

# Basic Food Employment and Training (BFET)

## 2018 Forum



Spokane Convention Center • Spokane, WA  
May 15 – 17, 2018



# Welcome!

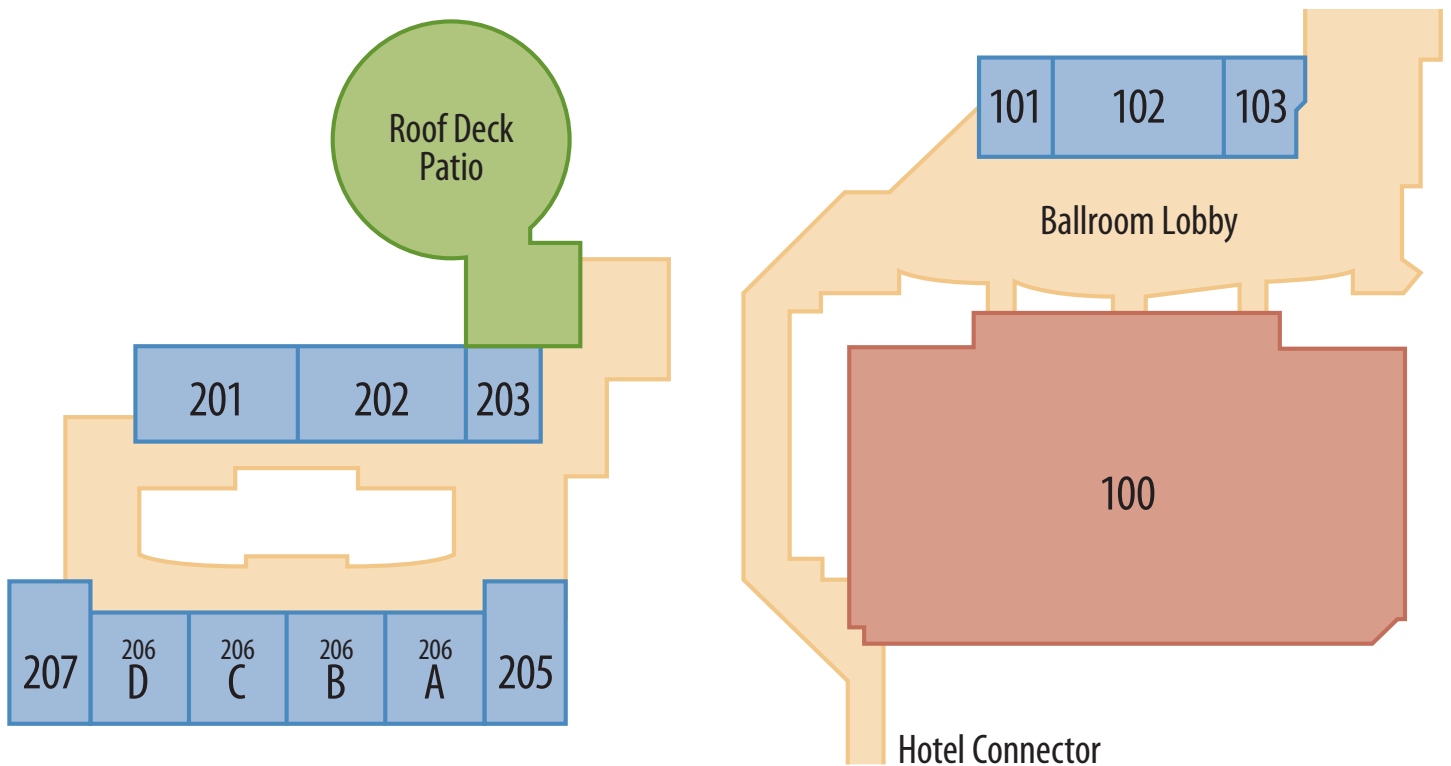
Welcome to the 7th Annual Basic Food Employment and Training Forum. We intend for this event to give providers, partners, and stakeholders opportunities to enrich their knowledge of, and role within, Washington State's employment and training program. This year we are back to basics but with a more in depth look. Some new sessions include:

- eJAS 201: Caseload Maintenance
- ABAWD: Expansion Preparation
- Employer Engagement
- Legal Resources
- Keynote: Focus on resilience
- General Session: "Secret rules" to Building Bridges Out of Poverty.

Thank you again for joining us in our ongoing mission to Transform Lives.

~ The BFET Forum Planning Committee

## Spokane Convention Center Floor Plan



## Basic Food Employment and Training (BFET) Colleges and Community Based Organizations (CBOs)

Total Sites = 158  
(as of September 2017)

