

TTAS COUNTY PUBLIC SAFETY BUILDING

'n

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Repartment of Social & Health Services

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REGION 1 update

Comprehensive Healthcare and Kittitas County Jail Collaborate to Expand Behavioral Health Services in County Jail

Article submitted by Tori Tarter

Inmates at the Kittitas County Corrections Center will now have access to in-house behavioral health services provided by Comprehensive Healthcare, thanks to a recent partnership of the two agencies.

The jail recently proposed an expansion of behavioral health services. Together with Comprehensive Healthcare, it has started a program that will allow an on-site therapist to screen inmates for behavioral health concerns as they enter the jail; offer individual and group therapy services; and coordinate with inmates who are being released to ensure outpatient therapy or follow-up treatment occurs. This person will also assist with medication management or intercede if an inmate experiences a mental health crisis.

"The primary goal of the program is to help incarcerated individuals reach a higher level of recovery and decrease the likelihood of returning to incarceration," said David Guyer, the new jail-based therapist.

This program will also provide jail deputies with training on mental health conditions and help with officer safety. According to jail superintendent Steve Panattoni, deputies have ready access to inmate training to focus on mental health first aid and suicide prevention, and this program will strengthen their ability to apply that training.

"We are excited to have someone with that level of

experience to define our program," said Panattoni. "Our whole goal is to take full advantage of the time that we have with them to make a difference in their lives while we have the opportunity."

Guyer and Panattoni emphasized the importance of humanizing inmates, noting that some face several difficult factors in their lives.

According to the American Academy of Social Work and Social Welfare, as many as 375,000 people with serious mental illnesses are incarcerated on any given day rather than living in a community or environment with therapeutic settings. As many as 90% of male and female prisoners have significant trauma histories, such as experiencing or witnessing extreme violence.

In addition, as part of this program, a medical provider at Comprehensive Healthcare will be prescribing medications like suboxone and working closely with the jail-based therapist.

Jodi Daly, Ph.D., President and CEO of Comprehensive Healthcare said, "We look forward to the outcomes of this community partnership and we are grateful to be a part of this. Many thanks to Greg Aubol, Division Director, and to the staff at the jail for working hard to create a program centered around improving lives of incarcerated individuals — and effort that impacts their families and entire communities."

Washington Healthplanfinder Helps Washingtonians Find Quality Health Coverage

Article submitted by Anna Rhoades

Washington Healthplanfinder, the state's online health insurance marketplace, is the official website to find health coverage with exclusive access to federal premium savings. The Washington Health Benefit Exchange, a public-private partnership created by the Legislature, operates Washington Healthplanfinder.

One in four Washingtonians — about 2 million people — use Washington Healthplanfinder to purchase high-quality health coverage for themselves and/or their family. Whether you have recently lost your health coverage or have never had coverage before, Washington Healthplanfinder can help you find a health plan for your way forward.

What is Washington Healthplanfinder?

You can use Washington Healthplanfinder to sign up for Washington Apple Health (Medicaid) or purchase a Qualified Health Plan and Qualified Dental Plan.

Health and Dental Plans on Washington Healthplanfinder All health plans offered through Washington Healthplanfinder provide essential health benefits and preventative services, such as shots and screenings. Depending on your household size and income, you may qualify for tax credits and other costsharing savings on health coverage. For example, over 100,000 customers pay less than \$100 per month for health care, and over 34,000 customers pay less than \$1 per month for highquality health care.

How to Enroll

It is easy to enroll in coverage. Sign up online at www. wahealthplanfinder.org within 60 days of a "qualifying event" (such as loss of employer coverage; change in household income; change in household size) or during open enrollment (Nov. 1–Jan. 15). You can also use Washington Healthplanfinder to determine eligibility for Washington Apple Health (Medicaid). Apple Health coverage is available year-round.

Help is Available

Need help enrolling or finding a plan that meets your needs? Navigators and Insurance Brokers are available at no cost to help you shop plans, understand financial help and get you enrolled! You may also call our Customer Support Center at 1-855-923-4633. Language assistance is available in over 175 languages. Sign up today at www.wahealthplanfinder.org.

Aging and Long-Term Care of Eastern Washington: **Our Volunteers Make a Difference!**

Submitted by Kari Stevens

Searching for a rewarding volunteer experience? Aging and Long Term-Care is the Area Agency on Aging for Ferry, Stevens, Pend Oreille, Spokane and Whitman counties. We help older adults and adults living with disabilities discover the resources they need to plan, prepare for and support living independently for as long as possible.

