



First Quarter 2022 HelplineHouse.org

FOOD for **THOUGHT**



By Maria Metzler, Executive Director

Your Input Shapes Our Future

Over the course of the second half of 2021, the Board of Directors took on the important work of developing a 5 year strategic plan for Helpline House. **We knew this step was vital to ensure Helpline House remains able to meet the evolving community need in the coming years.**

We engaged with a consultant from the Ostara Group and embarked on a comprehensive needs assessment. Through various methods, we heard from:

Go Digital.

Switch to the e-newsletter.
Email helpline@helplinehouse.org
or sign up at HelplineHouse.org.

Stay in the loop of giving & receiving for a Healthy & Whole Community on Bainbridge Island! We can't do it without YOU!

- ✓ **126 Helpline House clients**
(through a digital survey)
- ✓ **225 community members**
(through a digital survey)
- ✓ **15 island leaders**
(through one-on-one interviews)
- ✓ **50 Helpline house volunteers, board members, staff and donors**
(through a digital survey)

In total, we listened deeply to 416 members of our community. [If you were one of the respondents, we thank you sincerely and want you to know your thoughts were heard and incorporated in our 5 year plan.]

While many important and varied issues emerged, the number one thing we heard across all sectors of our community was housing, housing, housing for our neighbors on all parts of the economic spectrum.

Helpline House plans to spend the better part of 2022 learning as much as possible about the affordable housing landscape on Bainbridge Island and determining where Helpline House might fit in. In addition, we will use that time frame to evaluate our current Housing and Utility Assistance program to ensure we are providing the right matrix of assistance and support to sustainably keep our friends and neighbors housed.

Another issue that was continually and consistently voiced was our current mental health crisis. Even before the COVID-19 pandemic, many in our community didn't have equitable access to mental health supports due to being un- or under insured, or for various other factors with providers and access. The pandemic has only exacerbated that decades long problem. Helpline House is committed to identifying the sectors in our community who are currently unable to access the correct mental health support they need, and further, to propose solutions to that. **It is our sincere hope that new and solidified partnerships emerge from this process that will strengthen the safety net already in place for some of our more vulnerable neighbors.**

We also heard from many of our respondents that Helpline House has an opportunity to be even more of a connector than it already is. Helpline House is already a place of deep and inclusive community for many, and yet ideas surfaced as to how to grow those pathways for more opportunities to connect and support.

The last tenet we adopted as part of our strategic plan is a commitment to continuous improvement and to best practices in programming and organizational development. **We constantly strive to provide services that are culturally appropriate and competent.** To that end, we commit to trainings and development. We will seek out literature to educate us and look to our real teachers, our clients and community members, for their valuable input. We want to do better and better for our clients, ourselves, and our neighbors.



Little Pantry, Boundless Hearts

“Open the door!” for our intrepid food bank volunteer, Alice Mendoza, as she revs up the car to refill the little free pantry across from Bainbridge High School with her husband, Karl, and grandson, every week! Together they lift five boxes/200 pounds a week, 10,400 pounds in a year!

Please share:

**In-person
social work
appointments
return April 1st**

The lobby opens to the public, the food bank shopping returns to regular operations, and masks are optional.

First Quarter 2022

FOOD for **THOUGHT**

Around the corner

April 1 -19 • Help KitsapGreatGive.org and give early. Your donation will amplify support for Helpline House and more!

**Kitsap! GREAT
GIVE**
April 19, 2022

Your donations are boosted by a **5% bonus gift for all early giving and day-of gifts**, as well as build a prize pool offering fun incentive challenges to encourage donor participations to benefit Kitsap county nonprofits.

May • Stand By Your Neighbor

Look for our annual appeal's **blue envelope** to Preserve Economic Diversity on Bainbridge Island.

June • BainbridgeGives.org will Support Our Seniors (SOS). Your donation will go to assist with housing, utilities, transportation, Medicare, Medicaid and other critical support for our older neighbors to help make ends meet.

Donate at HelplineHouse.org



Passions Empowered

Yes, Yes, Yes to every child that asks for a musical instrument, a computer for coding or digital design, or a swimsuit for swim lessons! In its third year, **the Youth Experiences Support (YES) fund** keeps up the momentum towards a child's desire to participate with passion.

Teachers, counselors and coaches advocate for younger kids and older kids advocate for themselves. No parental or guardian approval is needed. The intent is for students to complete the quick and confidential YES application process to keep up with a child's thirst to learn. Local kids are able to join in any activity such as one time event or ticket to join peers in a group activity. Almost every request is granted and fulfilled as soon as possible to nurture a child's desire to discover and explore without the socioeconomic differences holding back a child's participation with peers. Visit **HelplineHouse.org/social-work**



Drum Roll, Please

After more than a year on pause, Project Happy Birthday returned with a brighter band of volunteers. Now every local child is sure to blow out their candles to make a wish and dream big!

Parents and guardians, please register your child's upcoming birthday at HelplineHouse.org or call the front desk at 206.842.7621. To begin your child's birthday plans let us know what kind of cake they like and big day's date!

Cakes4Kids.org volunteers are standing by to bake. **More volunteers are always welcome.** Staff and social workers share families' appreciation for children's birthday cakes and gifts with heartfelt bursts of "this is magical", "you are all wonderful", and always "thank you so much". We couldn't make this a Healthy & Whole Community without you!

