



India Association of Western Washington

Community Matters

India Association of Western Washington

- **Celebrating over thirty years of Caring, Connecting and Serving the local Indo-American community.**
- **Uniting Cultures, Creating Bridges and Serving Communities.**
- **Immigrant communities can either be Isolated and Insular or can be Integrated and Connected.**
- **Established in 1984 and run entirely by volunteers, we are committed to providing a platform for the Indo-American community with support and services for their well-being.**



India Association of Western Washington

A secular umbrella for Indo-Americans of Greater Seattle

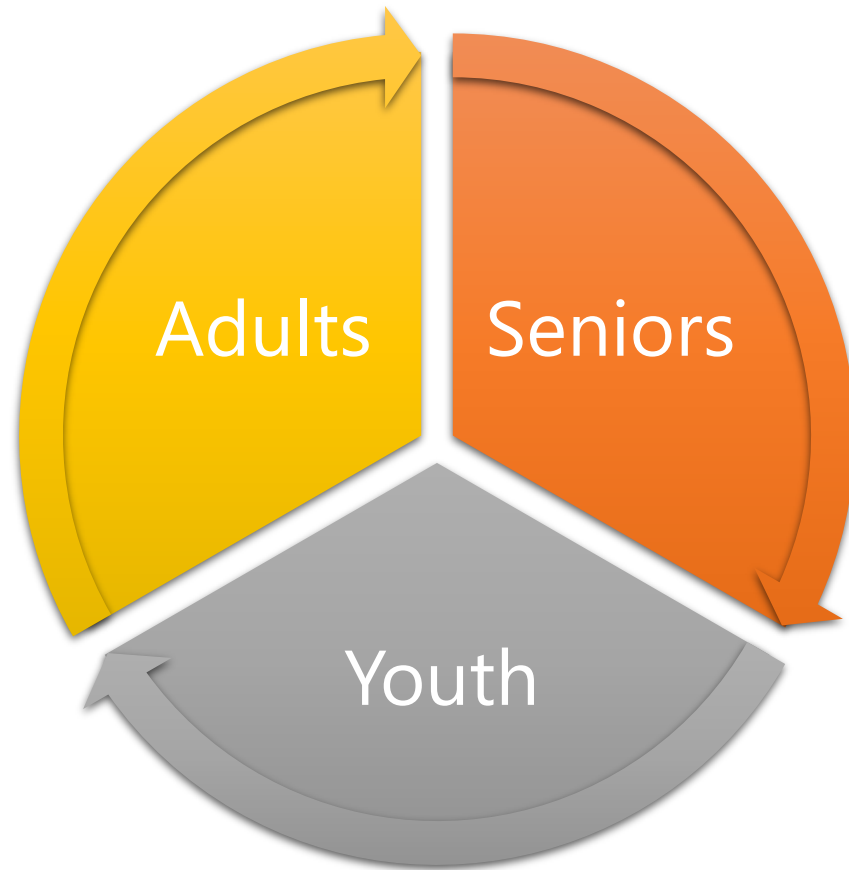
Evolved from a culturally focused organization to a services focused organization

Addresses Seniors, Youth, Families, Women through its Community, Seniors and Youth Programs.

Provides Resource Referrals, Information Assistance, Cultural Navigation, Senior Support Services, Youth Leadership, and Civic Engagement .



India Association of Western Washington



- Entirely managed by a growing volunteer staff
- Resource Referral and Information Assistance
- Over 10,000 lunches served/year; averaging 200 people per week
- More than 150 volunteers
- Vocational mentoring for women
- Mental Health and Wellness
- Youth Leadership
- Civic Engagement and Advocacy
- Early Learning and Parenting

"As is the microcosm, so is the macrocosm" – The Upanishads

IAWW Community Program 2015-2017

Pop up Community Center – Thursdays (North Bellevue Community Center) and Mondays (Sammamish Teen Center)

Addresses vocational mentoring (women), enrichment (preschoolers), isolation and wellness (seniors), community conversations (taboo topics), civic engagement and political advocacy.

Volunteer-run: Over 26,000 volunteer hours with a team of 35 to 40 volunteers.



