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Greetings Issaquah families and friends!

Enclosed are local and county resources, along with upcoming events, in a multitude of areas, to locate community services, and support family emergencies and ongoing needs. This month, we’ve focused on locating grocery and meal services, donations, family medical services. Questions, comments, and suggestions. Be sure to share resources with your neighbors, schools, and community, as sometimes we never know who needs a helping hand.

Thank you for joining us on our collective journey, building community through giving!

Darci and Tracie

Issaquah Council Outreach

**Groceries and Meal Services**

[**Meal Program**](https://issaquah.wednet.edu/family/supports/meals) **Issaquah School District offers FREE breakfasts and lunches to all children 18 and under, regardless of income or enrollment.**Extended program through end of school year**.**

[**Issaquah Food & Clothing Bank**](https://www.issaquahfoodbank.org/)**Shoppers receive 2 weeks’ worth of food and diapers,** Tuesdays/Thursdays, 12-4:00 PM, every other week. **New schedule, info**[here](https://www.issaquahfoodbank.org/temporary-closure-faqs)**. Delivery service during the COVID-19** is separate from [Groceries to Go](https://www.issaquahfoodbank.org/groceries-to-go). Prepackaged boxed deliveries contain same food items available for pick-up - **info**[here](https://www.issaquahfoodbank.org/covid-19-delivery-requirements?fbclid=IwAR1EFzESBOvaiaiaXowc1Mo6WcqjJf-ptB02ZcXiitvisBg2guKzOkysRmE)**.** [**Financial gifts**](http://r20.rs6.net/tn.jsp?f=001nzdHsO9r3jpJqxhKmkp0kA6o0PZGLjU5CUL3ruvrE5Grx0f6Cw0i-Uq8fqMEWZyvUdFhr2nhartsI9DaQEyxuF_YV2WPX2fKCZ6oTzIfd-OgEKI_-M5U0oTIad8nkyy6GGrwsTBlSAIoBpBBQluCeIrIpeotBS36fkjuUbX8eN28ZbuX-QUlPQ==&c=WS3xDu42wol2BKKaSSFOxvTOlJ4wEq6FeUJsDY3t1appEd0NwclBng==&ch=BGez98oeJIPhVLi9M18__c52PQVH2gk3n_6ri4CinbPFIrTQtgBmmg==), purchase [**Emergency Needs List**](http://r20.rs6.net/tn.jsp?f=001nzdHsO9r3jpJqxhKmkp0kA6o0PZGLjU5CUL3ruvrE5Grx0f6Cw0i-YYFyCBJYaAQ5yu4BbzKUTG2ge5eGGd4ffhO88Btsci3HcKakWOn2zR1UP3OnujMsbGu-u2JPF3Ogrq8zyKT9DPnkCxxv0aqDqVoURxnqtFu9QfVM5Muz-1m_K5Akd450Q==&c=WS3xDu42wol2BKKaSSFOxvTOlJ4wEq6FeUJsDY3t1appEd0NwclBng==&ch=BGez98oeJIPhVLi9M18__c52PQVH2gk3n_6ri4CinbPFIrTQtgBmmg==) online, and shipped from vendor. **Volunteers needed, info**[here**.**](https://www.issaquahfoodbank.org/temporarily-unavailable)Questions, Lisa, [lisa@issaquahfoodbank.org](mailto:lisa@issaquahfoodbank.org), or sign-up [here](https://signup.com/client/invitation2/secure/3229072/false#/invitation)**.**

[**Power Packs PLUS!**](https://www.issaquahfoodbank.org/special-programs/)Power Packs PLUS provides about a week's worth of kid-friendly breakfasts, lunches, and snacks to any child in our service area. Power Pack Plus may be picked up anytime food services are open, between 8:00 AM -4:00 PM, at 179 1st Ave SE, Issaquah, WA 98027.  No registration necessary. Questions, contact [Issaquah Food and Clothing Bank](https://www.issaquahfoodbank.org/), [Email Erin,](mailto:erin@issaquahfoodbank.org?subject=program%20question) or call 425-392-4123 x16.

