



Meals on Wheels
Greater Spokane County

Best Foot Forward

page 3



IN THIS ISSUE

Best Foot Forward	page 3
Region 1 updates	pages 2-3
> Woman Experiencing Homelessness in Spokane Finds Compassion at Transitions	2
> Greater Spokane County Meals on Wheels Revving Up Summer Events	3
Region 2 updates	pages 3-6
> 2019 Was a Banner Year for Orion	3
> Student Dreams of Opening Nonprofit to Help Others, Give Back	4
> Closing a Cultural Gap in Health Care	5
> Teens Building Healthy Communities	5
> Korean Community Service Center's YouthKAN Leads Youth-led Community Forum	6
> Lake Washington Institute of Technology Deepens Their Commitment to Helping People	6

Region 3 updates	page 7
> Goodwill Hiring Event	7
> Sexual Assault Center for Pierce County is Rebuilding Hope!	7
DSHS Policy & Program Updates	pages 8-9
> Basic Food Employment and Training	8
> The Mobile CSO Diversifies its Services	8
> New TANF Assistance Opportunities for Families Experiencing Homelessness or Permanent Disqualifications	9

Woman Experiencing Homelessness in Spokane Finds Compassion at Transitions

Article submitted by Miryam's House

Tracy came to Transitions' Miryam's House program needing to be in a supervised facility to be able to visit her daughter. She had previously been in a six-month inpatient program to support her mental health – she experienced a childhood trauma, a serious brain injury and recent bouts of jail time.

When Tracy's mom had a health crisis, she didn't think that the staff at Miryam's would understand her need to see her mom. So, she snuck out through her bedroom window.

Tracy expected to be evicted that day. In truth, she believed that she wasn't good enough to deserve any good things, including living in a home like Miryam's.

But staff listened to Tracy, asked her why she thought she had to sneak out and supported her through that emotional process. Together, they made a Second Chance Action Plan as a contract for her to stay in the house – she had to be home by 4:00 p.m. every day, had to be at dinner on weekdays without exception, meet with staff twice per week, etc.

And she followed through!

"Never had anyone tried to understand me before," she said, but because the staff at Miryam's had, Tracy began to trust them. And then, she started to trust herself.

Today, Tracy has her own permanent apartment after years of temporary situations and graduated her outpatient program this past January. She's been clean for 18 months and is working hard to earn more visitation time and eventual reunification with her two children.

Transitions' big beautiful home on the lower South Hill of Spokane ended up being the family and friends Tracy needed. There, she discovered that people can be genuinely compassionate, learned how to recognize and pinpoint why her risky behaviors manifest, and most of all, she found out that she does deserve good things.



You Deserve Good Things

Transitions works to end poverty and homelessness for women and children in Spokane. To achieve this mission they operate six programs – Women's Hearth, Miryam's House, Transitional Living Center, EduCare, New Leaf Bakery Cafe and Home Yard Cottages – moving lives forward from homelessness and poverty to hope and self-sufficiency.

Contact: Sarah Lickfold, Development Director

Email: slickfold@help4women.org

Phone: (509) 994-9580

Website: www.help4women.org



Best Foot Forward

Article submitted by Greater Spokane County Meals on Wheels



Step up to help vulnerable seniors in Spokane County at the 2020 Greater Spokane County March for Meals on March 6. Both the Northtown and Spokane Valley Malls will be filled with walkers, prizes and fun from 8 a.m. to 10 a.m.

- Each walker receives a swag bag.
- Trophies will be award for Most Participation, Most Enthusiastic, Most Laps and our new youth category.
- Door Prizes are given away every 10 minutes.

Registration forms are available online at GSCMealsOnWheels.org or at our headquarters at 12101 E. Sprague Ave., Spokane Valley, WA 99206.

Greater Spokane County Meals on Wheels Revving up Summer Events

Article submitted by Greater Spokane County Meals on Wheels

GSC Meals On Wheels is gearing up for the summer with our Valve Cover Races and Great Spokane Road Rally. Valve cover racing is much like the pinewood derby, but the cars are made out of valve covers and decorated by kids and kids at heart.