Join one of our volunteer-based programs:

Statewide Health Insurance Benefits Advisors: If you have computer skills and you're committed to helping others with Medicare — you can make a difference today!

SHIBA is a free public service offered by the Office of Insurance Commissioner. Volunteers provide free, confidential and unbiased Medicare counseling and education to people in their local communities.

SHIBA staff train and mentor volunteers to offer Medicare options and help make informed decisions. Volunteers answer questions, make referrals, help evaluate and compare options, facilitate meetings, provide office support, give presentations and more.

Volunteers must be able to speak English (bilinguals encouraged), ensure client confidentiality, provide unbiased information and cannot affiliate with any insurance company, agency, product or service. We're looking especially for Spokane County volunteers!

Check and Connect: Provides regularly scheduled phone calls to clients who are interested in reducing feelings of isolation during the COVID-19 pandemic and beyond. Our goal is to support individuals and ensure their needs are being met.

Volunteers call clients weekly to verify their well-being, connect and refer to available services and resources. This program also helps reduce victimization and health concerns. The only eligibility requirement is to be an older adult or adult living with a disability. Remote volunteer opportunities are available.

Falls Prevention: ALTCEW offers two evidence-based programs addressing fear of falling and falls prevention.

- *A Matter of Balance:* Eight-session class for groups of eight to 12 participants guided by two certified coaches and offered online or in person when safe to do so.
- *FallsTalk:* A series of one-to-one telephone discussions with a trained facilitator.

We currently are welcoming volunteer navigators to provide basic tech support and education to assure older adults can attend online classes as well as volunteer guest healthcare professionals from the community to present a one-hour scripted presentation.

To volunteer with any of these programs, just call Aging and Long Term Care at 509-458-2509 or visit the volunteer section of our website.



Staying Resilient Through Challenging Times

Submitted by Maju Qureshi

COVID-19 has brought about so many changes in the last 20 months. We all have been affected by the pandemic, either personally or through someone we know. Life was at a standstill with schools, day care sites, businesses and offices shutting down, and entire workforces left jobless. On top of that, the many long-standing inequities in systems such as health care and policing became more exposed.

Despite all these trials and tribulations, we continue to work together in our community to reduce barriers, increase information sharing and build relationships with those community members who are the furthest from opportunity. Our staff incorporates values such as integrity, respect, passion, teamwork, diversity and inclusion in order to effectively serve those who come to us seeking assistance.

While mask-wearing and physical distancing became the new norm, COVID-19 vaccines were being developed in record time. Since late 2020, health care workers have administered billions of vaccine doses across the world. However, many people expressed hesitancy around taking them. We know vaccines are only effective if people have relevant information and education about them as well as ease of access.

We knew that we could help reduce barriers and help education around vaccines. Multi-Service Center could help prevent the spread of the COVID-19 virus and increase vaccine accessibility for our community members. To do so, we partnered with various other organizations to bring pop-up COVID-19 vaccination clinics to communities in South King County, with a focus on BIPOC and unhoused community members.

In July 2021, MSC partnered with Medical Teams International and Valley Medical Center to host pop-up vaccine events at our Federal Way and Kent offices. Flyers for these events were created and shared in 11 different languages including English, Spanish, Russian, Ukrainian, Dari, Arabic, Punjabi, Somali, Korean, Vietnamese and Tagalog in order to make the information easily accessible to different populations. The Lived Experience Coalition, an advocacy group led by members who were formerly unhoused, supported our event in Kent by providing street outreach and free meals to neighbors living unsheltered and all those who attended.

In August 2021, MSC staff hosted a back-to-school backpack giveaway and resource fair in which backpacks, school supplies and hot meals were free to families in need. COVID-19 vaccines were also available for students age 12 and up returning to in-person class instruction. MSC served over 350 households during this event, but only a small number of attendees were open to being vaccinated.

With the help of King County Public Health, Multi-Service Center hosted another pop-up vaccine clinic in November 2021 and invited various community-based organizations to provide program information and resources to event attendees. Agencies like Catholic Community Services, Public Health, Open Arms Perinatal Services, Community Health Plan of Washington and the Lived Experiences Coalition came together to offer toys, diapers, wipes, Basic Food application assistance and more to families in need. At this event, a record 88 adults and children received the vaccine.

