



HopeSource Quarterly Newsletter

50th Anniversary

Employment is the focus for June as we celebrate the many facets of Community Action. HopeSource has several programs that support individuals in getting and keeping a job. Our newest Hope University program, [1:1 Coaching](#), walks job seekers through the entire process from writing a resume, to job search techniques, and even interview preparation. Once employment is secured, our [Positive Work Habits Workshop](#) provides the tools to maintain employment and excel in any work environment.

Summer BBQ Mark your calendar!

Join us at Rotary Pavillion on Friday, July 18th, from 11-1 to celebrate 50 Years of Community Action. July celebrates Neighborhood Revitalization and we will be celebrating our programs as well as some of our community partners who support that effort. We will have complimentary hot dogs, pop, and treats as well as games and prizes for the whole family. More information coming soon but if you just can't wait or you want to partner with us, call us at 925-1448 and ask for Cote.

New Board Members

Please join us in welcoming new Governing Board Members Claire Nicholls, Paul Sander, and Dale Meador. We have always been proud to have a dynamic and accomplished board of directors and



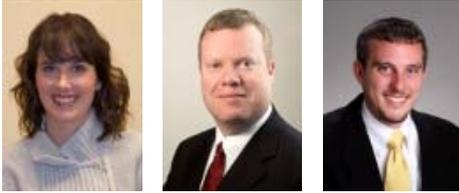
Exciting Partnerships Suncadia Hope Fund

We are excited to announce that Suncadia Associates and Suncadia Corporate have chosen to partner with HopeSource and Sparrow Club to provide for needy families in Upper Kittitas County. Each Suncadia department will host a fundraising event throughout the year with proceeds split between the two charitable organizations.

PUD Helping Hands

Thank you Kittitas PUD and PUD customers! For almost a year now, PUD staff and customers have donated money to help seniors pay for utility costs through the PUD Helping Hands fund. We all see the heat bill go up in the winter, but this increase can be hardest on our neighbors who

we know that our newest members will help us continue the standard of excellence we have come to expect.



Thank you Fred Meyer Shoppers!

Thank you for linking your Fred Meyer Rewards cards to HopeSource! In the first quarter you donated \$199 dollars to us while you shopped. That's the equivalent of 5 HopeSource Youth Recreational Scholarships which allow kids to participate in sports or cultural activities where they learn goal setting, how to overcome adversity, and build character.

If you haven't already linked your card to us [do so today](#) and join us in providing opportunities for the kids in our community.

are elderly and often live on a fixed income. If you are a PUD customer and would like to contribute to the PUD Helping Hands fund complete the [Helping Hands Donation form](#) and return it to the PUD.

City of Ellensburg

HopeSource and the City of Ellensburg have collaborated to weatherize and provide conservation education to customer's residences that are receiving the discounted utility rates from the City of Ellensburg. The City of Ellensburg is paying for 70% of the weatherization costs and HopeSource is paying the remainder of the weatherization costs and any health and safety/repair costs. This collaboration will not only help the customers whose homes are worked on, but will also assist in lowering the subsidy paid to these clients on the behalf of other rate payers.

Success Stories

We love feedback from our clients and students. It helps us to grow and improve and be as effective as possible with your tax dollars and donations. It encourages us to know we are making a difference in the lives of our neighbors and since you are a major part of us being able to do what we do, we thought you might like to see just what your dollar does in the lives of our community members. [Click here](#) to read what our students are saying about their experience at HopeSource.

Mobile Food Van Update

by Justin Gasper, Healthy Futures Coordinator

After working on the business plan for the Mobile Food Van for two months, I was ready to see the project bear tangible fruit. The project began with an initial fundraising dinner in the month of October—a brisk autumn evening in a beautifully lit barn in Roslyn replete with wine, cheese, and over 60 generous donors willing to fund the seed money needed to pursue the project.

So, following the arduous budgeting process, acquiring the van, and making the necessary repairs, I began promoting the service in the Upper County community. First, I began posting flyers around town. Armed with a roll of scotch tape and a notebook full of flyers I went everywhere I thought the flyers might get noticed.