“Our goal is to have five different races throughout the summer at various car shows,” said Janet Dixon, Director of Development for GSC Meals on Wheels. “This is a great family activity and open to everyone.”

On July 11, 2020, GSC Meals On Wheels will offer its annual Great Spokane Road Rally that is a combination of the Amazing Race and a scavenger hunt. Teams start at a central location and have to find “pit stops” from the clues provided. Once at the stop, each team has to participate in a challenge.

For more information on all the GSC Meals on Wheels events, check out the website at GSCMealsonWheels.org/Events.



2019 Was a Banner Year for Orion

Article submitted by Cynthia Kim, Orion Program Manager

Orion believes that everyone should have the opportunity to work, and in 2019, over 400 individuals living in King, Pierce and Snohomish counties received employment services via the Auburn and Mukilteo locations. Recognized as an impactful and strong contributor to the community, Orion won several awards this past year: the Community Impact Award from Seattle Business Magazine; the Community Impact Award from the Center for Advanced Manufacturing Puget Sound; and the Auburn Area Connect Spotlight Impact Award.

From Jan. 13 through April 18, 2020, Orion’s Auburn location is partnering with the United Way of King County to provide free tax preparation services on-site. No appointments are necessary, but the site can become crowded, especially during February and April. Hours are 5–9 p.m. Monday; 5–9 p.m. Wednesday; and, 9 a.m.–4 p.m. Saturday.

For additional information (including eligibility information and what ID or documents you should bring), visit: Tax Help – United Way of King County.

To learn more about Orion and our programs, please visit www.orionworks.org.

Student Dreams of Opening Nonprofit to Help Others, Give Back

Article submitted by Jean Munro, M.Ed., Highline College



From foster care to homelessness, Jannine Cornethan has had more than her fair share of heartache. But that hasn't stopped her from pursuing her dreams of opening a nonprofit for at-risk youth.

"My goals motivate me and my kids motivate me," Cornethan, 38, said.

Those goals include graduating with her associate degree in human services at the end of the fall quarter and immediately starting on her applied bachelor's degree in youth development the winter quarter of 2020, also at Highline College.

Upon graduating with her bachelor's degree, Cornethan plans to work in the human services field until she can open her own nonprofit with a mission to provide more access to afterschool activities for children who come from low-income families or the foster care system.

"I feel that if kids have more opportunities, it'll keep them out of the streets, so that's what I want to focus on," Cornethan said, adding that her own life experiences are a major factor in her desire to open such a nonprofit.

Originally from Seattle, the Redmond resident currently lives in transitional housing and keeps herself busy as a WorkFirst work study student and employee. When she's not at Highline, she's likely driving her young teens to basketball tournaments or supporting her oldest, who recently began his first year at the University of Oregon on \$118,000 in scholarships to study information technology.

But things haven't always looked so bright.

"I've been in foster care, so I know what they have to go through – the possibilities of what they can go through," Cornethan said, referring to the children she hopes to one day help with her nonprofit. "So, I just want to help them get over some of those barriers that might be in place, and give them somebody they can relate to."

Cornethan said her grandparents took care of her as a child because her parents just "couldn't get it together," but some issues with that household remained. By the time she was 17, she had lived in foster care and back with her mother but decided to venture out on her own when she was accepted to Washington State University.

"I went to WSU for a little bit, realized I didn't really like on-campus life and came back to work a lot," she said. "I went back to WSU to try to finish my degree, but ended up getting

pregnant with my oldest son. So, I came back and really just took care of him and worked a lot."

Five years later, she gave birth to a set of twins (now 14), and, a year later, her youngest son (now 13 years old). Cornethan said things were going OK until she met and moved in with a person who would end up abusing her. Finding herself in a domestic violence situation, the mother of four left any semblance of comfort she had in order to protect herself and her children. As they stayed with friends and family, Cornethan applied for transitional housing but was able to get an apartment before her spot on the waitlist opened.

"I think it was a little too soon though because I wasn't as financially stable as I needed to be," she said, referring to moving into the apartment. "That's what led to the most recent situation of us being homeless. I was working, but I had some medical issues that happened, so I had to give that job up; which of course, if you can't pay your rent, you've got to go."