As MSC is able to provide more education and outreach to communities that are more hesitant to receive the vaccine, we are looking forward to the number of vaccinations rising. We hope to continue our engagement and education efforts to provide community members with the tools and resources needed to thrive in their respective communities.

To connect with MSC, please contact Carolina Cornelio or visit the MSC website.

Pride Place, First Washington LGBTQIA+ Affirming Senior Housing Project Broke Ground on Capitol Hill

Article submitted by Steven Knipp

GenPride and Community Roots Housing broke ground on Pride Place, a 118-unit affordable housing development on Seattle's Capitol Hill with a groundbreaking event on Sept. 10, 2021.

In addition to seven stories of affordable apartments, Pride Place will feature a 4,400-square-foot senior community and a health services center on the ground floor, which will be operated by GenPride in partnership with LGBTQIA+ focused service providers. The development plans also include 3,800 square feet of commercial retail space at the street level.

Located in the 1500 block of Broadway

on the site of the historic Eldridge Tire Company building, the Capitol Hill site was acquired in collaboration with Sound Transit and Seattle Central College. Capitol Hill has a long history of being a home and cultural center for LGBTQIA+ life in Seattle. GenPride and Community Roots Housing hope to preserve and enhance this proud tradition by developing Pride Place in partnership with leaders from the LGBTQIA+ community.

Rents at Pride Place will be affordable to households earning 30 to 60% of the area median income. For instance, in the case of a one-person household, this means rents catering to



an income range of approximately \$24,300 to \$48,600, or \$27,800 to \$72,400 for a two-person household.

The \$52 million development has been funded through a variety of public and private investments, including low-income state and federal tax credits. Through the collaborative Rise Together campaign, GenPride has already raised \$2.7 million in private funding to support the ground floor senior center toward a \$4.7 million goal, leaving a balance of \$2 million to secure from individuals, foundations and corporations.

LGBTQIA+ seniors face a unique set of challenges and health disparities as they age:

they are more likely to experience poverty, are at higher risk for illness, are less likely to have the support of children or family and often face discrimination and difficulty finding culturally competent care.

"This groundbreaking represents an enormous milestone for the local LGBTQIA+ community," said Steven Knipp, executive director of GenPride. "It is the culmination of nearly a decade of hard work by people who recognized the need to support our elders who fought and won the rights we enjoy today, as well as create a place for generations to come."



Watch a highlights video at Pride Place groundbreaking.

For more information, contact Steven Knipp.

Pictured: Rendering of Pride Place by Environmental Works.

KeyBank Opens the Door to Health Care Careers for Immigrants and Refugees

Submitted by Joanne Walby

One by one, students settled into ReWA's Home Care Aide training classroom in SeaTac one rainy morning last month. They pulled out their study materials and reviewed the supply kit at their table: towels, model dentures, a plastic basin.

Many of the clients who come to ReWA for job training have limited English and lack formal employment experience. Most have overcome obstacles: fleeing conflict and war zones or immigrating with their families to find a better life. Some have overcome homelessness.

However, what they all share is a desire to learn new skills and find work to support their families. Also, many have experience caring for family members. For them, the entry-level health care aide work is a great fit: it gives them a chance to improve their English while gaining experience with American work culture.

And now, thanks to a \$300,000 grant from KeyBank, ReWA is partnering with Renton Technical College to offer additional training

for those who want to go further and train for higher-paying medical roles like pharmacy techs and medical assistants. The first students enrolled in January 2021.

"This program fits well with our mission of helping our clients and the community thrive by achieving financial wellness, which comes from improved workforce opportunities," said Matt Hill, KeyBank President and Commercial Banking Sales Leader – Seattle Cascades. "Training for in-demand careers will lead to greater economic stability for the families that ReWA serves."

According to the Seattle-King County Workforce Development Council, by 2028 employment in the Puget Sound region's health care industry is expected to grow by 24%. The demand for medical assistants is predicted to grow by 38% and for licensed practical nurses by 32%.

ReWA Job Readiness teacher Marie Kjeldgaard agrees.

"There is definitely a demand—at least 20% of our students are interested in further education," she said.

In the SeaTac classroom, two training mannequins lay on tables ready to help students practice caring for clients. Over the next few hours, they would learn how to comfortably reposition a client in bed, provide hygiene care, transfer a client to a wheelchair and perform a range of other skills.

