

# CKFR Weekly

ISSUE: 07/07/2017

CENTRAL KITSAP FIRE & RESCUE

## STATION 45 WILL BE CLOSED

## JULY 11-13 FOR ELECTRICAL REPAIRS

CKFR Station 45 will be closed for electrical upgrades on Tuesday, July 11<sup>th</sup> through Thursday, July 13<sup>th</sup>. CKFR will be staffing Bremerton Fire Station 3 with two personnel (Officer & A/O) on A45 during this timeframe (See CKFR Activity Calendar for further info.). The following Plan has been approved by Chief Weninger and Chief Oliver:

**Station 45 closed for Electrical Repairs July 11-13. All electrical to the building will be secured during repairs.**

### CREW RELOCATION PLAN:

**Tuesday, July 11<sup>th</sup>, 2017**

**"B" Shift**

A45 Officer – Capt. Sullivan

A45 Driver – A/O Rohr

**Wednesday, July 12, 2017**

**"A" Shift**

A45 Officer – Lt. Starkey

A45 Driver – PM Wallis

**Thursday, July 13, 2017**

**"B" Shift**

A45 Officer – Capt. Tucker

A45 Driver – AAO Ronny Smith

Assigned "B" Shift personnel will report to Sta. 45 normally on Tuesday, 7/11 and conduct a turnover with off going "C" Shift, then report to Sta. 3. On Wednesday and Thursday, 7/12 & 7/13 crews will report to Sta. 3 by shift change and turn the shifts over at that location.

### **Items for consideration for period without power:**

- Food in Refrigerators
- Station Security
- Rig Shore Power (E45, turn off MCT so battery will not be drained by Friday AM).
- TDU impact due to A45 relocating to Sta. 3 (strong possibility of TDU responses into 45's area due to E45 being OOS).

This closure provides an excellent opportunity for both Department's personnel to work closely together. CKFR's Administration is confident that the daily demonstration of professionalism and courtesy by all of our personnel will be especially paramount during this relocation.

**Michael Tague** [Battalion Chief, "B" Shift]



# UPCOMING EVENTS

- Mon. Jul 10 BOC Regular Meeting, Admin Building (4 PM)
- Mon. Jul 24 BOC Study Session, Admin Building (4 PM)
- Fri. Jul 28 Recruit Academy Graduation,  
TPC Snoqualmie Ridge (10 AM)  
*Grads: PFF Horner & PFF Semerenkol*
- Sat. Jul 29 Whaling Days Parade

# PulsePoint

## CKFR STATISTIC FOR JUNE 2017

All totals for the month of June 2017	
Total number of followers	<b>4476</b>
Total number of followers with CPR alerts enabled	<b>2569</b>
SCA incidents	<b>6</b>
SCA incidents in public location	<b>1</b>
CPR Alerts sent	<b>1</b>
Number of devices alerted to CPR needed events	<b>35</b>
Total number of incident notifications	<b>65</b>
Total number of incidents appearing in PulsePoint	<b>646</b>
Followers by notification type (EOM June 2017)	
Structure Fire notifications enabled	<b>1229</b>
Working Structure Fire notifications enabled	<b>1263</b>
Vegetation Fire notifications enabled	<b>871</b>
Working Vegetation Fire notifications enabled	<b>933</b>
Traffic Collision notifications enabled	<b>1168</b>
Traffic Collision Expanded notifications enabled	<b>1234</b>
Technical Rescue notifications enabled	<b>994</b>
Hazmat Response notifications enabled	<b>882</b>
Water Rescue notifications enabled	<b>1096</b>
NEWS notifications enabled	<b>840</b>
CERT notifications enabled	<b>687</b>
DISASTER notifications enabled	<b>1244</b>

# IT TECHNICIAN POSITION OPENING

We are currently recruiting for an IT Technician. This is a great opportunity to work with the District's IT Manager to provide technical support to the District. Please share the below link to the position announcement and job description with friends and family.

[IT Technician Position Announcement](#)



# HAPPY BIRTHDAY PFF MIKE SMITH

**From BC Platz:** We invited his family to the station for a tour and to join in the party!

**Pictured below:** C.J., Brittani, Chante, and Mike Smith



## THIS WEEK'S BOAT TRAINING







# **BUDGET SEASON KICKOFF**

---

**From:** Timothy Maule

**To:** 2819 FF; All Volunteer Officers; all CKFR Admin Bldg

**Sent:** Friday, June 30, 2017 5:01 PM

The 2018 budget season is underway!

## **BUDGET PARTICIPANTS:**

This year the tools you need to complete your budget requests are located on SharePoint at [CKFR SharePoint > Divisions > Fiscal Services > Documents > Budget Tools](#). There you will find:

- [The 2018 Budget Calendar](#) (attached for convenience, but check SharePoint for status updates);
- [A list of Program Managers by Division](#);
- [A fillable Budget Request Form](#) with instructions; and
- An Excel template with detailed input information for 2017 and 2018 (useful for those responsible for multiple budget line items).