[**Hopelink Mobile Market**](https://www.hopelink.org/mobile-market)  Groceries for the holidays. Join Hopelink without ID, or registration paperwork. Services operates outside, and masks are required.  Questions, email Tom Foot, [TFoot@hopelink.org](mailto:TFoot@hopelink.org).

[**Little Free Pantry**](https://www.littlefreepantry.org/) G**ive what you can; take what you need**. We’re a group of community members working to address food insecurity by placing small food pantries, accessed 24/7, in our neighborhoods, meeting short term needs for food and hygiene. We’ve raised nearly $6000 through crowdsourcing, returning 100% to new pantry builds. Past six months, we placed over 100 Little Free Pantries in Puget Sound, partnering with communities and groups to fill the gap social services, food security organizations, and local governments cannot meet **We’re looking for help to expand our network into other neighborhoods.**

[**Emergency Food Access Resources**](https://www.kingcounty.gov/depts/health/covid-19/support/emergency-food.aspx) support King County residents. Website regularly updates, as more become available. Reminder: Please continue to check-in with neighbors, as food insecurity affects our community.

[**Covid-19 Seattle-Area Emergency Food Resources**](https://public.tableau.com/profile/city.of.seattle.human.services#!/vizhome/Covid-19Seattle-AreaEmergencyFoodResources/COVIDEmergencyFood)**. City of Seattle Human Services**

[**Food Truck Program**](https://bellevuechurch.net/oppc-community-reach) Printed meal vouchers are distributed to local non-profits, individuals, families for food support. Vouchers contain all information needed to visit our food trucks, receiving food without cost.

**Helping Local Farmers**

[**Local Food Finder**](https://kingcounty.maps.arcgis.com/apps/webappviewer/index.html?id=353ae3c28bf548cfb1e96a0d5b554bfe)**, interactive map offers convenient ways for residents to support local farms hit by the COVID-19,** disrupting farmers markets and restaurant. Residents can have fresh food and flowers delivered from local farms or place an online order for pick up directly at farm. Fresh, local farm to table.

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**Donations and Services**

[**Eastside Baby Corner**](https://babycorner.org/) **needs at least 3,000 toys this giving season to bring children joy!**EVERYONE can help. Start a collection drives at place work, worship, or community gathering for new toys, bookies, stuffies and games. Socks, gloves, mittens and pants, sizes 3-6, boys and girls needed. **Learn more:**[Be a Holiday Helper.](https://eml-pusa01.app.blackbaud.net/intv2/j/8724C6E6-AF91-4A9F-ADD2-D929A9984DAE/r/8724C6E6-AF91-4A9F-ADD2-D929A9984DAE_310f0e27-3601-45f4-b601-b4a4d092d90a/l/3CDB8255-8548-44CF-9678-A79FD89D794B/c)

[**Issaquah Food & Clothing Bank**](https://www.issaquahfoodbank.org/). [ONE-TIME DONATION DROP-OFFS](https://www.issaquahfoodbank.org/emergency-needs-list) IFCB invites donors to join in one-time donation drop-off. Bring food and personal care items from Emergency Needs List to AtWork warehouse December 15th, from 1-3:00 PM. Questions, email Rebecca.  Warehouse, 930 7th Ave NW, 98027. **Consider making** [**Financial gifts**](http://r20.rs6.net/tn.jsp?f=001nzdHsO9r3jpJqxhKmkp0kA6o0PZGLjU5CUL3ruvrE5Grx0f6Cw0i-Uq8fqMEWZyvUdFhr2nhartsI9DaQEyxuF_YV2WPX2fKCZ6oTzIfd-OgEKI_-M5U0oTIad8nkyy6GGrwsTBlSAIoBpBBQluCeIrIpeotBS36fkjuUbX8eN28ZbuX-QUlPQ==&c=WS3xDu42wol2BKKaSSFOxvTOlJ4wEq6FeUJsDY3t1appEd0NwclBng==&ch=BGez98oeJIPhVLi9M18__c52PQVH2gk3n_6ri4CinbPFIrTQtgBmmg==), purchasing food & other supplies from [**Emergency Needs List**](http://r20.rs6.net/tn.jsp?f=001nzdHsO9r3jpJqxhKmkp0kA6o0PZGLjU5CUL3ruvrE5Grx0f6Cw0i-YYFyCBJYaAQ5yu4BbzKUTG2ge5eGGd4ffhO88Btsci3HcKakWOn2zR1UP3OnujMsbGu-u2JPF3Ogrq8zyKT9DPnkCxxv0aqDqVoURxnqtFu9QfVM5Muz-1m_K5Akd450Q==&c=WS3xDu42wol2BKKaSSFOxvTOlJ4wEq6FeUJsDY3t1appEd0NwclBng==&ch=BGez98oeJIPhVLi9M18__c52PQVH2gk3n_6ri4CinbPFIrTQtgBmmg==), shipped from vendor. **Volunteers needed, information**[here**.**](https://www.issaquahfoodbank.org/temporarily-unavailable) Questions, contact Lisa, [lisa@issaquahfoodbank.org](mailto:lisa@issaquahfoodbank.org), or sign-up [here](https://signup.com/client/invitation2/secure/3229072/false#/invitation)**.**

