Repair and Weatherization, said Palmer has been a good fit in the contractor

role. And he said she will help improve upon and expand the reach of the Weatherization Program.

"She has a natural inclination to do this work," Campbell said of Palmer. "She's a terrific addition."

New, smoke-free building opens at Greenbridge

BY KCHA STAFF

Residents began moving into Nia in September as the new, smoke-free building rolled out the welcome mat for 82 households.

The spacious, light-filled apartments in the four-story building feature well-appointed kitchens and their own patios and decks.

Nia houses both adults with disabilities who are younger than 54 and households in which at least one member is 55 or older.

"It's a beautiful place," said Glenn Ruth, who moved into a second-floor apartment with his wife. "This is a big move for us."

Centralized laundry facilities are conveniently located on every floor.

Nia is KCHA's first completely smoke-free building. Smoking is not allowed there, and no one, including staff members and construction workers, has ever smoked there.

The building has controlled access, underground parking, a live-in, on-site property manager and a part-time support services coordinator who can provide information and referrals.

Nia also has an activity room, a computer room with multiple computers and Internet access for residents and raised garden beds. Plus, a full-sized greenhouse and first-floor retail



PHOTO BY HEATHER MILLER

Nia, KCHA's new, smoke-free building for seniors and individuals with disabilities at Greenbridge, opened to residents in September.

are planned.

"The building is simply a wonderful addition to the Greenbridge community," said John E. Eliason, Greenbridge development manager. "We are pleased with the quality and character of the building and the opportunities that will be provided to the residents that live at the Nia apartments."

for teenagers in middle and high school. Teens can play their favorite multi-player video games on GameCube, Xbox 360 and the Wii.

The White Center Library is at 11220 16th S.W., Seattle. It is open from 11 a.m. to 9 p.m. Monday through Thursday and from 11 a.m. to 5 p.m. Friday and Saturday. For more information, please call 206-243-0233.

Free Computer Classes

The Salvation Army Technology Center offers free, computer-based classes for adults, seniors and youth who want to learn basic application skills. To sign up for a class, please call the Salvation Army White Center office at 206-767-3150 ext. 101 or visit the center at 9050 16th Ave. S.W. The office is open from 8 a.m. to 5 p.m. Monday through Friday.

More information also is available online at technology.program.googlepages.com.

New Southwest Boys & Girls Club partnership to use hip hop to engage youth

BY KCHA STAFF

The Southwest Boys & Girls Club has created a new partnership with music artist Shyan Selah and Brave New World, a multi-faced business services organization that includes records, publishing, marketing, productions and more.

Through that partnership, Brave New World has pledged to provide meaningful workshops and help getting youth at the club excited about learning through music, entertainment and pop culture as an educational format.

Emily Slagle, the executive director for the White Center club, approached Brave New World about a partnership after a string of gang-related incidents affected club members.

"I heard about Shyan and his goals for the Seattle community using positive hip hop to engage youth in making positive life choices," Slagle said. "We discussed how we could partner in teaching kids alternatives to being involved in gang activity, which directly affects the teens and youth of our community."

The new Southwest Boys & Girls Club partnership also includes the involvement of the Jimi Hendrix Foundation, a staunch advocate of reaching youth through music and the arts. Selah is the spokesperson and chief operating officer of the Jimi Hendrix Foundation as well as the president/chief executive of Brave New World, Inc.

"In continuing with our model to 'be brave,' it is a mandate in our corporate philosophy to be true to our community and to interject inspiration and motivation to the youth in that community," Selah said. "I am eager to assist the Southwest Boys & Girls Club with providing solid solutions that re-energize our youth."

If you're interested in renting the community room or gym at the Southwest Boys & Girls Club for meetings or athletics, please call 206-436-1910.

News Notes

Highline Public Schools

- Oct. 10: All Highline schools will be closed for a state in-service event for educators.
- Oct. 15: Students in grades K-12 will be released early from school.

White Center Library

- Family Story Time: 11:30 a.m. Oct. 2, 16, 23 and 30. Stories, songs, finger plays and fun for families to enjoy together.
- Spanish Story Time: 1:30 p.m. Oct. 4 and 11. Join Marco Cortes for stories, songs and more all told in Spanish.
- World Language Story Time: 6 p.m. Oct. 7 and 21. Join us for Vietnamese stories, songs, rhymes, dances and more.
- Game On!: 2:30 p.m. Oct. 1, 8, 15, 22 and 29. A program