“Excuse me, my name is Justin and I work for HopeSource here in Cle Elum. How’s it going?” to which the standard reply was given. “Would I be able to post a flyer here promoting our new mobile food service?”

My grandmother owns a real estate office and is constantly talking to people she has never met—she is very comfortable striking up conversation with complete strangers. Somehow I never got those genes, so I still come across slightly less confident than a first-grader selling magazine subscriptions. Luckily, most people I spoke with were very accommodating and my script was repeated over and over as I went around businesses, post offices, and libraries in Cle Elum, Roslyn, Ronald, and even Easton.

All of this seemed like a lot of work for nothing, it was easy to get discouraged when there had not yet been a single delivery of food. I had been contacted by the Daily Record to let them know when we would schedule our first delivery. Now, with the promotion of the service in the community begun, I was impatient for people to call in. To say that I was excited when we received our first request for a food box on the answering machine would be an understatement. I called the Daily Record and told them to meet me in Roslyn on Thursday at 1:00 pm.

The Cle Elum HopeSource office also runs a food bank that serves the Upper County area, but many people are located in remote areas



and cannot get to our office in Cle Elum for a variety of reasons. Often, older couples on fixed incomes have medical problems that prevent them from being able to drive. Some families with children have had a car break down, with no way to repair it. A large proportion of the Upper County area receives government assistance through disability or social security payments, which often comes with huge medical costs and limited mobility. The Mobile Food Service aimed to reach those people.

Our first call was from an older lady living off of social security who had returned from a long stay in the hospital. Confined to a wheel chair limited her incredibly; not only was she on a tight income, but she could not get to the grocery store or even carry her groceries. As I drove up to her house, I was nervous. *What if she was not home? What if she hated the food we got for her?*

As I parked the van, a smiling lady with wispy, gray hair emerged from the front door. "Well hello!" she said. After she had wheeled out to the van she expressed her gratitude. **"You have no idea how much this helps me, I have been getting food from a convenience store for the last year."** She told me her story. When she got out of the hospital, she literally did not have feet to land on. Delivering food to her not only brought her peace of mind, but gave her hope for a healthy, quick recovery following her time in the hospital.

My next delivery was for a man who lived far up in the mountains. I pulled up to a dilapidated trailer surrounded by massive pine trees. There was firewood strewn about and an ax was lodged in the side of a recently downed conifer. Swinging in the breeze, the door to the trailer made a loud clap as it banged against the side of the house. Making my way through the firewood, I reached the door and shouted inside, "Hello?"

A tall man in suspenders came out and began talking excitedly. "You came!" he said. "Boy, I've been having a tough time! This looks great." He took the box of food from my arms and showed me inside. "I haven't had work for a long time. This really helps...as you can see I'm completely out." He waved to an empty pantry and opened his refrigerator—it was bare. He plugged in a small chest freezer. "I guess I'll get to use this again."

Looking a little sheepish, he told me his story. He often had seasonal work plowing snow for the county on many of the rural roads, but due to the light snowfall, he had not had any work for a long time. He had completely run out of food and did not have the gas to get down to the food bank. As I listened to his story I realized that this could have happened to anyone. He had depended on the snowfall every year to pay his bills, he held out for as long as he could, but eventually hit bottom. When he finished telling me his story, I reassured him that he could receive food as long as he needed it, that he was doing the right thing in asking for help.

As I drove off, I reflected on how important the Mobile Food Van was to the health of the community. I thought about what would happen to the people that I was delivering to if they were not able to get healthy food. Many of them might not have starved, but they might have relied on unhealthy food for a long time. Teaching my nutrition class has taught me that even a few weeks of living only on processed food can put an individual on the fast track to developing diabetes and becoming obese while at the same time remaining undernourished. Thinking about the huge medical costs of those illnesses, in addition to the struggle of being hungry and malnourished made me realize how effective delivering this food really was.

In the following month, I have delivered to many large families, elderly people, and people with health problems who are all in a more stable situation because HopeSource was able to connect them with donated food provided by the food bank. It would be difficult to overestimate the impact that the Mobile Food Program is having on the community, especially when you consider how simple it is.

[Click here to make a donation to the HopeSource Mobile Food Van.](#)

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