[**“Sleep Tight” Drive**](http://www.babycorner.org)**, from Sammamish Kiwanis Community Support and Eastside Baby Corner, from December 5-12, 2020.** We’re collecting all new infant and children's pajamas along with books, toothbrushes, toothpaste, and bedding to ensure children wake ready to thrive. This drive will support 1500 local children

[**Influence The Choice**](https://www.influencethechoice.org/)**Lunch & Learn: Dec 16, 2020 12:00 PM.** Learn evidence-based prevention & promotion practices employed to support youth & families, and programs/ initiatives contributing to our success. **Register**[here](https://us02web.zoom.us/meeting/register/tZcoduGuqD8uGNDBNFleiejKFRpt0NccJm0b)**.**

[**Friends of Echo Glen**](https://www.echoglen.org/)**:**Friends of Echo Glen are 100% volunteer, helping youth rewrite the scripts of their lives. [**Wish List During the Pandemic**](https://www.echoglen.org/wishlist/?fbclid=IwAR302GVc2QYaBGc8eA6DQDEX-a_l-Ht2T1naEiiEZcCmOrBzwar9d0pubKw)**:** Help EG staff keep residents active, when volunteers are unable to provide usual activities & attention. New & nearly new items are requested. Questions, Susan [susan@smilepower.org](mailto:susan@smilepower.org). Thank you!

[**Issaquah Sammamish Food Project**](https://issaquahsammamishfoodproject.org/)**Sharing Food. Building Community.** Second Saturday of each even month, Neighborhood Coordinators pick-up healthy nonperishable food neighbors donate outside their front doors. Each time, coordinators leave empty green bags, and transport food to local Food Banks. Join our neighborhood communities, or start one where you live. It’s as easy as one click away.

[**Cultural Navigator Program**](https://cisc-seattle.org/programs/cultural-navigator-program/)**:** Community members with limited English language skills. Free and confidential. King County program helps navigate services, finding resources, learning about community programs. No cost.. 206 624 5633, or email [stephenl@cisc-seattle.org](mailto:stephenl@cisc-seattle.org); Russian: 425-502-0883; Spanish: 425-624-7703.

[**Help Me Grow Washington Hotline**](http://www.parenthelp123.org/family-health-hotline) 1-800-322-2588, operated by [WithinReach](http://www.withinreachwa.org/). Hotline provides up-to-date information about state-sponsored health insurance, food programs, and a wide variety of other resources.

[**The Shopper Next Door**](https://shoppernextdoor.weebly.com/)matches higher-risk individuals during COVID-19 pandemic with local volunteers to help with errands, grocery delivery, prescriptions, and more, during COVID-19. Call (425) 522-2674‬.

