Tishsa is a single mom raising two incredible children, ages 13 and 7. As a parent, Tishsa works hard to provide her children the attention, structure, and support they need. She and her children are deeply embedded in the community here.

Two years ago Tishsa joined the West Seattle Food Bank team as a volunteer, assisting in the warehouse and with food distribution. Tishsa’s strong work ethic and respect for clients, volunteers, and staff immediately made her a valued colleague.

Suddenly, after three years working at a West Seattle nursing home, Tishsa lost her job. She felt like her “life was over” but had to keep it together for her children. Fortunately, Tishsa knew firsthand the great work happening at the West Seattle Food Bank.

While volunteering at the food bank she was able to connect with an employment program through a partner agency, which compensated her for the hours she was working at the food bank. This helped her bridge the gap between unemployment and a permanent position, providing her with the time she needed to regain financial stability.

In addition, she applied for move-in assistance from the West Seattle Helpline. She describes this assistance as “a relief” as it allowed her and her family to get into the apartment they still live in today and call home. During this time she also visited the Clothesline, our free clothing store, to find outfits for herself and her children.

Working with Tray, our Community Connector, Tishsa wrote her resume and explored job opportunities. Tishsa met with a representative from PCC Community Markets at the food bank and accepted a position at their Burien location. As soon as the West Seattle PCC opened, she was excited to return to her community by joining the team here.

Tishsa is thankful that West Seattle Food Bank and West Seattle Helpline were there to support her through this difficult time in her life in numerous ways, including providing healthy food, financial assistance, and finding permanent employment. The food bank community also gave her a safe space and emotional support to find her footing. Today, Tishsa and her children continue to live happy and healthy lives here in West Seattle.
I'm called the "CODGER" for a couple of reasons. For one, I'm just a few months shy of my 75th birthday, which means that I've been around for a while and hopefully have picked up a few things and learned from my mistakes. For another, I've been a client here at the West Seattle Food Bank for the last seven years or so and have had the opportunity to see, meet, and talk to a lot of other clients during that time.

Even with our very diverse backgrounds, there is a natural bond that forms with the other clients, which maybe unspoken, but is still very much there. A bond of both camaraderie and concern, that is even sometimes laced with a ribbon of friendship. This has led me to the steadfast conclusion that we are all just people trying to get along as best we can and that we all have challenges.

With most hardships you can prepare for them and maybe even pre-determine a plan of action to lessen an adverse event. However, with a life threatening pestilence that you can't even see, worry can easily turn into fear and panic. Also, when nobody at this point really knows how to combat it, you will likely not only feel very vulnerable but also helpless. The coronavirus seems to hit the most vulnerable of us, the sickly and the elderly, the first and the hardest, but keep in mind that we are all vulnerable! This disease does not discriminate at all! Race, gender, culture or socio-economic status doesn't matter.

The West Seattle Food Bank is following all the safety guidelines that it can. The new food distribution procedures are nothing more than a very mild inconvenience. All the steps that they have taken for our continued health and safety have inspired a great deal of confidence, not only with me, but with the others I've talked to, whom I've known for many years. As of this writing, Washington State is experiencing an unprecedented mass closure. Many places of sanctuary, health benefit, recreation and social interaction are literally shut down, leaving many with even more feelings of isolation, loneliness, and desperation. These feelings can be helped a great deal by simply reaching out and connecting with someone who may be isolated. Maybe even someone that you haven't had any contact with in quite some time. If you or someone you know is homebound, encourage conversation - maybe about pets, hobbies, or music.

During this time of crisis, in which almost everything is unsure, some elements of your usual lifestyle will almost certainly have to change. That does not necessarily mean that it has to change for the worse. The possibility of meeting new friends - even if it has to be from a distance at first - and being introduced to new interests can really help with the anxiety of not knowing. If you happen to be a senior, like me, heed the words of the CODGER:

"Yes! There are disadvantages to being an old person - just as there were disadvantages to being a young person."

- R. Duris, Mar 15th, 2020
Volunteer Spotlight

Linda Scott is a regular volunteer at the Clothesline, our free clothing store, and a treasured member of the West Seattle community. She moved here in 2016 to be closer to her family but says, "I quickly found out that retirement and I didn't get along!" After reading about the Clothesline on Nextdoor, she cleaned out her closet and brought a bag of clothes over. She asked if we needed volunteers and the rest is history!

Linda is an incredible organizer with imagination and vision to plan spaces so they work even better for customers at the Clothesline. In addition, Linda works hard to make sure the Clothesline is clean, safe, and welcoming for customers. And fundamentally, Linda likes to meet the customers at the Clothesline. "They inspire me with their resilience in spite of the challenges some of them face. I love helping them to walk out with a huge smile on their face. Thank you for all that you do Linda, you absolutely put a smile on all of our faces!

