



Food Bank
Social Services

First Quarter 2019

Food For Thought



Story Time at Helpline House

Have you heard? In partnership with the Kitsap Regional Library, Helpline House will start offering [Story Time twice a month](#). Come one and all. This is a great opportunity to pop into Helpline House for our community that haven't yet been here. Come, bring your child, niece, or neighbor, and listen to a Children's librarian read a story and lead the kids in some singing and dancing. [Watch kids be kids](#) and you may feel a little childlike as well!

Come join us on the second and fourth Tuesdays; 10:30-11:30



**YOUR SUPPORT OPENS THE
FOOD BANK DOORS TO MORE
RESOURCES & REFERRALS**



Trotters Break the Record

The 2018 Turkey Trot was a smashing success. There were a [record number of runners](#) and it brought in \$32,000 for Helpline House. The weather played nice and only started raining right at the end. A big thanks to all those who came out to run, to volunteer, and to support Helpline House. What a wonderful tradition on Thanksgiving morning.



Help Kids Make the Best Choice

We heard you! Thanks to great feedback from the community, we have tweaked our summer hunger bags. Helpline House's program that used to be called [Hunger doesn't take a Vacation](#) is now called [Kids' Pantry](#). The Kids' Pantry will be 'open', meaning bags will be ready for distribution, during all breaks from school including winter break, spring break, and, of course, summer. We piloted Kids' Pantry for winter break this past December and within 2 weeks had given out 100 pre-packed bags filled with nutritious and kid friendly food. Thanks to the community for the great suggestion and thanks to those who help donate food and pack bags!



Persons Living Homeless

People experiencing homelessness were a little warmer this winter [thanks to YOU](#). Thank you to the community for responding and donating items during Helpline House's Homeless Equipment Drive. We gratefully accepted items and a few warm jackets, and have already distributed quite a few. Our intake coordinator held an audience one cold morning as she gave out items to three homeless individuals. One walked away with a 'new to him' tent and sleeping bag, one received a warm coat, and one chose a tarp for under his tent. They all left knowing they'd be a [little warmer](#) that cold night. Thank you, again, for supporting your neighbors experiencing homelessness.

One Call For All Thank You

[Bainbridge Island is amazing](#). I think we all know that, but wow, were we blown away with the support from this community through [One Call For All](#). Your collective support will provide nutritious food for the average [230 households](#) who shop at the food bank every week. It will keep [120 families housed](#) on the Island through financial assistance. It will allow close to 500 households access to resources through our social work team. It will make all the difference to those that come to Helpline House. Thank you for being a community that cares for its own.



Young Bookworms Supported

Helpline House distributed more than [500 books](#) – the most ever -- to nearly 80 kids ranging in ages from 1 to 18. In December, nearly 40 families selected stories from a Helpline House mini library of donated books filled with classics and trendy favorites.

“[Many thanks to the Bainbridge Island community](#) for stocking the Book Nook last holiday,” says Helpline House Executive Director Maria Metzler. “Book Nook 2018 fed the imaginations of 78 bookworms this season because of all of you. Your care and consideration were deeply felt as a dozen Helpline House volunteers prepared the mini bookstore’s displays for families who needed it most in our town.”

“Many thanks to Eagle Harbor staff members for making the book donations easy.”

Kitsap **GREAT** **GiVE** Every dollar you donate is boosted by the Bonus Pool! Help stock the shelves for the rest of winter. April 23 KitsapGreatGive.org



Bridge the gap this winter

\$10 BECOMES \$40

\$25 BECOMES \$100

\$125 BECOMES \$500

Every \$1 donation = 4X the value of food for our neighbors struggling with food insecurity.

Confused about Medicare?

Want to know your options now or in the future?

