



Stand By Your Neighbor

 /helpline.house  @helplinehouse



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.



282 Knechtel Way NE
Bainbridge Island, WA 98110

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

Go Green

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

Your support opens the food bank doors to more resources and referrals.



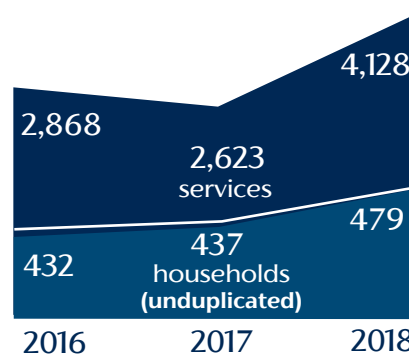
Food Assistance
Advocacy
Crisis Management
Therapy
Social Services



Food Bank Services

	weekly	yearly
2018	232	11,809
2017	228	11,646
2016	231	11,780

Social Work Clients





Food Bank
Social Services

Second Quarter 2019

Food For Thought



Rooting for Helpline House

Perhaps you've seen our produce shelves lately...maybe you noticed the sweet smell of basil or the eye catching colors of fresh local tomatoes. Well, thanks to the Bainbridge Community Foundation and all of you who support BCF, Helpline House was the lucky recipient of a grant to purchase more produce for our shoppers AND do to so by supporting local farmers. We recognized that produce is at its peak when it is freshly harvested and we wanted to contribute to the local farming community that has been so generous to Helpline House in the past. Enter BCF's community grant – with our BCF grant, Helpline House started **new vendor relationships and enriched existing relationships with a few local farms: Vireo Farm, Secret Spring Farm, and Peaceful Morning Farm.** We concentrated on the

winter months when we generally have less produce donated from stores and other Island gardeners. Our farmers did not disappoint! We received a bounty of lettuces, basil, broccoli raab (long thin stalks), sorrel, claytonia, mint tips, squash and gourds, rosemary fronds, and much more. All the produce made for very happy and well nourished food bank shoppers. We can't say thank you enough to our farmers, to BCF, and to all of you who supported this great partnership.



Partner Highlight

We want to highlight an amazing partner: The Bainbridge Island Metropolitan Parks and Recreation District. For many years, BI Parks & Rec has allocated money to Helpline House to assist those who wouldn't otherwise be able to participate in the array of programs BI Parks & Rec offers. From kids' summer camps to aquatic exercise to watercolor classes, BI Parks & Rec has enabled Helpline House to support this community with activities. **BI Parks & Rec recently made some exciting changes** that help our clients even more – moving their registration process to the Aquatic Center makes it more accessible for us all to speak to someone (in person or on the phone) and to register or make changes before or after work and on the weekends. Perhaps more exciting, however, if you register through Helpline House, **all Islanders age 80 and over can enroll for FREE in any BI Parks & Rec class.** Seniors ages 60 to 79 can receive 50% off their registrations. What a great way to support our community and keep people engaged and active. Thanks BI Parks & Rec!

Donate online at helplinehouse.org



More Internships Meet the Need

Helpline House was able to assist even more people in 2018 than in years past – a big reason for that is our wonderful interns who are integrating their learning in the classroom with providing services to our community. We hosted three interns this past academic year - one BSW and two master's level psychology therapists. **Our interns increased our weekly available appointments by 25%! Incredible.**



One of our master's level interns, Steve, says: "In June of 2018, I was fortunate enough to begin an internship at Helpline House. As a part of working on my Masters of Counseling Psychology at Pacifica Graduate Institute, I am

required to complete 280 hours of direct therapeutic work. The match for me could not be more perfect. Helpline House allows neighbors to help neighbors. As a resident of Bainbridge Island, I am grateful that I have the privilege of applying my newly learned skills in my local community. **As a new therapist, my goal is simple, how do I help those in need to discover the strength within, and with their new found strength, live a better quality life."**



Looking Ahead

Senior Farmer's Market Vouchers

The Senior Farmers Market Nutrition Program provides \$40 worth of checks for eligible seniors to use at Farmer's Markets throughout Kitsap County. Applications will be available at the Helpline Desk in May. Eligible applicants must be 60 years old or older (over 55+ for American Indian/Alaska Native), residents of Washington State and Kitsap County and low income. Due to limited number available, checks will be distributed on a first-come, first-served basis.