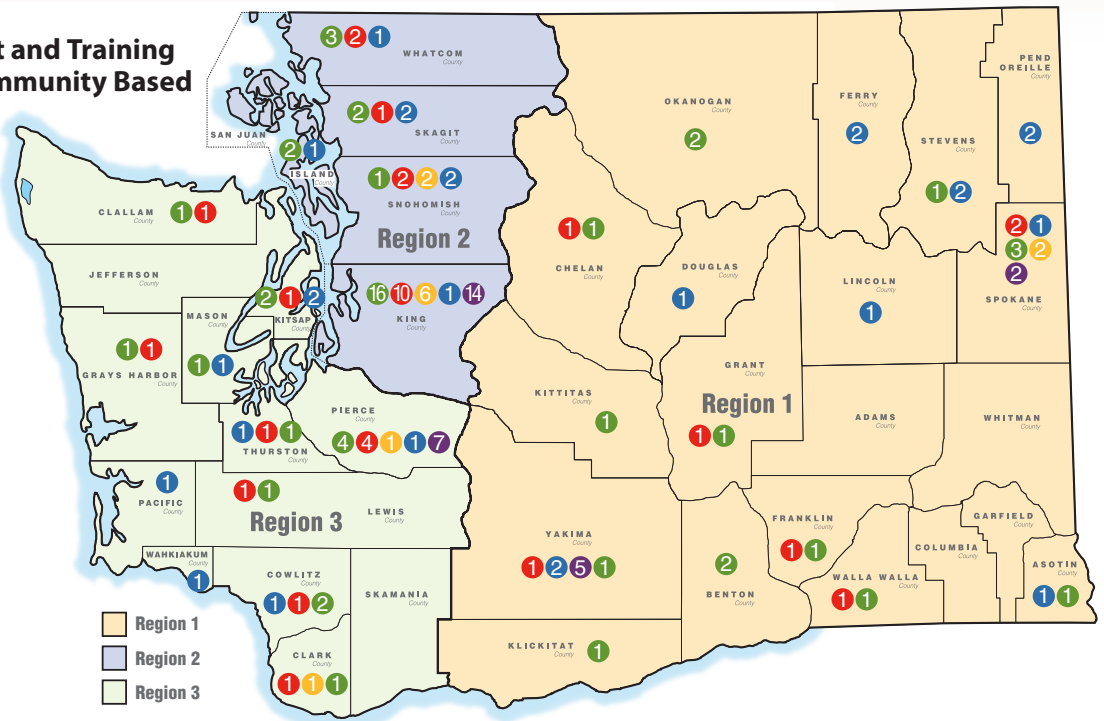
Colleges = 33

Regular CBOs = 56

ORIA CBOs = 12

Remote Sites = 27

RISE Providers = 28



## Day 1 • Tuesday, May 15

- 7:30 am – 8:00 am **Registration - First Floor Lobby • Ballroom Lobby 103**
- 8:00 am – 9:00 am **Opening/ Breakfast • Main Ballroom**
- 8:30 am – 9:30 am **DSHS Welcome Babs Roberts • Main Ballroom**
- 9:30 am – 10:30 am **DSHS Data Walk Lori Pfingst • Main Ballroom**
- 10:30 am – 10:45 am **Physical Activity Break Bonnie Clark • Main Ballroom**
- 10:45 am – 11:45 am **Food and Nutrition Services National Update Jackie Windfeldt • Main Ballroom**
- 11:45 am – 2:00 pm **Networking Lunch**
- 2:00 pm – 3:00 pm **BFET 101 • Main Ballroom**  
**Serving LGBTQ+ Population • 206A**  
**Fiscal 101 • 206B**  
**Supporting Refugee and Immigrant Success in Washington • 206C**  
**eJAS 101 – Basics and Navigation • 206D**
- 3:00 pm – 3:15 pm **Break**
- 3:15 pm – 4:15 pm **eJAS: RISE to BFET Enhancements • Main Ballroom**  
**Legal Resources – Northwest Justice Project • 206A**  
**Fiscal 201 • 206B**  
**Standardization in Documentation • 206C**  
**Integrated Service Delivery: Changes for Better Customer Service • 206D**
- 4:15 pm – 4:30 pm **Break**
- 4:30 pm – 5:30 pm **Employment Pipeline • Main Ballroom**  
**Résumé Writing: Problem Résumés • 206A**  
**RISE Transition to BFET / Coenrollment • 206B**  
**Child Care Subsidy Program • 206C**  
**SNAP Education and Outreach • 206D**

## Day 2 • Wednesday, May 16

- 8:00 am – 8:30 am **Breakfast** • Main Ballroom
- 8:30 am – 10:00 am **Keynote: Victory By Design** *D.J. Vanas* • Main Ballroom
- 10:00 am – 11:00 am **Client Success Stories** • Main Ballroom
- 11:00 am – 11:15 am **Break**
- 11:15 am – 12:15 pm **File Organization** • Main Ballroom  
**Serving LGBTQ+ Population** • 206A  
**Fiscal 101** • 206B  
**Workforce Innovation and Opportunity: WIOA Chat** • 206C  
**Integrated Service Delivery - Practical Application** • 206D
- 12:15 pm – 1:30 pm **Lunch**
- 1:30 pm – 2:30 pm **Washington Labor Market** • Main Ballroom  
**Engaging Youth in BFET “The Career Launchpad Method”** • 206A  
**Child Care Subsidy Program** • 206B  
**ABAWD – Expanding Counties** • 206C  
**WorkFirst to BFET** • 206D
- 2:30 pm – 2:45 pm **Break**
- 2:45 pm – 3:45 pm **From Traction to Action: Engaging with Employers** • Main Ballroom  
**Legal Resources – Northwest Justice Project** • 206A  
**Fiscal 201** • 206B  
**Standardization in Documentation** • 206C  
**eJAS 201 – Ongoing Caseload Maintenance** • 206D
- 3:45 pm – 4:00 pm **Break**
- 4:00 pm – 5:00 pm **College Guidance** • Main Ballroom  
**Washington Labor Market** • 206A  
**eJAS: RISE to BFET Enhancements** • 206B  
**BFET Q&A** • 206C  
**Adverse Childhood Experiences (ACEs)** • 206D
- 6:00 pm **Networking Reception** • Davenport Grand Terrace *(Sponsored by FareStart)*

## Day 3 • Thursday, May 17

- 9:00 am – 9:45 am **Breakfast Wrap-up and Next Year Information** • Main Ballroom
- 9:45 am – 11:45 am **Bridges Out of Poverty** • Main Ballroom
- 11:45 am – 12:00 pm **Reminders** • Main Ballroom
- 12:00 pm **Forum Concludes**

# Keynote Speaker



## D.J. Eagle Bear Vanas

D.J. Eagle Bear Vanas is an internationally-acclaimed motivational storyteller whose expertise is in leadership and personal development. He is also the author of the celebrated book *The Tiny Warrior: A Path to Personal Discovery & Achievement* which is printed in six countries. His latest book, *Spirit on the Run*, is his first novel.

D.J. is a tribally-enrolled member of the Odawa Nation and a former military officer. He shows organizations how to practically apply the power of the warrior spirit to perform at their best, stay resilient and thrive in tough, changing environments. For twenty years, he's delivered his dynamic programs in 49 states and overseas to over 7,000 audiences including Walt Disney, NASA, Intel Corporation and hundreds of tribal governments, communities and schools. He's also been invited to the White House to speak – twice.

He holds a B.S. from the U.S. Air Force Academy and an M.S. from University of Southern California and has served on the Board of Directors on the National Board of Certified Counselors. After serving ten years as an Air Force officer, he is now the president of his own company, Native Discovery Inc. D.J.'s mission is to "build the warriors of tomorrow...today".

<https://www.nativediscovery.com/>

## Class Schedule *(Descriptions in Alphabetical Order)*

### **ABAWD – Expanding Counties** (offered Day 2 • Room 206C)

*Corinna Adams, BFET Program Manager, CSD; Troy Burgess, BFET Program Consultant, CSD; Cindy Stallsworth, ABAWD Supervisor, CSD*

There are several proposal changes in the current 2018 USDA Farm Bill. The proposed changes to our Work Registrants population will impact many of our communities in Washington State. In this session we need to explore the impact to local communities who may possibly lose work requirement waivers. The communities of Asotin, Island, Kitsap, Lincoln, San Juan, Snohomish, Thurston, Walla Walla, Whatcom, and Whitman counties will need to focus their attention on this session as we anticipate they are high risk counties. Our most populated county King won't be waived under any projection as unemployment is currently low. The state's unemployment rate is at its lowest point in many areas in recent years. The counties of Benton, Chelan, Columbia, Garfield, Kittitas, Pierce, Skagit, and Spokane are high risk to not be waived. The up-coming session will have a brief overview of the work registrant rules as they are now, and how DSHS currently facilitates engagement participation. This session will also discuss current tracking methods of ABAWD and Employment & Training participants.

### **Adverse Childhood Experiences (ACES)** (offered Day 2 • Room 206D)

*Zia Freeman, Coordinated Care*

This training explains the Adverse Childhood Experiences (ACEs) study and identifies all 10 ACEs. All childhood experiences have an impact on people as they mature. This training explores the long term effects that adverse childhood experiences have on physical and mental health. Preventative measures, resiliency, and how to address the needs of children with a high ACEs score are all discussed.

### **BFET 101** (offered Day 1 • Main Ballroom)

*Mike Morris, Deputy Regional Administrator, CSD; Kimberly Stelly, BFET Program Consultant, CSD*

Learn the basics of BFET including how it operates, partnership formation, client outcomes, costs, and successes.

### **BFET Q&A** (offered Day 2 • Room 206C)

*Corinna Adams, BFET Program Manager, CSD; Bessie Williams, BFET Program Manager, CSD*

General Question and Answer session. Great for out of state attendees and/or new BFET Providers!

