



HELPLINE HOUSE
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Go Green
 Subscribe to our e-newsletter at [HelplineHouse.org](https://www.HelplineHouse.org)

Welcome Our Newest Team Member



Cami Holtmeier is excited to join Helpline House as the new food bank manager. She has volunteered at Helpline House since 2014, bringing students for their community service, helping

with the grocery store rescue, and staffing the curbside delivery during the pandemic. Cami has been an educator for 20 years, working with adults, college students, middle school, and preschoolers. She recently taught science and community service electives and managed some school programs at Hyla Middle School. She lives on Bainbridge with her husband and two kids. A Midwestern at heart, she has acclimated to the trees and rain of the Pacific Northwest, becoming an avid gardener. Cami has a deep appreciation for growing and sharing food and is excited to join the food bank team at Helpline House!



Working Together is Working!





Food Bank
Social Services

Fourth Quarter 2020

Food For Thought



A Smaller Table Set by Bigger Hearts

This holiday season, the tables will be set for smaller gatherings, but with no less holiday spirit. Helpline House Thanksgiving service will offer a gift card program. This successful program enables clients the freedom to shop when they need and to purchase what they need for their Thanksgiving dinner. Since the start of the pandemic, the food bank has been working with limited staff and a curbside food distribution model. The gift card program not only benefits clients, but it also resolves the capacity limitations of perishable food at Helpline House and limited staffing we have under social distance guidelines.

While 2020 has been challenging, our community's generosity is apparent, and giving opportunities continue into this holiday season. Social distance guidelines pose new challenges for groups wanting to organize charitable giving without gathering in groups. **At Helpline House we've been thinking creatively to facilitate holiday giving.** While food drives are a time-honored tradition in the community there are other options available.

This year we ask Helpline House supporters to consider gathering "Holiday Kits" for the food bank, which contain non-perishable ingredients for a recipe or themed items all in one bag. And of course, if your family or organization would like to conduct a food drive or gather "Holiday Kits", please find suggestions for needed items on the next page!



Recreated for Nov 26 - 29, 2020!

The Bainbridge Turkey Trot supports Helpline House's commitment to support local households for a Healthy & Whole Community.

Sign up today, then plan your Run/Walk solo or with your flock, we want you to complete it wherever you want. Sidewalks, paths, treadmill - make this your own race or gather your family and friends on a date and route of your choosing. **BITURKEYTROT.ORG**



Bundle a Holiday Kit

As it is for everyone, this holiday season at Helpline House will look very different. As the curbside distribution of prepacked bags of food continues and will continue through the holidays, we are asking our wonderful community to gather "Holiday Kits" for our clients.

A Holiday Kit contains non-perishable ingredients for a recipe or themed items all in one bag. Here are some Holiday Kits; you could easily substitute any combination to make a 3 - 5 ingredient kit to brighten a household's holiday this season!

Pumpkin Pie: recipe, canned pumpkin, condensed milk, pie crust.

Green Bean Casserole: recipe, green beans, cream of mushroom, fried onions.

Stuffing Basics: dried bread, chicken broth

Coffee & Tea: gourmet coffee, specialty tea

Holiday Spices: rosemary, cinnamon, nutmeg

Condiments: dressings, gravy, jams, cranberry sauce

Baking Basics: baking soda/powder, vanilla, sugar

You'll find more donation opportunities on the food bank's webpage at HelplineHouse.org to help set a smaller table by bigger hearts in our community.



Backpacking Food Deliverers

Bethany Lutheran's CROP Hunger Walk safely walked over to Helpline House and donated 400 pounds of food!

Pastor Paul Stumme-Diers had something else in mind for Saturday, Sept. 19, that rallied awareness for this year's CROP Hunger Walk, a fundraiser for global and local people in need.

A team of Backpacking Food Deliverers met after a 5 pm worship; Pastor Paul Stumme-Diers lead a group of (physically distanced) walkers to take the pilgrimage to Helpline House (a mile or so), where they delivered non-perishable goods to the food pantry.

Most Needed Pantry Staples

Basic & Holiday Pantry Foods

Pull top cans preferred

- Hearty Soups, Stew & Chili
- Canned Fruit & Proteins (chicken, tuna)
- Canned Corn and Green Beans
- Baking (flour, sugar, baking powder/soda)
- Spices (cinnamon, basil, oregano, etc.)
- Broth (beef, chicken, vegetable)
- Cooking oils (vegetable, olive, canola, etc.)
- Boxed Mixes (Stove Top, Scalloped potatoes)

IT'S OK TO ASK FOR HELP

Phone 206.842.7621 or Click HelplineHouse.org

Connecting Seniors to Care

Shifting to remote services was unfamiliar and uncomfortable for most of us and during such an uncertain time in history. Together we have found ways to overcome challenges through creativity and collaboration. Fortunately, remote services have become very easy, and many find themselves preferring it to in-person meetings.

Connecting to community members by phone appointments or a video chat, both have been a valuable, safe, and convenient transition as we move forward during the pandemic to support our most vulnerable community members.

Older clients with mobility issues or lack of transportation are getting the resources they need by phone - a connection that continues to grow so that no one feels alone during these stressful times.

A client and social worker's phone meeting can take place at a flexible location for both. Phone appointments allow callers to schedule a confidential one-hour phone meeting and receive expert advice ranging from local, state, and federal resources or receive one-on-one counseling for depression and anxiety.



Social Workers Strengthen Lives

Helpline House now offers phone or video appointments for your safety during Covid. **As a community resource, there is no cost to Bainbridge Islanders for our services.** Masters-level therapists for emotional concerns such as grief and loss, isolation, family conflict, or fears of the future. Medicare specialists can assess your coverage and help you make changes. We can help you connect with Social Security and other senior agencies. For those who qualify, we offer many ways to help, including applying food stamps and reduced Medicare costs, vouchers for Parks and Rec, or direct assistance to pay rent or utilities.

Around the Corner

Nov 16, Tues 9:30 am - 4:30 pm

Free Flu Vaccine Clinic at Helpline House

Nov 26 & 27, Thur & Fri Closed Thanksgiving Weekend

Nov 26 - 29, Thur - Sun Annual Bainbridge Turkey Trot

Dec 2, Weds Drive -by Volunteer Appreciation

Dec 7-18, Mon - Fri, except Wed, 12 - 4 pm

Kids' Holiday Program & Senior Giving Tree

Dec 25 & Jan 1, Fri & Fri

Closed Christmas & New Year's Day