Additionally, you can find budget to actual and other financial information for the current year out at [CKFR SharePoint > Divisions > Fiscal Services > Documents > Division Financials](#).

## **CRITICAL DUE DATES:**

- [July 26, 2017](#) - All program managers and staff participating in the budget process **must** have their budget requests submitted to their supervisor or appropriate Chief.
- [August 8, 2017](#) - Supervisor's/Chief's approval of budget requests are due to the Finance Director.

The Fire Chief and Management Team will review each approved request. A "Status Quo" budget will be funded first in order to maintain our current level of service. All other requests will be funded based on prioritization with CKFR's annual goals and Strategic Plan.

Please do not hesitate to contact me if you have questions, or you are unable to access the documents referenced above.

**Timothy Maule**  
Finance Director

# DEPARTMENT DIRECTIVE 17-004

(DC OLIVER—6/29/17)

## EMAIL SIGNATURE BLOCK STANDARDIZATION

Central Kitsap Fire & Rescue is systematically updating and standardizing all aspects of our marketing and branding opportunities. Since email is such an integral part of our daily internal and external communications, we will be implementing a mandatory unified design of the email signature blocks. Please follow the provided directions and complete the updates by August 1<sup>st</sup>. Any deviation from the provided structure or fonts (other than the noted area for: name, credentials, position title/rank, direct line and cell) must be approved by the Fire Chief.

### Updating Your Email Signature:

Each member will need to log on to CKFR's SharePoint site to the New Email Signature page.

*CKShare > Official District Documents > Email Signature*

The page can also be reached by navigating to:

<http://ckshare/official-docs/SitePages/Email%20Signature.aspx>

The page includes a guide and a video walkthrough on how to update your signature.

A disclaimer has now been added to all outgoing email messages, if you have a legal notice that has been applied with your email signature previously, please remove it. Your email signature should only contain what is provided via the instructional page on [ckshare](#). Thank you.

**Robert Morley**  
IT Program Manager

## DON'T FORGET!

## CENTRAL SUPPLY ON VACATION 7/13/17–7/24/17

I would like to let you all know I'll be on vacation from 7/13/17 to 7/24/17. Please order appropriately to get you through these weeks (Medical, Cleaning Supply). After that, please hold your orders until I come back and I'll get it to you ASAP. If you absolutely need anything while I'm gone, please contact the Duty Chief or Chief Danskin. I will have a clipboard on my desk to fill out the equipment and bunker gear that was taken (please write out the bunker gear serial number). If it's for uniforms, medical or cleaning supplies, please put the completed form on my desk. If you are returning anything, please place it in the huge rolling laundry basket at Central Supply so that I can properly log it back in.

Thanks,

Joe (Your Supply Guy) Calkins





## **PULSEPOINT AND CENTRAL KITSAP FIRE AND RESCUE**

BY KEVIN BERNT (B-SHIFT LEAD PARAMEDIC)

Since the inception of PulsePoint in Kitsap County, I have been responsible for the rollout and maintenance of the program, including Automated External Defibrillators (AEDs) and responder additions. I would like to provide some insight into the program and ask our community for help with growing our CPR Army and AED mapping additions. Currently, CKFR has 112 AEDs mapped and 4,476 responders that are following CKFR, with 2,569 followers enabling the CPR alert function. Please take the time to read this article entirely to better understand the critical role that PulsePoint plays in our community.

In June 2009, a partnership between the San Ramon Valley Fire Protection District (SRVFPD) and the College of Informatics at Northern Kentucky University (NKU) developed as the PulsePoint Application went from an idea to a reality. The PulsePoint application was released in the Apple App Store in April 2010.