### **Bridges out of Poverty** (Day 3 General Session)

*Jessica Gempler, Certified Instructional Designer, CSD*

This session will provide an overview of the training delivered to CSD staff; Bridges Out of Poverty is a comprehensive approach to understanding poverty. It uses the lens of economic class and provides concrete tools and strategies for a community to alleviate poverty. Participants review poverty research, examine a theory of change, and analyze poverty through the prism of the hidden rules of class, resources, family structure, and language. Throughout the workshop, participants will receive specific strategies for improving outcomes, but the focus of the workshop is to provide a broad overview of concepts.

### **Child Care Subsidy Program** (offered Day 1 in Room 206C and Day 2 in Room 206B)

*Ron White, Child Care Subsidy Program Manager, DSHS*

Learn about both the Working Connections Child Care and Seasonal Child Care programs and how we may work together to support families in their activities. We will cover the application process, what families need to be approved, program requirements, and where to go with questions or concerns. Learn how to navigate the child care system and come away with a strong understanding of what you can do to help ensure a smooth approval process. Please join us to learn more about this valuable support program.

### **College Guidance** (offered Day 2 • Main Ballroom)

*Jennifer Dellinger, Program Administrator, Workforce Education, SBCTC*

College session to digest information from the Forum. Do you have questions about how some of the guidance from the other sessions applies to the college system? Come and share your questions or suggestions.

### **eJAS 101 – Basics and Navigation** (offered Day 1 • Room 206D)

*Shelly Riddle, IT Business Analyst, ESA; Robin Thrower, BFET Field Operations Consultant*

This session will review the basic functions of eJAS, including BFET Eligibility, navigating the contractor caseload, auto-opening BFET components, updating and closing BFET components, and locating the resources available online. This session is great for anyone new to using eJAS or needing a refresher.

### **eJAS 201- Ongoing Caseload Maintenance** (offered Day 2 • Room 206D)

*Shelly Riddle, IT Business Analyst, ESA; Robin Thrower, BFET Field Operations Consultant*

This session will review the contractor caseload, including BFET components, entering employment, historical report, and entering case notes. Did you know there is a Caseload Management Report (CLMR) you can use to see expiring components? This session is great for anyone new to using eJAS or needing a refresher on the tools available in eJAS.

### **eJAS: RISE to BFET Enhancements** (offered Day 1 in the Main Ballroom and Day 2 in 206B)

*Shelly Riddle, IT Business Analyst, ESA; Felicia Talbott, RISE Program Consultant, CSD; Shannon Williams, RISE Program Consultant, CSD*

Join us in viewing samples of eJAS enhancements such as Client Contact, Participant Reimbursements screen and the virtual Individual Employment Plan. These have been used in RISE for the past year and will be coming to BFET in the near future!

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## **Employment Pipeline** (offered Day 1 • Main Ballroom)

*Tracey French, Employment Pipeline Program Consultant, CSD; Venessa Holling, Employment Pipeline Program Consultant, CSD; Aleni Mang, Employment Pipeline Program Consultant, CSD; Sasha Siva, Program Consultant, CSD*

Employment and Training Consultants will review the benefits of the Employment Pipeline Program. We will discuss how we partner with businesses and how we differ from other employment programs. Collaboration is one of the key elements for the success of the program. We will describe how we are building those partnerships to help the clients we serve obtain and maintain employment. This session will describe the population we work with and how we are able to help clients become employed. We have found a niche helping businesses by sponsoring hiring events and we are excited to share some outcomes with you.

## **File Organization** (offered Day 2 • Main Ballroom)

*Troy Burgess, Program Consultant, CSD; Dave Skaar, BFET Operations Supervisor, CSD*

Have you ever wondered just what BFET staff is looking for in client files during a Monitoring Visit? Well here is your opportunity to learn, and also to pick up some healthy organization techniques that can help the Monitoring Visit go well for all involved. After the thousands of files we see yearly, we have picked up on some great techniques we would like to share as best practices.

## **Fiscal 101** (offered Day 1 and Day 2 • Room 206B)

*Tami Davidson, Accounting Manager, DSHS; Anni Smith, Accounting Manager*

Let's make Fiscal fun again. This session will have a brief overview of:

- Federal Funding Sources
- Budget Structure
- Participant Reimbursement
  - Missing Receipt Policy
  - Fuel cards/Bus passes
  - Log books
  - 3-person signature process
  - Voucher system
- Cost Allocation
  - Time and Effort
  - Lease Calculation

There will be handouts to use!

## **Fiscal 201** (offered Day 1 and Day 2 • Room 206B)

*Tami Davidson, Accounting Manager, DSHS; Anni Smith, Accounting Manager*

Let's get down to the nitty gritty FUNd stuff. This session will have a brief overview of:

- Local Match
  - Local Match Certificate
  - Possible Local Match grants
  - Donations used as Local Match
- Reutilized funds
- Indirect rate application
- Review of Fiscal Monitoring
- Review of different funding sources

There will be handouts to use!

### **From Traction to Action – Engaging with Employers** (offered Day 2 • Main Ballroom)

*Linda Helenberg, Sr. Project Manager, Seattle Jobs Initiative; Sarah Thomson, Associate Director of Programs, Seattle Jobs Initiative*

Many organizations need to engage employers and develop relationships to support client employment goals but today, employer relationships are not just about job placement. In today's economic climate, developing and sustaining employer relationships is vital for both employers and workforce development organizations. This means cultivating long-term partnerships that are wide-ranging and comprehensive. The pursuit of Employer Engagement can be everything from stressful, fun, time-consuming, fast moving – the list goes on. Come join us to hear how Seattle Jobs Initiative is getting traction and forging ahead on their employer partnerships. We will discuss strategies and tips to improve your Employer Engagement efforts. Let's stop spinning our wheels and start getting results.

### **Integrated Service Delivery: Changes for Better Customer Service** (offered Day 1 • Room 206D)

*Jen Ranney, Program Operator, Career Path Services; Rob Crow, Administrator, ESD; Kevin Williams, One-Stop Shop Operator, WorkSource Spokane*

WorkSource Spokane has undergone a physical remodel that places a greater emphasis on the customer experience. Physical improvements include a more welcoming lobby, a new Hub (resource room) with more space and greater accessibility, and "Success Desks" for one-on-one conversations with Job Coaches. More significantly, the organizational structure was changed to a functional team approach rather than a programmatic one. This gives customers greater access to a wide range of services from multiple staff with particular strengths. Additionally, co-enrollment into multiple programs brings more options to meet customer needs.

### **Integrated Service Delivery: Practical Application** (offered Day 2 • Room 206D)

*Bev Pogue, BFET Mainstream, ESD; Valentyna Tsema, ORIA BFET, ESD*

Rock BFET the Spokane Way!

This session will address several practices that have helped our BFET Coaches make a real difference in the lives of their BFET participants. We are Givers of "Do Overs" in life, helping the participant understand the importance of accountability, and how making the "right" decisions increases the likelihood of their success! Now that's Hope!

Learn about Spokane's KIT (Keep In Touch), STP (See The People), and GAS (Goals + Accountability = Success) methods, to more effectively manage large caseloads, add value to participant interactions, and meet performance outcomes.

