



Food Bank
Social Services

First Quarter 2021

Food For Thought



BAINBRIDGE ISLAND

SAFEWAY

K5 Home Team Harvest and Safeway Connect Bainbridge!

Thank you, Bainbridge Island Safeway customers that gave at the register during the Home Team Harvest effort. Each of you pushed a bag toward record-breaking donations during your grocery shopping last November and December. [Helpline House's food bank manager revealed, "The Island Safeway customers who purchased \\$10 bags donated a total of \\$63,650 worth of \\$50 Safeway gift cards for the food bank!"](#)

Thanks to everyone's help and generosity this year, Bainbridge Island's Safeway store managers and cashiers in partnership with Northwest Harvest, gave gift cards to

Helpline House to pass directly to Island households in need, including 163 first-time families who had never before asked for help. Like many new stories this season, an emotionally moved woman confided at the curbside food pantry, "Thank you so much. This helps more than you can imagine."

Your efforts quickly grew to connect Home Team and Northwest Harvest's new gift card process that gave neighbors a chance to choose the most useful and meaningful food to them - offering dignity and flexibility to those facing food insecurity. The gift cards help avoid hours-long car lines and get shoppers into local grocery stores. The connection of community continues throughout the distribution process that extends food choices to families for their nutrition needs or cultural diets.

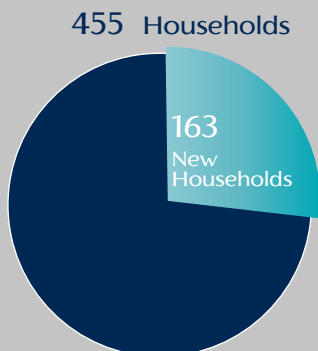


Turkey Trotters Mapped Their Course

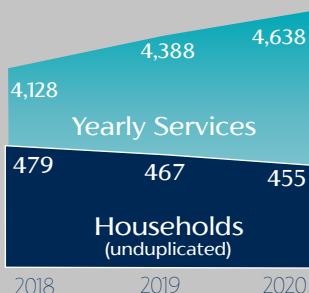
Thank you to 382 intrepid turkey trotters that continued the 11 year tradition! We missed the buzz of the many dedicated volunteers, vendors, and large groups of runners and Turkey-day costumes. Still, the virtual run provided more flexibility for individuals and groups to do their run or walk - even for non-locals - as far as New York! The recreated virtual 2020 Turkey Trot raised \$9,390. Trotters' results and photos are posted at BITurkeyTrot.org.

2020 Served More First Time Families at Helpline House

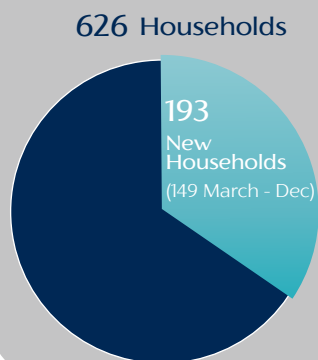
Social Work 2020 Households



Social Work Yearly Services



Food Bank 2020 Households



Food Bank Service Count



Around the Corner

March 4 - April 22 Overcoming Obstacles Support Group

April 5 - 9 Spring Break's Rotary Club/BISD Lunch Bags

May 31 Memorial Day, Helpline House is Closed

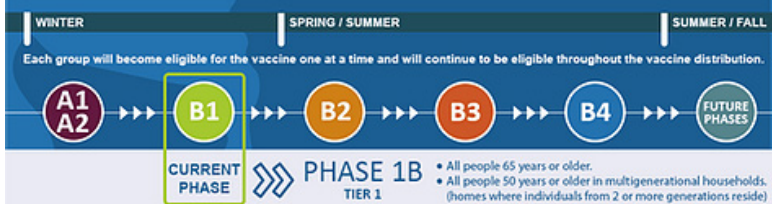
Get Covid-19 Vaccine Updates

CITY OF
BAINBRIDGE ISLAND

Stay Connected: Find the next COVID -19 VACCINE PHASE at HelplineHouse.org

WASHINGTON'S COVID-19 VACCINE PHASES

Phase 1 Estimated Start Dates (Tiers A and B)
Find out if it's your turn at FindYourPhaseWA.org



Meal Kits Build Strong School Kids

Rotary Club of Bainbridge Island and Helpline House have partnered to deliver the meal kits to youth in need during the school breaks when Bainbridge Island School District's Meal Kits aren't available. This partnership began with Winter Break and Mid-Winter Break and continues for Spring Break.