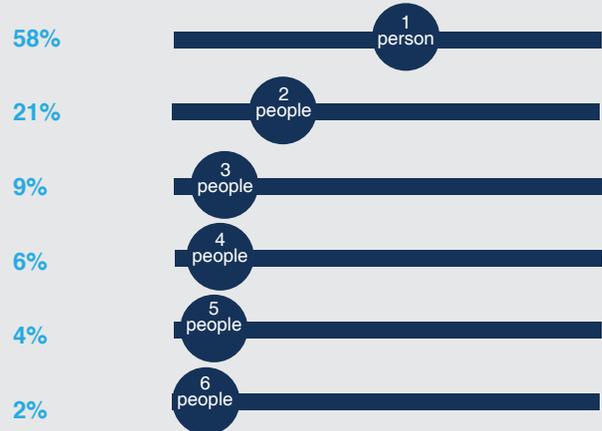
Helpline House offers a [personalized, cost-free benefits counseling session](#), including an in-depth assessment of your Medicare coverage, to all community members. This service is provided by certified Helpline House staff, and there [no income eligibility requirements](#). Those with lower incomes may qualify for financial assistance to help pay Medicare premiums. A benefits counseling appointment may identify options you do not know about and we can help educate you on how to best take advantage of Medicare insurance. And if you are new to Medicare, or turning 65 this year, you can take advantage of an orientation personalized to your circumstances.

Speaking of advantage, perhaps you've heard of Medicare Advantage Plans. Maybe your mailbox has been overflowing with brochures from various insurance companies encouraging you to enroll in their plan. Some offer benefits such as access to dental and vision/hearing that Original Medicare does not. A benefits counseling session will help you understand your options. New this year, Medicare now has an open enrollment period in effect right now for those already enrolled in an Advantage plan. Between January 1 - March 31, 2019, you can make a one-time change to a different Advantage plan. So get connected and contact Helpline House for an appointment today.

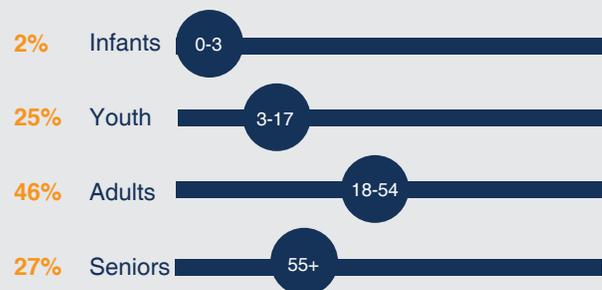
2018 FOOD BANK STATS

Discrete households served in 2018: 634

HOUSEHOLD SIZE



AGE GROUPS



Donate online at [helplinehouse.org](https://www.helplinehouse.org)



Food Assistance
Advocacy
Crisis Management
Therapy
Social Services

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Helpline House has a policy of non-discrimination regardless of race, color, creed, religion, national origin, sex, sexual preference, age, disability or veteran's status, and is in compliance with all requirements of law and regulations with respect to employment, volunteer participation or service delivery.

Go Green

Subscribe to our e-newsletter at HelplineHouse.org or email Office@HelplineHouse.org

Welcome: New Board Member & Staff



Board Member

Pamela McClaran has been an Island resident since 2005. She is a retired attorney whose law practice was concentrated on all aspects of estate and tax planning, including charitable giving and family enterprises. She brings a wealth of Board experience having served on the boards of Cancer Lifeline, Humanities Washington, and Bainbridge Regional Library as well as the University of Washington Estate Planning Board. She earned her JD from the University of Washington School of Law, where she graduated with honors. Pamela is a member of the Order of the Coif, and was the Articles Editor of the Washington Law Review.



Volunteer & Program Engagement

Ellen Murphy and her family have lived on Bainbridge Island for 22 years but her relationship with Helpline House only began 3 years ago when she started volunteering at the Fishline desk. She was inspired by the Helpline House staff and mission and began to look for more ways to become involved which led to her acceptance of her current position. She is excited about ensuring that current and new volunteers also have an inspirational experience because volunteers are the backbone of the Helpline House model. Ellen has a B.A. from Cal State Long Beach and feels blessed to have settled on Bainbridge and to have raised her family in the beautiful Pacific Northwest.

\$20 =  **4** Bags of Groceries



**GIVE
VOLUNTEER
DONATE**