While her oldest stayed with friends, Cornethan and her younger children slept in their car. She said she tried staying at Mary's Place in Burien and using Federal Way's Day Center for services, and eventually, it was her turn on the transitional housing waitlist. It had already been two years since she first signed up.

"The fact that rent is rising, so many people are being put in unfortunate situations," Cornethan said. "I'm grateful though because we're cool now."

During all of this, Cornethan had also been working with Washington State Department of Social and Health Services, which referred her to Highline's career path services in summer 2018. As part of the Women's Programs and WorkFirst Services, Cornethan was able to get a job working part-time at the college and have her entire tuition paid. But she still needed money for basic necessities, like a vehicle for transportation, moving costs to the transitional housing and all that comes with raising teenagers.

Taking a chance and telling her very personal story, Cornethan applied for and won both a local and regional Soroptimist International scholarship. The local one, supported by the Federal Way and South Seattle chapters, was for \$2,000, and the regional was for \$5,000.

"I was shocked and couldn't believe that I had won, and to find out that I had won regionals was humbling," Cornethan said. "I knew then that my journey would continue and I will succeed."

Cornethan said she found out about the scholarships through a program coordinator, adviser and retention specialist for Women's Programs and WorkFirst Services. Initially, she wasn't going to apply because she didn't think she would win but now she's certainly glad she did.

"I will forever be grateful to Women's Programs and to Soroptimist as, due to them, I am able to continue and complete my dreams," she said.

For more information about Highline College, follow these links:
<https://womenswkfirst.highline.edu/index.php>
<https://appliedbachelorsapp.highline.edu/>
<http://findyourpath.highline.edu/>

Closing a Cultural Gap in Health Care

According to the U.S. Bureau of Labor Statistics, [health care will add 2.4 million new jobs and grow 18% from 2016 to 2026](#), more than any other occupational group. The agency says this projected growth is due to an aging population that is placing greater demand on services. As a result, many areas of the U.S. are experiencing a shortage in primary care physicians, registered nurses and other certified health workers.

This labor shortage is occurring as minorities continue to face

health care disparities. Research suggests that medical providers who give patients culturally competent care — which respects a person’s heritage and values — often see improved patient outcomes.

“In increasing the numbers and diversity of qualified health professionals, ICHS is helping close persistent cultural gaps to create more vibrant communities that benefit us all,” said Teresita Batayola, ICHS CEO.



Teens Building Healthy Communities

Students at Seattle World School seek empowerment as they explore health care careers

Article submitted by International Community Health Services



The conversation in Kim Hua’s classroom is a steady hum. Students sit in animated circles of five or six with health care workers from International Community Health Services. Hua is the career center specialist at Seattle World School and the class is part of an innovative career preparation program called “Building Leadership: Building Healthy Communities.”

For the students, it’s a valuable chance to get an inside track on careers in a fast-growing field that needs workers. It’s also an opportunity to learn how they can play a role in removing barriers to health care for people of color. Ninety-eight percent of Seattle World School students are immigrants or refugees, and 97% qualify for free or reduced lunch.

Tran Cao, a 10th grader, who was born in Vietnam, plans to attend college after high school. She says she’s here to get a jump on her future.

“I want to be a dental hygienist,” she says, when asked what area holds the most interest.

ICHS is hoping that the program, made possible by a two-year partnership with the school and a \$70,000 grant from the Sheng-Yen Lu Foundation, will give students hands-on experience and training in medicine as it helps the non-profit health center address a growing demand for culturally competent care. ICHS also provides students with care at Seattle World School’s onsite school-based health center.

“ICHS is committed to training the next generation of health care providers,” said Teresita Batayola, ICHS CEO. “What better way to do this than by partnering with our school-based health



center. By supporting youth of color, we expand who has access to education and jobs in this sustainable and desirable field as well as create new leaders who can provide transformative health care in their communities.”

The program combines classroom instruction with hands-on learning, job shadowing and mentorship. The Vietnamese Friendship Association will also provide career counseling so students can apply for health care jobs and secondary education programs.

