

groundviews

REACHING SOLID GROUND

Nurturing healthy families

See story, pp. 2 & 3



SPECIAL RECOGNITION

Brilliance... Kindness... & Persistence...

Green thumbs up to **City People's Garden Store** and **Anthropologie** for making **Lettuce Link** the beneficiary of their **Earth Day** events! ... **Moss Alley Motors** donated a raffle prize to the **JustServe AmeriCorps** team for **National Volunteer Week**, and **Columbia City Cinema** donated movie passes to all 34 JustServe Members as an appreciation gift. Other supporters contributing to JustServe's success are **Cannon House**, **AnakBayan**, **Tuere Sala**, **Stumptown Coffee** and **2 Brown Chicks** – thanks to all! ... We are grateful to **Martha Kongsgaard** and **Peter Goldman** who graciously hosted our recent **Legislative Recap** event. ... The 6th Annual **Strike Out Hunger Bowl-a-thon** raised more than \$12,500 to feed hungry kids through area food banks! Thanks to donors and sponsors **West Seattle Bowl**, **Athletic Awards**, **Cupcake Royale**, **Fainting Goat**, **Garlic Jim's**, **Hawaiian Breeze**, **Molly Moon's Homemade Ice Cream**, **Nickerson Street Saloon**, **Not A Number**, **Papa Murphy's**, **QFC (Wallingford)**, **Safeway (Jefferson Square)**, **Sam's Club**, **Selena's Guadalajara** and **Tutta Bella (Stone Way)**. ... Thanks to **Microsoft** employees who donated 300 books to revitalize **Broadview Emergency Shelter & Transitional Housing's** Children's Library, to **Girls Giving Back** for supporting Broadview room renovations, and to **Molly Moon's Homemade Ice Cream** for providing endless scoops for the Broadview Children's Program Ice Cream Social. Now that's sweet! ●

Three generations of the Keegan Family at an Apple Corps Market Night – including Maple Elementary students Ian (kindergarten) & Maya (1st grade)

PROGRAM NEWS

From the Ground Up

Community Voice Mail (CVM) in custody: Since its inception in 1991, Solid Ground's Community Voice Mail program has helped connect people who are homeless and phoneless to employers, housing and family. Following a pilot project with one local public defender agency in 2009, CVM has now made the voicemail system available to all public defender agencies in King County. We have trained three new defender agencies on the system, and created their voicemail extensions, passwords and outreach materials.

The first in-custody voicemail system was distributed last month. This service can provide a vital lifeline to folks in the criminal justice system by connecting them to their attorneys and paralegals. "The CVM mailboxes ease communication between lawyers and clients and reduce demands on detention staff," said Eileen Farley of Northwest Defenders Association. While in-custody clients can only use their CVM mailboxes to get messages from their legal teams, those without access to messaging can get a fully-functioning CVM number after their release. ●

REACHING SOLID GROUND

Nurturing healthy families

The packed cafeteria at Maple Elementary buzzes with energy: It's Family Farmers Market Night, and the kids are excited. There are nutrition and physical education activities – but best of all, kids get to “shop” with play money for a variety of fresh fruits and vegetables to take home. As families enjoy a light dinner of Caesar salad and breadsticks, Maple Principal Pat Hunter greets the crowd and lays down some

Market Night ground rules: “The *children* will be purchasing the produce *without the parents*. One bag per family, and children do the shopping.”

Inside the “Market,” each child receives a reusable shopping bag. Kids crowd around the tables piled high with fresh produce donated by PCC Natural Markets – carrots, apples, pears, rainbow chard, lettuce, etc. – and wave fake currency at the volunteer “farmers.”

Kids are challenged to make correct change, and they leave with overflowing bags and huge grins.

A healthy partnership

Market Nights are just one component of a collaboration between Solid Ground's Apple Corps program and Seattle/King County Public Health to implement the *Eat Better, Feel Better* program in Seattle Public Schools. Apple Corps hires, trains and places AmeriCorps Members who partner with Public Health Nutrition Educators at five Seattle elementary schools, integrating nutrition and fitness activities into the school environment.

At Maple, Apple Corps Member Carly Nations teaches nutrition lessons to pre-K through 2nd graders

in their homerooms, and Public Health Nutrition Educator Dolores Rossman works with the 3rd-5th graders. Carly and Dolores connect with Maple's teachers to weave their lessons into homeroom classes. Dolores explains, “An important part of our nutrition education curriculum is to integrate what they're learning in terms of reading, writing, math, science. When we go into a classroom and we have a lesson that

we've planned, we incorporate the other learning into that lesson.”

Family involvement

Carly says one of the program's main goals is to present hands-on lessons that “extend it beyond the classroom. I try to get lessons where the kids can

chop [for] themselves, so they're preparing the food and making the meal. We usually start with a basic, ‘Why is this certain food good for us? Have you had it before?’ And then prepare and try it.” She adds, “I try to get a recipe for them to be able to make it at home. It's one thing to try to it in the classroom, but it's even better for them to bring it to their families – introducing them



Apple Corps Supervisor Mike “Peas” Kim & Apple Corps Member Chris “Carrot” Thouvenel

“I think that any time you put fresh fruits and vegetables in front of a kid and they're excited about it, it has to have an impact.”

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Carolyn Akinbami

Carolyn Akinbami is a new Solid Ground supporter who first gave to our Lettuce Link program in 2009 and led a Bowl-a-thon team (see picture at left!) at this year's event to support our Food Security for Children program. Carolyn says, "The work that Solid Ground does to fight poverty in our community is more important now than ever before."