You will also receive handouts of tools/best practices:

1. Appointment letters that prepare the participant for their first BFET appointment.
2. Follow-up thank you/summary notes, following the participant's first appointment.
3. How to build a broadcast list to send weekly Job Club and topics, to keep participants informed and motivated.
4. How tracking goals in Outlook can make completion of monthly/quarterly reports a snap!
5. Strategies to use with Limited English Speaking participants, and inspiring success stories

### **Legal Resources – Northwest Justice Project** (offered Day 1 and Day 2 • Room 206A)

*Kathy Jensen, Attorney, Northwest Justice Project*

Need help spotting legal issues with your clients? Helping guide them in the right direction for legal resources? This session will provide issue spotting tips and legal resources to assist your clients with legal barriers.

### **Networking Luncheon** (offered Day 1)

See detailed information on page 15.

Providers have an opportunity to interact with leaders not only from the BFET program but programs from throughout the Community Services Division. Seating is limited. Reservations were made before the event, however if there are spaces available still we will have a sign up sheet at the Registration Table.

Please note: Individuals must still purchase their own meals and possibly pay group gratuity. This is a voluntary opportunity. We hope that those who do not attend these dinner groups will take advantage of the extended lunch period to branch out and network with other BFET providers and out-of-state attendees.



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## **Networking Reception Sponsored by FareStart** (Evening of Day 2 • Davenport Grand Terrace)

In addition to our Networking Luncheon it was suggested that there be a less formal, relaxed opportunity for networking. Enter our Roof-Top Reception at the Davenport!

Our long time and outstanding BFET Partner, FareStart, has graciously offered to sponsor the lite appetizers that will be available at this optional event.

## **Résumé Writing: Problem Résumés** (offered Day 1 • Room 206A)

*Maya Itah, Seattle Goodwill; Scott Rice, Seattle Goodwill*

Writing a résumé can be daunting for anyone, but try putting one together when you have gaps in employment or frequent job changes that are difficult to explain to potential employers. This session will address problems associated with résumés for people coming out of incarceration, immigrants trying to leverage credentials and experience from their home country, job hoppers and career switchers, employment gaps, and parents returning to the workforce.

## **RISE Transition to BFET/ Coenrollment** (offered Day 1 • Room 206B)

*Christina Erickson, RISE Program Consultant, CSD; Linette Davis, RISE Program Consultant, CSD*

In this session you will learn more about the transition of RISE Pilot Service into the BFET Program. We will be covering the following during this session, RISE Program focus, BFET Vs RISE, RISE Participant Referrals, RISE Pilot Elements, Ejas Enhancements and what to consider when enrolling RISE Participants.

## **Serving LGBTQ+ Individuals** (offered Day 1 and Day 2 • Room 206A)

*Jen Gillies, Grays Harbor College*

Learn about the history of Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ+) communities, common terms, identity development models, statistics about bullying/harassment and better practices when working with LGBTQQ students and employees.

## **Engaging Youth in BFET “The Career Launchpad Method”** (offered Day 2 • Room 206A)

*Stephanie Moyes, King County Jobs Initiative; Ismar Valdez, King County Jobs Initiative*

Career Launchpad is a program of King County Employment and Education Resources that provides employment services for youth and young adults aged 16-24. This informative and interactive presentation will provide insight on reaching out to young adults, keeping them engaged on job development and job searches, and motivational techniques in developing their career pathway. Key strategies you will take away include: how design a program targeted for young adults, learn from our challenges, and hear our successes.

## **SNAP Education & Outreach** (offered Day 1 • Room 206D)

*Bonnie Clark, SNAP Education & Outreach Program Manager, CSD; Donna Oliver, Spokane Regional Health District*

**SNAP-Ed** is considered the nutrition education arm of the SNAP program. It offers education, social marketing campaigns, and environmental supports statewide. The goal of the program is to improve the food and physical activity choices made by low-income families and individuals.

**Basic Food Outreach** is the education and assistance arm of the SNAP program. BFO providers are contracted to give general eligibility information, assistance in the process to apply and/or renew SNAP benefits, conduct focus groups to determine barriers to accessing SNAP, and conduct many more community based activities focused on increasing the awareness and availability of SNAP to potentially eligible people.

## **Standardization in Documentation** (offered Day 1 and Day 2 • Room 206C)

*Troy Burgess, BFET Program Consultant, CSD; Bessie Williams, BFET Program Manager, CSD*

Is your agency interested in creating your own custom forms for BFET but you are not sure what is required? Come to this session to learn what forms can be customized, which ones cannot. We will also cover billing roster forms.

### **Supporting Refugee and Immigrant Success in Washington** (offered Day 1 • Room 206C)

*Ashley Mai, ORIA Program Manager, CSD; Jennifer Malloy, ORIA Administrator, CSD*

The mission of the DSHS Office of Refugee and Immigrant Assistance (ORIA) is to transform the lives of refugees and immigrants by providing resources that support a broad range of services that promote self-sufficiency and integration. In this interactive workshop, participants will learn about ORIA's statewide services, strategies to serve clients with limited English proficiency, and best practices to support refugees and immigrants along the continuum of success.

### **Washington Labor Market** (offered twice on Day 2 • Main Ballroom and Room 206A)

*Doug Tweedy, Labor Market Economist, ESD*

The Washington state labor market is adding jobs. How do we know we are preparing the workforce of today and tomorrow to meet the challenges ahead? This presentation will outline industry and labor market trends and provide information about the future of the workforce. Includes a discussion about vacancies and demand/declining occupations.

### **WorkFirst to BFET** (offered Day 2 • Room 206D)

*Sarah Garcia, WorkFirst Program Manager, CSD*

There are times when a client no longer qualifies for Temporary Assistance for Needy Families (TANF) cash assistance; however, they may not have reached their employment or self-sufficiency goals. In this session we will discuss some recent changes to the TANF WorkFirst program, current practices and ways BFET and WorkFirst (WF) work together to meet client needs and we will review the Diversion Cash Assistance program.

### **Workforce Innovation and Opportunity: WIOA Chat** (offered Day 2 • Room 206C)

*Louisa Erickson, Workforce Development Programs and Policy Administrator, CSD*

Do you have questions about WIOA (the Workforce Innovation and Opportunity Act)? Join this question, answer, and chat session where you can learn more, get an update, and get specific about how WIOA affects your work – or how you might like it to affect your work. This session will cover WIOA basics and current information, and also be driven by audience questions and participation.

