

Keeping kids busy through the summer

With less than two months left until the last day of school for the year, it's time to start thinking about summer camps and activities to keep kids busy and learning into the fall. Fortunately, there're lots of free and low-cost programs here at Magnuson Park and elsewhere in the city. Here are a few options:

Rock the Park

Rock the Park is a free weekly program for teenagers at Magnuson Park. Kick back and relax, cook some food, play some games, and go on field trips. Register at tinyurl.com/RockThePark2023. Drop-in times are also available without registration. Please check with Jiordi at 206.684.7026 to see if drop-in is available for the week.



A Rock the Park program in 2016

Young Women Empowered (Y-WE)

Y-WE offers a wide variety of programs for girls and young people who identify as trans, nonbinary, or gender expansive. This summer, they're offering programs focused on writing, creating, swimming, biking, gardening, and more. All programs are free and some come with a stipend for participation. Go to youngwomenempowered.org to learn more and sign up.

Seattle Parks & Recreation

The city offers dozens of summer programs across Seattle. At Magnuson, they include camps focused on animals, LEGOs, sports, arts, comic books, film making, and theater. For more info and to register, go to seattle.gov/parks/learning-and-childcare/camps.

Scholarships are available for families with low incomes, but you must apply for them before you register for summer programs. Apply at seattle.gov/parks/scholarships-and-financial-aid.

Seattle YMCA

The Y has day and overnight camps across the city and Puget Sound, including at Sand Point Elementary and Magnuson Park. Financial assistance and sliding-scale fee options are available. More info at seattleymca.org/support/webform-financial-assistance.

Other summer activities

If you get SNAP benefits, you can use your EBT card to get into a variety of museums for free, including the Burke Museum, Museum of Flight, Museum of Pop Culture, Pacific Science Center, and Seattle Children's Museum. You can also check out passes through the Seattle Public Library when available. •

Be part of The Sand Point Edition, a newsletter for Solid Ground Sand Point Housing residents. Share your story ideas, articles, recipes, and other creative work. We consider contributions on an issue-by-issue basis.

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Solid Ground believes poverty is solvable.

We meet basic needs, nurture success, and spread change.



Behavioral health at Sand Point

Counselor now here for residents every Friday

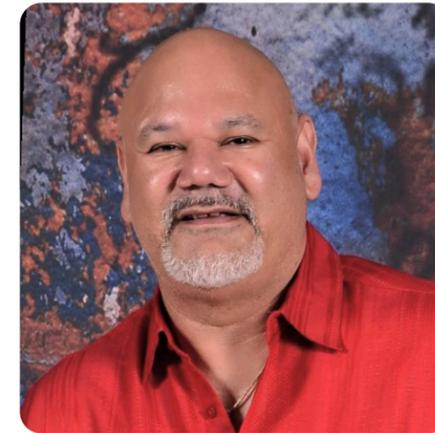
By Neal Simpson

If you're feeling depressed or anxious, or just need someone to talk to, you can now get help for free without ever leaving Sand Point.

Ruben Rivera-Jackman, a behavioral health counselor with more than two decades of experience, will be on campus and available to serve all Sand Point residents every Friday, 9am-3pm, until June 30. Residents can stop by his office at Santos Place anytime during those hours or call 206.753.4821 to schedule a time to meet, either in his office or elsewhere at Sand Point.

"I believe we can always benefit from talking with someone when we're experiencing challenges," Ruben says. "And we all experience challenges. Life throws us curve balls and we just have to figure out the best way to handle them."

The Friday sessions are part of an effort by Solid Ground to make it easier for residents to access behavioral health services.



Ruben Rivera-Jackman

Colleen Hollis is also working with several other agencies to bring additional support services to Sand Point.

"It's about living and it's about getting help. Everybody needs help sometimes," Colleen says. "We may go to our family but sometimes they're not the best help. Sometimes they make it worse, so it may be better to talk with someone who's more neutral, who's not involved in the situation."

Ruben identifies as "New Yorican" – a native New Yorker

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MAY 2023

Upcoming Events

▶ **Children & Families Get Together:** Thursday, May 18, 4:30-5:30pm, Upper Lowry

▶ **Asian American & Pacific Islander Heritage Celebration:** Thursday, May 25, 5-6pm, Lower Santos

▶ **Offices closed:** Memorial Day, Monday, May 29

▶ **Community Dinners:** Mondays, 5-6:30pm, Lower Santos

▶ **Grocery runs:** First & third Thursdays, 11:30am, pick up in front of PGK

▶ **Behavioral health:** Fridays, 9am-3pm, Santos

▶ **After School:** Monday through Friday, 3-5pm, Lower Santos

▶ **Tutoring:** Monday through Thursday, 6-7:30pm, Lower Santos

▶ **Teen Group:** Mondays, 4:30-5:30pm, Lower Santos

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born to Puerto Rican immigrants – as well as a gay cis-gendered man. He also experienced a period of homelessness as a child and grew up in public housing.