This hands-on skills training is required in order to receive their Home Care Aide training certificate. This coveted certificate — which can cost up to \$700 through other training centers — will open doors to employment and independence.

ReWA's eight-week HCA training program includes four weeks of job readiness classes, followed by the 75-hour HCA basic training, then two weeks of review, preparation for the





exam and employment assistance with ReWA staff. The job readiness class and employment assistance is important to help them overcome barriers: transportation, child care and job interviews in a second language.

Kjeldgaard said some 20% of those in the HCA training will use the certificate to care for family members.

"Some students may complete the training, but don't go to work right away," she said. "But just having the certificate gives them options when they are ready to work."

Currently, ReWA assists at least 30 clients a year to gain employment as state certified home care aides. With this new funding, ReWA will hire a career coach to help 15 more clients each year advance in their health care careers.

Hamilton Community Food Bank's Leadership Transition to Helping Hands

Submitted by Miranda Wilson

Hamilton, Washington is a small town in rural East Skagit County with the Hamilton Community Food Bank serving approximately 200 families each week. Although the Hamilton First Baptist Church has been officially involved with the Hamilton Community Food Bank since July 2009, the history of the food bank begins years earlier. It began with the flooding that took place in 2003 as a response to the needs at that time. The President of the Board of Directors, Ron Edwards, has been involved with the food bank in one way or another for 18 years.

The Thanksgiving distribution on Nov. 23, 2021 marked Pastor Ron's final distribution as president of the board of directors at the Hamilton Community Food Bank. It was wonderful to see community partnerships in action as the food bank volunteers worked alongside American Red Cross and Helping Hands, serving around 100 families in the first hour. American Red Cross provided 48 cleanup kits and 25 cases of water to local families affected by the recent floods.

"We're really proud that a quality organization like Helping Hands is able to come in and assist us in our time of need in terms of management and personnel to make certain that this ministry doesn't go away; that people will still be fed and cared for here in Hamilton," says Ron Edwards, incoming president of the food bank's board of directors. "I feel confident that we are turning it over to some people that share this vision and goal as well."

Helping Hands is more than a food bank and hopes to bring additional services to the community of Hamilton. Helping Hands' Navigation Center aims to provide resources and navigation to address needs in the areas of housing, energy assistance, transportation, mobile food delivery, disaster relief funding, distribution of essential household items and more. Helping Hands provides navigation assistance such as signing up for DSHS SNAP benefits. Additionally, we network with local food providers and community organizations to provide the best services possible to rural areas, such as Hamilton. Partnerships are essential in order to effectively serve our community.

Navigators will be present during distributions to provide information and assistance for services other than food. In a remote and underserved community, it is especially important to have programs present. Helping Hands' programs manager, Miranda Wilson, and her team of navigators focus their efforts on connecting people with services outside of regular food distributions.

During the flooding Hamilton experienced in November 2021, there was an immediate need for essential hygiene products and ready-to-eat foods. Multiple organizations came together to support the communities affected by the floods. Essentials First stepped up, delivering 500 hygiene kits that included feminine hygiene products, household cleaning items and other needed supplies. Helping Hands was able to distribute the hygiene kits in Hamilton as well as to the shelter offering assistance to those impacted by the floods.

As of Dec. 1, 2021, the leadership of Hamilton Community Food Bank has transitioned to Helping Hands.

"Helping Hands is honored to have Pastor Ron and volunteers of the Hamilton Community Food Bank contact us to ask for our support," says Rebecca Skrinde, executive director at Helping Hands. "We are grateful for Pastor Ron's service, and we hope to take his legacy and continue it. We are thankful that the volunteers are choosing to stay with us because we know we couldn't do it without them."





Submitted by Sandra Turner and Frances Carroll

3) update

REGION

Spirit Helping Hands is a mobile outreach organization consisting of four core volunteers. Beyond our core team, we have a growing number of people who join our mission weekly. SHH began in March of 2020, as the pandemic began to shape local services in ways that decreased access for our most vulnerable populations. We saw the massive need and knew we had to do something to help — thus SHH was born. We have been faithfully serving weekly since.

SHH serves downtown Tacoma, in areas deeply impacted by homelessness and poverty. We start our day by setting up our tables, and the folks we serve begin to line up. During this time, we converse with those who have something to share, pray with those who need and want prayers, give hugs where hugs are needed, laugh and sometimes even cry together.