# Networking Luncheon

Restaurants	Location	Special Guest, Topic or Speciality	Spots Available
Fire Artisan Pizza	816 W Sprague Ave. Spokane, WA 99201	Jackie Windfeldt, Food and Nutrition Services Representative	23
P.F. Chang's	801 W Main Ave. Spokane, WA 99201	Charleen Anderson, RISE Project Manager	23
Rocky Rococo Pizza and Pasta	W520 Main St. Spokane, WA 99201	Shavana Howard, SNAP Administrator	27
Red Lion BBQ & Pub	126 N Division St. Spokane, WA 99202	Shelly Riddle, IT Specialist for eJAS	23
Azteca Mexican Restaurant	245 W Spokane Falls Blvd. Spokane, WA 99201	Bonnie Clark, SNAP Education & SNAP Outreach Program Manager	23
Saranac Public House	21 W Main Ave. Spokane, WA 99201	Dave Skaar, BFET Operations Supervisor	23
Luigi's Italian Restaurant	245 W Main Ave. Spokane, WA 99201	Ashley Mai, ORIA BFET Program Manager	23
The Onion Bar & Grill	302 W Riverside Ave. Spokane, WA 99201	Jennifer Dellinger, SBCTC	23

## Appreciation

A big thank you to all of the staff time and effort that went into creating and facilitating this event. Including but not limited to:

- The BFET Forum Planning Committee;
- The BFET Operations Team;
- Community Services Division Leadership;
- Community Services Division Fiscal and Contracts;
- The many speakers and facilitators;
- Out of state partners including our Food and Nutrition Services partners;
- Publications and SWAG Vendors;
- The staff of the Spokane Convention Center;
- The staff of the Davenport Grand; and
- Each of our services providers who attended and participated in the event!

# Session Facilitators and Speakers

## **Corinna Adams, Forum Organizer, ABAWD: Expanding Counties and BFET Q&A**

In seven years, Corinna has worked in many aspects of the SNAP program from sorting mail, to determining eligibility, managing contracts and now building out programming. She has a bachelor's degree from Western Washington University in Human Services. Corinna has made it her career to build her community members up to meet their full potential after herself being the recipient of guidance and support. In her free time, she enjoys spending time with her cat and dog, Sushi and Wasabi, supporting her local drag community and doing kickboxing. Corinna.Adams@dshs.wa.gov

## **Troy Burgess, Standardization in Documentation, ABAWD: Expanding Counties, and File Organization**

Troy Burgess is a Program Consultant with the BFET program. He has been employed with DSHS for 5 ½ years and has a huge passion for Employment & Training Services. Previously, he was a Workfirst case manager helping families improve their lives. Troy has two associates' degrees from Clover Park Technical College. His favorite aspect about being a part of the BFET team is getting to meet and spend time with all of the providers around Washington and create connections. In his free time, Troy enjoys road trips, hiking, eating club sandwiches with a side of ranch, and being an art and media geek.

## **Bonnie Clark, SNAP Education & Outreach**

Bonnie is the SNAP-Ed and Basic Food Outreach Program Manager. She has worked with DSHS for 12 years, first as a financial services specialist in the Bremerton Community Services Office (CSO), a financial supervisor with the Aging and Long Term Supports Administration (AL TSA), and eventually as the Medical Services Delivery Program Manager during the initial implementation of the Affordable Care Act (fun stuff!). Bonnie fell in love with the SNAP-Ed and BFO programs in early 2016, and hasn't looked back since. She spends most of her time crisscrossing the state giving technical assistance and coordinated oversight to support the 60+ SNAP-Ed programming agencies and 50+ Basic Food Outreach providers in Washington.

## **Rob Crow, Integrated Service Delivery: Changes for Better Customer Service**

Rob is the Administrator for the Employment Security Department (ESD). He represents ½ of the two largest partner organizations that make up the WorkSource Spokane One Stop Center (American Job Center). He and his counterpart oversee the staff and contracts at the Center for their respective organizations and are part of a leadership team that oversees the strategic planning and implementation of the Integrated Service Delivery Model.

## **Jage Curl, Fearless Emcee**

Jage has been working for the DSHS for the last 5 years with 15 years of experience in chemical dependency, children services, domestic violence, LGBTQ+ services, sexual assault, poverty, therapy, and employment services. He transitioned from the Temporary Assistance for Needy Families (TANF) unit in November 2016 to serve all Washingtonians by helping to support individuals and families using their gifts and talents to reach their human potential. It is Jage's career goal to spend his work days standing on stage, being a motivational speaker to use his experience as a platform to discuss real life issues, real life success, and real life transformation. When he is not at work, he spends time with his near perfect wife, Stacey and 1-year-old daughter, Wren kayaking, hiking, or finding adventures. He also enjoys photography, and producing and editing a podcast.

## **Tami Davidson, Fiscal 101 and Fiscal 201**

Tami Davidson has worked in the Accounting field for the last 24 years. At the age of 19, working for a CPA firm, Tami realized her passion for Accounting and Finance. Earning her Bachelor's Degree with a major in Accounting and a Minor in Economics while working at the firm prepared her for the years of tax seasons ahead. During Tami's career, she has worked for three CPA firms, as well as private corporations. Prior to working for the government, Tami was an Accountant at a software development company in DuPont, WA. Tami has three children: Hailee (19), Brianna (14), and Kenneth (3). In her free time, Tami loves to hang out with her family at one of her two most favorite places: Hood Canal or Hawaii. Tami currently serves as the accounting manager for BFET and ORIA BFET in the Federal Reporting Unit of ESA's Division of Finance and Financial Recovery.

## **Linette Davis, RISE to BFET Transition/Enrollment**

Linette has been working in the RISE project since September 2015 and has a total of 23 year with DSHS and five years working with the Workforce Development Council of Pierce County. Her education is in WorkForce Development with Southern Illinois University. She has a great passion for the clients we serve and carries this through her work every day.

## **Jennifer Dellinger, College Guidance**

Jennifer has been with the SBCTC for almost two years administering the WorkFirst Program and has recently transitioned into the role of administering the BFET and RISE programs, with support in WorkFirst. Jennifer came to the SBCTC from Peninsula College, where she worked for eight years. Her background is in Financial Aid, Student Services, WorkFirst, BFET, and Worker Retraining. Jennifer values authenticity, equality, and transparency; she has a strong focus on poverty reduction and a passion for helping students.

**Christina Erickson, *RISE to BFET Transition/Enrollment***

Christina earned a Bachelor and Master degree in Social Work. She has been employed with DSHS since April 2006 and with the RISE Project since August 2016. She has enjoyed diverse roles while with DSHS including TANF Social Service Specialist, Financial Service Specialist 3 and SSI Facilitator. In her free time, Christina enjoys spending time with her dogs, bicycling, and hip-hop dancing.

**Louisa Erickson, *WIOA***

Louisa Erickson is the Workforce Development Programs and Policy Administrator with the WA State Dept. of Social and Health Services (DSHS). Louisa serves as the DSHS state lead for WIOA and integration of TANF and SNAP E&T programs, provides administration of the Employment Pipeline program, and alignment of workforce programs with consideration for effective employment and training practices, whole family and intergenerational approaches. Louisa has over 22 years of experience successfully developing, implementing, managing and providing technical assistance for programs designed to remove barriers to success for vulnerable youth and adult populations. Her experience includes 10 years in the local, community-based realm, and 12 years at the state, systems level. Louisa's most recent experience previous to joining DSHS was with the Washington State Board for Community and Technical Colleges (SBCTC), serving as Program Administrator in both Adult Education and Workforce Education and the agency administrator for I-BEST (Integrated Basic Education and Skills Training) programs in Washington state, and successfully leading national expansion and technical assistance efforts with more than 20 states.

