

FAME-EAW

November Newsletter

fame-eaw.org

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Equity Alliance of
WASHINGTON
F.A.M.E.
Thrive • Revive • Dwell

Light the Way Forward to a Brighter Future



Letter from FAME-EAW

In the wake of a pivotal election cycle, we find ourselves reflecting on the road ahead. The Black community in America has weathered countless storms, faced unimaginable challenges, and persevered through seasons of darkness. This is not new territory for us. We have seen what this country is capable of, both in its capacity for progress and its stubborn adherence to the status quo.

But our resilience burns brighter than any obstacle placed before us. We will not be paralyzed by the political landscape, nor will we concede the fight for justice. Our coalition remains steadfast, our resolve unwavering.

The work of dismantling systemic racism, addressing economic disparities, and uplifting our community is an ongoing battle that requires our collective focus and determination. The road ahead may be long, but we are prepared to walk it. We are committed to leveraging every resource, forging new partnerships, and amplifying the voices of those who have been marginalized for far too long. But our efforts extend beyond bricks and mortar - we are in this fight for the soul of our community.

We invite you to join us in this ongoing struggle. Your voice, your time, and your resources are all invaluable contributions to the work we do. Together, we will continue to be the light in the darkness, the hope in the face of despair, and the change that our community deserves.



How to Practice Post Election Self-Care

The recent election results have understandably left many in our community feeling anxious, discouraged, and uncertain about the future. It's important to acknowledge that these feelings are valid and natural. However, it's crucial that we take steps to care for our mental and emotional well-being during this period.

One of the best ways to manage stress and anxiety is to prioritize self-care. This could mean taking a break from the news, spending time in nature, or engaging in activities that bring you joy and relaxation. Seattle is blessed with an abundance of beautiful parks and green spaces that can provide a much-needed respite. Some local favorites include Discovery Park, Seward Park, and Gas Works Park, all of which offer stunning views and ample opportunities for peaceful reflection.

If you're in need of additional support, please don't hesitate to reach out to the mental health resources available in our community. Organizations like the Seattle Counseling Service and the King County Crisis Clinic offer confidential counseling, crisis intervention, and referral services to those in need. Also, the Washington Recovery Help Line (1-866-789-1511) provides 24/7 assistance for substance abuse and mental health concerns. You are not alone in this journey.

Quote of the Month!

“ Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. ”
— Harriet Tubman —



FAME-EAW Updates

As **Giving Tuesday** nears (**Dec. 3rd**), we want to share a story that embodies everything our work stands for – hope, perseverance, and the beautiful possibilities that bloom when we support one another.

In May 2010, Tekle and Abi arrived in the United States from Africa with their children, carrying little more than their dreams and determination. After a challenging three-month stay in a shelter, they found their way to our Spirit Village services program and Monica Village housing development.

Tekle describes their experience there as truly life-changing:

"Living there was very powerful and to work on who we are while living there. All the fear and intimidation stops. We were not exposed to that. The staff teach us and invite educated people there and they share how we can face life. I was very supported. I don't have the words to express what they have done and what input they have in our lives."

Within the nurturing embrace of our community, Tekle was able to pursue his education. Today, this remarkable couple aren't just residents - they're homeowners and business owners, living proof of what's possible when we invest in each other's dreams.

Your support this Giving Tuesday, December 3rd, helps create more stories like Tekle and Abi's. When you give to FAME - EAW, you're not just funding housing - you're building pathways to stability, success, and generational wealth for families in our community.

Please join us and help create more stories of hope this holiday season. Your gift, no matter the size, can transform lives and communities.

Highlighting Alzheimer's Awareness Month

November is Alzheimer's Awareness Month, a time to shine a light on a disease that disproportionately impacts the Black community. According to the Alzheimer's Association, older Black Americans are about twice as likely to have Alzheimer's or other dementias as older white Americans. This staggering statistic reflects deeper social and healthcare inequities that have long plagued our community.

As Alzheimer's progresses, finding and maintaining appropriate housing can become increasingly difficult. Our elders may struggle to keep up with home repairs, pay rising property taxes, or navigate the complexities of long-term care. This can force difficult decisions about whether to stay in the neighborhoods and homes they love.

By addressing healthcare disparities, destigmatizing mental health, and ensuring accessible, culturally-responsive housing options, we can empower our community to face this challenge with strength, love, and the enduring bonds that have sustained us for generations.

Here are some tangible steps we can take to support our elders and community:

1. Educate Yourself and Your Loved Ones
2. Support organizations like FAME-EAW that prioritize affordable, multi-generational housing
3. Attend local zoning and planning meetings to ensure our elders' needs are represented
4. Volunteer or donate to help expand housing options that allow our loved ones to age in place
5. Participate in awareness events and fundraisers
6. Contact elected officials to advocate for increased research funding and healthcare access

Empowering Our Community: Check out these Exciting Upcoming Events

- [Wicked | Showing Until Dec. 1 | Paramount Theatre](#)
- [BLACK TO MY ROOTS: African American Tales from the Head and the Heart | Nov.23 | Langston Hughes Performing Arts Institute](#)
- [Freedom Day at NAAM | Nov 30 | Northwest African American Museum](#)
- [Wa Na Wari Holiday Marketplace | Nov 30 | Wa Na Wari](#)