Today, a half-dozen guests from ICHS represent a variety of health care fields and a variety of cultures. They each addressed the class of mostly juniors and seniors, sometimes in their native language.

“I hope I can bring a message,” said Viktoriya Garkavi, dental clinical support supervisor at ICHS’s Bellevue Clinic. “A job takes a big chunk of life. You have to like it to succeed.” Garkavi, a first-generation immigrant, originally came to the U.S. from Ukraine.

Students appeared to embrace the opportunity. An observer overheard students enthusiastically asking questions that ranged from inquiries about education requirements to job stability.

“While students at Seattle World School are extremely motivated to pursue their dreams, they may lack awareness of their options,” said Kate Ceronsky, nurse practitioner at ICHS and one of the program’s founders. “We are giving them tools for exploration as well as a stepping stone for the future.”

About ICHS

International Community Health Services provides culturally and linguistically appropriate health services to improve the wellness of King County’s diverse people and communities. ICHS’s commitment to health equity includes supporting safer neighborhoods, nutritious foods, green spaces, jobs, housing and economic opportunity. Since its founding in 1973, ICHS has grown from a single storefront clinic in Seattle’s Chinatown-International District with deep roots in the Asian Pacific Islander community, to a regional health care provider employing more than 600 people and serving nearly 32,000 patients at 11 clinic locations. For more information, please visit: www.ichs.com.



Korean Community Service Center's YouthKAN Leads Youth-led Community Forum

Submitted by Korean Community Service Center

YouthKAN (Youth Korean Action Network) leadership of Korean Community Service Center hosted a completely youth-led forum on Nov. 9, 2019, at Southside Commons Seattle. Approximately 60 Asian American youth and families were in attendance. A free dinner was provided while important conversations about identity and mental health were shared.

The attendees shared and listened to stories of pressure, stress, anxiety and hope. Connections were made. We heard about the Korean experience and other ethnic Asian youth experiences were represented in the storytelling. After wrestling with these stories of identity and hope, the community left with a better understanding of the issues that impact Korean youth, and they shared that they felt inspired, empowered and proud at the end of the evening.

We also hosted a special read-through of Heidi Park's theater pro-

duction "Black Sheep" with actor Aimee Decker. This production is Park's life story as an adopted child from South Korea being raised by a white family in rural Minnesota.

The leadership of YouthKAN has been meeting regularly since June 2019 with the purposes of identifying the issues that resonate most deeply with our youth and strategizing efforts for policy and culture change. The youth have been exploring their identities and values through storytelling. Through telling the stories of our embodied experiences, one issue that we have identified is the pressure that is placed on Korean youth to perform. We are beginning to see this pressure manifest as health and equity issues.

We invite the community to further explore this with us. Contact kcsyouthkan@gmail.com if you have any feedback or want to collaborate on bringing about change in our community.



Lake Washington Institute of Technology Deepens Their Commitment to Helping People

Lake Washington Institute of Technology is excited to announce the hiring of Workforce Development Specialist Crystal McKeag. Our Workforce Development Department is dedicated to helping all students reach their educational goals and recognizes that education is one way to help people overcome poverty. With the addition of this new position to our team, we deepen our commitment to helping people be successful inside and outside of the classroom. Crystal is committed to assisting Able-bodied Adults without Dependents navigate the work requirements around maintaining their food benefits and connecting them with community partners that can help with any additional challenges they may be facing. Additionally, Crystal is addressing food insecurity on campus by helping students to connect with community organizations providing food assistance, our on-campus food pantry and by helping them apply for SNAP (Basic Food assistance) via [Washington Connection](#).

Finally, Crystal's role on campus is creating connections between people needing assistance and the resources that can help them overcome

obstacles. Crystal is also excited to help with the Quarterly Community Resource Fairs hosted at LWTech.

We have two remaining events for the 2019-2020 school year, Feb. 25, 2020 and May 19, 2020. These resource fairs provide the opportunity for community-based organizations to connect, not only with the LWTech students and staff but with the community at large. If your organization is interested in participating in a Community Resource Fair at LWTech, please contact Crystal via email at crystal.mckeag@lwtech.edu or at (425) 739-8100 ext. 8474.



