



Food Bank
Social Services

First Quarter 2020

Food For Thought



We're Ba-aack....

Guess what, everyone? [Helpline House has a clothing resource for the Island again!](#) Hooray. We'd been stealthily preparing, and then in late January, we opened the HELPLINE HOUSE SEASONAL CLOTHING CLOSET! We're so excited, and we know a number of you are as well. Before you start going through your closets to donate your clothes to Helpline House, please know a few things. The first is – we're not actually accepting clothing donations here. We are working with partners in the community to receive clothing. [These generous partners then sort and wash the clothing to be brought to Helpline House.](#) Some of our partners will accept clothing from the community, and some would prefer to reach out within their own communities, so best to just ask us if you'd like to bring your loved

sweaters somewhere. [Also, we will refresh our information on other places to bring clothing if our partners are not currently accepting donations.](#) The clothing closet is located....in an actual closet (in the lower barn) so we simply can't accept all the donations that the community so generously wants to donate. [The last thing to note is that while we will always have a selection of general clothing, we are trying to focus on seasonal clothes.](#) For example, this winter we're asking for coats, knowing we have some pants, shirts, and sweaters already. We'll then move into warmer weather clothes when the sun comes back out again. We are just so thrilled to be able to offer this resource again, and we thank our community partners, our volunteers who staff it, and the folks who have helped us make this a reality, namely Julia Ensley, Dan Bacon, Craig Kirkby, and Ellen Murphy, our volunteer coordinator. The clothing closet is open Thursdays from 9:30 a.m.- 4 p.m., no appointment needed. We've had some satisfied, and very grateful, customers already.

Kitsap! **GREAT
GiVE**

April 21, 2020



May 9, 2020

Around the Corner

Kitsap Great Give | April 21

Volunteer Appreciation Week | April 19-25

Letter Carrier Drive | May 9



Donate online at helplinehouse.org

2019 Food Bank Demographics

HELPLINE HOUSE
282 Knechtel Way NE
Bainbridge Island, WA 98110

NON PROFIT ORG
US POSTAGE
PAID
Seattle, WA
PERMIT #3228

Infants	Youth	Adults	Seniors	Total Family
27 2%	328 25%	554 46%	407 27%	1316 100%

Household Size	Percentage of Total Households
1 person	57%
2 persons	20%
3 persons	10%
4 persons	6%
5 persons	3%
6+ persons	2%

2019 Total	100%
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**60.4% of the single households are seniors.
A 4% increase of senior services since 2018**



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**



You Made the Biggest Impact in 2019!

The One Call for All Campaign this year was a resounding success for Helpline House. We cannot thank you all enough. Once again, [Bainbridge Island demonstrated that we are a community who cares about each other](#) and you all sure showed it through your donations via the red envelope. We count on the One Call for All campaign

each year – and you responded. We want to prevent homelessness on Bainbridge Island. We want to help our neighbors that work here to stay here. We want to help our older neighbors age in place. And we can, thanks to you.



**Annual Medicare Advantage
Open Enrollment Period
JAN 1 - MAR 31**

Want to make changes?

Medicare Advantage Open Enrollment until March 31st! You may have options. This is the time to book a cost-free and confidential appointment with a Helpline House social worker at the front desk (206) 842.7621



Gobblefest & Turkey Trot Give Big

We are so glad that folks like to run and they like to rock. **We had a record breaking year for both the Turkey Trot and Gobblefest.** Nearly 1300 runners came out and braved the cold to get a run in before Thanksgiving dinner. We loved all those who came in costume – from hats with pies on them to leggings with turkey legs to full on chicken costumes – we loved them all. **This is such a special tradition and we love to see you all every year.** Gobblefest was a night to remember! We celebrated with local bands and rocked the night away. A night of fun and music resulted in some pretty serious donations for Helpline House. **The donations from both these events help immensely in our ability to continue to provide rental, utility, transportation, and food assistance to our neighbors in need.** Thanks to all who helped and came out for these fun holiday events.

A Neighborly Buzz

“I am very grateful for how your agency has helped me over the past year. I am very appreciative of the warmth, kindness and non judgment of the food bank volunteers. Thank you.” - anonymous



Our numbers are in and they're UP

We have counted and added and tracked (actually the computers did that for us), and we have our 2019 statistics. The numbers are in and we are not surprised to see that food bank and social work visits have both increased since 2018. The increase is manageable, not drastic, but we want to report on it for two reasons – the first is to say that, in an odd way, we're happy about the increase. **It means more of our neighbors are availing themselves of needed resources.** It means you have spread the word to those who you know who might need our services. It is exactly what we're here for. The second is to say, the reason we can be cheerful about these numbers is because of YOU. **Because of all the ways you contribute** – through food drives, through One Call for All, through financial donations directly to Helpline House, through food donations to our back door, by participating in an event that benefits Helpline House – we are able to prevent our neighbors from becoming homeless, assist our community in this housing crisis, and continue to provide services to as many of our neighbors who currently need it, and that is our mission in action. **Thank you.**

Welcome: New Board Members



Laura Quinn, a Bainbridge Island resident since 2017, works for King County with community groups trying to reduce youth substance abuse. She lives with her husband, Peter, and naughty cat, and misses her son, Dylan, who is in college in Boston. She is excited to join the Helpline House board.



Joan Hemphill grew up on Bainbridge Island, and is a fourth generation islander. She graduated from Bainbridge High School and interned at the Bainbridge Review and ABC News during college. Joan graduated from the University of Washington School of Law and worked in criminal defense, representing members of the Tulalip Indian Tribe and defendants appealing their convictions in state court. Joan recently moved back to Bainbridge, where she lives with her husband and beloved spaniel.



Jeff Wortley is the Manager for KeyBank's Institutional Advisor Team. Prior to his current role at KeyBank Jeff was the Market Manager for Key's Seattle Wealth Management Team. Jeff has a BA from Tufts University in Boston, Massachusetts, and is very active in his local community. He is currently a member of the Seattle Estate Planning Council, treasurer for the Seattle Chamber of Commerce, and treasurer for The Benaroya Research Institute.



Richard Gawlowski was born on an air force base in Texas and spent his early years in Pittsburgh, his parents' home town. Rich graduated from Arizona State University with a Bachelor of Science degree in Accounting and a Juris Doctor degree from ASU College of Law. He and his wife moved to Bainbridge Island in the late 1970s and started a family here. He coached little league for 7 years and served on the Bainbridge Island Little League Board of Directors. Since 1990, he has practiced litigation law with Wilson, Smith, Cochran, and Dickerson.

Welcome: New Staff Member



Erika Dorsey, MA, LMHC, worked in the mental health field for over 20 years in a variety of settings, from community mental health, school-based counseling to private practice. She received her Bachelor's degree in Psychology from Wayne State University in Detroit, Michigan and her Master's degree in Counseling from Antioch University in Seattle.

She has experience and training working with individuals and facilitating groups in mindfulness, DBT and mind-body relational trauma healing and recovery. She enjoys working with clients of all ages from children through older adults and their families to overcome obstacles that may be in the way of achieving their full potential and realizing a sense of well-being, stability and life satisfaction. She has four children and in her spare time enjoys running, reading, camping and traveling.



Take Action at helplinehouse.org