



BY KAREN WEST

## Senior Soup and Sandwich Program

“The Senior Soup and Sandwich was the best thing,” a client said, “I was having a rough morning but my lunch was so good that it turned my whole day around,” a client shared with our front desk.

Sometimes all it takes is a hot bowl of homemade soup and a gourmet sandwich to turn somebody’s day around.

That’s what happened recently to a Helpline House client who was having a rough morning until she picked up her free lunch through the new Helpline House Senior Soup and Sandwich Program.

“She called in and said it was the best thing!” said Helpline House Food Bank Manager Lianne Ristow.

“This program has been quite popular,” Lianne shared.

Funded through a Kitsap County grant, the Helpline House program provides forty free lunches on a first-come, first-serve basis to seniors every Monday, Tuesday, Thursday, and Friday. The program started in November and is expected to continue through June. At a rate of 160 meals four days a week, that adds up to more than 4,000 free lunches!

Recipients over 60 years of age are encouraged to pick up their lunches early at Helpline House during regular business hours between 10 a.m. and 4 p.m. “People start showing up as soon as we open our doors,” Lianne says, adding that they have run out of lunches a few times.

Helpline House hired Bainbridge Island Chef Tim Shelly to help get the program off the ground, and he’s been cooking up creative meals ever since. He prepares the lunches each day using only fresh ingredients in the commercial kitchen space donated by St. Barnabas Episcopal Church. Among the most popular soups so far has been Potato Corn Chowder and Butternut Squash. And he has heard raves about his hand-crafted Turkey Pesto and Caprese sandwiches.

As owner of Bainbridge Home Chef, Tim also caters for dinner parties and events, teaches cooking classes and cooks for other nonprofits on the Island. “I love to be able to do what I’m passionate about,” Tim says. “This is a great way to do what I love and to give back.”

### You Make An Impact

Thanks to the incredible generosity of our donors, Helpline House received over \$1 million in 2024’s private donations! Your support makes everything we do possible, from providing essential services to our neighbors in need to fostering a stronger, more connected community. We’re so grateful for your kindness and commitment. Let’s work together to make 2025 another amazing year!

**Donate at [HelplineHouse.org](https://www.helplinehouse.org) Thank you!**



## Housing Solutions

We believe in the power of neighbors helping neighbors, and together, we can build a stronger, more resilient community. While making ends meet is getting harder for more neighbors, social workers have been meeting with families in crisis about job loss, financial distress, housing needs, mental health, and more.

The bills pile up, rent falls behind. It happens more than we like to think and then a friend or neighbor finds they are at risk of losing their home. Our community partners, Kitsap Community Resources' (KCR) Housing Solutions agent, Michelle, creates hope and opportunity for all low-income Kitsap County residents by providing resources that promote self-sufficiency and stability.

Every Tuesday at Helpline House, Michelle assesses and helps at-risk community members, making connections to housing resources throughout the county, including emergency shelter, rental & deposit assistance, and/or landlord referral. She quickly shares the resources available in our county with scheduled or walk-in clients.

These free services are available to anyone seeking affordable housing options to get support and find an opportunity to thrive.



## Relief for Our Older Neighbors

Life's challenges can feel overwhelming, especially when health struggles and caregiving responsibilities pile up. For an elderly couple like the Smith's\*, facing multiple health crises can seem impossible to manage. Mrs. Smith's husband, a stroke survivor, depended on her as his primary caregiver. But when she was diagnosed with cancer and needed surgery and treatment, everything became even harder.

**“The weight of caring for both my husband and myself felt unbearable”,** said Mrs. Smith. **“That’s when I turned to Helpline House, and their support made all the difference.”** Donna, the Helpline House Community Care Coordinator arranged transportation for Mrs. Smith’s medical appointments and respite care for her husband, allowing Mrs. Smith to have much-needed breaks. Donna also helped them organize medications and keep track of important schedules.

