



# Healthy and Active Rainier Valley Coalition

Volume 3, Issue 1

Winter 2009

*A partnership aimed at building and strengthening the Rainier Valley by improving the health of its residents through culturally relevant promotion of physical activity and nutrition.*

## Rainier Avenue South - Planned Changes



Here is an update from Sara Robertson from Seattle Department of Transportation, (SDOT) on planned changes for Rainier Avenue South:

- At Rainier Ave S & S Oregon St - a pedestrian half signal with a crosswalk will be built in 2009.
- Rainier Ave S & S Genesee St - safety will be improved by reducing curb radii on northeast and southwest corners, eliminating the free right turn lanes and the southern traffic island and installing a pedestrian crosswalk on the south approach. This project should be done by the summer of 2009

- Two Neighborhood Street Fund (NSF) projects to be finished by end of

2009: Columbia City pedestrian lighting and sidewalk repair, Hillman City pedestrian lighting and sidewalk repair.

- Rainier Beach gateway project: - SDOT is working with the RB community to design a gateway project - still in discussion as to locations and what the project will consist of.
- Link neighborhood parking management plans: We are working with community members to design and install new on-street parking regulations around the Link light rail stations in SE Seattle. We are in the proposal stage and wanting community feedback . These plans are designed to prevent commuters from "hide-and-ride" parking in the neighborhood streets.
- Bus bulbs: The designs are undergoing technical review now. We expect the designs for many bus bulb locations to be ready to share with stakeholders within the next month.
- Traffic calming: The SETS projects above and the bus bulbs will contribute to traffic calming. The transit project team is working to determine the technical feasibility of adding two new signalized crosswalks to the transit project at bus stop locations.
- In addition, new crosswalks and a traffic-calming curb bump-out are being installed in the area of Rainier & McClellan and consideration is being given to an all-walk signal at the intersection at that location also.

Please contact Sara with any questions at: [sara.robertson@seattle.gov](mailto:sara.robertson@seattle.gov).

## Expanding Community Gardening in the Rainier Valley

Recent snows are melting and crocuses are coming up. It's time to look through those seed catalogs and start planning this spring's garden. If you are interested in working to expand community gardening opportunities in the valley please join in the next meeting on Tuesday, January 27th from 6 to 7:30 pm at the Rainier Community Center , e-mail Diana for more information at [diana.vinh@kingcounty.gov](mailto:diana.vinh@kingcounty.gov)



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## International Community Health Services



### International Community Health Services Colon Cancer Prevention

ICHS has joined the Washington Colon Health Program. Uninsured men and women ages 50 to 64 who meet income guidelines may qualify for no-cost colon cancer screening.

Studies show that colon cancer is highly preventable if detected early. This is a great new service for our patients to receive needed preventive care!

### ICHS speaks up!

ICHS is gearing up to take part in Asian and Pacific Islander legislative day on Thursday, February 5<sup>th</sup>. Community members and advocates will hear the governor speak and meet with their representatives to discuss and advocate for issues that are affecting the API community. This is a chance for the community to make sure their needs are being heard in this challenging economic climate.

For more information on the colon health program and API legislative day, please contact Abbie Zahler at [abbie@ichs.com](mailto:abbie@ichs.com).

## Southside Booty Camp

Southside Booty Camp is a women's fitness program open to all levels held at Lakeside Community Center 6:30 am or 7:45 am. Class is an hour of core, upper and lower body strengthening, yoga, and cardio work. Join the class by visiting [www.southsidebootycamp.com](http://www.southsidebootycamp.com) or call Jessica Breznau at 206-792-9512 with questions.

## BikeWorks



Winter Earn-a-Bike classes will be starting up soon at Bike Works. In Earn-a-Bike, youth (ages 9-17) learn bike repair in an 8 week after-school program. While taking the class, youth also do community service by repairing bikes that are redistributed, and can

trade in those hours of community service for their own recycled bicycle. Classes are \$100, and scholarships are available. Please call (206) 725-9408 ext. 2, email [info@bikeworks.org](mailto:info@bikeworks.org), or stop by Bike Works at 3709 S. Ferdinand St. for more information, or to register for the class.

## Rainier Valley Rowing

Rainier Valley Rowing, (RVR), is the first co-ed access-based rowing program in the entire country! We help 8th-12th graders build healthy relationships with their changing bodies. So far, we've taught 7 teens to swim, 14 to row, and identified more than 30 young people interested in participating in future seasons. No experience or swimming skill are necessary to join and our program is offered on a sliding scale so all can participate. RVR is a partnership program and we thank everyone involved for making a difference in young peoples' lives.



Join us to celebrate our success and have a hot breakfast on a cold winter morning. Rainier Valley Rowing's **First Annual Benefit Breakfast** will be on Friday, February 27th from 7:30-9:00 am at Fare Start. Don't miss your chance to dine with local Olympians, meet the Rainier Valley Rowers, and support a great program. If you want to attend the breakfast, or know teens interested in participating this Spring, (only a few spots left), please contact [Julian@RainierValleyRowing.org](mailto:Julian@RainierValleyRowing.org).

## Free Women's Yoga Class at Rainier Vista Center

Rainier Vista Center announces a new free women's yoga class! This will be for women who live in the Rainier Vista neighborhood. Many of the immigrants and refugees in the Rainier Vista community have seen their lifestyles become sedentary since coming to the United States. They are also eating foods that are not traditional to them and may not be healthy. These changes in lifestyle have had a negative impact on their physical health. It is also difficult for some women to join a typical gym because of cultural and religious reasons. The residents will now have a yoga class offered in their backyard, at the Rainier Vista Center every Tuesday morning (Starting January 13) from 8:45AM to 9:45AM. No experience is necessary and this will be a basic beginner yoga class. Please call Kate Farmer for more information at 206-461-4568 ext. 211.