[**Issaquah Community Services**](http://www.issaquahcommunityservices.org/): Families are struggling with rent insecurity. Need will increase once state eviction moratorium lifts. Hard-working, unemployed neighbors may be close to eviction. Help prevent local homelessness. F*irst 10 months of 2020, ICS helped 32% more residents, more than all 2019.*  [Join US, TODAY!](http://www.nourishingnetworks.net/core/files/nourishingnetworks/uploads/files/ICS%20flyer%20no%20chart%202020.pdf)

[**COVID-19 RESOURCE GUIDE**](https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/~/media/depts/health/communicable-diseases/documents/C19/COVID-19-resource-guide-EN.ashx)  Small business owners, immigrants, refugees, unemployed. Info[**here**](https://kingcounty.gov/council/gethelp/financial.aspx). [**City of Issaquah COVID-19 info.**](https://www.issaquahwa.gov/3194/COVID-19) [**City of Sammamish COVID-19 info.**](https://www.sammamish.us/coronavirus)

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**Medical Services**

[**Issaquah Mask Distribution**](https://www.issaquahwa.gov/Calendar.aspx?EID=9311) December 10th, 11:00 AM - 3:00 PM,  Pickering Barn, [1730 10th Ave. NW, Issaquah.](https://www.google.com/maps/search/1730+10th+Ave.+N.W.%C2%A0+Issaquah?entry=gmail&source=g),  Drive-through pick-up. Interested residents can enter Pickering Barn parking lot entrance, inform staff the number of masks needed. 2 cloth reusable masks per family member. Masks required for pick-up.

[**The Garage**](http://www.issaquahteencafe.org/):  **Free virtual counseling sessions** available for high school students age 13-18 years old.  Meet with one of the Garage Counselors while maintaining Social Distancing.  **Sign up for a private, confidential session**[**here.**](https://issaquahteencafe.setmore.com/)

[**King County Mobile medical and dental van schedules**](https://www.kingcounty.gov/depts/health/locations/homeless-health/mobile-medical-care.aspx)  Check daily for updated information.

[**Stepping Stone Pediatrics Free Immunizations**.](https://www.stepping-stone-peds.com/)  By appointment: Wednesdays, 2-5:00 PM; Saturdays, 10:00 AM – 2:00 PM, at [15710 NE 24th St, Suite A, Bellevue, WA 98008.](https://goo.gl/maps/nxdRJFRcShyXwzLQ6) Offering recommended vaccines to ALL children. No insurance required. [Schedule appointments directly and quickly at website](https://steppingstonepediatrics.fullslate.com/services/4129).

[**HealthMap Vaccine Finder**](https://vaccinefinder.org/)to search for a clinic or pharmacy near you. [**ParentHelp 123 ResourceFinder**](https://resources.parenthelp123.org/services/immunization-clinics) locates pediatric and family care providing vaccines. [Community Health Centers](https://www.kingcounty.gov/depts/health/locations/community-health-centers.aspx) and other [Public Health Centers](https://www.kingcounty.gov/depts/health/locations.aspx) vaccinate uninsured and underinsured individuals enrolled as patients.

[**MAPS-MCRC Free Medical Clinic**](http://mcrcseattle.org/maps-mcrc-free-medical-clinic/)  MAPS-MCRC Clinic **provides FREE telehealth services ,** including wellness exams, prescription refills, primary care services for adults and children as well as out-patient neurology services. Appointments, register [**here**](https://outlook.office365.com/owa/calendar/MAPSMCRCHealthClinic@mapsredmond.org/bookings/)**,** For COVID-19 health care, contact Public Health’s COVID-19, at 206-477-3977.

[**Community Health Access Program (CHAP)**](https://www.kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx)connects King County residents to health insurance, health care services and other resources. 206-284-033, 1-800-756-5437, or email [chap@kingcounty.gov](mailto:chap@kingcounty.gov).

[**Help Me Grow Washington Hotline**](http://www.parenthelp123.org/family-health-hotline) 1-800-322-2588. [WithinReach](http://www.withinreachwa.org/) hotline provides up-to-date information about state-sponsored health insurance, food programs, and a wide variety of other resources.

[**Community Health Centers**](https://www.kingcounty.gov/depts/health/locations/community-health-centers.aspx) and other [**Public Health Centers**](https://www.kingcounty.gov/depts/health/locations.aspx) vaccinate uninsured and underinsured individuals enrolled as patients.

Issaquah Council PTSA

Outreach

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