The mission and goal of this project is proud to continue to assist local families in providing special birthday celebrations for their children under 18 years old.



Bakers Fill the Knead

Family members bring rise to CommunityLoaves.org heat waves of nourishment to our neighbors in need. "I love baking the loaves and am glad to help our community" says Rachelle Thornburgh, an ardent daughter of our dear friend and retired board member, Carol Thornburgh.



Numbers Jumped the Coop

Thank You Turkey Trot runners and walkers of all ages, YOU raised over \$9,000! Check out the winners' costumes at **BITurkeyTrot.org**

Gobblefest XI organizers safely rocked the island raising over \$10,000! A Mega-Thank You for your incredible efforts!!

See all the vivid photos at **Gobblefest.org**

Help Give A Warm Welcome:



Emily Henning
Social Work Intern

Emily Henning is excited to be a part of the Helpline House team as a case management intern and is grateful to join the mission of neighbor helping neighbor. She is currently enrolled in The School of Social Welfare at the University of Washington Tacoma where she is studying for her Bachelor's in

Social Work. She is projected to graduate in June of 2022 and looks forward to continuing her education as she pursues an MSW degree. Emily lives in downtown Poulsbo with her husband, two children, and can often be found reading, embroidering, and eating popcorn.



Megan Lindgren
Assistant Office Manager

Megan grew up in Oregon and graduated with honors from Southern Oregon University with a B.S. in Criminal Justice. Her practicum was completed in nonprofit working with at-risk youth. Upon graduating she worked in employee benefits administration, regional wine distribution, and as an administrative specialist managing small business

bookkeeping, HR, and corporate records. Megan happily joined Helpline House in December 2021 as the Assistant Business Manager. She is married with two daughters and an amazing rescue dog. In her spare time she loves practicing piano with her kids, sailing, reading, and being outside with her family.



Linda Stranahan
Board member

Linda has lived on Bainbridge Island since 1996. She began a Psychotherapy practice on the Island 17 years ago after interning at Jumping Mouse Children's Center in Port Townsend and working for The Suquamish Tribe. She has a strong connection to non profits and has been a

participating member in them since she was in her 20's. Her area of interest lies in accessible mental health, family support and sustainability of shared resources. When she first arrived on Bainbridge

she joined the Bainbridge Arts and Crafts Board then the Bainbridge Psychotherapy Board, Alliance for Healthy Youth and now is delighted to join Helpline House. When she is not working she enjoys spending time with her husband and 15 year old son out on the water: boating, kayaking, fishing or just splashing around.



Tom Croker
Board member

Tom is a fifth generation islander. He holds a BS and MS in fisheries science from the UW. He and his wife raised two boys and have five grandkids. In 1978, he cofounded and co-managed NET Systems on Day Road which designed and manufactured trawl gear for the North Pacific fishing fleet. He later started another company in 1995 which marketed and manufactured a linear mooring system and offshore sea cages for fin fish farming. His previous board experience includes the Bainbridge Island Land Trust and the Bainbridge Community Foundation, serving in officer positions on board boards. He is currently involved in a project to create affordable homes on the Island, and enjoys spending time on his sailboat as well as other travels.



Wandee Pryor
Board member

Wandee grew up on Bainbridge Island, left when she graduated high school and returned with her husband and her two daughters in 2015. She has been a practicing clinical psychologist for over a decade working with children, adolescents and adults in community health clinics, hospitals and currently in private practice. She loves reading, running and being in the water and during the pandemic served as a child psychology consultant for artist Wendy MacNaughton's online kid's show Draw Together.

Wandee feels particularly grateful to have the opportunity to support Helpline House. She has sweet memories of personally benefiting from Helpline's services when her and her mother moved to the island in the early 80s.

K5 HOMETEAM HARVEST

nourishing neighbors
community relief



Your Support Stays in Our Community

SAFeway

**Every donated dollar stayed on the Island!
Every bag supported a Helpline House family.**

A bountiful thank you to Safeway shoppers that purchased a K5 HomeTeam Harvest brown bag at Safeway last December!

[f/helpline.house](https://www.facebook.com/helpline.house) [@helplinehouse](https://www.instagram.com/helplinehouse) [@HelplineHouse](https://twitter.com/HelplineHouse)

HelplineHouse.org | office@helplinehouse.org | 206.842.7621
Stay Connected to a Healthy & Whole Community.

HELPLINE HOUSE
Food Bank
Social Services
For a Healthy & Whole Community
282 Knechtel Way Northeast
Bainbridge Island, WA 98110

HELPLINE HOUSE
Food Bank
Social Services

B
CITY OF
BAINBRIDGE ISLAND

ONE CALL FOR ALL
serving our community since 1982

BCF

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.

2021

**YOUR SUPPORT STRENGTHENED CONNECTIONS FOR AN
ECONOMICALLY DIVERSE COMMUNITY!**

Food Bank

Sum of Infants	Sum of Youth	Sum of Adults	Sum of Seniors	Sum of Total Indiv.
21	264	424	308	1017

Household Size	Count of Total Households	
1	264	53%
2	97	20%
3	63	13%
4	24	5%
5	33	7%
6+	16	3%

2021 Total 497 100%

158 of the 264 single households are seniors = **60.4%**

Social Work

Households

Program

new existing

114 290

total households yearly services

404 4,779

Food Bank

Service Count

Households

weekly yearly

134 10,281

518 Households