Metropolitan Market Community Drive

Through the efforts of the dedicated checkers, especially Ed Swan (pictured with WSFB ED, Fran Yeatts), Metropolitan Market’s customers donated $17,000 to the West Seattle Food Bank in the Annual Community Care Drive. Metropolitan Market, and their customers, continue to be critical supporters of the West Seattle Food Bank and Helpline services. Did you know that it was Metropolitan Market employees that helped start the West Seattle Helpline back in 1989? For over 30 years Metropolitan Market and their customers have been models of neighbors helping neighbors. Thank You!

Have a Heart Day

Our friends at Illusions Hair Design included the West Seattle Helpline in their annual Have a Heart Day again this year! Stylists donated their time, with all proceeds benefitting the West Seattle Helpline’s homelessness prevention services. Thank you to Illusions Hair Design and to all of our wonderful neighbors who came out for Have a Heart Day. You helped raise over $1,000 to stop homelessness before it starts!

How Can You Help?

Donate Funds • Food • Clothing • Pet Food Books • Hold A Food Drive • Volunteer • Attend an Event

Circle of Neighbors

Join our Circle of Neighbors, a dedicated group of supporters who give monthly to ensure we have the critical resources to support our neighbors year-round. Sign up at today www.westseattlefoodbank.org.

Workplace Giving/Employer Match Program

Double or triple your donation if your employer matches your donated funds or volunteer hours. Don’t forget to turn them in!

West Seattle Thriftway Grocery Receipts

The generous folks at West Seattle Thriftway will donate 1% of your grocery receipts. Mail or drop off your receipts within 6 months and we’ll do the rest!

Fred Meyer Community Rewards

If you have a Fred Meyer Rewards Card, just call Customer Service at 1-866-518-2686 and designate WSFB as your charity. They will donate a percentage of your purchases back to the food bank.

Smile.Amazon.com

For online shopping go to smile.amazon.com (same as amazon.com), pick the West Seattle Food Bank as your charity and shop. Amazon will donate a percentage of your purchases back to the Food Bank.

Amazon Wish Lists

We have four wish lists up on Amazon at http://bit.do/WSFBlists for the Food Bank shopping model, Baby & Child Corner, Backpack Program & Pet Pantry. Just purchase and it will be delivered directly to us.

Bartell’s “B” Caring Card

Go to Bartell Drugs, ask to sign up for a “B” Caring Card and designate WSFB as your charity.

Instruments of Change

Instruments of Change is our biggest fundraiser of the year. We will be working creatively in the next few weeks to determine different options for hosting this event given the uncertainty of COVID-19. To get more information, go to: westseattlefoodbank.ejoinme.org/IOC
Better Together!

As of March 1, the West Seattle Food Bank and West Seattle Helpline’s merge into one stronger organization is complete. We are excited to combine forces and, with our neighbors like you, improve and expand our services in this community.

Joined together as one organization, our comprehensive services include:

- **Food Bank services**, including our Shopping Model Food Bank, the Mobile Food Bank, and Home Delivery Service.
- **Helpline services**, providing emergency financial assistance to prevent homelessness, imminent evictions, and utility shutoffs. We also provide free bus tickets to those who financially qualify.
- **The Clothesline**, our free clothing bank, where clients can shop for basic attire, professional wear, school clothing, and more.
- **The Taking Care of Children initiatives**, including the Backpack Program and the Baby & Child Corner programs.
- **Community Connections**, which links community members with vital services such as assistance finding employment, healthcare, language services, and more. In addition, the Bookcase Program allows clients to take home up to 10 books each visit.

Your support during this transition is greatly appreciated. We are so glad you are part of the West Seattle Food Bank family! Together we can prevent hunger and homelessness in West Seattle through the power of neighbors helping neighbors.

A big thank you goes out to all of our 636 dedicated, hardworking volunteers. You are instrumental in our fight to stop hunger and homelessness in West Seattle and strengthen our community. You make this possible!

Thank you!

Beer Church Turkey Bowl

Thank you to Kendall & Kim Jones from Beer Church, West Seattle Bowl and all the breweries & restaurants who participated in this fun evening of bowling and giving! The $9,490 raised and 2,165 lbs. of food went a long way to making sure that the families we serve in our community had enough to eat during the holiday season. We especially love and appreciate Beer Church because of its emphasis on community and coming together to have fun and make change! Can’t wait until next year.

St. Nicholas Faire

First Lutheran Church of West Seattle included both the West Seattle Helpline and West Seattle Food Bank as beneficiaries of their annual St. Nicholas Faire this past December. The Faire raised over $11,600 to help end hunger and homelessness in West Seattle. Pictured above is Rev. Ron Marshall, a board member of both organizations, presenting the checks to Fran Yeatts, WSFB Executive Director, and Erin Dury Moore, former West Seattle Helpline Executive Director. We are grateful to First Lutheran and everyone who helped make this Faire such a wonderful success. Thank you!

