SAVE THE DATE!
Scare Away Hunger 10/31
Children will trick-or-treat and ask neighbors to donate and fight hunger!

Community Choir Concert
11/4  3-5pm
Prince of Peace Lutheran Church hosts this annual event featuring community groups performing to benefit North Helpline.

Pub Crawl
11/10  2-7pm
Join the Pub Crawl in Lake City, visiting Hellbent, Beer Authority, Elliott Bay Brewing, and Korochka Tavern!

Turkey Drive 11/16-17
10am-4pm
Fred Meyer in Lake City. While shopping for the Thanksgiving season consider donating a turkey or other holiday food for your neighbors!

#GivingTuesday 11/27
Donate to North Helpline through this popular one-day online fundraiser.

OUR GOAL IS THAT NO ONE GOES HUNGRY
As we head toward colder months, we thank you for helping to make sure that people have enough food to eat. Every week at our two food banks, we are distributing thousands of pounds of food so that our neighbors don’t go hungry. Sadly, we know that there are still people in greater North Seattle who are going to bed on empty stomachs. Our goal is that no one goes hungry.

Dan’s Story
Dan is living in his car with his 14 year old, and he spoke to us while he was waiting in the food bank line. “It’s the end of the month, and my food stamps are gone, and I can’t afford prepared food. I haven’t eaten in a couple of days and I am starving, so I am coming to the food bank to get some good food and replenish our groceries.”

Dan has PTSD. He says, “It is not from war or anything. It is from not having my basic needs met. Years and years of being homeless on and off. I have had a hard life. Even standing in the food bank line is a real piece of work, because PTSD is a panic disorder. But this place has always been super welcoming and awesome.”

Dan’s disability check affords rent, but the last time he looked, he needed $5,000 to be able to move. He said, “Every time I have found housing, something happens where I have to move, not because I am not paying rent. Two years ago, Solid Ground helped me with a one-time move-in to an apartment. The building ended up getting torn down, because with the light rail they decided to build expensive high rise apartments.”

Dan says, “For the sake of my child’s schooling, I try and keep them in the same school so they can have that one stability in their life. Coming to the food bank really helps.” Years ago, Dan served in the AmeriCorps, about 10,000 hours of time. He says, “there is nothing better to do than to help people. It is awkward being on this side of the line.”

Paul’s Story
Paul is an army veteran who lives in McDermott Place’s affordable housing upstairs from North Helpline. He has a mental health condition including bouts of depression and mania that make it challenging to find full time employment. The VA helps with his medical expenses, and Paul is thankful for having housing through Section 8 and the food bank at North Helpline. Paul says, “I am just barely able to get my basic needs met.”

(Paul’s story continued on page 5)
STAFF COMINGS AND GOINGS

There are several changes in staff, but first let’s take a moment to celebrate that Mary Claire, our Volunteer Coordinator and AmeriCorps WSC, is staying for another year of service! Mary Claire’s positive attitude is contagious, and she shows tremendous leadership with volunteers. We are grateful that she is staying on for another year.

We said goodbye to Russell, our AmeriCorps WSC Food Bank Coordinator, who is joining the Peace Corps in Guatemala. Russell says from day one he has received a huge amount of support from the North Helpline community. To everyone he has grown close to, Russell says, “Bless your hearts and thank you for committing your time to such an honorable cause.”

We also have new staff! Please welcome Taylour, our new Food Bank Coordinator and AmeriCorps WSC. Taylour studied Communications at Gonzaga University and volunteered for World Relief in Spokane. She is excited to work with everyone at North Helpline and learn more about the impact the food bank has in the neighborhood.

Also, we recently welcomed two new staff members, Sal Tenna and Roger Shands. Sal is our new Bitter Lake Food Bank Manager. At Bitter Lake, we serve many neighbors who are senior citizens and people who live in nearby low income housing. People who visit the Bitter Lake Food Bank would have significant challenges with transportation to get to the food bank in Lake City.

Roger Shands is our new Community Connector working in our Lake City office. Roger’s role is invaluable to our neighbors. People come to North Helpline for financial assistance and to access a number of services that affirm their human dignity and worth.

THE SEASON OF GIVING IS ALMOST HERE!