“For me, this is like coming full circle,” Ruben says. “This is my way of giving back and showing my gratitude for the opportunities I’ve had.”

Ruben has experience helping people who identify as LGBTQ as well as those who have experienced domestic violence, homelessness, and substance abuse. He is a native Spanish

speaker and is able to provide services in Spanish.

Most recently, Ruben has focused his work on helping older adults, which often involves supporting people who frequently experience grief and loss. He’s also experienced a great deal of loss in his own life.

“We all experience losses in our life, and as we get older we experience losses more and more,” Ruben says. “And we all grieve differently. There’s no right or wrong way to grieve. It’s like the waves of the ocean – we

think we’re done grieving and then something comes along and brings us right back into it.”

Ruben has also been talking to residents to see what kind of support groups they’d benefit from. Depending on interest, he’s considering creating groups for grief and bereavement, LGBTQ residents, and men and women.

“We want to do whatever residents want,” he says.

Ruben’s office is on the ground floor of Santos, north of the lobby. He can also be reached at **206.753.4821**.

Community center back home after renovation

The Magnuson Park Community Center is back!

Closed for renovations since 2021, the community center returned to its home just north of Santos Place on April 10, 2023. The community center had been operating out of “The Brig” during the project, which will allow Seattle Parks & Recreation to offer more programs and make it easier for people with disabilities to access the building.

The community center plans to host a grand re-opening on July 6 that will include two new exhibits from the Friends of Magnuson Park, a nonprofit working to bring more attention to the

history of the former naval air base that operated here.

Dedicated in December 1941, the building that now houses the Magnuson Park Community Center was used for exercise and training for navy personnel and included a 15-foot-deep pool to train flight crews for emergency

water crashes.

The building was last renovated in 2002, but the south side of the building was sealed off because it contained asbestos. The latest renovations have made that portion of the building usable again, greatly increasing the size of the community center.

The Magnuson Park Community Center is currently open Mondays, Tuesdays, and Fridays, 2-9pm; Wednesdays and Thursdays, 9am-8pm; and Saturdays, 10am-5pm. The center is currently hosting free movie nights with free snacks and popcorn every Monday, 6:45-8:45pm. Call **206.684.7051** for more information.



The front desk at the newly renovated building.

Resource Wire

FREE FRUITS & VEGETABLES FOR SENIORS

WHEN: Applications due by May 19, 2023.

WHAT: The 2023 Senior Farmers Market Nutrition Program provides eligible seniors with an \$80 card to spend on fresh fruits and vegetables at participating farmers markets.

TO APPLY: Go to sfmnp-seattleking.org.

QUESTIONS? Call **206.962.8467**.

HELP WITH DRUG POSSESSION CONVICTIONS

WHAT: Living with Conviction can help you clear convictions for drug possession from your criminal record if you were convicted on or before February 25, 2021. You may even get a refund for legal fees you’ve already paid.

MORE INFO: Call **206.307.3028** or go to LivingWithConviction.org.

PAID JOB READINESS PROGRAM FOR YOUTH

WHEN: June through August 2023

WHAT: The new Youth at Work Summer Enrichment program is open to young people ages 16 to 24 who attend a Seattle school. Students enrolled in the program can expect to:

- ▶ Land a 10-week paid internship (June - August) that matches your skills, career interests, and availability
- ▶ Receive pre-employment training and work experience to aid in your professional growth and career exploration
- ▶ Get professional support from a trusted mentor
- ▶ Gain practical experience to build your resume and connections to advance your career

TO APPLY: Go to urbanleague.org/education-services.

Sand Point Updates

BUILDING SECURITY

You can help keep all our neighbors safe by making sure exterior doors are always closed and locked. Because your security is so important, residents who prop open doors or open emergency doors in non-emergency situations may face a lease violation and \$35 fee. If you have questions, call Allied Residential at **206.753.4810**.

CONSTRUCTION AT PGK

To prepare for the installation of a new WIFI system at PGK, a contractor will be in the building on Monday, May 8, starting at 9am, to run cables. There may be some noise as the contractor works floor by floor through the day. PGK residents will receive additional information about connecting to the WIFI once it’s installed.

GROCERY RUNS ARE BACK

Solid Ground is resuming twice-monthly trips to area grocery stores starting this Thursday, May 5. The van will pick up residents at 11:30am outside PGK. Rides on the grocery shuttle are free for Sand Point residents, but seats are available on a first-come, first-served basis. The van will bring residents to Safeway on the first Thursday of each month and Fred Meyer on the third Thursday.

NEED A NEW MATTRESS?

Mattress Firm has offered to provide deeply discounted mattresses with free delivery for Sand Point residents. If you can’t afford the reduced cost, Solid Ground may be able to help. Talk to your case manager if interested or contact Oliver Alexander-Adams at olivera@solid-ground.org.