Lake Washington Institute of Technology • 11605 132nd Ave. NE • Kirkland, WA. 98034 • 425-739-8100 • www.LWTech.edu

Goodwill Hiring Event!

Submitted by Goodwill

Hire 253 Job Fair/Hiring Event will take place 10 a.m. – 2 p.m. March 31 at Goodwill’s Milgard Work Opportunity Center located at 714 S. 27th St., Tacoma, WA 98409.

HIRE 253 brings multiple employers together under one roof to meet applicants and fill needed positions. Come prepared to interview with your resume and references.

For further questions, please call (253) 573-6500.



Sexual Assault Center for Pierce County is Rebuilding Hope!

Submitted by Sexual Assault Center for Pierce County

Rebuilding Hope! The Sexual Assault Center for Pierce County has served survivors and their families since 1972 and have adapted services to meet the community’s needs over the years.

Rebuilding Hope! is excited to announce that we will be hiring a new Executive Director in 2020 to lead our agency and our direct service efforts to the next stage.

Over the past six months we have hosted several successful events, including a Community Reception in October at the Historic 1625 Tacoma Place and we received an overwhelming



response in attendance. Guests enjoyed conversation, refreshments and a lecture by our very own Stephanie Sacks, Clinical Director of Therapy Services, which highlighted the ripple effect that sexual violence has on a community. We are looking forward to hosting the following events to kick off 2020:

- In February and June 2020 we will host another cohort of the Basic Sexual Assault Awareness Training, which is a state-certified Core sexual assault curriculum that can certify individuals seeking advocate positions at any Community Sexual Assault Program across the state as well as offer additional specialized training to professionals seeking knowledge on sexual assault in our community. More information about cost and registration can be found at www.sexualassaultcenter.com.
- From 11:30 a.m. – 1 p.m., March 12, at the Murano Hotel we will host an organizational luncheon to share our work with the community and inform participants how they can support fighting sexual violence with us in Pierce County. There is no cost to attend this luncheon. More information can be found on our website.
- From 9 a.m. – 5 p.m., April 1, at our Tacoma office, we will host “Count Me In!” a 2020 Census Day celebration and opportunity for community members to enjoy refreshments and access private stations to participate in the online count.

Program Updates:

The Sex Trafficking Program serves anyone age 13 and older who has experienced or is currently experiencing commercial sexual exploitation as well as at-risk youth. 2019 saw much-needed expansion in our services and as a result we moved off-site to a new drop-in center. We now offer a confidential location, laundry services and a safe place for our clients to rest and access staff support as well as basic needs items. We are excited to be partnering with DSHS to reduce client barriers when seeking benefits.

For prevention education, we have established several new school partners and had the opportunity to hold prevention education trainings at local Pierce County schools such as Franklin Pierce High School, Gray Middle School, Mt Tahoma High School, Kalles Junior High and Glacier View Middle School.

The Advocacy Department is accepting applications for volunteer or intern advocates to join our team and begin training with the February BSAAT 2020.

We continue to offer specialized sexual assault therapy services to survivors and their families at our Tacoma office. We accept some private insurance, Crime Victims Compensation and offer a generous sliding scale fee to ensure that finances are not a barrier to clients seeking specialized treatment. You can learn more by contacting an advocate on our 24/7 hotline at (253) 474-7273.

Basic Food Employment and Training

The Basic Food Employment and Training program provides employment readiness opportunities to Basic Food (SNAP) recipients who are not participating in the Temporary Assistance for Needy Families program.

BFET services are provided through contracted community and technical colleges and/or community-based organizations. BFET is an important part of the state's comprehensive workforce development system helping low-income individuals, displaced workers and employers reach their human potential by encouraging economic well-being through skill acquisition, personal responsibility and gainful employment.