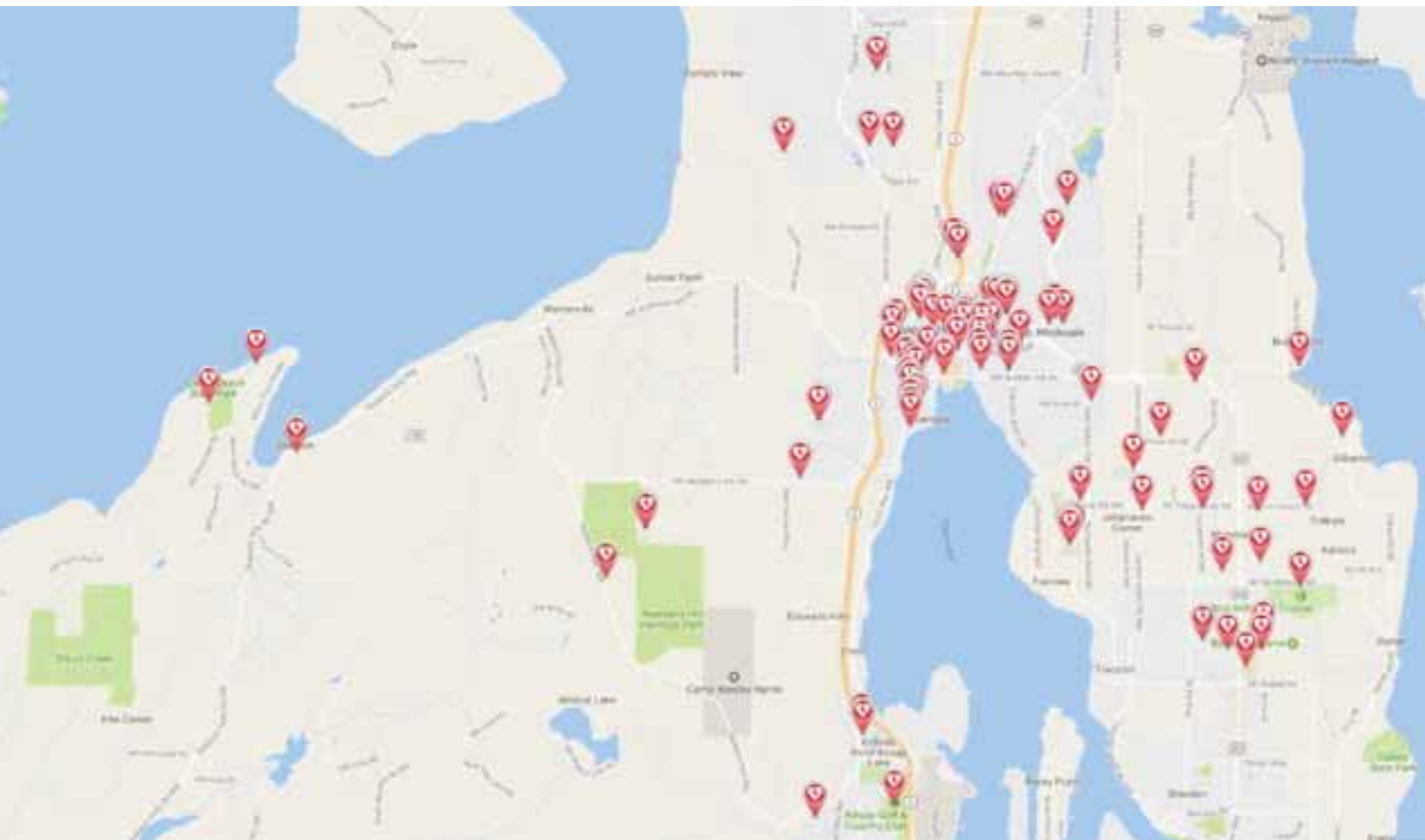
PulsePoint empowers our CKFR citizens to provide life-saving assistance to victims of sudden cardiac arrest using a simple mobile app downloaded onto a smartphone. The PulsePoint app alerts nearby citizen rescuers simultaneously with the CENCOM/CAD dispatch of CKFR responding personnel. The app directs these citizens, with a live map, to the nearest AED. This greatly improves the odds that CPR will begin, and an AED will be deployed, within the first few minutes after a cardiac arrest.

The PulsePoint app strengthens the chain of survival in CKFR's response area and helps ensure that patients arrive at our local hospital alive so they can benefit from the innovations and interventions available to cardiac patients today.

The cardiac arrest notifications are made only if the victim is in a public place and only to potential rescuers in the immediate vicinity of the emergency. When notifications do occur, the intent is to target potential citizen rescuers that are primarily within walking distance of the event. Within Kitsap County, I have set this parameter to .25 miles.

Users that have set up the CPR notification will receive a push notification accompanied by a distinctive alert tone. The notification is followed by a map display showing the dispatched location of the emergency along with the precise location of the citizen rescuer. This provides for easy navigation between the two. The map display also shows the exact location of the nearest AEDs. Nearby AEDs may not have been used at previous times when they could have made a big difference. The application aims to address this type of failure by informing our CKFR citizen rescuers where the nearest AED is located, in real time and in terms of their current location.

- The PulsePoint mobile app alerts CPR-trained bystanders that someone nearby is having a sudden cardiac arrest and may require CPR.
- The app is activated by Kitsap 911 (CENCOM) simultaneously with the dispatch of CKFR.
- The purpose of the app is to increase cardiac arrest victims' survival rates by:
  1. Reducing collapse-to-CPR times by increasing citizen awareness of cardiac events beyond a traditional "witnessed" area.
  2. Reducing collapse-to-defibrillation times by increasing awareness of public access defibrillator (AED) locations through real-time mapping of nearby devices.
- The app is activated only if the event occurs in a public place. (The app is not activated for residential addresses.)
- In addition to the life-saving CPR/AED functionality, the app provides a virtual window into CKFR's activity in the community, offering a unique opportunity for civic engagement and transparency.





# EXTREME MAKEOVER: CHIEF'S INSPECTION EDITION

Chief Oliver is conducting station inspections this month and his "white glove" focus is on kitchens and tools. Though the entire station is being inspected and he has a few more to complete, Station 51's supply room gets **"Most Improved Room"** award!

**From Captain Brock Shaffer:** A big thanks to Joe Calkins for helping with relocating supplies, shelving, and surplus items. He was more than accommodating. Also, to crews and A/O Bratcher for serving as room cleaning team lead.

