



What is Partners in Caring?

Partners in Caring works with Seattle Housing Authority residents and other community service providers so residents can live with greater independence, health and well being. We coordinate social, health and recreational activities in three SHA buildings: ***Bell Tower***, ***Denny Terrace*** and ***Harvard Court***.

Activities include...

- Meals such as cookouts and pancake breakfasts.
- Health and fitness activities such as chair yoga, reflexology or walking.
- Presentations and resource fairs on topics such as health and wellness, employment and volunteering, nutrition, recreation and accessing community resources.
- Resident-inspired activities... the sky's the limit!

Partners in Caring
is a program of



We believe...

- Our community has the resources, will and ability to end poverty.
- All people have the right to food, shelter, social justice and opportunities.
- Racism perpetuates poverty. To end poverty, we must undo racism.

We believe that together, we can build a community free from poverty, prejudice and neglect in which all members stand on Solid Ground with the skills and confidence needed to achieve their dreams.

Partners in Caring



*Improving quality of
life & independence for
Seattle Housing Authority
(SHA) residents*

Partners in Caring is here for you!

Residents of Denny Terrace,
Bell Tower and Harvard Court...
get involved in your community!
Do you want to know more about
attending or starting up activities
at your building? Just call Partners
in Caring staff, and we'll help get
you going!



Some ways to get involved...

- Join the **Newsletter Committee!** Help create an informative Partners in Caring newsletter and calendar of activities.
- Help with your building's monthly **Pancake Breakfast!**
- Get together with other residents for **health and fitness activities.** Try chair yoga, reflexology or a walking group.
- **Start an interest group!** Do you like to read, write, play games, music? Contact Partners in Caring staff and we'll help you connect with others who do too.

Staff can also help you with...

- Information about local health and human service resources.
- Weekly food delivery to homebound seniors and people with disabilities.
- Resources, information and presentations about physical and mental health care, exercise and nutrition.
- Opportunities to volunteer and learn leadership skills to help residents connect with each other and build community.

"Partners in Caring was so helpful to us when we had a harvest barbeque. They extended themselves beyond the proverbial mile in so many ways. Their organization has the potential to offer so much information, services and resources to the people of SHA buildings."

Linda Mason, Harvard Court Resident

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