**Zia Freeman, *ACES***

Zia is a Community Educator for Coordinated Care with Apple Health Core Connections. Through Coordinated Care, which provides the health insurance for foster care children state-wide, she provides community trainings for professionals and caregivers. Coordinated Care provides trainings state wide. Zia has a MA in Behavioral Science and is a licensed Mental Health Counselor. Zia has worked for over 20 years in the field of foster care and adoption, with both domestic and internationally placed children, providing both clinical work and training to help prepare families for the placement of traumatized children. Facilitates a support group on social media for adoptive parents. Has experience working with military, domestic violence issues and specializes in attachment and concerns related to older child issues.

**Tracey French, *Employment Pipeline***

French is an SHPC2 for DSHS working as an Employment Pipeline (EP) Navigator for the last three years. Tracey is part of DSHS's Region 2 dynamic EP team who created the Hiring Events approach to answer large employer staffing needs

and, regional unemployed and underemployed DSHS benefit recipients. Before starting with DSHS Tracey has worked over 15 years as a Program Manager and Project Coordinator for YouthCare, Seattle Counseling Service and University Street Ministries. This after a successful career working front line case management in employment, training, and housing programs for Youth Opportunity (DOL) and ProYouth (HUD). Tracey enjoys antique restoration, along with leisure time in her garden with her family – both furred and non-furred. She also sea kayaks but, do not tell anyone.

**Sarah Garcia, *WorkFirst to BFET***

Sarah has worked for CSD for 18 years, 15 of those as a Work-First Program Specialist providing direct case management services. Recently she joined CSD headquarter WorkFirst/ TANF policy team where she serves on the TANF/BFET policy workgroup designed to better connect clients between these programs.

**Jessica Gempler, *Bridges Out of Poverty***

Jessica Gempler began her career with Community Service Division over 20 years ago and has spent the last five years in training and development. This position is part of the Department of Social and Health Services in Washington State. CSD is responsible for determining eligibility for federal and state funded public assistance programs, including food, cash, medical and childcare subsidy programs. In this role, she develops and implements eLearning course curricula and classroom training programs that are designed to address professional development needs of DSHS staff. Her past positions include Instructional Trainer, Supervisor, and WorkFirst Case Manager. She received her B.A. in English from Heritage University. She enjoys skiing, hiking and spending time outdoors in the beautiful Pacific Northwest.

**Jen Gillies, *Serving LGBTQ+ Individuals***

Jen uses her/she pronouns. She is a queer woman who has an amazing wife and two children, 18 and 15. Jen has been at Grays Harbor College for 11 years. She is the Program Coordinator for BFET & Opportunity Grant Programs. She helped to create the Gender & Sexuality Alliance on the campus 12 years ago. She graduated from The Evergreen State College in 2010 with an emphasis on Organizational Leadership and Queer Psychology. Jen has been a national presenter for LGBTQ+ issues and rights since 2010. She works with two non-profits in Hoquiam, WA, Grays Harbor Out & Proud Coalition and Harbor Include, a youth drop in center for LGBTQ+ youth, 13-18, and their allies. She teaches Safe Spaces training at colleges, high schools, as well as outside social services organizations. Her passion is education and her goal is to make the LGBTQ+ population visible as they are often unrepresented in our communities at large.

## Session Facilitators and Speakers

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### **Linda Helenberg, *From Traction to Action – Engaging with Employers***

Linda Helenberg is a Senior Project Manager at Seattle Jobs Initiative. SJI's mission is to create opportunities for people to support themselves and their families through living-wage careers. As a Sr. Project Manager, she is responsible for program design and building both internal and external partnerships while promoting SJI programs to stakeholders. Her current role is focused on developing strong employer relationships through employer engagement. Linda joined SJI in 2016 from her previous position as a Business Services Account Manager with the Pierce County Workforce Development Council. Prior to that, Linda was the Client Relations/Contracts Manager for West Sound Workforce, and Director of National Accounts for a healthcare subsidiary of Kelly Services. Linda has a Bachelor's Degree in Marketing and Communications from Western Michigan University and a Master's Degree in Business Management from Central Michigan University. She has 25 years of experience in national account management, sales and marketing and human resources in a variety of industries. Linda believes all employers want to be engaged with workforce development, they just do not know it yet!

### **Venessa Holling, *Employment Pipeline***

Venessa has worked in many aspects of the SNAP program in the last 6 years, from determining eligibility as a financial worker to being a lead worker to her current position as an Employment Pipeline Navigator. Helping to break down barriers to see ones potential has always been a passion for Venessa that is why she loves her current position and is always looking for ways to better herself and the program. In her free time, she enjoys spending time with her family and friends and planning for her August wedding.

### **Maya Itah, *Résumé Writing***

As a RISE Case Manager and Employment Specialist at Seattle Goodwill, Maya Itah works with high-barrier job-seekers whose many skills are often hard to communicate through résumés. Maya has worked as a marketer, a reporter, and an instructor. She enjoys action verbs, brevity, and the rule of three.

### **Kathy Jensen, *Legal Resources – Northwest Justice Project***

Kathy is an attorney at Northwest Justice Project and have been for almost 14 years. She handles public benefits and special education in our six service counties: Ferry, Lincoln, Pend Oreille, Spokane, Stevens, and Whitman. She also represent individuals in the Spokane Tribal Court. Kathy is a direct descendant of the Confederated Salish and Kootenai Tribes of the Flathead Indian Reservation in Montana. She has been married 36 years and has four adult children and seven grandchildren.

### **Ashley Mai, *Supporting Refugee and Immigrant Success in WA***

Ashley Mai is a refugee from Vietnam. She attended the University of Washington and earned a B.A. in Political Science and Sociology. She has worked in both the private and public sector advocating for refugees and immigrants in Washington State. Ashley joined ORIA on November 16, 2016 and is currently the Program Manager of ORIA BFET and LEP Pathway – ESL Program. She has served on the Refugee Women's Alliance board and a former member of the Washington State Coalition for Language Access (WASCLA). Ashley.Mai@dshs.wa.gov; 206.568.5808

### **Jennifer Malloy, *Supporting Refugee and Immigrant Success in WA***

Jennifer Malloy began her work with refugees in Vietnam in 1992 where she taught English to those designated for U.S. and Canadian resettlement. She has worked with refugees and immigrants in Washington State since 1995 where her focus has been on refugee resettlement, English language instruction, and program management. Prior to joining DSHS, she worked for a variety of agencies serving refugees and immigrants including the International Rescue Committee, Catholic Community Services, the Tacoma Community House Training Project and Literacy Source. As the Administrator for the Department of Social and Health Services (DSHS) Office of Refugee and Immigrant Assistance (ORIA) she provides support and oversight for ORIA's fourteen programs which include employment & training, health & wellness, and naturalization. Jennifer.Malloy@dshs.wa.gov.

### **Aleni Mang, *Employment Pipeline***

As an Employment Pipeline Navigator, Aleni meets clients where they're at; offering coaching, resources through community partners, connections to employers and retention services. Aleni received a bachelor's degree in Psychology with an emphasis in Business from Seattle University. She began her business in 1994 which she successfully developed, managed and prospered for over 12 years until the financial crash of 2006. Aleni is deeply passionate about making a difference in the lives of others. She utilizes her business knowledge, creativity and social service skills to impact, promote and exercise continual growth within the Employment Pipeline Program. In her spare time, Aleni enjoys hiking, hot yoga, scuba diving and many other outdoor activities which more often than not, involve her kids.

