

Winter Quarter 2023

FOOD for THOUGHT



Helpline House Intake and Resource Coordinator

Essential & Confidential Support

As recently as December 2022, the Seattle Times reported that some Washingtonians were turning down their thermostats, even in very cold temperatures, because they could not afford soaring energy bills.

At Helpline House, we often hear from concerned community members – one most recently calling about a family in their neighborhood who had been living without power for the past few weeks. This concerned community member was worried for their neighbors in the cold temperatures and thought to call Helpline for assistance. They wanted to know how they could help their neighbors, and knew Helpline would

have information to share about resources and programs that could help. After a quick discussion with Helpline House’s Intake Coordinator, the concerned neighbor was equipped to share information that could help, including sharing how to access Helpline House’s Housing and Utility Program. This is but one shining example of: **Neighbor Helping Neighbor, One Neighbor at a Time**

Housing Assistance Total Individuals Served

	Households	Expenses	Average Per Household
2022	145	\$302,125	\$2,084
2021	104	\$180,872	\$1,739

Choose Helpline House at
[KitsapGreatGive.org!](https://KitsapGreatGive.org)

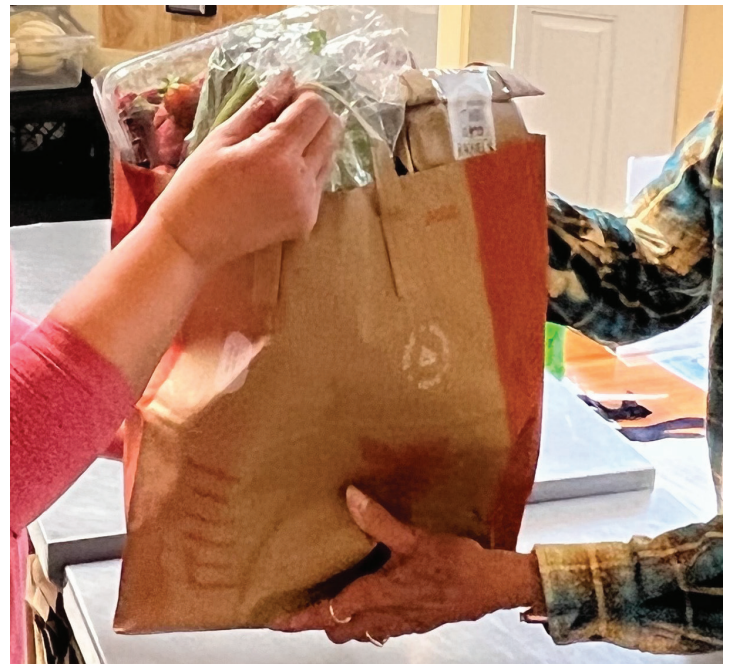
save the date
Kitsap GREAT GIVE
April 11, 2023

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.

Learn more at HelplineHouse.org



Sakai students organized and rallied a community food drive



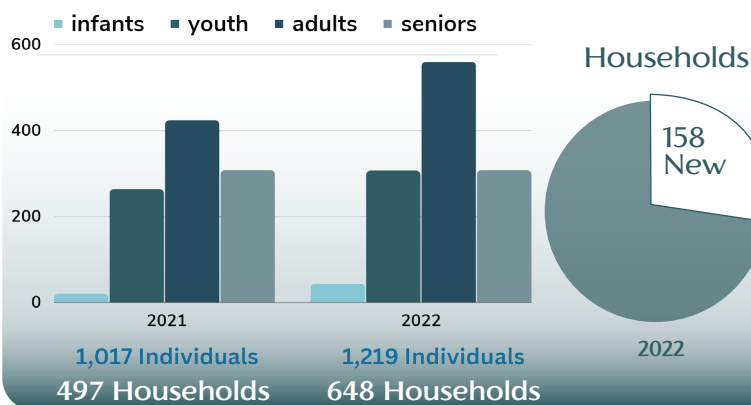
Food Bank Client & Volunteer

They're Making a Difference

More households become food secure when a community discovers what it cares about. There is no power for change more significant than when a community donates to keep a food bank's doors open to provide social services; cost-free appointments for a social worker's professional guidance for accessing resources to solve various problems.

Because of our community's extraordinary support, over 500 neighbors could make ends meet throughout 2022. Therefore, as we begin 2023, we are grateful for the success of Sakai Intermediate School students' massive food drive that filled the food bank's shelves with 35,000 pounds of food and toiletries! Thank you, everyone, for helping our community thrive!!

