



Food Bank
Social Services



Third Quarter 2022

FEED for THOUGHT



The Spirit of Bainbridge Island

Everyone is aware of the soaring food prices. So when Lianne Ristow, Helpline House's food bank manager, announced, **"A generous donation is on its way,"** the community rallied to ensure Helpline House was able to accept this gift.

Helpline House was notified of a large donation of pallets containing much needed and desired items for our shoppers. **"We wanted it because the demand has increased significantly this summer,"** said Lianne. But unfortunately, Helpline House's lack of necessary receiving room and

equipment and our sandy uphill driveway proved inadequate to accommodate the large delivery truck.

With this enormous donation on its way, Lianne called Bay Hay & Feed for help. Without hesitation, the owners made plans to guide the colossal truck delivery to their warehouse and systematically transport the goods in smaller loads the 3 miles to Helpline House.

The extreme heat advisory didn't deter the staff and volunteers from making it happen. The mighty Bay Hay & Feed truck began its 15-hour loading and unloading of 30 tons of shelf stable food.

The following Saturday, the LDS youth group unwrapped 20 pallets and formed assembly lines to fill the food bank shelves and storage spaces with this wonderful donation. Hundreds and hundreds of shoppers will select these items over the next few months.

A profound thanks to the Church of Jesus Christ of Latter-day Saints for their generous donation; their Youth Group for their helping hands; and Bay Hay & Feed owners: Els Heyne, Jeff Groman, Devin Groman, and Nick Snyder for generously setting aside more than a day's work, including staff: warehouse manager, Richard Starke, and delivery driver, Spencer Korol, for their hearty efforts that ensured the extraordinary bounty reached the final destination – the shelves for our community!





EVERY STUDENT COUNTS
Project Backpack
CRUISE IN

Windermere Real Estate
Realogics
Sotheby's
INTERNATIONAL REALTY



Every Kid Counts

Preparedness and excitement around back-to school elevated students' spirits thanks to sponsors and neighbors like you! The Kids' Pantry filled households with nutritious, kid-friendly foods all summer long, then Project Backpack equipped local students to start the new school year alongside their peers!



Highlighting Your Safety

The upper lot recently transitioned to Reserved Parking for disabled drivers and donations; a few more parking spots for easier access! General parking is available in the lower lot. If further assistance or access is needed, please don't hesitate to call the front desk at 206.842.7621.

Who is REAL?

Maybe there was someone you were concerned about and weren't sure how to help. A struggling person not in immediate crisis but in danger of homelessness or needing a bridge out of living without a home may benefit from the Recovery Empowerment Advocacy Linkage program.

What is REAL? The recovery navigator program staffed by experienced staff is a field-based support to individuals with substance use or disorders and mental illnesses to coordinate support and care.

REAL is part of the West Sound Treatment Center. Any social service agency, like Helpline House OR any community member may contact the REAL program for individualized help based on the participant's needs.

In the few short months the team has been on the field in Kitsap County, they have helped dozens in Kitsap County find treatment, support and legal aid, their website says.

To request REAL's assistance, include basic information like a contact number, location of the individual, your name, and phone number at 360.881.7887. Learn more at westsoundtreatmentcenter.org/real-program



Paperless Scholarships

Every year, when the BI Metro Parks & Rec catalog comes out, excitement builds to sign up for classes and camps. This year, however, BIMPRD and Helpline House created a new equitable way for folks receiving scholarships to be in the race to sign up as soon as registration opens.

With a new paperless scholarship system, and some pre-planning, Helpline House folks can be in the queue alongside everyone else. “We hope this new process encourages more self-care and hobbies for individuals re-engaging in social groups,” says Maria Metzler, executive director. So, how can Helpline House help you or your neighbors with class or workshop registration fees?

“It’s an easy walk-in process held a few weeks before BIMPRD opens registration,” Maria describes. Social workers meet walk-in community members at Helpline House before registration opens and submits the information to be added to the queue as soon as the clock changes to 9:30am on registration morning.

The joint effort also announced new eligibility guidelines for participation. BIMPRD stressed its desire to make programs accessible for more of our neighbors. Maria is happy to report that, “seventy-eight people received a paperless scholarship through the new system this fall.” If you can’t attend the next walk-in days this winter, please don’t hesitate to call and schedule an appointment at Helpline House’s front desk. 206.842.7621 or visit helplinehouse.org.



Gobble Call for Volunteers

To help the Turkey Trot’s 14th year flight back to a successful island tradition, we need volunteers to safely guide family and friendly trotters through parking, check-in, bib and t-shirt distribution, and trail assistance.

“Birds of a Feather Return the Trot Together!” cheer the Helpline House organizers. We are launching our biggest fundraiser of the year to meet the needs of our most vulnerable neighbors. So join us for about an hour to start Thanksgiving morning right by connecting community and having fun.

Volunteer here to take flight for a Healthy & Whole Community
Neighbor helping Neighbors Volunteers Gather, Gobble & Guide the Trot’s Return!

Volunteer at HelplineHouse.org

A Lookahead

October

1: Kitsap Bank’s Shred to Fed

1: Turkey Trot 5K/1 Mile Volunteer & Registration

October

7: Bainbridge Senior Center Basic Medicare Q&A

November

19: Gobblefest Music Fundraiser

24: Turkey Trot 5K/1 Mile Fundraiser

December

8 & 9: Kids Holiday Giving

12-23: Senior Holiday Giving

19-30: Kids’ Pantry



Helpline House's biggest fundraising event!

 **HELPLINE HOUSE** | Food Bank
Social Services
282 Knechtel Way NE
Bainbridge Island, WA 98110

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Stay Connected to a Healthy & Whole Community.

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HelplineHouse.org | office@helplinehouse.org | 206.842.7621



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](https://helplinehouse.org)

Welcome!



Kelly Zwicker Social Work Intern

Kelly has a Bachelor of Science in Public Health from Dominican University of California, where she performed as a student-athlete. Following her

college athletic career, Kelly obtained a Master of Science in Kinesiology (Sport and Exercise Psychology) from Western Washington University, where she worked with athletes on mental performance. Kelly's work with athletes and interest in mental health drove her to continue her graduate studies in clinical social work, landing her in her current master's in social work program. Kelly hopes to combine her two degrees and provide a holistic service to future athlete clients, with both her sport psychology background and her developing social work experience. Kelly spends her free time with her rescue dog, collecting new books, and playing tennis or other sports with friends.



Deposit TERRA CYCLE here!

WELCOME to Helpline House; connecting neighbors through our partnership with Sustainable Bainbridge. Yep, recycle the hard-to-recycle brands here. It's nice to take care of our planet too!! Terra cycle accepts: office supplies, oral care supplies, #6 plastic cups (like red Solo cups), food storage containers, and Brita products. Visit SustainableBainbridge.org