



## La Casa Hogar Newsletter

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### "Passport to Health" Comes to La Casa

**Made possible in partnership with Memorial, YMCA, SW Rotary and Virginia Hislop**

Providing health education and support for healthy lifestyles, Memorial Hospital's Bilingual Program has brought the first Illness Prevention/ Health Promotion program to La Casa. The women identified six basic areas of health they wanted to learn more about: Obesity, Nutrition, Diabetes, Cardiovascular Health, Mental

Health, and Sexuality. The format of the classes is planned and implemented by Lily Gonzalez -- Bilingual Program Coordinator, Memorial Hospital -- who then either teaches the topic-specific classes, or brings in a qualified expert. "This isn't just a time where a lot of information is given out. The women are able to ask questions and talk about their health concerns -- not only for themselves but for their families."

The women have also have the opportunity to participate in aerobics classes at the "Y" while their school-age children attend their own health-learning time. The YMCA has provided classroom space for age-specific teaching by Memorial's Passport to Health staff. Julie Bremerman, YMCA Associate General Director, hopes to see an expansion of the services they are able to offer La Casa's women.

### GARDEN PROJECT

**Volunteers Use Garden to Teach Science and Working Together**

A small section of the Community Garden is being used for this summer's Garden Project, where volunteers, Diane Ibatuan (Heritage University) and Elizabeth Walsh (Bryn Mawr College) are working alongside mother's and their children, using the project as a tool to teach math and science and providing an opportunity for moms to be involved with their children. They are growing tomato and pepper plants donated by Imperial Gardens of Wapato. Each Friday they are measuring and charting the growth of the plants, which are watered the rest of the week by the homeless who tend the Community Garden. In addition to planting and watching their garden grow, they have started flowers from seeds in pots they decorated themselves, painted their handprints on the sidewalk that wanders through the garden, and made their own stepping stones.

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*Our home nurtures strong communities.. One Person at a time.*



**Lazaro Cardenas Visits La Casa**  
***Michoacán Club Partners with La Casa to Provide Emergency Services***

Lazaro Cardenas, governor of Michoacán, was in Yakima on May 5<sup>th</sup> and 6<sup>th</sup>. During a visit to our home, he was introduced to the work of La Casa, and explored the cooperative efforts of the local Michoacán Club. The club serves as a liaison between people from Michoacán living in the Yakima Valley and vital services and benefits of the Michoacán government.

**The Annabelle Housing Fund**  
**at Work**

***One Step Towards Ending the Pain and Suffering of Homelessness***

Sometimes as little as twenty-five dollars a month can make a significant difference to a person struggling with being homeless. The Annabelle Housing Fund is a source of financial assistance providing resources to reduce and prevent homelessness for single adults. Funds are used to help pay for rent and/or a deposit to enable housing stability when there are no other resources.

Suzy, a long-term homeless single woman, moved into her apartment with the expectation her benefits for the following month would be in her account within the next few days. Due to state errors, her money was not available when expected, and she was facing eviction. Assisted by "one-time" aid from the Annabelle Fund, she was able to stay in her home until her benefits,

**Board expands Emergency Services**  
**with focus on**  
**Self Sufficiency for Single Homeless**  
**Adults.**

***McKinney Grant Provides Funds for Housing First and Case Management Services.***

Yakima Interfaith Coalition is gearing up to serve four chronically homeless people with intensive services. Over the past couple years we have experienced a 30% rise in the number of homeless people we are serving in our emergency services program. This grant provides an opportunity to work with people over a period of time and provide them housing. "We have been dreaming about a way to move the program from charity model to empowerment. This is an opportunity to begin the process," said Carole Folsom-Hill, Executive Director.

**It's Back**  
***La Casa Hogar Yakima Interfaith Coalition's***  
***"September Experience"***

**BEGINNING SPANISH**  
**September 11 – 15. 8:00 a.m. – Noon**  
**OR**  
**September 18 – 22. 4:00 p.m. – 8:00 p.m.**



September Experience offers an opportunity for adults of all ages to learn Spanish by hearing and speaking only Spanish with native speakers. This is a great start for the beginner and wonderful practice for those approaching the intermediate level. The 20 hour classes are offered at \$200 per person. Corporate packages are also available.

For more information or to register for September Experience contact La Casa Hogar at 457-5058 or e-mail [info@lacasahogar.org](mailto:info@lacasahogar.org).