NEW this Federal Year for BFET

Our partners requested and the BFET policy team delivered

As of Oct. 1, 2019, BFET has a full 365 days of Job Retention Services available. As individuals transition from being eligible for food assistance to attaining a living-wage career/employment they can access the following activities:

- Counseling;
- Coaching;
- Case management; and
- Participant reimbursements.

The job retention services are used to assist and support employed participants to achieve satisfactory job performance and increase earnings. It can be a scary and a tough journey transitioning into employment and this safety net will help ensure an individual's success.

The extension services involve the opportunity to attend Financial Empowerment Training as added support for an individual to transitioning into their career.

For more information or to inquire about becoming a provider, you can go to <https://www.dshs.wa.gov/esa/community-partnership-program/basic-food-employment-training-bfet>.



The Mobile CSO Diversifies its Services

The Mobile CSO continues to truck along providing additional DSHS service access points. There are two Mobile CSO trucks, one for each side of the state, east and west. Each mobile office focus on the unique needs of its geographic area, delivering services and outreach to under-served communities. We also provide a strategic opportunity to get support to working families in rural areas, our aging citizens and the homeless. Most recently, the Mobile CSO has added another option to our service delivery model which has been coined a "CSO in a Box."

The CSO in a Box is an event done without the truck, typically inside partners' facilities. The idea isn't entirely new as there are always some events that cannot accommodate the truck, and for those times we've been able to do events with a few laptops using a hotspot. This has allowed us to get by in the past but it was somewhat limiting as only one or two users can connect per hotspot, plus the other major factor was not having printing capabilities.

The CSO in a Box concept, on the other hand, takes it to another level by using a dedicated Pepwave cellular router and switchbox without having to be dependent on mobile hotspots. This allows the flexibility to have multiple users and incorporate a network dedicated printer to print applications, reviews and letters. This has been a game changer!

With this new capability, we can now incorporate more non-truck events which ultimately allows us to pursue more events. For more information on the Mobile CSO, please visit our website at www.dshs.wa.gov/MobileOffice and be sure to like us on Facebook at www.facebook.com/dshsmobileoffice.



BFET brochures for each region are available at the Dept. of Printing Fulfillment Center. Go to <https://www.dshs.wa.gov/os/publications-library>



New TANF Assistance Opportunities for Families Experiencing Homelessness or Permanent Disqualifications

This past summer, the DSHS Community Services Division implemented changes to the Temporary Assistance to Needy Families and WorkFirst programs designed to positively affect the lives of low-income families in the Washington state. As of July 28, 2019, families who are currently experiencing homelessness and have used over 60 months of TANF assistance may qualify for additional months of TANF under new time limit extension criteria. This provides a critical support to families in crisis due to homelessness.

For purposes of this TANF program change, homelessness means:

- living outside;
- living in a building or other location not meant for human habitation;
- living in a building or other location that you have no legal right to occupy;
- living in an emergency shelter; or
- living in a temporary housing program, which may include a transitional or supportive housing program with a limited duration of stay.

Also effective July 28, 2019, WorkFirst participants are no longer permanently disqualified from the TANF program due to reoccurring non-compliance with participation requirements. This means families who have struggled to meet participation requirements in the past and as a result were permanently disqualified from receiving TANF and WorkFirst support services may now reapply for TANF. This provides an opportunity for families to receive the supports they need to work and navigate the path toward economic stability.

CSD reached out to families and various stakeholder partners, including coordinated entry providers, housing service providers and related community-based organizations to spread the word regarding these program changes. CSD is also working towards improving coordination with these various community partners to better serve families in need.

Partners who serve families impacted by these changes are asked to encourage families to consider applying for assistance. This can be done by:

- Calling the Customer Service Contact Center at 1-877-501-2233;
- Completing a new application at WashingtonConnection.org; and
- Visiting a local Community Services Office.

For additional information, a flyer describing these changes is also available via the DSHS Publications Library.

Partnership in focus



Are you a Washington Connection Community Partner? Does your organization have an inspiring community story or an upcoming event to share? Would you like to share your short story in this newsletter? Please contact Stephanie Hart at Stephanie.Hart@dshs.wa.gov for more information.

Articles are written and submitted by our community partners with permission for the Department of Social and Health Services to publish.