



Partners in Caring
is a program of



What is Partners in Caring?

Partners in Caring works with Seattle Housing Authority (SHA) residents and other community service providers so residents can live with greater independence, health and well-being. We coordinate social, health and recreational activities in SHA buildings.

Activities include...

- Weekly home grocery delivery.
- Grocery store trips.
- Healthy cooking classes.
- Health and fitness activities such as Tai Chi, low-impact aerobics, range-of-motion exercises and walking.
- Presentations and resource fairs on topics such as health and wellness, employment and volunteering, nutrition, recreation, and accessing community resources.
- Resident-inspired activities... the sky's the limit!

We believe...

- Our community has the resources, will and ability to end poverty.
- All people have the right to food, shelter, social justice and opportunities.
- Racism perpetuates poverty. To end poverty, we must undo racism.

We believe that together, we can build a community free from poverty, prejudice and neglect in which all members stand on Solid Ground with the skills and confidence needed to achieve their dreams.

MAILING ADDRESS

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

PHONE
206.694.6731

FAX
206.694.6777

TTY
7.1.1

EMAIL
PIC@solid-ground.org

WEB
solid-ground.org

Reasonable accommodations for disabilities made on request.

PRINTING DONATED
McCallum Print Group

Partners in Caring



*Improving quality of
life & independence for
Seattle Housing Authority
(SHA) residents*

Partners in Caring is here for you!

Seattle Housing Authority (SHA) residents... ***Get involved in your community!*** Do you want to know more about attending or starting up activities at your building? Just call Partners in Caring staff, and we'll help get you going!



Some ways to get involved...

- Volunteer with our *Grocery Delivery Project*.
- Assist with *holiday and event parties*.
- Join the *Newsletter Committee!* Help create an informative Partners in Caring newsletter and calendar of activities.
- Get together with other residents for *health and fitness activities*. Try Tai Chi, an exercise class or a walking group.
- *Start an interest group!* Do you like to read, watch movies, play games or listen to music? Contact Partners in Caring staff and we'll help you connect with others who do too.

Staff contact information

Project Supervisor

Phone: 206.694.6731

Email: PIC@solid-ground.org

Program Assistant

Phone: 206.694.6702

“Partners in Caring was so helpful to us when we had a harvest barbeque. They extended themselves beyond the proverbial mile in so many ways. Their organization has the potential to offer so much information, services and resources to the people of SHA buildings.”

Linda Mason, Harvard Court Resident

Staff can also help you with...

- Information about local health and human service resources.
- Weekly food delivery – including culturally diverse groceries – to homebound seniors and people living with disabilities.
- Resources, information and presentations about physical and mental health care, exercise and nutrition.
- Opportunities to volunteer and learn leadership skills to help residents connect with each other and build community.