We don't leave for the next site until either everyone has gotten enough to eat or the food runs out, which has happened a few times due to an increase in those experiencing homelessness. What was once a parking lot under a bridge is now a community of unhoused individuals in need of assistance. Sadly, the need continues to grow just as the encampments, in size and complexity of issues.

SHH offers clothing, shoes, jackets and blankets, all of which have been donated by people in our community. While we acknowledge that there are local organizations sheltering as many people as they can, the unmet needs can be overwhelming. We often encounter difficulties that some individuals face obtaining the needed services to move from homelessness to more secure and stable lives.

One example is Micky, a gentleman we met when SHH began serving the community. Micky needed assistance obtaining documents to secure financial assistance. Without the needed documents, he was at a standstill. SHH took the time and effort to help, assisting him in making calls and providing transportation. Now Micky is moving forward towards affordable housing.



The needs are many, and the pain people are struggling with is very real. We have to help lift each member of our community so that they can not only survive, but also heal and thrive in more prosperous, healthy futures.



Foundation for Homeless and Poverty Management Creating Rejuvenation Community Center Shower and Laundry Station

Submitted by Drayton Jackson

With our emphasis on homelessness in Washington state, one of the biggest problems that we have recognized is lingering homeless communities in various areas. Whether at a library or in front of a local store, homelessness is affecting our public buildings, businesses and our economy.

Many people who have never experienced homelessness do not understand that homeless people spend a majority of their time just passing time and trying to figure out their next move. Where can they physically be to sit, to rest, to think, to plan?

On a daily basis, homeless people are making a decision on where they are going to sleep or get their next meal — or, simply, how are they going to survive. In many instances, homeless people are just trying to gather their thoughts and find a place to feel normal.

Now is the time to deal with our homeless problem head on. The Foundation for Homeless and Poverty Management is creating the Rejuvenation Community Center for the homeless population in Kitsap County. The community center's operating hours will be from 6 a.m. to 11 p.m., Thursday through Tuesday.

With the already-large number of people living in poverty and homelessness in Kitsap County on the rise, our goal is to have a place for individuals to come in off the street, take a shower, wash their clothes, get a haircut and to help them figure out their next moves. We partner with businesses, nonprofit organizations, community groups and people who are committed to helping others survive homelessness and get back on their feet.

The community center focuses on homeless youth, adults, seniors and veterans. Simple necessities of daily human life can be difficult when you have no place to live. The community center is a huge investment, but the bigger investment is slowing down the amount of people entering homelessness, provide critical assistance to those surviving homelessness, and open the public's eye and place the growing problem right in front for the world to see.

The Rejuvenation Community Center

will provide a stable location for people surviving homelessness, provide basic hygiene and, most importantly, can make people feel good about themselves.Feeling good leads to hope. Hope leads to change, and the opportunity to apply themselves to future endeavors, and help in their overall health. The Foundation for Homeless and Poverty Management believes that just giving people handouts is not the key nor the answer to homelessness and poverty, offering a chance to make a comeback and move towards healthier and more productive lives.

People surviving homelessness are living in a constant crisis. Unless relief is given, people surviving homelessness will not be able to integrate back into the community. The Rejuvenation Community Center is just one step in our efforts to change the lives of people surviving homelessness, as we support human life and potential, and bring about change in our community.



2021 Apple Health Client Survey Has Highest Scores Ever

Submitted by Health Care Authority

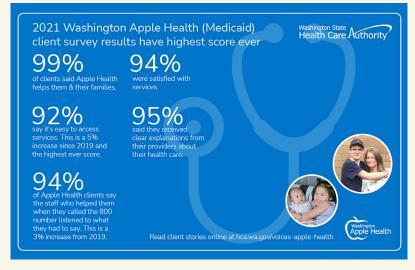
Overall scores among Apple Health (Medicaid) clients in quality, satisfaction and access to services are higher than ever, according to new client survey results. Between October 2020 and March 2021, 1,251 clients were interviewed by telephone:

- 92% of Apple Health clients say it's easy to get services. This is a 5% increase since 2019 and the highest ever score.
- 96% of Apple Health clients say the staff who helped them when they called the 800 number listened to what they had to say. This is a 3% increase from 2019.
- 99% of clients said Apple Health helps them and their families.
- 94% of clients said they were satisfied with Apple Health services. This is a 3% increase and the highest ever score.
- 95% of clients said they received clear explanations from their providers about their health care.