## BEFORE:



## AFTER:



# JUNE EVENT COVERAGE

## **June 3: CK Prowl Fun Run, 9:00 - 11:00 am, Aid Crew**

Ed Scholfield  
Tony Stewart  
Kyle Fields  
Felix Crisostomo

## **June 3, Kids Day 9:30 am - 2:30 pm, Presidents Hall, Fairgrounds**

Seth Sullivan  
David Brisbon  
Steve Atkinson  
Carlos Suazo  
Judy Henneman  
Brady Baker  
Christina Bigelow  
Kyle Davison  
Richie Danskin

## **June 17: D-Derby, 4:00 - 9:00 pm, Thunderbird Stadium, Aid Crew**

Valerie Quill  
Aurelia Buhler-Flores  
Ted Fry  
Tony Stewart

## **June 24: Jr. Rodeo 10:00 am – 4:00 pm, Silver Spurs Arena, Fairgrounds, Aid Crew**

Valerie Quill  
Ryver Kallstrom  
James Thigpen  
Christina Bigelow  
Aurelia Buhler-Flores

## **June 24: Pro Rodeo, 6:30 pm, Thunderbird Stadium, Aid Crew**

Valerie Quill  
Ryver Kallstrom  
James Thigpen

## **June 25: Jr. Rodeo 10:00 am – 4:00 pm Silver Spurs Arena, Fairgrounds, Aid Crew**

Ryver Kallstrom  
Valerie Quill  
Christina Bigelow

## SPARKY & VOLUNTEERS STILL NEEDED

The Whaling Days Parade is on July 29<sup>th</sup> and I'm looking for a Sparky as well as volunteers to pass out CKFR helmets along the parade route. Family and friends are welcome to help. Staging will be at 9:00 am in the Sears parking lot at the corner of Ridgetop and Silverdale Way. The parade starts at 10:00 and we're one of the first in line so you're able to enjoy the rest of the parade afterwards.

Please let me know if you're able to make it. Thank you!  
**PIO LiMarzi,**  
[ilimarzi@ckfr.org](mailto:ilimarzi@ckfr.org) or 360-536-8678.







*In Loving Memory*  
**Lt. Joe Vlach**  
Poulsbo Fire Department

**From:** Matson, Jody [mailto:jmatson@poulsbofire.org]

**Sent:** Thursday, July 06, 2017 8:35 AM

**Subject:** Press Release

Please find the attached release regarding our beloved Lt. Joseph Vlach who passed away last weekend. Yesterday, his fire "department family" met at the funeral home with his family, for his return from Harborview Medical Center in Seattle. More information will be forthcoming regarding funeral arrangements.

You can find a multitude of photos and an outpouring of support from community comments on our Facebook page:

<https://www.facebook.com/PoulsboFire/>

Also, KOMO did a nice story on Vlach:

<http://komonews.com/news/local/kitsap-co-community-mourns-sudden-death-of-cyclist-volunteer-firefighter>



Contact: Jody Matson  
Public Information Officer  
(360) 779-3997  
7/6/17

## Poulsbo Fire Department mourns the tragic loss of one of their own

(Poulsbo, Kitsap County) – Volunteer Firefighter Lieutenant Joseph Vlach passed away this past weekend, July 2, after a tragic bicycle accident. The 77-year-old was training for the Seattle to Portland annual bike ride.

Battalion Chief Kurt Krech said in a Facebook post on July 3<sup>rd</sup>, “We are saddened to say that Lt. Joe Vlach, a longtime volunteer of 33 years, has passed away as the result of a bicycle accident yesterday. We are all in a state of disbelief that we have lost this man, a great member of the department, grandfather, dad and loving husband. He was a loved member of the community and a generous giver of his time to others; he has touched many members of the community and will be missed.”

Vlach’s impact was felt far and wide. From his thousands of hours volunteering at Poulsbo Fire Department, to his selfless work in the community, Joe Vlach’s absence is difficult to grasp.

Poulsbo Fire Department recently recognized him for the “countless hours donated to the Department.” Lt. Vlach gave a tremendous amount of time over the past decade in assisting the fire department’s public educator with the smoke alarm program (including the Red Cross smoke alarm outreach campaign), fire engine “show-n-tell” during community events, and assisting with school injury prevention programs. His help was especially essential during the recession years, when volunteer numbers were down and there was no funding for over-time. With increasing on-duty crew resources in demand, there were several times when no fire engine would have been present at public events - had it not been for Vlach.

Longtime friend and retired Poulsbo Fire Captain Bob Brooks said, “It’s important that we don’t forget all the great work he did in his early years. He was the Lieutenant on the first-out engine back in the day when we only had two engines, and he spent over a decade on our wildland firefighting team.” Brooks bicycled across the country with Vlach in 2005 and said, “Joe was 65 years old at the time. After Hurricane Katrina hit, Joe headed right back to Louisiana to assist a local fire department.”