**“One of the most valuable services was the food deliveries from the local food bank,”** said Mrs. Smith. The power of neighbors makes it possible for more social workers to assess needs and connect to resources, thanks to supporters like you.

**Donate securely online at: [HelplineHouse.org](https://www.HelplineHouse.org)**



## Filling the Food Bank Shelves

“In the last weeks of 2024, Helpline House greeted over 400 shoppers in the food bank, a 25% increase over last year,” Maria Metzler, the executive director announced. This winter's contributions will make a meaningful difference, not just in the lives of those who receive the donations, but in the collective spirit of our island community.

In-kind donations such as jams, jellies, cereals, breakfast bars, boxed rice, and cooking oils are important in enhancing the variety of foods available at our local food bank. These donations offer nourishment and the opportunity for our neighbors to enjoy a greater variety of foods.

We see new shoppers who rely on the food bank daily, including single parents, families, and even grandparents with children in tow. These are our neighbors, friends, and families—people who call Bainbridge Island home and who strengthen our social fabric together.

Together, we can continue to support our neighbors in need and ensure that Bainbridge Island remains a place of care, compassion, and connection.



## Food Drives with a Purpose

“Helpline House is important because it brings the community together to help those in need.” - **student volunteer**

We need help to build a stronger Bainbridge! We hope these themed donation drives inspire neighbors like you to help us meet the diverse needs of our community.

**Power Breakfasts** Breakfast is the most important meal of the day—and it's often the hardest to provide. We're always in need of cereals, oatmeal, breakfast bars, coffee, cocoa, and teas. These items are favorites for many and are consistently in short supply.

**Load the Lunch Box** Lunchtime essentials, including canned soups, pasta, and boxed meals, are always needed. These easy-to-prepare options are vital for families and individuals who rely on the food bank to feed themselves and their children.

**Clean Up for a Cause** Essential items like soap, shampoo, conditioner, toothpaste, and more to support local families in need. These everyday items may seem small, but they make a huge difference in people's lives.

Donate securely online at: [HelplineHouse.org](https://www.HelplineHouse.org)

## One week of groceries:

\$25 Nourishes a family of four

\$100 Provides sustenance for 4 families

\$125 Gives sustenance for 5 families

\$250 Empowers 10 families with essential foods



[HelplineHouse.org](http://HelplineHouse.org) | [office@helplinehouse.org](mailto: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.



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# Welcome!



## Kerri Shoumaker, MS, LMHCA Clinical Social Worker

Kerri grew up moving throughout the country. She has landed in Bainbridge Island and enjoys being part of the community. Kerri comes from a

background of healthcare and horticultural therapy and enjoys helping people. Upon obtaining her Master of Science degree in Clinical Mental Health Counseling, she joined Helpline House and is delighted to serve their needs as a Clinical Mental Health Counselor. Kerri also enjoys hiking, gardening, and long dog walks.

## What's Next?

• **Kids' Pantry**  
February 17 - 21  
10am - 4pm  
Walk-in Food Bank

• **Free Tax-Aide**  
Feb 1st, 4th & 6th  
10:30am - 1:30pm  
Bainbridge Public Library

• **Get Ready For Medicare**  
Thur | 9am -12pm | 12:30 - 3:30pm  
Bainbridge Senior Center  
Schedule an appointment, call  
Helpline House 206.842.7621



Bainbridge Island  
Metro Park & Recreation District

# Scholarships

Helpline House is proud to partner with Bainbridge Island Metro Park & Recreation District (BIMPRD) to provide equitable access to scholarships for local residents. **We issue over 60 scholarships each cycle for camps and classes, ensuring that all community members, regardless of financial situation, can participate in enriching programs.**

The application process is streamlined and paperless, allowing individuals in need to apply as soon as registration opens, placing them in the queue with other applicants.

Neighbors in need are encouraged to call 206.842.7621 to schedule an appointment with Helpline House's front desk to discuss eligibility and secure their spot. Together, Helpline House and BIMPRD aim to foster an inclusive environment where everyone can engage in community activities.