

Growing Muscles and Minds

For the second summer in a row, Rainier Health & Fitness (RHF) hosted both a Kids and Teens fitness camp.

Kids ages 6-12 joined 3 different week-long camps where they got to learn the basics of CrossFit and experience the key elements of conditioning, weight lifting and gymnastics. They utilized a large variety of equipment, learned new movements, social skills and gained self-confidence. Each day ended with a different game, and on hot summer days, water balloon dodge ball was a favorite.

Teens participated in a 6 week camp meeting 2 days a week with a RHF coach. Each session focused on a new skills and workout schedule for the day. Teens got to know each other through a *question of the day* and learned about themselves in new ways through these experiences.

Both programs provide our youth with a positive exercise experience that will contribute towards a life-long love of movement.



Leave a Lasting Legacy

Even if you missed "Make-A-Will" month in August, you can still leave a legacy gift to transform lives and build up our community into the future.

Naming Urban Impact with a gift in your will or trust or as an account beneficiary, creates a legacy impact without cost to you now!

Learn more at www.urbanimpactseattle.org/legacygiving

URBANIMPACT

MY GIFT TOWARDS GOD'S WORK IN SOUTH SEATTLE!

YES, Steve! I want to make sure that every person in South Seattle has access to the programs and services they need.

\$30

\$150

\$75

\$_____ to provide as much help as possible

URBANIMPACT

Breaking Cycles, Building Hope

FALL NEWSLETTER 2023

Taking their Businesses to the Next Level



The Thrive Accelerator program is designed to equip community entrepreneurs with the necessary resources they need to sustain and grow their businesses. The monthly training sessions instill knowledge about having an entrepreneur mindset, financial literacy, scaling operations, product marketing and creating a work-life balance.

Program entrepreneurs are matched up 1-to-1 with invested volunteer mentors and grow in those relationships, while receiving feedback and encouragement in their business progress.

Ten businesses participated and celebrated the completion of the program this summer with staff and volunteers at Chef Dayo Edward's Kwanzaa Campus, a Seattle grown entrepreneurial inspiration herself!

You can encourage past Thrive and Shark graduates by supporting their businesses. Go to www.urbanimpactseattle.org/business-directory

"I am delighted to see the cultivation and development of entrepreneurs. We believe that they transform communities. Building enterprises that last, engaging in commerce, creating jobs, solving problems that are close to them - who better to do that than these innovative people who have the courage to step into creating businesses that not only benefit themselves but the greater community."

-Andre Benjamin, Economic Development Director

The Transformation Team is Growing



Jevon Washington joined our team this month as the Director of Neighborhood Transformation - formerly known as Church-based Community Development.

Jevon will be overseeing our strategy to reach under-resourced neighborhoods through the greater Seattle area through our church based HUB partnerships, and provide training and support to our current partners and our Community Development and Outreach Directors. He will also be helping churches find new ways to engage with Urban Impact and their community.



Emma Rooker came on board last month as our Community Development and Outreach Director at Central Community Church. She works alongside the church, focusing on youth outreach in an area of Seattle that lacks resources and opportunity for young people. This will include growing the collaboration among Youth Central ministry, neighborhood public middle and high schools, and Seattle World School's program for refugees and immigrant families.

You can learn more about being a HUB and Neighborhood Transformation at: www.urbanimpactseattle.org/neighborhood-transformation or reach out to Jevon at jwashington@urbanimpactseattle.org

Summer Enrichment Camp



This year's theme was Wilderness Adventure. Each week there was a special focus that culminated with a field trip. Can you guess this week's focus?



We also addressed summer learning loss. We were blessed by a reading specialist who assessed each student on the first day of camp. She then put together individualized exercises for each student to work on daily.



A Night Out in the Rainier Valley

Urban Impact, Emerald City Bible Fellowship and Mercy Housing collaborated to host the *National Night Out in August, in the Emerald City Commons courtyard.

It was an uplifting community gathering with a mix of longtime and new community residents enjoying hot dogs, face painting, raffle items, community health vendors, and the Seattle Police Department.

It brought people together and helped build neighborhood safety, which is needed more than ever. Rainier Health & Fitness staff even joined in with rockin' fitness fun activities for all the kids.

The result was a quality engagement with neighbors and community strengthening in Rainier Valley!

*National Night Out is an annual community-building campaign.



MARK YOUR CALENDAR



September 30th - Noon-3:00pm **Early Bird Ticket Price \$40.00**

IT'S BACK: A special event for our friends and friends of friends! Amazing food, live music, great raffle items and an insiders look at the work you make possible and so much more!

Come say hi and grab a selfie with Harvey Drake before he retires and buy some raffle tickets to win Kracken and Seahawk tickets, an overnight stay at Suncadia, a Seattle Chocolates gift bundle and more. Learn more at www.urbanimpactseattle.org/thrive

When Communities Thrive, People Thrive

When People Thrive, Communities Thrive