Vlach pulled weekly night shifts, driving an ambulance with his partner Dave Russo, as they transported patients to Harrison Hospital. He also drove Tender 77, the large tanker-type truck that refill the fire engines when there are no nearby hydrants. No job was too big or too small for Vlach. He cut up trees and shrubbery, cleaned the station, and assisted Fleet Manager Brett Annear. "He helped with the 'Giving Garden, he has been a volunteer with Fishline, he served in the Coast Guard, Joe helped drive our medic units to Sumner, Iowa three times to get the medic units re-built, he has always visited friends in the hospital, and I can go on for hours and hours on how Joe was a true angel who walked among us. He loved everyone and was the first person to help out, even if he did not know you. I cannot tell you how badly Joe will be missed."

Sometimes Vlach's volunteer work led to adventures. Two years ago, Vlach caught the attention of a local resident when he and his "partner in crime," Volunteer EMT Tim Bullard were transporting a medic unit to Sumner, Iowa. The ambulance was slated for a rechassis and refurbishing.

When they set out on the trek, they didn't expect to provide aid along the way. Nor did they expect to encounter a curious bystander who snapped a shot of the ambulance in Butte, Montana. Community Relations Specialist Jody Matson said, "It doesn't surprise me one bit that they assisted a man with a flat tire, and assisted him with the deep finger laceration he received while attempting to change the tire, because that's just who they are. They loved helping people. They also loved teasing each other. I can imagine that bright red "Poulsbo Fire" medic unit, and two older men sparring with each other, was hard to miss as it traveled through small towns."

Fire Chief Jeffrey Griffin said, "It's a shame these two weren't being taped for a reality TV show." Both men were in their seventies and one of them, Lieutenant Joe Vlach, was smaller in stature. The other man, Emergency Medical Technician (EMT) Forrest "Tim" Bullard was a former linebacker with the University of Washington football team (and played in the 1960 & 1961 Rose Bowls). Matson said, "What Joe lacked in stature, he certainly made up for in wit and energy. Those two could sure go at it. Joe teased Tim about his size, and Tim would remind him that at least Tim could see over the steering wheel."

Vlach was also the driving force behind the Department's annual "Give Burns the Boot" NW Burn Foundation fundraiser. His tenacity assisted Poulsbo Fire in consistently being one of the largest financial contributors from Kitsap County, in this effort to assist burn victims. Additionally, Vlach was a vital link in efforts with the new readdressing program in the fire district. Joe worked tirelessly to make the community a safer and more secure place to live. Administrative Services Manager, Lise Alkire said, "Joe did some volunteer work that has significantly made a difference in our community. There is so much he did behind the scenes that will really be missed now that he's gone."

In addition to all those hours with the Poulsbo Fire Department, Vlach was a member of the Model T club, restoring a vintage fire truck. He was a member of the gun club, Saint Olaf Catholic Church, veteran of the Coast Guard, retired inspections manager with the civil service, and was an avid cyclist.

Matson said, "On a personal level, Joe was a trusted and dependable friend. Despite his ability to get a rise out of people, he was always looking out for others. Joe could come across as critical, and sometimes people don't quite know what to think of him. However within minutes, he usually has people laughing and sparring right back at him. Joe was known around town as "Nice Guy Joe." What is particularly amazing about Joe was his ability to stay busy. Joe is 77-years-old/young and could out-work many people 50 years his junior. When I asked Joe how many times he had ridden the Seattle-to-Portland (STP), he said he lost count. He rode last year as a medical aid cyclist, and helped a woman who had fallen and broken her collarbone. By the time Joe completed his ride, he'd made several new friends as well as fans. He was going to ride again in a week."

Brooks and Vlach have been riding the STP for more than two decades. "Joe was an amazing man. Just last week we went on a 75 mile ride and I clocked him on the way back. He was averaging 17 miles per hour." The crew teases that "Joe was a rose, but he definitely had a few thorns. He'd often tell us that he was twice as old, but worked twice as hard." Poulsbo Fire Chief Jeffrey Griffin mentioned when he rode in the Viking Fest Parade with Joe, he felt "a bit like a prop because everyone was yelling, 'We love you Joe!' I am honored to have known Lieutenant Joe Vlach."

## CKFR FEATURED IN BKAT TAPING WITH COMMISSIONER WOLFE

<https://vimeo.com/224640733>





# Employee NEWSLETTER

Employee Assistance Program  
July 2017

## Help for the Helpers

By Jaime Carter-Seibert, MA, LMHC

**Whether you are helping care for a dying friend with cancer, shopping and cooking for your elderly neighbor, checking in weekly by phone on your long-distance aunt, or providing round-the-clock care with your spouse for his father with dementia, you are part of an immense community of caregivers.**

According to the non-profit *Children of Aging Parents*, family caregiving is an “occupation” that is second to none in its rate of growth, with over 54 million people providing unpaid caregiving annually in the U.S.

For many, caregiving provides the chance to support a beloved friend or family member. For others, it may be their only option if other family are unwilling to help and paid in-home care or skilled nursing facilities are out of the question. Despite the demands in time, patience, and emotional wear and tear, many caregivers find this work incredibly meaningful and rewarding and do it willingly and with love.