### **Mike Morris, *BFET 101***

Mike Morris is the Deputy Regional Administrator for the Community Service Division. He has worked for the Department of Social and Health Services for the last 39 years. He also has been the Chair of our Combined Fund Drive for King County for the past 12 years. Mike was also an integral part of the creation of Washington's Basic Food Employment and Training Program. Mike graduated from the University of Washington with a degree in Business Administration.

**Stephanie Moyes, *Engaging Youth in BFET: “The Career LaunchPad Method”***

Stephanie Moyes is a Project/Program Manager with King County Department of Community and Human Services, Employment and Education Resources. Stephanie has a BA in Psychology and Master's in Public Administration from Seattle University. Stephanie manages the adult employment programs. Two programs, King County Jobs Initiative and Career Connections, employs social workers to assist adults with high barriers and vulnerable populations with job development and placement. Stephanie also administers the Department's Basic Food Employment and Training (BFET) program that encompasses not only the adult program, but youth and young adults, veterans, and individuals recovering from substance use treatment. The program serves over 400 clients per year. Additional community work includes United Way of King County on homelessness; coordinated King County's Metro bus public awareness campaign on Human Trafficking, and prior program management experience working with survivors of domestic violence and youth at-risk.

**Jen Ranney, *Integrated Service Delivery: Changes for Better Customer Service***

Jen is the Program Operator for Career Path Services. She represents ½ of the two largest partner organizations that make up the WorkSource Spokane One Stop Center (American Job Center). She and her counterpart oversee the staff and contracts at the Center for their respective organizations and are part of a leadership team that oversees the strategic planning and implementation of the Integrated Service Delivery Model.

**Bev Pogue, *Integrated Service Delivery: Practical Application***

20+ years in the HR and Staffing Industry has laid the foundation for the position Bev holds today. She has been with WorkSource Spokane for nine years and has had the privilege of helping an average of 175 people return to the workforce each year. She repeatedly professes that she loves what she does and finds true joy in motivating people to be their best.

**Scott Rice, *Résumé Building***

Scott Rice grew up on the family farm in Oklahoma. He attended the University of Colorado and went on to complete graduate work at the University of Montana. Scott has worked in education and non-profit leadership since 1998. Currently a Seattle Goodwill Instructor and Volunteer Supervisor, he has taught junior high through college level in addition to adult basic education (ABE). Scott is life-long student of social justice and a passionate believer that jobs, training, and education will change lives.

**Shelly Riddle, *eJAS 101, eJAS 201, and RISE to BFET eJAS Enhancements***

Shelly started with DSHS in the Chehalis CSO in 2004 as a Financial Services Specialist 1 determining financial eligibility for cash, food, and medical programs. She promoted to WorkFirst Program Specialist in 2007 and largely worked with the sanction population. Shelly took a project position as a Business Analyst with DSHS IT Solutions in 2012 to work on the new healthcare programs legislated by the Obama Administration. She transitioned almost immediately to working on the EJAS system due to her direct field experience and was hired into a permanent Business Analyst position in April 2013. She has a Bachelor's Degree in Psychology with a minor in Business Administration from the Evergreen State College. Shelly is married, has four children, two grandchildren, a dog, two cats, nine chickens, and a horse. In her spare time she enjoys CrossFit, bicycling, horseback riding, and hiking.

**Sasha Siva, *Employment Pipeline***

Sasha has worked in many aspects of the SNAP program in the 10 years, from Financial work determining eligibility, WorkFirst Case Manager and now building the Employment Pipeline program. Sasha has made it her career to help build her community members up to meet their full potential by partnering with other community programs in the area. In her free time she enjoys spending time with her dog Jack Siva, friends and family. She enjoys any activity that is outdoors of any kind Snowshoeing, going to baseball games or just working in her yard, anything to be outside.

**Dave Skaar, *File Organization***

Dave started working with DSHS in the White Center CSO in 2009 as a Financial Service Specialist. Dave joined the BFET Team as the supervisor in 2013. Dave's passion is to help people reach their potential and succeed in life. He brings this passion to his team and the program.

**Anni Smith, *Fiscal 101 and Fiscal 201***

Anni Smith has worked progressively and responsibly various positions in the accounting field for more than 15 years. She began her accounting career in Children's Administration at DSHS – working full time in an entry level position while going to school with a full credit load to earn her Accounting Degree. After earning her degree, she steadily advanced through a variety of roles at several state agencies, including a period of time spent at the Department of Ecology. She pursued positions that enabled her to fully understand what it takes to successfully establish and maintain public funding awards that serve to enrich our communities. Anni currently serves as the accounting manager for the RISE Pilot in the Federal Reporting Unit of ESA's Division of Finance and Financial Recovery. In her free time, Anni loves to travel by motorcycle with her husband and add to her already extensive shoe collection.

### **Cindy Stallsworth, *ABAWD: Expanding Counties***

Cindy has worked within DSHS since December 1985. She has worked in many aspects of the CSD programs; starting out as a file clerk, progressing through the financial services series, she had even spent nine years as a WorkFirst Supervisor, then in 2009 transitioned back to a Financial Supervisor. She joined the ABAWD team in December 2015 at the reimplementation of the work requirements. During her career she has focused on a team approach to ensure we are working to provide excellent service to those we come in contact with during the course of our day. Each individual, co-worker, customer, team member, and partner hold a place and key in the progression and success of those we serve. In her free time Cindy likes to garden, read, spend time adventuring with her grown children and spoil her 2 cats and 2 dogs.

### **Kimberly Stelly, *BFET 101***

Kim started working for DSHS in 2004 as a Financial Service Specialist 1 (FSS1) in the Working Connections Child Care Unit (WCCC). From 2006 -2008 became the Pilot Emergency Child-care intake specialist at the White Center CSO reception area. As an FSS3 participated in several work groups to enhance Customer Service within CSD. In 2009, Became a core member of the Basic Food Employment & Training program (BFET) as it expanded to provide Technical assistance to BFET Partners. In 2017 Joined the Food programs and Policy Team with a focus on the BFET Program.

### **Felicia Talbott, *eJAS: RISE to BFET Enhancements***

Felicia Talbott brings 25+ years of administrative and direct client service experience to her current work in the DSHS RISE Pilot. She has a strong passion for working with people who are engaged in employment and training activities leading to self-sufficiency.

### **Sarah Thomson, *From Traction to Action – Engaging with Employers***

Sarah Thomson is the Associate Director of Programs at Seattle Jobs Initiative, a workforce development intermediary. In this role, she leads a team of project managers who design, implement and assess employment and training programs, and cultivate employer partnerships in Seattle and South King County. Prior to SJI, Sarah spent 5 years working in the Career Center at Seattle University as an Associate Director of External Relations, then as an Executive Director. While at SU, Sarah developed a comprehensive employer relations program enhancing employer and alumni partnerships, resulting in increased job, internship and mentoring opportunities for students across all disciplines. She cultivated and managed corporate sponsorships and government, community and university partnerships. Sarah has a Bachelor's Degree in Psychology from Seattle Pacific University and a Master's in Education from Seattle University.