During BISD's Spring Break, students in need will get lunches through the Rotary Club of Bainbridge. To order a Meal Kit during Spring Break, please email:

meals@bainbridgeislandrotary.org. **Meal Kits with a week's worth of lunches will be distributed at Helpline House the week April 5 - 9.** For those unable to pick up a bag, arrangements can be made to deliver them to you. Youth do not need to be enrolled in the school district - this program is available to any youth 18 and under. Visit HelplineHouse.org/food-bank for details.

Most Needed Pantry Staples

Pull top cans preferred, thanks!

Visit HelplineHouse.org/in-kind-donations

- ☐ Hearty Soups, Stew & Chili
- ☐ Canned Fruits (mandarins, pineapple)
- ☐ Boxed Rice and Pilafs



Housing & Utility Assistance Program



Housing & Utility Assistance Program

Paying housing bills has become increasingly difficult for more neighbors during the covid pandemic. [After assessing 2020's critical needs, Helpline House re-committed to offering Housing & Utility assistance and developed a structure and program to offer more support.](#)

The Housing & Utility Assistance Program provides community members in need with a plan for rent/mortgage and utility payment assistance, among other bills. It is difficult for working or low-income islanders to find, relocate and afford safe, reliable housing - more of our neighbors are struggling to stay in their apartments or homes.

No one should face uncertain housing or live on the brink of eviction. Instead of helping neighbors move away or face homelessness, we reached out to our supporters, who chose to take an active part in the financial recovery of those who need it the most. Your tremendous response to Helpline House's year-end campaign started us off with \$30,000 to help prevent homelessness. Would you believe that amount and more has been spent on housing needs in the first month and a half? Thank you for your continued support of your Island neighbors!



Overcoming Obstacles in the Time of Pandemic

Finding one resource to support a friend struggling with their mental health can be challenging. Not all of us know how to communicate, share or reassure someone who feels overwhelmed, isolated, or powerless.

[Encouraging a friend to start the conversation with a professional may help.](#) Helpline House social workers invite people struggling with their feelings to join on Thursdays to build positive coping skills and overcome obstacles during these difficult times.

Together, this strength-based group will encourage self-care, reflection, and discussion to learn coping skills to help anyone get through any difficult time. This is an open group; join anytime.

[Join us.](#)

March 4 - April 22, 2021

Thursdays | 1:00 - 2:30 PM

Eight, ninety minute meetings, weekly
Cost-free

[Register.](#) Call the in-take coordinator, 206.842.7621 or visit

HelplineHouse.org/counseling

Kitsap! GREAT GIVE

April 20, 2021
kitsapgreatgive.org

HELPLINE HOUSE
 282 Knechtel Way NE
 Bainbridge Island, WA 98110

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 PERMIT #3228

Mark your calendar! Kitsap Great Give, the 24-hour, online giving event organized by the Kitsap Community Foundation, will grow philanthropy in Kitsap County soon!



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HelplineHouse.org | office@helplinehouse.org | 206.842.7621

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Go Green

Subscribe to our e-newsletter at HelplineHouse.org

Welcome Our Newest Board Members



Karen West is a veteran writer and editor who has a passion for giving back to her community. She spent 25 years as a professional journalist and is currently a communications consultant and freelance writer.

She has worked for newspapers and magazines in Los Angeles, New York, and Seattle, including 12 years at the Seattle Post Intelligencer. She lives on Bainbridge Island with her husband, Mike Spence, and the couple has two children, 22 and 18. She enjoys kayaking, hiking and early morning walks with her dog.

Little known fact: Karen lived in Spain for two years, where she directed a foreign study program and spent nine months in Eastern Europe as a media consultant.



Annie Hodges moved to Bainbridge Island from the Midwest 7 years ago and is continuously inspired by the community's compassion and generosity. Annie has spent much of her

professional career in education and has almost two decades of experience with philanthropic fundraising and development. She focuses her philanthropic energies on education, food insecurities, and women's health causes. Annie is excited to join Helpline House's board and further serve her community. In her spare time, Annie enjoys hiking, gardening, running, and spending time with her husband, Ben, and daughter, Olivia.