As complex and taxing as this important work can be, it often falls on only one person in the family. According to a study by the National Family Caregivers Association, one family caregiver was the sole source of support in 3 out of 4 caregiving cases. Going it alone as a caregiver can become overwhelming mentally and emotionally and lead to *burnout*. If you find yourself with any of these mental and physical signs, it may be time to take a break and make time for some necessary *self-care*:

- Feeling depressed, isolated, or overburdened
- Over-reacting to simple frustrations

- Recurring Headaches or stomach aches
- Trouble concentrating or sleeping
- Weight loss or gain
- Feelings of guilt, shame, or inadequacy
- Easily angered

While the care you provide is undoubtedly important, it is equally important to remember your own needs and ensure that they’re not being neglected. Dana Reeve, wife of the late *Superman* actor, Christopher Reeve, cautions, “It is so important as a caregiver not to become so enmeshed in the role that you lose yourself. It’s neither good for you nor your loved one.”

**So, how can you care for yourself while providing daily significant care for a loved one? Consider these strategies as a path to restoration:**

- Ask for help—enlist support from friends, family, and community resources
- Make time for activities and people you enjoy—regularly plan leisure time and visits with friends
- Take mini-breaks—read a magazine, watch a funny YouTube moment, listen to music
- Exercise—set aside time several times a week to walk, bike, run, or do something active
- Lean on your faith or spiritual practice for comfort
- Join a caregiver support group—see <http://www.nfcacares.org> and <http://www.CAPS4caregivers.org>
- Find humor where you can—watch comedies, laugh with friends, look for the absurd

*Continued on the next page.*

**First Choice Health™**

Healthy Employees. Healthy Companies.™

(800) 777-4114



[www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)



Your EAP service is free, confidential and available 24/7 to help you balance your work, family, and personal life.



*Continued from the previous page.*

- Set limits on what you can and cannot do and then follow them
- Nurture your body by eating healthfully and getting plenty of rest
- Learn about mindfulness and breathing techniques for stress relief—go to the EAP website <http://www.firstchoicееap.com> for these webinars to help guide you: *Ready, Set, Relax and The Benefits of Mindfulness*
- Call your EAP for telephonic support in the moment or a counseling referral for continued care

Caregiving doesn't have to consume or overwhelm you, if you remember to fill your own well in the process. Remember: self-care is not selfish. It is what fuels you so you can care for your loved ones.



## Don't Forget the Sunscreen

By Quinita Ellis, MA, LMHC

**If you are looking for a reliable sunscreen this summer, the best advice is “check the labels.”**

Most people heard the term “don't forget the sunscreen” during their childhoods, but not everyone grew up to be a dermatologist, and sometimes it's hard to know what type of sunscreen is best.

Purchase a broad-spectrum sunscreen to guard your skin from the sun's harmful UVA and UVB rays. UVA rays penetrate our skin, cause signs of premature aging and wrinkles, and increase the risk of skin cancer. UVB rays are the culprit for those achy sunburns that we all try so hard to avoid.

Sunscreens are not waterproof. Check out the times on your “water-resistant” or “sweat-resistant” sunscreens. These terms refer to how long the sunscreen can remain on wet skin. The times usually range from 40-80 minutes - after that you are encouraged to reapply in order to avoid a nasty sunburn.

Look out for the Sun Protective Factor (SPF) in your sunscreen. It is important to check out the SPF because it tells you how protective the sunscreen is. The American Academy of Dermatology advises use of a SPF 30 sunscreen or higher. A SPF 15 or below may guard against sunburn, but it only protects from 93% of the sun's UVB rays.

Do not forget to reapply, reapply, and reapply. The American Academy of Dermatology and FDA recommend that you reapply sunscreen every two hours and/or after your skin gets too wet from water or sweating.

While these tips are great for everyday use, if you live in a very sunny climate or expect to be in the sun for more than a few hours a day, consult with a dermatologist for how to protect your skin from prolonged exposure to harmful UVA and UVB rays.

**For more information check out these websites:**

<https://goo.gl/wUwaoQ>

<https://goo.gl/HEAkm9>

<https://goo.gl/rkU9JV>

<https://goo.gl/ne3Fna>

**First Choice Health™**

Healthy Employees. Healthy Companies.™

(800) 777-4114



[www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)



Your EAP service is free, confidential and available 24/7 to help you balance your work, family, and personal life.



Kitsap Community Resources (KCR) provides a network of essential services, covering a wide range of needs. For more information on any KCR program, including eligibility requirements, please contact the appropriate office at the number listed.

**Early Learning And Family Services**  
**360-473-2075**



Head Start, Early Head Start, Early Childhood Education and Assistance Program, Parenting Education classes and Food Services.