In addition, Carolyn is a "Friends of Lettuce Link" volunteer. As a donor *and* a volunteer, she says it's important to her to inspire her friends to support Lettuce Link and the Bowl-a-thon because, "The Bowl-a-thon was a fun way to connect with friends around a cause we all value." Thank you, Carolyn, for supporting Solid Ground's work to provide healthy produce and infant and toddler food to children and families in our community!

For more info on supporting Solid Ground and our food programs, please contact Zanne Garland, Individual Giving Manager, at zanneg@solid-ground.org or 206.694.6862. ●

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to new foods and making them think, "This is really good. I want to try this again."

Family Farmers Market Nights are an important way for Apple Corps/*Eat Better, Feel Better* to extend nutrition education beyond the classroom. Each Apple Corps school hosts one Market Night a year, and the events are great community building and learning opportunities for parents, kids and school staff. At Maple's Market Night, brother and sister Ian and Maya Keegan (in kindergarten and 1st grade, respectively) brought their dad and grandparents along this year. Maya attended last year and says she had lots of fun.

Their dad David says, "There's a big disconnect between food that people are putting in their mouths and any concept of, "This was grown in the dirt, and it came from a farm. And this carrot came from out of the ground and we're lucky that we get to eat it." Thanks to programs in the schools like Apple Corps,

"Kids nowadays hopefully will be back in touch with where their food comes from."

Just outside the market, two boys excitedly talk over each other describing what they chose: "I got apples, carrot..." "...apples, carrots, lettuce..." "Um, I forget what that's called. Oh yeah, pears." "Apples." "Did we say apples?" "Oranges! Yeah that's it." And what are they going to do with the produce? "Eat it!"

AMERICORPS MEMBER SPOTLIGHT

Carly Nations, Apple Corps Member

Everyone who has worked with Carly Nations at Maple Elementary where she teaches nutrition education as part of the Apple Corps program has great things to say about her. This is Maple's first year with an Apple Corps Member, and Carly's *Eat Better, Feel Better* Public Health colleague, Dolores Rossman, says: "It's been wonderful having her here. The teachers really love her; I get a lot of very favorable comments on the great work that she's been doing in the classrooms."

Carly herself describes the self-discovery that can come with a year of National Service: "It's been fantastic. I've definitely learned a lot. Finding that passion that I didn't necessarily know I had before – children's health is an issue I'm really concerned about – and it's great to be able to work with kids."

For more info on the Apple Corps program and opportunities, contact Apple Corps Supervisor Mike Kim at michaelk@solid-ground.org or 206.694.6711. ●



A lasting nutritional impact

Since Apple Corps/*Eat Better, Feel Better* came to Maple, staff can see clear changes. Dolores notes, "It's reflected in the lunchroom in terms of selecting the fruits and vegetables." Science teacher Elyse Litvack says, "I think this program has been really wonderful for the kids, and for bringing healthy foods into their lives, and bringing some good new role models into their lives. I think that any time you put fresh fruits and vegetables in front of a kid and they're excited about it, it *has* to have an impact."

And Carly says, "I've had students say, 'I loved kale so much, I made my mom buy it, and we had it last night for dinner!' It's a fabulous feeling to know that it's making an impact, and I'm not just the food lady that brings them food all the time!" ●

COMMUNITY NEWS

Cool / Not Cool

Cool: On April 15th, Solid Ground ceremonially broke ground on Brettler Family Place – 52 apartment and townhouse units for formerly homeless families. Now under construction at Magnuson Park in Sand Point, we hope to move the first tenants in by Spring 2011.

Not Cool: A new study in the Journal of Pediatrics shows that the childhood obesity epidemic is even worse than feared. The Kaiser Permanente study of 710,949 children and teens found that 7.3% of boys and 5.5% of girls are classified as extremely obese. Even more disturbing: 12% of black teenage girls and 11.2% of Hispanic teenage boys are extremely obese, underscoring the reality that communities of color are often hardest hit by health disparities.

Cool: In response to increased demand, the Seattle Foundation's Building Resilience fund has given Solid Ground the opportunity to hire an additional attorney to help people access governmental benefits. (*The Not Cool economic climate reality: During the first quarter of 2010, our Family Assistance program helped 216 new individuals, a 40% increase compared to 1st Quarter 2009.*) ●



The Brettler Family
(l to r): Cindy, Quinn, Dan & Max with Representative Phyllis Gutiérrez Kenney (front right) at the Brettler Family Place groundbreaking ceremony at Sand Point

TAKE ACTION

Some Ways to Get Involved!

- To donate to the Apple Corps program, please visit www.solid-ground.org/Programs/Nutrition/applecorps.
- For more info on the Apple Corps program and opportunities, please contact Mike Kim, Apple Corps Supervisor, at michaelk@solid-ground.org or 206.694.6711.
- For Volunteer Opportunities at Solid Ground, please contact Indiigo Klyne, Volunteer Coordinator, at 206.694.6825 or indiigok@solid-ground.org.
- For more information on supporting Solid Ground and our food programs, please contact Zanne Garland, Individual Giving Manager, at zanneg@solid-ground.org or 206.694.6862.



Building community to end poverty

1501 North 45th Street, Seattle, WA 98103-6708

A Community Action Agency... Helping people, changing lives.

groundviews is Solid Ground's newsletter, published six times a year to highlight our efforts to create a just & caring community, free from poverty, prejudice & neglect.

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EDITORS

Mike Buchman & Liz Reed Hawk

EMAIL

publications@solid-ground.org

PHONE

206.694.6716

TTY

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WEB

solid-ground.org