IAWW Community Program Workshops/Forums

- **Yoga and Meditation**
- **Health and Resource Seminars (Fall Prevention, Screening, ORCA)**
- **Senior Journeys**
- **Bingo**
- **Meaningful Cinema**
- **Knitting Club**
- **Meditative Art**
- **Yogic Dance**
- **Women's Career Preparedness**
- **Inspirational Career Leaps**
- **Career Panels**
- **Celebrate Creative Energies**
- **Fitness Classes**
- **Preschool Enrichment**
- **Parenting Seminars**
- **Early Reading Program**
- **Community Conversations (LGBTQ, Trauma, Academic Achievers??)**
- **Civic Engagement (Voter Drives, Candidate Forums, Immigration Policy Forums)**
- **Advocacy (Mental Health, Equal Pay, Gun Control)**

IAWW Community Program Meditative Art/Vocational Mentoring



IAWW Community Program Wellness/College Advisory



IAWW Community Programs For Families/Adults



IAWW Seniors Program 1997- 2017

Celebrating 20 years of connecting, caring, educating and helping our seniors through our mission to:

Provide and facilitate civic, recreational, cultural and educational services and opportunities for cultural integration to the elders of the community

The senior stage of life can be one of joy and fulfillment or one of loneliness and helplessness. Established in 1997 and run entirely by volunteers, we are committed to providing a forum for social interaction, cultural assimilation and providing support and services for their well-being.

Major Programs & Successes 1997- 2017

Monthly Lunch program (Started in 2001)

- A very popular program, monthly attendance 100-140, >16K meals served
- Includes performing arts presentations and talks on matters important to seniors

Annual Health Fair (Started in 1998)

- Well recognized and one of a kind all-day conference format program
- Offers screenings, educational talks and an interactive panel session

Music/Dance Programs (Started in 1997)

- Music/dance programs by invited artists and by seniors program participants

Field Trips & Annual Picnic (Started in 1999)

- Field trips to various places of interest – up to 2 a year
- Picnic and Nature Walk held in July every year - Now IAWW Family Picnic Event

Senior Support Group (SSG) (New Initiative in 2016)

Senior Transportation Service

- Volunteer Drivers
- Monthly Van Service in partnership with Northshore Senior Center since 2009

Volunteer Support

- 4,000 or more volunteer hours every year

New Initiative in 2016

Senior Support Group (SSG)

- **Started in January 2015 as a pilot– providing short-term help/service to seniors in times of crisis - mostly by senior volunteers**
- **Launched as a service offering in January 2016; SSG website added on www.iaww.org in June 2016 – has lots of useful information for estate planning, end-of-life planning, and general information, data resources and checklists.**
- **Learning, honing services and updating/developing content for Website**

IAWW Seniors Program 1997- 2017



IAWW Seniors Program 1997- 2017



IAWW Seniors Program 1997- 2017



IAWW Youth Program 1997- 2017

To inspire the youth to carve a path that awakens a sense of civic responsibility, empathy and hone leadership skills by community service projects and programs that bridge the gap between mainstream and Indian community.



IAWW Youth Program 1997- 2017

- **The youth board (Youth leadership - 30 members) is selected from eligible applicants (HS freshman to juniors).**
- **The youth council (60+ members- 8th grade to sophomores in HS) and is volunteer basis.**



IAWW Youth Program 1997- 2017

Initiated in 1989.

Started with 30+ kids in a youth summer camp to the current year long program with 30 youth board, 45 youth council (with 10 on waitlist) and an annual youth camp (Camp Bharat) with 220 total youth attending.

Program from a camp was a stepwise evolving process



IAWW Youth Program 1997- 2017

Examples of projects from 2017 YB Year:

- 1. Garba (dance) - fundraiser**
- 2. Hope Medical Kits**
- 3. Duwamish River clean up**
- 4. Food Drive for St. Mary's**
- 5. NAMI Walk**
- 6. IAWW Diwali and Republic Day**

The year culminates with our flagship event in the summer (Camp Bharat- 5days/4nights).

IAWW Youth Program 1997- 2017

Projects offered in 2017 YC year:

Lake Sammamish Park native plant planting.

Special Art at Sammamish- with autistic children

Northwest Harvest

Birthday Dreams, donations and helping out at their facility. Making a birthday possible for homeless kids.

IAWW Family Picnic and IAWW India Day- YCs work these two events.

IAWW Youth Program 1997- 2017



IAWW Youth Program 1997- 2017



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THANK YOU FROM IAWW

