

Washington CASH offers training, resources to aspiring low-income entrepreneurs

By **BETO YARCE**
Special to The Voice

Cooking always has been a passion for Reyna Hernandez, who grew up in Veracruz, Mexico.

Now, she's trying to turn that passion into a career.

Hernandez is one of 14 local entrepreneurs who graduated this summer from a 10-week, 30-hour business development training course offered by Washington Community Alliance for Self-Help (CASH). I taught the course, which was the first by Washington CASH to specifically reach out to Latino entrepreneurs.

"It's my dream," Hernandez told her fellow classmates at a graduation ceremony at the Southwest Youth & Family Services office in Burien. "I think I'm going to achieve it."

Washington CASH helps small businesses known as microenterprises, which are typically owner-operated with five or fewer employees. Specifically, Washington CASH helps low-income individuals gain the skills and resources they need to successfully operate their own businesses by providing training, small loans, peer support

and technical assistance.

Often, our clients are skilled in a particular field but don't know how to start or grow a business. Some clients need a small loan to start or expand their business. Our goal is to help individuals move from being in poverty to being self-sufficient small business owners who contribute to the economy of their communities.

We're proud of our success rate: 75 percent of our clients have experienced an increase in household income, and 56 percent report a significant increase in business revenue after working with us.

Irene Herrera, who also graduated from the recent Washington CASH business development training course, said our services were a big help to her. She is working to operate her own shipping and packaging business.

"Thanks to these classes, I'm more secure in what I'm doing," Herrera said. "Before, I talked about the business, but I didn't know many, many things. Now, I feel comfortable and happier."

To find out more about our services, please call 206-352-1945 or 360-698-4088, e-mail info@washingtongcash.org, or go to www.washingtongcash.org.



Reyna Hernandez gives a presentation about her plans to open her own restaurant at a Washington CASH graduation ceremony at the Southwest Youth & Family Services office in Burien.

PHOTO BY HEATHER MILLER

Kent Summer Safety Fairs

There will be two Summer Safety Fairs this month at KCHA properties in Kent organized by Kent Youth and Family Services in collaboration with many community partners. Free lunch will be served for youth 18 and younger.

The events are:

- From 11:30 a.m. to 2:30 p.m. Aug. 14 at the Springwood Youth Center, 12910 S.E. 273rd St.
- From 11:30 a.m. to 1:30 p.m. Aug. 21 at Cascade, 20500 106th Ave. S.E.

A Public Health Bulletin

Keep kids healthy through preventive care

By **LISA PODELL, PUBLIC HEALTH**
— SEATTLE & KING COUNTY
Special to The Voice

Do you have children younger than 19 and need free or low-cost health insurance or help finding a doctor or dentist?

The Children's Health Initiative can help!

This exciting initiative helps families enroll their children in free or low-cost health insurance, find doctors and dentists, and coordinate their care so that children receive the preventive care they need to stay healthy.

Your children might qualify for free health insurance through the program if household monthly income is no more

than \$3,534 for a family of four. Your children might qualify for low-cost health insurance through the program if household monthly income is no more than \$4,417 for a family of four.

Monthly income is calculated by taking total family income and then subtracting any work-related childcare or adult care expenses, all court-ordered child support payments for children living outside the home and subtracting \$90 for each working adult in the family.

You can download the application for free or low-cost health insurance online at www.metrokc.gov/health/insurance/children.htm.

The application is available in Cambodian, Chinese, Korean, Laotian, Russian, Serbo-Croatian, Spanish, Tagalog

and Vietnamese.

If you need help filling out the application, you can call 1-800-756-5437.

For help finding a doctor or dentist and coordinating care, you can call 206-296-3944 (voice) or TTY Relay: 771 or go to www.metrokc.gov/health/locations.

King County Executive Ron Sims and the King County Council launched the Children's Health Initiative in January 2007.

Since then, more than 2,600 kids have enrolled in health insurance and more than 3,000 kids have found doctors or dentists through the new program. The initiative is a public-private partnership funded by King County and 20 private funders.

To find out how your child could benefit, please call 206-296-3944 or visit www.metrokc.gov/health/kchap/chi.htm.

Get your child immunized for little or no cost

By **KCHA STAFF**

Washington state law requires school-age children to receive specific immunizations in order to attend school.

So if your children are headed to school this fall, it's important to set aside time now to ensure they receive all of the required immunizations.

Immunization is required for the following diseases: Hepatitis B, Tetanus, Diphtheria, Pertussis (Whooping Cough), Varicella (Chicken Pox), Polio, Measles, Mumps and Rubella.

Seattle & King County Public Health

clinics administer these routine immunizations for children at little or no cost to families.

For children through age 18 who are covered by Medicaid, the immunizations are free.

Clinic staff can help parents enroll their children in Medicaid if they aren't enrolled already.

For children who aren't covered by Medicaid or health insurance, there can be a \$15 charge to cover the cost of administering each immunization though no one will be turned away.

Public Health clinics can be found in Auburn, Bellevue, Bothell, Federal

Way, Kent and White Center. For more information about hours, locations and available public health services, call 206-296-4600 (Voice) or TTY Relay: 711.

Once your children have been vaccinated, please make sure that you've filled out a "certificate of immunization status" form available at their schools.

For more information about immunizations, please call your child's school or call 206-296-4774 and mention "Vaccines for Children" or visit www.doh.wa.gov/cfh/immunize.

Ban the bug

By **EDEN BOSSOM**
King County Housing Authority

The cockroach is a strong and determined bug on a simple journey in search of food. If its food sources dry up, the cockroach will either travel elsewhere to satisfy its appetite or just go belly up and die.

Did you know?

- Cockroaches often carry bacteria that may be harmful to humans and make us sick.
- Of those suffering from respiratory illness (like asthma), 25 percent are allergic to cockroach droppings or the molted exoskeleton.
- Cockroaches thrive in refrigerators and electronics devices.

In partnership with all of you, KCHA is trying to raise awareness about cockroaches so that everyone may live without these uninvited houseguests. If you take care to practice the basic steps below, the likelihood of an infestation is dramatically reduced.

- Wash your dishes immediately after meals.
- Store food items in sealed containers.
- Any type of food container such as a potato chip bag, a box of crackers, or cereal packet needs to have the bag tightly rolled up and clipped and the box closed securely.
- Wipe countertops and clean floors on a regular basis.
- Eat in one dining area, rather than all over the unit.
- Make sure that your trash can has a tight seal. If you are using an open lid garbage can, make sure that you rinse out all cans and bottles and that you throw away food in closed plastic bags.
- Be sure that all caulking is up to date. If it's not, please inform housing maintenance.
- Be mindful of keeping your unit clean to discourage cockroaches from living with you.
- If you discover cockroaches in your unit, please contact your property manager immediately.