**Women, Infants, and Children (WIC)**  
**360-373-6221**

Nutrition education, healthy food grocer checks, breast-feeding education, farmer's market vouchers, non-invasive hemoglobin testing and medical referrals



**AmeriCorps**  
**360-473-2015**



AmeriCorps National Service Program and Kitsap Youth in Action (KYA)

**Employment and Training**  
**360-478-2301**

Job Readiness classes, WIA and TANF employment and training, Financial Education and Asset Building training, Community Service Worker (CSW) Program and Veteran's Assistance services



**Housing Solutions Center**

Bremerton: 360-473-2035 N. Kitsap: 360-930-0075  
S. Kitsap: 360-473-2144, ext. 1, Youth: 360-621-0112



One-stop resource service for housing assistance services in Kitsap County, including shelters, rental assistance and landlord referrals.

KCR envisions a community where everyone has the opportunity to thrive.

**Community Support Services**  
**360-377-0053**

Veteran's Assistance, Kinship Care, Christmas Angel, Support-A-Student and Homeless Childcare.



**Financial Education & Asset Building**  
**360-473-2126**



Free financial education classes & resources designed to improve financial skills and understanding of credit scores, banking services, asset building & financial independence.

**Business Education Support & Training - BE\$T**  
**360-473-2141**

Business training and mentoring services provided to Kitsap County residents with limited financial resources in order to aid efforts to successfully own and manage their own business.



**Energy Assistance and Home Weatherization**  
**360-479-1507**



Energy Assistance and Utility Discount Programs, Weatherization and Related Minor Home Repair.

**KCR LOCATIONS**

**Administrative Services, WIC, Employment & Training, AmeriCorps, Food Services, BE\$T**

845 8th Street, Bremerton, WA 98337, Call: 360-478-2301

**Early Learning & Family Services, Housing, Energy Assistance, Weatherization, Veteran Services,**  
1201 Park Avenue, Bremerton, WA 98337, Call: 360-377-0053

**Employment & Training, Housing, Energy Assistance, Weatherization, WIC, Veteran's Services**  
3200 SE Rainshadow Court, Port Orchard 98366  
Call: 360-473-2144 x1

**WIC** (360-692-6530)

**Early Head Start Home Base** (360-525-6106)  
3513 NW Anderson Hill Rd., Silverdale, WA 98383

Visit us online @ [www.kcr.org](http://www.kcr.org)

"Like" us on Facebook

[www.facebook.com/KitsapCommunityResources](http://www.facebook.com/KitsapCommunityResources)







**DOMESTIC VIOLENCE SHELTERS**

Child Help | Child Abuse Prevention Hotline  
 childhelp.org | 800-422-4453

**Child Protective Services (CPS)**  
 253-983-6200

Crystal Judson Family Justice Center  
 253-798-4166 | 800-764-2420

Sexual Assault Center for Pierce County  
 800-756-7273 | sexualassaultcenter.com

Washington State Domestic Violence Helpline  
 800-562-6025

**YWCA 24-Hour Crisis Hotline | Women's Support Shelter**  
 253-383-2593



**DRUG AND ALCOHOL TREATMENT**

24-Hour Addiction Referral Network  
 800-577-4393

Alcohol and Drug Helpline  
 800-562-1240 | adhl.org

Pierce County Alanon | Alateen  
 800-726-8094 | wa-al-anon.org

Pierce County Alcoholics Anonymous  
 253-474-8897 | piercecountyyaa.org



**EMERGENCY HOUSING**

**Access Point 4 Housing | Associated Ministries**  
 ▶ Centralized intake and referral  
 ▶ Case management  
 ▶ Rent/utility assistance  
 253-682-3401

Pierce County Housing Authority  
 253-620-5400 | pchawa.org

Tacoma Housing Authority  
 253-207-4400 | tacomahousing.org



**LEGAL AID AND REFERRAL SERVICES**

City of Tacoma Landlord/Tenant Information  
 253-591-5163

Northwest Justice Project | CLEAR  
 (Coordinated Legal Education Advice and Referral)  
 ▶ Legal information: washingtonlawhelp.org  
 ▶ Free legal advice and referral services  
 ▶ Must be low-income, excepting seniors  
 CLEAR intake line: 888-201-1014  
 CLEAR senior line: 888-387-7111

**YWCA Legal Line**  
 253-365-6352



**GENERAL | LOCAL SERVICES**

Aging and Disability Resource Center  
 253-798-4600 | 800-562-0332

American Red Cross | Mt. Rainer Chapter  
 253-474-0400 | rainier-redcross.org

**Catholic Community Services of Western Washington – Southwest**  
 253-383-3697 | ccsww.org

Pierce Transit Shuttle  
 253-581-8100 | piercetransit.org/shuttle.htm

**Washington Information Network 2-1-1 211** | 877-211-9274 | win211.org

Women Infants and Children (WIC Nutrition Program Office)  
 800-322-2588 | doh.wa.gov/cfh/WIC