## Rainier Health and Fitness



While millions of others make New Year's resolutions to include fitness as a part of their life, members of Rainier Health & Fitness have beat them to it. The 800 members of Rainier Health & Fitness (RHF), a non-profit fitness center located in south-east Seattle's Rainier Valley, recently completed a yearlong Community Fitness Challenge,

collectively logging 68,000 exercise miles and losing 1,000 pounds. Unlike other gyms where members have a lifetime of fitness experience, RHF caters to an entirely different population - diverse, urban individuals of all ages, ethnic backgrounds and fitness levels.

For more information please contact Elizabeth Kingsley at 206.725.0279 or [ekingsley@rainierhealth.com](mailto:ekingsley@rainierhealth.com) [www.rainierhealth.com](http://www.rainierhealth.com)

## Southeast Senior Center

The Center begins the new year with a slew of exciting events and programs. To celebrate MLK Jr. Day, we'll gather

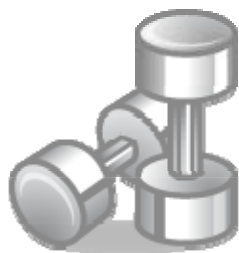


on the morning of January 20th to watch the presidential inauguration and share a lunchtime program with students from Brighton Elementary School. On February 3rd, we'll celebrate Chinese New Year with a lunch buffet and a performance from the Franklin High School Lion Dancing team.

The NW Weaving Guild is offering classes here. Check out the new weaving rooms at our open house on January 23 at 2:00 pm. Please join us for the return of our popular weekend collage classes and new jewelry design classes. 2009 is shaping up to be a vibrant year at the senior center...take a moment to drop by and see what's new.

The Southeast Seattle Senior Center is located at the corner of Rainier Ave and Holly St. Our phone number is 206 722-0317 and our new website is online at: [www.southeastseattleseniorcenter.org](http://www.southeastseattleseniorcenter.org)

## VA Puget Sound Health Care System- MOVE! program



The MOVE! program, (**Managing Overweight Veterans in the VA Everywhere**) and the **Healthier US Veteran** program at the VA Puget Sound Health Care System - Seattle Division has a weight loss support group session with a featured speaker each 4<sup>th</sup> Wednesday of the month. This

month a representative from "Healthy and Active Rainier Valley" will share with veterans and their families local community resources for healthy living.

**Healthier US Veterans** is a national obesity and diabetes prevention campaign that targets veterans, their families and communities. To find out more visit <http://www.healthierusveterans.va.gov/>

For local program information, call 253-582-8440 ext. 76683.

Karol Brown, MOVE! Program Manager

## New Bus Service Changes in Southeast Seattle

Last fall when Metro asked for feedback on bus route changes more than 2,000 people commented. People expressed concerns and made suggestions about safety, Link fares, travel times, transfers, reliability, and frequency of service.



After considering the comments, Metro has revised its proposals and starting January 12 the public will be able to comment on these revisions.

Tell Metro what you think at [metro-feedback-sea@kingcounty.gov](mailto:metro-feedback-sea@kingcounty.gov) or at 206-684-1146. Calls in languages other than English will be welcome at 206-331-9550. For more information prior to January 12th contact [Sarah.Luthens@kingcounty.gov](mailto:Sarah.Luthens@kingcounty.gov) or 206-684-1154.

## Sound Steps Spring Training Kickoff!



It may still be winter, but this is the time for walkers to start "spring training." This new year, join other active adults age 50+ as we train for a series of exciting walking events. Our training kick-off is **9:30 a.m. - 12 noon on Saturday, February 7 at Jefferson Community Center**, (3601 Beacon Ave S). From then on, we'll be walking every Saturday as a group to prepare for the **St. Patty's Day Dash 5K** on March 15, **Lake Union Loop 10K** on April 25, and the **Rock-N-Roll Half Marathon** on June 27 with live music at every mile along the 13.1 mile course! New walkers welcome, and participants can choose to walk in one or all of the events. Last year 38 Sound Steppers participated in the Seafair Half Marathon - now *it's your turn!* For more information, call Mari at 206-684-4664 or email [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov).

## Upcoming Events

- Next HARVC meeting, January 21st from 1:00 to 2:30 p.m. at the Rainier Community Center
- Al Shifa Fundraising auction and dinner, February 27th from 6:00 to 8:30 p.m., for more information please e-mail [tharris87@gmail.com](mailto:tharris87@gmail.com)
- Circuit training, Tai Chi and Yoga classes - please contact Tim at [tim.pretare@seattle.gov](mailto:tim.pretare@seattle.gov) for more information on these upcoming classes
- Weaving Studio Open House at the Southeast Senior Center on January 23<sup>rd</sup> from 2-6, contact Ruth for more info at [rute@seniorservices.org](mailto:rute@seniorservices.org)
- Expanding Community Gardens - January 27th from 6:00 to 8:30 at the Rainier Community Center
- Rainier Beach Town Hall 6:00 to 8:30 at the Rainier Beach Community Center
- Rainier Valley Rowing's First Annual Benefit Breakfast will be on Friday, February 27th from 7:30-9:00 am at Fare Start, please contact [Julian@RainierValleyRowing.org](mailto:Julian@RainierValleyRowing.org).



Easy bread recipe:

- 3 cups flour
- 3/4 tsp yeast
- 1 tsp salt
- 1 1/2 cups of warm water

Mix together, let sit covered for 12 - 24 hours. Flour dough then bake in a preheated dutch oven for 30 minutes, remove lid and cook 12 more minutes.

[www.nytimes.com/2006/11/08/dining/081mrex.html](http://www.nytimes.com/2006/11/08/dining/081mrex.html)



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