We are very proud of our staff at HCA for continuing to provide great customer service throughout one of the most challenging years we have ever faced.

The Department of Social and Health Services Research and Data Analysis division conducts the biennial survey to measure public service recipient experiences and satisfaction with programs, including Apple Health. Apple Health covers more than 2 million Washingtonians, including more than 850,000 children.

Dawn Chastain works in Apple Health customer service and assists clients when they call into the 800 number. She says the most rewarding part of her job is helping the clients that call in understand the process to get health coverage and to get them where they need to go within our agency.



About Washington Apple Health (Medicaid)

In Washington state, Medicaid is called Apple Health. Apple Health provides preventative care, like cancer screenings, treatment for diabetes and high blood pressure, and many other health care services to about 2 million residents. You can



apply for free or low-cost Apple Health coverage year-round. For most people, Washington Apple Health is free, but some families may have to pay a monthly premium. View eligibility requirements and how to apply online here.

The COVID-19 pandemic made us rethink the way we do business and provide care for clients. Some improvements we were able to make at a rapid pace were the expansion of telehealth options, access to laptops and phones for clients, and extended coverage due to the public health emergency.

For more information about the survey, or to read the report visit DSHS website.

Individuals can apply for free or low-cost Apple Health coverage year-round. View eligibility requirements and how to apply on the Apple Health website.



Share your story

Do you know a client with an Apple Health success story? With their permission, email success stories to ahcommunications@hca.wa.gov to inspire others to apply for free or low-cost coverage. Include in your email a summary of the story, the client's full name and contact information. If we use the story, the client may be eligible to receive a \$50 gift card.

To learn more about the Voices of Apple Health project and to read the full stories on the Voices website.

Disaster Cash Assistance Program Provides Help During Emergencies

Submitted by Sarah Garcia



DSHS's Community Services Division has a program called the Disaster Cash Assistance Program. DCAP was created to help households impacted by emergencies or disasters when the household doesn't qualify for other cash programs. This program is only active when there is a declared state of emergency and the governor issues a proclamation activating DCAP to households impacted by the emergency.

DCAP has been activated during times of natural disaster like wildfires, landslides and flooding and even during a state of emergency like the early period of the COVID-19 pandemic. Most

recently, DCAP was activated to help households impacted by the devastating effects of the severe weather impacting a number of counties in western Washington. Governor Inslee's proclamation stated the following counties were impacted: Clallam, Grays Harbor, Island, Jefferson, Lewis, King, Kitsap, Pierce, Mason, San Juan, Skagit, Snohomish, Thurston and Whatcom.

DCAP is funded under the Consolidated Emergency Assistance Program and offers benefits to low-income families and people without children who are not eligible for other cash assistance programs. It is important to note that CEAP is not impacted by the ending of DCAP and is available for households with minor dependent children or pregnant women who are not eligible for other cash programs, as outlined in WAC 388-436-0015 and CEAP chapter of the EAZ manual. Citizenship status is not an eligibility criteria for CEAP and because it is considered emergency assistance, it is not a public charge program.

The mobile CSO was deployed to help some of the hardest hit counties like Whatcom to serve households that might have difficulty accessing services due to the disaster. The Community Services Division offered DCAP to households impacted by the severe weather in specific counties from Nov. 22 through Dec. 17, 2021. During this time CSD received 7,320 applications and assisted over 5,500 households with DCAP.

A Note of Thanks

Submitted by Elijah Moon, Francesca Naccarato and Anh Ong

We've been through a lot together since COVID 19 turned our lives upside down, fundamentally altering life and service delivery in ways that we couldn't have imagined.

In the pandemic's infancy, offices were shuttered and staff sent home to telework. Job losses mounted, and the necessity for the benefits and services that we collectively provide became vital lifelines for helping to meet the basic needs of individuals and families in every corner of our state.

Thankfully, Washington Connection Community Partners were up to the challenge! Collectively, partners completed over **41,000 application submissions** between March 2020 and November 2021! Your contributions have been instrumental in ensuring that families remained in their homes, that children weren't going to bed hungry and that basic needs were not an additional burden among the many stressors facing our communities.

We thank you for your partnership and for your tireless efforts. Together, we are Transforming Lives... and we couldn't do it without you!