Particularly this time of year, we are answering the call to fight hunger and help people stay housed. We thank you for all of the ways you join us in supporting people in the community who have fallen on tough times and count on help to meet their basic needs.

Here are the upcoming events that mark the season of giving!

Sunday November 4th, be sure to attend the Choir Concert benefiting North Helpline (story on page 4). The 3rd Annual Pub Crawl is on Saturday November 10th. The Pub Crawl has been a tremendous hit with everyone who shows up, raises a pint, and has a good time all while raising funds for North Helpline.

Closer to Thanksgiving, North Helpline holds a Turkey Drive in which volunteers stand outside of select grocery stores and ask for food donations. We can’t think of a better way to remember our neighbors over the holidays than to make sure they have full, delicious meals to enjoy with their families! After Thanksgiving, North Helpline takes part in Giving Tuesday, a one-day online fundraiser providing yet another platform for making sure your neighbors have food on the table and a roof overhead.

Toys and clothes are special items that North Helpline provides in December. Each year, we are able to distribute toys to families the week before Christmas, thanks to donations from Lake Forest Park Rotary. Our friends at Meadowbrook Community Center host the event. Last year families received toys for over 900 kids. For clothing, thanks to a generous donor, North Helpline provides new jackets, blankets, gloves, socks and hats.

December is a time when we make sure people who are facing the cold weather have an extra helping hand.

Finally, December is the month in which our supporters give tremendously meaningful and generous gifts. It is the time of year when we especially thankful for your contributions to serve our neighbors with the level of excellence and impact that we do.

Because the need is as great as ever, we hope you will join us during the season of giving and donate what you can. We are extremely grateful for the responsibility of carrying on the work to make sure our neighbors in greater North Seattle have food and stay housed. Thank you for making this important work possible.

KELLY’S KORNER

As many of you know we lost our staff member Mae to a sudden death last month. Mae brought a passion for social justice and genuine caring for all people to her work of fundraising at North Helpline. We were honored to have her choose to do a second AmeriCorps VISTA term with us. She is greatly missed but we will carry her spirit of love with us as we find our new normal. We would like to thank our community for all of the support, kind thoughts and words shared during this hard time. I would like to especially thank our staff that made sure to take care of each other while still serving our community. I am grateful for the strength and grace of our team.

As we move into the end of the year I am looking forward to spending time with our community at our various events as we work to make sure our neighbors have food on their tables and a roof over their heads. The holidays are a really tough time to go without. Together we can make the holidays brighter for those of us who are struggling to make ends meet.

We are thankful that especially during challenging times, you provide rays of hope to everyone in your community.

Kelly Brown
Executive Director

SAVE THE DATE FOR 2019 EMPTY BOWLS

North Helpline is excited to announce the 10th annual fundraiser Empty Bowls will be held Sunday, February 24th at St Matthews Parish. Empty Bowls is a silent auction in which every guest receives a hand-crafted bowl donated by local students and artisans. Enjoy a meal of soup, salad, and dessert, all while supporting North Helpline’s mission to help keep neighbors housed and fed.

Last year, almost 350 people turned out for Empty Bowls. This year’s auction items are sure to inspire generous bidding. What’s more, our community cherishes the opportunity to gather together in celebration. In many cases, people who attend Empty Bowls catch up with friends and family that they would not otherwise see. Save the Date!

NO ONE GOES HUNGRY CONT’D

The food bank provides a vital lifeline for Paul. He says, “I am able to sustain myself with the food from the food bank. I have plenty of meat in my freezer, vegetables, loaves of bread, pasta, canned foods, beans and things like that. It is all top quality food. It is nourishing.”

From time to time, Paul has relied on services aside from food as well. “I have had to ask for financial assistance paying rent a couple of different times. I don’t like having to do that, but I have had to rely on it as a way to make ends meet.”

In addition, Paul volunteers with North Helpline regularly and has thrived thanks to serving the community in a way that makes him feel proud and dignified.

Every person who visits the food bank has a story about how they sometimes struggle to have food to eat. We can’t know each and every story, but we do know that you have probably seen first hand the need your neighbors are facing. Without North Helpline, more people would go hungry. That is why we are thankful to you for helping make sure no one gets turned away for food.

STAY IN TOUCH

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