**HEALTH CARE | DENTAL CARE | MENTAL HEALTH CARE**

Bates Dental Clinic  
 253-680-7000

Catholic Community Services | Counseling Services  
 253-502-2696

Community Healthcare  
 253-597-4550 | commhealth.org

Greater Lakes Mental Health  
 253-581-7020 | glmhc.org

**MultiCare Health Information and Referrals**  
 866-636-8584 | multicare.org

National Alliance for the Mentally Ill Information Helpline (NAMI)  
 800-950-6264 | nami.org

Pacific Lutheran University Couple and Family Therapy Center  
 253-535-8782

Tacoma-Pierce County Health Department  
 253-798-6500 | 800-992-2456 | tpchd.org  
 ▶ Immunization referrals: 253-789-6410

Washington Basic Healthcare Plan  
 800-660-9840 | basichealth.hca.wa.gov

Washington State Department of Social and Health Services  
 800-737-0617 | dshs.wa.gov



**HIV | AIDS RESOURCES**

Pierce County AIDS Foundation  
 253-383-2565 | piercecountyaids.org

Washington State HIV Hotline  
 800-272-2437



**PET CARE SERVICES**

Human Society of Tacoma and Pierce County  
 253-383-2733

Pet Partners  
 deltasociety.org

Pierce County Food Connection (St. Leo's)  
 1323 South Yakima, Tacoma  
 (Bring proof of Pierce County residence)  
 ▶ Tue, Thu: 12-3:30pm, 4:30-6pm  
 ▶ Wed, Fri: 9:30-11am, 12-3:30pm  
 ▶ Sat: 9:30-11am, 12-1:30pm

Gig Harbor Gig Harbor | Peninsula FISH  
 4425 Burnham Dr  
 (Bring identification and proof of residence)  
 ▶ Mon, Fri: 9:30am-3:30pm  
 ▶ Wed, Thu: 9:30am-6pm

Graham Graham FISH Food Bank  
 10425 187th St E  
 ▶ Mon, Fri: 10am-1:30pm  
 ▶ Wed: 2-6pm

Lakebay Key Peninsula Community Services  
 17015 9th St Ct KP N  
 (Proof of address – social security cards)  
 ▶ Tue, Thu, Fri: 10am-12pm, 12:45-3pm  
 ▶ Wed: 11am-12pm, 12:45-5:45pm

Lakewood Lakes FISH Food Bank  
 6900 Steilacoom Blvd SW  
 ▶ Mon: 2-6pm  
 ▶ Wed, Fri: 1-5pm

Puyallup Salvation Army  
 4009 9th St SW, Puyallup  
 253-841-1491  
 ▶ Mon-Fri: 9-11:30am, 1-2:30pm

Spanaway Spanaway FISH Food Bank  
 16001 South A St  
 253-383-1817 (call for appointment)  
 ▶ Mon, Wed, Fri: 1-3pm

Sumner Sumner Fish Food Bank  
 15625 Main St E  
 253-863-3793 (call for appointment)  
 ▶ Mon, Tue, Wed, Fri: 12-3pm  
 ▶ Thu: 5-7pm



**SERVICES FOR THE DISABLED**

Catholic Community Services | Home Care  
 877-870-1582

MultiCare Eldercare Family Services  
 253-697-8575

Tacoma Area Coalition for Individuals with Disabilities (TACID)  
 253-565-9000 | tacid.org



**HOT MEAL SITES**

Hospitality Kitchen  
 1323 S Yakima, Tacoma  
 253-502-2763  
 ▶ Mon-Fri: 8:30-9:30am breakfast, 11am-12:30pm lunch

Lighthouse Activity Center  
 5016 East A St, Tacoma  
 253-591-5080  
 ▶ Mon-Fri: 12pm (donation expected)

Salvation Army of Puyallup  
 4009 9th St SW, Puyallup  
 253-841-1491  
 ▶ Tue, Wed, Thu: 11:30am (meal is \$3)  
 ▶ Fri: 11:30 (meal is free)

Tacoma Rescue Mission  
 425 South Tacoma Way, Tacoma  
 253-383-4493 | trm.org

Serves ▼

**FOOD BANKS AND SERVICES**

Pierce County Emergency Food Network  
 253-584-1040 | efoodnet.org

Homebound | Seniors | Handicapped Persons Only Bikers Against Statewide Hunger (BASH)  
 11020 South Tacoma Way, Lakewood  
 253-531-9600 (call first; walk-in or delivery)  
 ▶ Wed, Thu: 10am-2pm

Diabetic or Long-Term Illness Special Dietary Needs  
 Tacoma Adventist Community Services  
 3108 Portland Ave, Tacoma  
 253-272-8289  
 ▶ Mon-Thu: 10am-2:30pm

Pierce County Salvation Army  
 1501 6th Ave, Tacoma  
 253-572-8452  
 ▶ Mon: 1-3pm  
 ▶ Tue-Fri: 10:30am-3pm



**POLICE NON-EMERGENCY LINES**

Gig Harbor Police Department  
 253-851-2236

Lakewood Police Department  
 253-798-4721

Pierce County Sheriff Non-Emergency Line  
 253-798-4721 x3

Puyallup Police Department  
 253-841-5415

Tacoma Police Department  
 253-789-4721