4th of July Parade

Helpline House has always been represented in Bainbridge's hometown Fourth of July celebrations. We welcome volunteers to march with us as we join the other participants from One Call For All.

Project Backpack

Project Backpack planning is underway. Your help is needed to make this very popular program continue to provide essential items for Bainbridge Island school children. Watch for information on most needed items.

Upcoming Food Drives:

We will be holding food drives during the summer to support our Kids' Pantry bags, which will be available for families with children all summer long. Each family may have one bag per child per week during summer vacation. Check our website for most needed items. HelplineHouse.org/kids-pantry.



Stand by Any Neighbor in Need

There always seems to be a new challenge, even for those that have planned ahead - the need is always growing.

This year began with an unexpected crisis for Sally, a retiree and now a cancer patient who worked all her life. Sally was scared of going without groceries just so she could make ends meet, while she needed to eat nutritious foods through her treatments. Sally found her nutrition at Helpline House's food bank and financial support for transportation and parking fees through social work.

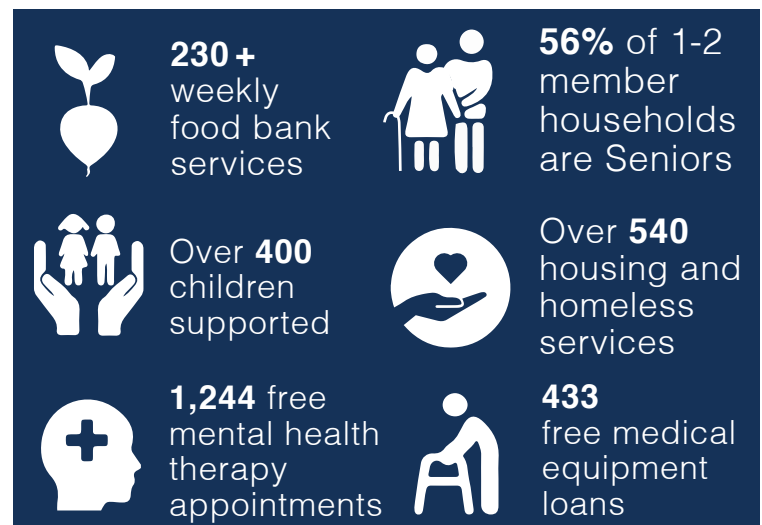
Monetary donations are stretched by Helpline House's **wholesale purchasing power by 4 times**; financial gifts quickly fill the nutrition gap for all food bank shoppers.

Low income status is not required to make an appointment with social workers. Because of supporters like you, the food bank's doors are always open to: cost-free medical equipment loans, cost-free case managers for locating financial resources, assistance and referrals, and cost-free confidential therapy appointments for any Island neighbor who is in need.



Spare Squares

Helpline House has started **a new program, to use what's still good.** You know when you check into a hotel and there always seems to be a new roll of toilet paper? That's because there is! Hotel staff refresh the toilet paper rolls when there is plenty still left to be used. Have you ever wondered what happens to ALL those rolls? They end up taking up space in a warehouse somewhere, or worse, going to the landfill. Helpline House now rescues those rolls and refreshes them for our food bank shoppers. Our shoppers end up getting a **bag full of half rolls, equaling more than the one full roll they could previously take.** **Plus, it provides volunteer opportunities for students, such as the Odyssey students re-packing the toilet paper rolls above. It's a win win.**



Kitsap GREAT GIVE
April 23, 2019
Our Supporters
Raised \$2,515

Volunteer at helplinehouse.org