

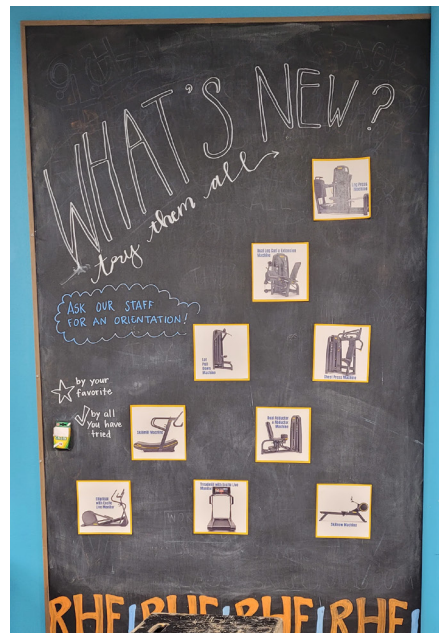
Out with the Old and in the New.

# URBANIMPACT

Breaking Cycles, Building Hope

SPRING  
2022  
NEWSLETTER

## The New Equipment has arrived at RHF!



Our gym equipment has needed replacing for awhile now. Not only to upgrade current pieces but introduce our members to new equipment that could improved their health and workout.

The **NEW** cardio machines now offer even more engaging ways to workout. The new screens allow you to choose from a number of engaging options whether that is Netflix, guided sessions with a trainer, outdoor landscape, or re-programmed workouts.

We have **NEW** muscle specific machines to target different areas. Such as,

- the Dual Adductor and Abductor Machine
- the Lat Pull Down Machine that targets those back muscles and
- the Dual Leg Curl and Leg Extension machine, formerly two different machines.

If you aren't a member yet, this is the perfect time to join. Learn more at [www.rainierhealth.com](http://www.rainierhealth.com).



**Olivia started cooking at a young age.** It was becoming apparent that she had to help her single mother take care of her siblings as much as possible – and that meant cooking. She was only eight.

Olivia continued on a path that gave her as much time in the kitchen as possible. It would mean getting a job in the food service industry and taking culinary arts classes in school. Years later, what once started as helping her mom and siblings, turned into a business.

***"I cater and curate my own recipes to help put the fun back in food. My goal is to get into a space of my own and continue our outreach program to make sure those around us feel worthy to have the necessities to live."***

LiV'sTable, Olivia's catering business donates at least 10% of their profits back to our community, paying special attention to those who are houseless and families with children. They provide free meals at a local women's shelter and started a free lunch program for the kids when Covid hit.

It is easy to see why Olivia won the The Social Impact Award and People's Choice Award at the Sharks at the Beach pitch event last month. You can learn more about the Sharks and Thrive programs on our website under Economic Development.

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## 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



## "I just read 10 Books!"

Zara is a first grader and the fourth of six children. She consistently attends our Homework Club at Emerald City Commons and works hard to earn her stars by completing her math workbook sheets. When she finished one of her workbooks, we encouraged her to take it home and share it with her parents. She said, "My parents never look at my homework." That made us wonder how much individual attention and help she receives with her studies.

At the beginning of this school year, Zara was clearly struggling with reading. Online learning did not work well for her in her cramped apartment. Over this past school year, we have been making sure that Zara reads out loud to us. On Mondays, you can find Zara and Glyn, a retired reading specialist, reading together in a corner of the Community Room. Glyn recently commented that often Zara will say, "This is too hard!" and then cross her arms and refuse to try.



Zara and Glyn find a quiet place where she can read out loud.

Glyn assures her that she can do it, and eventually Zara overcomes the emotions that are keeping her from trying and starts working on sounding out the words. You can see her body relax as she realizes she can do it. She came up to us recently and shouted, "I just read 10 books!" Zara has made tremendous progress in her reading over this past year. Her embarrassment is being transformed into self-confidence, and we have fun rejoicing with her!

There were several amazing and inspiring pitches at the Sharks at the Beach event last month.

You can see them on our YouTube Channel.



A message from Steve Bury  
Urban Impact Executive Director

Mike Davis joined our Youth Outreach ministry team this past March. At that same time, Mike had been invited to apply for a community partnership grant, ... a pilot project to support Youth and Families impacted by gun violence.

A few projects were in place attempting to prevent gun violence but this invitation was to support families and youth communities after a shooting has taken place. Mike took the vision of a network of church and community youth leaders and proposed that we create Critical Aftercare Response Teams. The teams would come from a network of churches representing all the key neighborhoods experiencing gun violence and would be equipped and available to care for families after the devastation of a shooting occurs. To be present in *hot spots* and youth communities creating a positive presence and supporting young people toward their God given potential.

The good news is that we received the grant and Mike has begun building the team and engaging our neighborhood churches and recruiting youth leaders.

When a shooting occurs, Mike and a "critical response team" are notified. They arrive on the scene and assess whose involved and what communities are impacted, they make initial connections and then work to get these Community Aftercare Support Teams involved. They meet youth and families where they are, visit hospitals, offer prayer and support, bring by bags of groceries, meet needs as they can and even offer a place for families to grieve host services and be the church.

We are excited to be part of this opportunity for the church to be the church and love on people impacted by difficult circumstances.



## MARK YOUR CALENDAR

**October 1st - Noon-3:00pm** Invite a friend and Come Experience UI Live

This unique event is for old and new friends alike. There will be great food, good music and an insiders look at the new stuff UI is up to. Not to mention the chance to win some great prizes. Join us at our main campus in the Rainier Valley.