10th Anniversary of giveBIG

When we give, we take a conscious step towards creating the society we want to live in. GiveBIG is a regional day of giving where individuals, communities, and organizations can be part of a collective movement to support nonprofits, like the West Seattle Food Bank, and to help our community thrive. This year, giveBIG will be on May 6th. If you gave last year to the West Seattle Helpline, remember our two agencies have merged so please consider giving generously to help the families that our now combined agencies serve in our community. As COVID-19 continues to impact our entire region, our neighbors are struggling to provide basic needs to themselves and their families. Your support is crucial to stopping hunger and homelessness in West Seattle! Let’s make this the best giveBIG yet!
The Clothesline, our free clothing bank, is always in need of more coats during the winter months. The annual Cocoa & Coat Drive, presented by PCC Community Markets, courtesy of the West Seattle Junction Association and Kiwanis, helps to ensure we have the coats, hats, and gloves our neighbors need to stay warm and dry through the winter. On December 8th, you all showed up to the West Seattle Farmer’s Market in a big way to give your new and gently used clothing, filling over 6 bins worth of donations! Shoppers at the Clothesline the following weeks were absolutely thrilled to find comfortable winter clothing that kept them and their families warm, and made them feel stylish and confident. Thank you to PCC, West Seattle Junction Association, Kiwanis, West Seattle Farmer’s Market, and all of you who donated warm clothing. We are forever grateful!

24 Hour Fitness
A Child Becomes Preschool
Admiral Safeway Customers
Alki Co-op Preschool
B’s Po Boy
Bartell Drug
Combat Arts Academy
Cottage Grove Preschool
Dave Newman State Farm
Fairmont Park Elementary School
First Lutheran St. Nicholas Faire
Fit 4 Mom West Seattle
Gatewood Elementary School
George Harper & Jeff Couts’ Party
Grace Baptist Church
Holy Rosary School
Hill Team at Keller Williams
Illusions Hair Design
McCrea Cellars
Metropolitan Market Corp.
Nordstrom
Peel & Press
QFC Customers
Safeway/NW Harvest Food Drive
Summit Atlas School
Tom’s Automotive
Uptown Espresso
West Side Presbyterian Church
West Seattle Thriftway Customers
Windermere Real Estate
Zillow Employees
Zumiez

Cocoa & Coat Drive

Nucor Employee Drive

Thank You to Nucor Steel and their generous employees for donating 4740 lbs. of food and $17,500 and to Omega Morgan Machinery for helping to deliver the food. We couldn’t have unloaded it all without all the volunteers and this food is so needed, especially during the holidays!

Pet Pantry Donors: Dog City, Seattle Humane Society, Lien Animal Clinic, Mud Bay, Next to Nature, Pet Elements, Petco, Rainier Veterinary Hospital & West Seattle Veterinary Hospital.

Bookcase Donors: Book Haven, Friends of Seattle Public Library, Paper Boat Booksellers, Seattle7Writers. The Discovery Shop, West Side Presbyterian Church

Peel & Press Donates Hams!

Every Peel & Press anniversary since they’ve opened, owner Dan Austin donates a percentage of the sales from the weekend celebration to purchase whatever the West Seattle Food Bank needs for the holidays. This year it was hams! Dan delivered 114 hams just in time for our Christmas distribution. Our clients were so appreciative and excited. Dan has become such an incredible partner to the food bank, from the holiday purchase to making drinks for both of our fundraising events to being a restaurant on our summer raffle ticket. Thank you so much Dan.
Mission
West Seattle Food Bank strengthens the community through the power of neighbors helping neighbors, working to ensure all in our community have access to the essential necessities of living.

Vision
We envision a strong and connected community in which all people have access to safe and nutritious food and the essential necessities of living.

Join our email list to receive updates on the difference your support makes in the lives of our neighbors in need by scanning this barcode or visiting us at WestSeattleFoodBank.org.

Food Bank Distribution Hours
Tuesdays 9:00am - 1:00pm: Seniors 55+
Wednesdays 12pm - 7:00pm: General
Thursdays 9:00am - 2:00pm: General
Fridays 10:00am - 2:00pm: General

Clothesline Hours
Tuesday, Thursday & Saturday
11:30am - 1:00 pm
By Appointment by Calling 206.932.4357

Food Donation & Office Hours
Monday - Friday 9 am - 3 pm
Except Wednesday until 7 pm

Board of Directors
David Weld, President
Joe Everett, Vice President
Jan Roberts, Secretary
Corey Limbaugh, Treasurer
Ben Viscon   Douglas Wagoner
Ted Barker   Ashley Clingan
Jim Dean     Salma Jibril
Nam Le       Joan Hansen
Rev. Ron Marshall Cara Mohammadian
Nick Naubert

Staff
Fran Yeatts, Executive Director
Judi Yazzolino, Development Director
Cilia Jurdy, Development & Communication Manager
Lester Yuh, Operations Director
Karla Marifjeren, Operations Manager
Tray Olds, Community Connector
Sam Thompson, Programs Coordinator
Yesenia Garcia, Volunteer Coordinator
Janeth Margolin, Operations Assistant
Dick Haggart, Operations Coordinator
Jack Riley, Operations Assistant

GET INVOLVED!
Donate Funds - Donate Food, Pet Food, Clothing or Books
Employer Matching Program - Hold or Visit a Drive - Join Smile.Amazon.com - Give us your West Seattle Thriftway Receipts - Volunteer - Attend a Fundraising Event

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