



Spring 2017

Helpline House
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Bainbridge Island WA 98110
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www.helplinehouse.org

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Bainbridge Is, WA
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All donations are tax deductible to the extent permitted by law.

OR CURRENT RESIDENT

Meet our new Board Member

Nuhad Dinno is an Emeritus Clinical Professor of Pediatrics at the University of Washington in Seattle and a Pediatrician, specifically, in the field of developmental disabilities and birth defects. She graduated from the Royal College of Medicine in Baghdad, Iraq. After completing her residency, she received 3 additional years of training in pediatrics in Edinburgh and London. In 1966 she came to the US for further training in developmental disabilities at the University of Louisville in Kentucky. She joined the faculty at the Department of Pediatrics in Louisville from 1970 -1981.



In 1981 she moved to Washington State where she joined the faculty at the University of Washington as a clinical professor at the Center on Human Development and Disability. From 1982 through 2000, she volunteered as a Medical Director for Holly Ridge Center Infant Toddler Program. Although she retired in 2002 from the University of Washington, she continued working as a volunteer faculty member until 2014.

Remember the
Letter Carrier's Food Drive,
Saturday May 13, 2017.

Watch for **future** food drives,
too.



PLANT A PATCH FOR HELPLINE

Food bank customers appreciate our efforts to provide as much fresh, locally grown produce as possible. When planning your garden this spring, consider growing several extra plants for your neighbors.



"To increase your happiness...randomly wish for somebody else to be happy."

Chade-Meng Tan



Carden Country School students deliver love.

ASK THE NUTRITIONIST

Are canned vegetables as nutritious as fresh?
How much sodium is too much?

Responding to questions like these and others is an important part of our expanded nutrition education provided by Becky P., M.S.N. C.N., our volunteer nutritionist.

Follow us on Facebook



<https://www.facebook.com/helpline.house>



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HELPLINE HOUSE NEWSLETTER

“The world is changed by your example, not by your opinion.”

Novelist Paulo Coelho

For more information, or to donate online, see www.helplinehouse.org



Paulette Peterson

A message from our Board President

In the Fall newsletter, I wrote about the changing needs of our clients on Bainbridge and the associated adjustments Helpline was making to accommodate them. To that end, in October, the Board held an all-day retreat to discuss strategic planning for Helpline going forward. In addition to the attendance of all Board members, a number of past Board presidents participated in the retreat, which provided a great wealth of knowledge and perspective.

As noted in Helpline’s recently released 2016 Annual Report, one of the most growing concerns for our community is the lack of affordable housing, which has been demonstrated by a decrease in the use of social services at Helpline. This lack of affordable housing and its effect on our clients was a big discussion point at the Board retreat. We are certainly keeping the affordable housing issue in the front of our minds as we move forward. And we have created a productive partnership with Housing Solutions, a Kitsap Community Resource assisting individuals who are at risk of homelessness, to help address this issue.

The discussions at the Board retreat confirmed Helpline’s commitment to the anchoring principles that have guided it since its inception in the late 60’s – connecting neighbors to neighbors and opening doors to effective resources. We are pleased to continue to be able to offer the services that we do. Helpline continues to receive increasing support from the individual members of our community. As noted in the 2016 Annual Report, over 70% of donations to Helpline are from individual community donors. And we had over 100 first time donors to Helpline last year. I believe this demonstrates our community’s continued awareness of the needs of our community and its trust in Helpline to provide continued, well-reasoned services to the community.

The 2016 Annual Report is available for review at www.helplinehouse.org.

Valentines from the Lobby



“Helpline is one big open heart, for all.”

“Dear Helpline House, I’ll be putting lots of love into my family meal this Valentine’s Day — Thank you for the healthy ingredients your food bank provides us.”

“As a single disabled mother, I am so thankful to have Helpline House to turn to. I value the respect and dignity received from a warm and caring staff and the variety of services available right here on Bainbridge Island. Thank you H.H.”

“Your big heart goes so far - thank you for the many services you provide to our family and the community through the years. We love H.H.!”

A Day In The Life Of:

It’s Thursday morning at Helpline House and like most Thursday mornings, the lobby is bustling with people drinking coffee, eating pastries, and chatting with one another. The lobby will see as many as 60 clients by the end of the day. The majority of the people are here to shop in the foodbank. A young mother, carrying bags filled with pantry staples and produce, approaches the Intake Coordinator’s desk, children in tow. She’s picking up a cake and gifts for her 4 year old’s birthday through our “Project Happy Birthday”.

Others have arrived for appointments with the social work team. Mrs. Williams* checks in at the Intake Coordinator’s desk to see a social worker who will guide her in selecting a Part D Medicare plan. An hour later, Mr. Lewis* arrives for his appointment to sign up for the Supplemental Nutrition Assistance Program. The phone rings and a young man says he was recently injured and unable to work, lost his housing. He is referred to the Housing Solutions Center on site, where he meets with a Housing Navigator within an hour. Meanwhile, a local retired school teacher, Mrs. Sakuma*, drops by to rent a wheelchair for her husband’s upcoming surgery. He’s a military veteran. She mentions the financial difficulty she faces due to mounting medical bills. The Intake Coordinator schedules an appointment at Helpline House to apply for the Veteran’s Assistance Fund.

Your support makes sure these services and personal connections continue to sustain your neighbors in need.

* Names changed for confidentiality

Follow the money

Income: \$711,256		
Private Donations	\$503,622	70.81%
Contracts	\$37,285	5.24%
Endowment & Interest	\$30	0%
Special Events	\$16,869	2.37%
Private Foundations/Grants	\$153,450	21.57%
Expense: \$696,114		
Financial Assistance—Clients	\$121,852	17.50%
Program Costs	\$439,896	63.19%
Administration	\$87,246	12.53%
Utilities/Maintenance	\$44,364	6.37%
Special Events	\$2,756	.40%