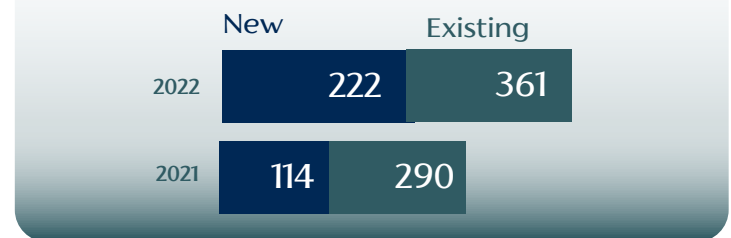
Food Bank Visits



The Power of Community

According to the USDA Consumer Price Index, food was 10.4% higher in December '22 than in December '21. We notice that trend daily. **We saw 1,000 more visits to the food bank in December '22 than in December '21.** We continue to see daily visits to the food bank increase throughout the year as inflation raged and took a toll on households' grocery and household bills. As an effort of our continued commitment to DEI (diversity, equity, and inclusion), **Helpline House solidified the removal of limits on items in the food bank and the number of times one could shop per week.** We see this as an equity issue – if we have it and you need it, let's ensure you have access to it. To this end, we distributed 615,935 pounds of food this year to our Island community. That's 51 thousand pounds of food each

Social Work Households



Welcome Aboard!



Julie Matthews
Board Member

Julie has lived in Kitsap County since 1987 and on Bainbridge since 1998. Before retiring in December 2018, Julie worked for over 30 years as an attorney for the US Environmental Protection Agency, helping implement and enforce federal environmental laws. After retiring, Julie volunteers at Helpline House's foodbank. She is excited to join the Board, inspired by the staff's dedication and compassion and the community's generosity. She also serves on the Bainbridge Island Climate Change Advisory Committee, the Bainbridge Island Land Trust, and the Keta Legacy Foundation. In addition, Julie enjoys spending time long-distance hiking, walking, skiing, traveling, and gardening with her husband and their two adult children.



Bill Chester
Board Member

Bill Chester, owner of William J. Chester Architecture LLC, has nearly 50 years of experience in all phases of the field of Architecture. His skills as a design professional have allowed him to successfully complete a large variety of both commercial and residential architectural projects on time and budget. Above all, he prides himself in having many satisfied clients. He served as Rotary Club President from 1987-1988, was a member of Team Winslow Parking Committee 1997-1998, helped design the Helpline House Barn, and was a Bainbridge Island Planning Commissioner from 2015-2022 and chair of Bainbridge Island Planning Commission 2018-2021.



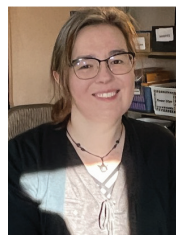
Mev Hoberg
Board Member

Mev was born and raised in San Antonio, TX, where her family has lived for generations. After graduating from Stanford, she and her husband, Paul, lived in the Bay Area for 12 years before moving to Bainbridge in 1999. Their two children are proud products of the Bainbridge Island school system, where Mev served as a member of the board of directors for almost 8 years. Mev loves a good craft project or home repair project and walking with her dog. She is excited to serve on the Helpline House board as she considers the services they offer to be vital to ensuring the diverse and caring community that makes Bainbridge so special.



Sandra Ingram
Social Work Intern

Sandra established residency in 2005 when she moved to PNW from Rhode Island. As she finishes her senior year as a UW social work undergrad, she joins Helpline as a motivated practicum student. Many of Sandra's justice-driven passions are inspired by lived experience. They act as a driving force to learn, advocate, and effect change. Sandra resides in Kitsap County with her three children. She enjoys creative exploration and family-centered activities when she is not engaged in academia or advocacy work. There is never a shortage of adventure with young kids, and Sandra takes advantage of every opportunity to share experiences with her family.



Liz McNeil
Social Work Intern

Liz is a current case management intern at Helpline House. In addition to her internship, she works as a visitation supervisor for DCYF. Before that, she was the Director of Residential Life for West Sound Academy, an Americorps Volunteer, and lived/worked abroad as a teacher of English Literature at Northwest University in Xi'an, China. McNeil is currently pursuing her Master's in Social Work at the University of Washington and holds degrees in English Literature and History from Saint Mary's University in Winona, MN. She currently lives in Bremerton.

[Learn more at HelplineHouse.org](https://www.helplinehouse.org)

A Look Ahead

March

10th
Volunteers Meet
Social Work Team

24th
Volunteer
Boundaries Training

April

11th
KitsapGreatGive.org

3rd - 7th
Kids' Pantry Opens
for Spring Break

17th - 23rd
Volunteer
Appreciation

May

1st
Stand By Your
Neighbor

1st
Plant a Row!

13th
Letter Carrier Food
Drive



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

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US POSTAGE
PAID
Seattle, WA
PERMIT #3228

Your **KitsapGreatGive.org** donations
are boosted by a 5% bonus gift

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**
Stay Connected to a Healthy & Whole Community.

Community Partners



Helpline House Volunteer & Staff Members



BainbridgeGives.org

Did you know your financial support for Helpline House during **BainbridgeGives.org** will assist low-income neighbors to stay in our community?

A successful and proven master lease program, Homes of Compassion, is a housing intervention resource in Kitsap County to expand housing affordability by using existing homes to provide safe and affordable housing. **With this unique housing intervention, we hope to create a model where those who work in our community can live in our community while increasing options for affordable housing on the Island.**

In collaboration with our partners, Homes of Compassion, please give to Helpline House at **BainbridgeGives.org**