### **Robin Thrower, *eJAS 101 and eJAS 201***

Robin Lynn Thrower joined DSHS in 2006. In 2009, she joined the newly formed BFET team under Mike Morris and has been with the team since. Robin is passionate about helping folks finding sustainable success. People and growth are her first priority and she is never a stranger once she meets you. Favorite quote: "Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime".

### **Valentyna Tsema, *Integrated Service Delivery: Practical Application***

With 15+ years of experience in Linguistics, Valentyna has been part of the WorkSource Team for 3+ years, specializing in providing ORIA and LEP services for immigrants and refugees. She has also worked for Spokane Community College as the Coordinator for New Student Orientations. She speaks Russian and Ukrainian, and is an expert user of the Language Line for the other languages needed. She consistently demonstrates her ability to serve this diverse population with dignity, kindness and respect, and has been very successful in helping her customers achieve their goals of employment success.

### **Doug Tweedy, *Washington State Labor Market***

Doug has served as the Spokane regional labor market economist since February of 2008. He covers Ferry, Lincoln, Pend Oreille, Spokane, Stevens and Whitman counties. Prior to coming to ESD, Doug worked as an economist for the research and analysis unit of Idaho's Department of Labor. Doug has extensive experience in working with both rural and urban economies. Before entering state service, Doug was a high school Math teacher and college vocational counselor. The experience in education laid the foundation for his passion in analyzing industry, employment/unemployment, wage and occupational data.

Doug serves as a consultant on a variety of boards and community organizations including the Spokane Mayor's Council on Economic Policy and Forecasting and the Spokane Area Workforce Development Council.

### **Isamar Valdez, *Engaging Youth in BFET: "The Career Launch-Pad Method"***

Isamar Valdez is originally from Dinuba, CA, a small agricultural town in the heart of the San Joaquin Valley. Isamar was the first in her family to graduate from college, earning her B.A in Psychology from Humboldt State University. In the past, she has worked serving low-income families through the CalFresh (Food Stamps) Program and helping them learn how to live a healthier lifestyle. She has also worked with the Department of Education in Tulare County serving parents and helping them sign up for subsidized childcare while they pursued employment and or educational goals. As a Career Services Advisor through a private junior college in CA she worked alongside college students by preparing them for internships and jobs in



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their field of study. Now, after having moved to Washington, she serves as a Career Navigator through King County's Career LaunchPad Program where she strives to help youth take the right steps towards their career goals by finding and keeping gainful and education friendly employment all while learning to be independent and self-confident.

**Ron White, *Child Care Subsidy Program***

Ron White served Thurston County as the Executive Director of the South Sound YMCA Youth Programs for 25 years. This included providing licensed child care for more than 1200 families each year. He spent the last year at DSHS, first in support services and now as Child Care Subsidy Program Manager. He also has a BA in Statistics and a Master's in Public Administration. None of this adequately prepared him for the forest of acronyms that he faces daily in state service.

**Bessie Williams, *BFET Q&A and Standardization in Documentation***

Bessie Williams is currently a DSHS/BFET Program Manager in the Food Policy and Program unit. She has been in this position since February 1, 2017, and has gained a wealth of knowledge about the BFET program and the policies behind what it takes to run the program. Bessie graduated from Western Washington University with a BA in Human Services; shortly after graduation, she began her career with the State of Washington, which was 20 years ago. Originally, she was just happy to have a career job directly out of college. As her time went on, Bessie's passion for helping our clients achieve self-sufficiency and create a better life for themselves, became more intense. She worked directly with clients in the field for 18 and half years. She has enjoyed her career with the State of Washington and looks forward to continuing to assist the clients we serve with transforming their lives and helping them utilize their gifts and talents to reach their human potential.

**Kevin Williams, *Integrated Service Delivery: Changes for Better Customer Service***

Kevin is the One-Stop Operator at the WorkSource Spokane One Stop Center (American Job Center). He oversees the operations, customer flow, continuous improvement, and professional development training for 8,000+ annual customers and 65 staff in the center. Kevin is directly responsible for ensuring the implementation of the Integrated Service Delivery Model into the One-Stop Center in coordination with the SAWDC and as prescribed by the Workforce Innovation and Opportunity Act of 2014.

**Shannon Williams, *eJAS: RISE to BFET Enhancements***

Shannon Williams has worked for DSHS for over five years and feels privileged to work at something she is very passionate about, serving individuals who are homeless and those living under the 200% poverty level. Joining the RISE team her reach extended to empowering individuals to be self-sustaining through employment and training opportunities as well as working on the food programs and policy team advocating for clients and ensuring SNAP benefits remain equitable in WA state. When not working she enjoys volunteer work, travel, caring for her family, and especially recreation with her husband and nine pound Chug Hale and Golden Lab mix Hannah.

# Ten Things to do in Spokane

<https://www.visitspokane.com/meetings/things-to-do-during-your-conference/>



## 1 Spokane Falls & Spokane River

Walk along the Spokane River as it rolls through downtown Spokane and you'll hear it before you see it: the awe-inspiring rumble and roar of the Spokane Falls.



## 6 INW Ale Trail

Love cracking open a cold one? Enjoy that hoppy smell of an IPA or lager crafted with ingredients farmed within 300-miles of Spokane? Just follow the Inland Northwest Ale Trail and you'll find it. At the end of your journey, you'll even win a prize.



## 2 Riverfront Park

It's a 100-acre oasis amidst the urban bustle of downtown Spokane and the Spokane River runs through it all. Make sure to skate the Ice Ribbon and ride the Loeffl Carrousel and SkyRide over Spokane Falls.



## 7 Centennial Trail

Enjoy wildlife sightings, natural beauty and uninterrupted views of the Spokane River on the 40-mile Centennial Trail. Experience the mightiness of Spokane along the trail from the largest state park all the way to the Idaho border.



## 3 The Historic Davenport

It's a vision in brick and high style and the epitome of revival. The Historic Davenport Hotel is a history lesson you can walk through or you can stay there just like past presidents, actors and singers.



## 8 Museums

Spokane is home to several museums guaranteed to pique the interest of even the most skeptical. Inside the Northwest Museum of Arts & Culture you'll find rotating exhibits. There's also scientific discovery at Mobius Science Center and Mobius Children's Museum.



## 4 Award-Winning Dining

Innovative and award-winning chefs harness the spirit of the Intermountain Northwest to create memorable dishes that are as much an experience as a meal.



## 9 Entertainment District

Entertainment abounds in Spokane! With the Spokane Symphony at the Martin Woldson Theater at the Fox, the latest Broadway hits at the INB Performing Arts Center, and live local acts throughout downtown you'll find a great performance within walking distance.



## 5 Cork District

In Spokane wine doesn't mean vineyards, it harkens back to railroad tracks, inventors and views of our urban river gorge. Award-winning wines await tasting in our walkable, urban Cork District made up of more than 20 wineries.



## 10 Manito Park

Explore botanical gardens and the tranquility of nature in Spokane's historic Manito Park. With 90 acres to traverse, there's a moment of peace to enjoy in one of five picturesque gardens.

Notes

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Find out more about the BFET program and its providers at: [www.dshs.wa.gov/bfet](http://www.dshs.wa.gov/bfet)