

Evergreen Christian Outreach (EChO)

2018 Spring Newsletter

EvergreenChristianOutreach.org



Restoring Hope, Changing Lives

The mission of EChO is to provide assistance to residents of the Evergreen mountain communities who are unemployed, under-employed, dealing with a long term illness, or experiencing other forms of personal crisis.

Board of Directors

Executive Board

Joe Niemeyer, President
Ray Dowdle, Vice President
Jean Wells, Treasurer
Liz Hawkins, Secretary

Ken Carlson
Jim Dries
Mark Hines
John Olson
Dave Rommelmann
Susie Speer

Advisory Committee

Jim Benson
Pat Korbel
Bud Madigan
Art Martin

JOB CENTER CLASSES

PowerPoint Class

Thursday April 26th 10:00-11:30 a.m.

- Mike Middleton's program focuses on two important aspects: Layout and development of a cohesive and concise presentation
- Basic tools necessary to create a PowerPoint presentation

Windows 10

Thursday April 12th 10:00-11:30 a.m.

Minimize your frustration and maximize your computer time. Discover many useful tools, organizational tips and how to keep your information safe.

Tech Time

Tuesdays & Wednesdays 1:30-3:30 p.m.

Work on your own and/or ask your questions and get the answers you need to use the computer with ease. Find personal, patient, and encouraging support along the way. Assistance is available for online applications, resumes and more.

Coffee Club

Thursdays 1:00-2:00 p.m.

Topics are uplifting and discussed in a confidential environment and casual setting with a supportive group. Relax and enjoy coffee or tea, and a snack.

To reserve your **FREE** spot for any of our events or for questions please call [303-670-7123](tel:303-670-7123) or send an email to beckie@evergreenchristianoutreach.org.

THE NEXT 30 YEARS!

The EChO Board is embarking on a Strategic Planning process that will take the organization into the next 30 years of EChO successfully serving Evergreen and our mountain communities. The Board's Strategic Planning Committee first met late last year, and the process is expected to take six to nine months and will result in a Strategic Plan that will serve as a planning road map for this and future Boards.

Look for more information about the results of the Strategic Plan in future newsletters, and contact Committee Chairman Ray Dowdle at rdowdle@gmail.com with any suggestions or input.

EChO Staff



Standing: Mary Petrich, Roxan Berland, Robin Black, Beckie Mosch, Les Moore, Christine Lapointe, Kim Gaudet, Joe Edwards, Janet Shown, Maggie Jones, Paula Mann, Samantha Austin, Sharon Smith, Rick Lynch, Luci Goss
Sitting: Lori Frease, Kathryn Cantrell, Amy Lankutis, Cindy Costello, Nancy Judge, Lynn Kutalek
Not Pictured: Rachel Saylor, Karent Triberti, Lynda Lyle, Kaethe Zellner, Lisa Stewart, Mary Sousa, Victoria Bown, Sue Foster, Scott Robinson, Walter Dominguez

EChO was one of six nonprofit organizations in Colorado that was honored by Governor John Hickenlooper in October for being the first to successfully complete the requirements and training needed to earn the designation of a Non-Profit of Excellence by the Colorado Non-Profit Association.

EChO is extremely proud of this award as it recognizes our commitment and dedication to providing a high level of service to our clients and our community.



Message from the Executive Director

Sharon Smith

“THIS” is EChO...

I am often asked, “What is EChO?”. To some, EChO is “that great Resale Shop” next to the Evergreen Post Office. Others identify with the EChO Food Bank, and many are familiar with the EChO Job Center and the assistance and services provided there. Community members experiencing some form of personal crisis are often referred to our client advocates for help and individuals experiencing homelessness have found a warm welcome on a cold night at our Severe Weather Emergency Shelter Program. All of these programs and services are part of our “Evergreen identity” and do help describe who we are.

But, the true embodiment of who we are comes from our dedicated and passionate staff and the 400+ volunteers who gave over 32,000 hours of service in 2017! Comments such as “Everyone is so helpful”, and “Everyone at EChO really cares” are common. Gratitude and heartfelt thanks abound from the people we have been able to serve. EChO is Caring.

Hope is another word that adequately describes EChO. Desmond Tutu said it best when he said “Hope is being able to see that there is light despite all of the darkness”. People coming to EChO for help are often in a “dark place” – worried, in despair, struggling with a crisis or challenge. EChO is here to provide that glimmer of light by offering a promise of a better tomorrow. Providing **H**elp, **O**pportunities, **P**rograms, and **E**ducation is paramount to our mission. EChO is hope.

And, even more important, EChO is community. We are the social support and connection for all members in our mountain area. Working together with individuals, businesses, social agencies and other non-profits, EChO connects people with the resources and services they may need. Our community thrives when its members are healthy and prosperous.

So, to me, THIS is EChO..... EChO is caring, hope, and community. All are equally important and so necessary to make EChO the organization it is today. We are dedicated to serving all members of our community in a caring and hope filled way. As an organization we are committed to be the best we can and to identify and meet the ever increasing needs of the people in our community.

For the past thirty years EChO has served the community and we look forward to continuing to do so in the future. Thank you for caring, thank you for providing EChO with hope for the future, and thank you for making a difference in our community. Together we are all EChO!

With gratitude,
Sharon

Proud Members of:



EChO STAFF

Sharon Smith
Executive Director

Kathryn Cantrell
Amy Lankutis
Rachel Saylor
Client Advocates

Cindy Costello
Bookkeeper

Nancy Judge
Food Bank Manager

Lynn Kutalek
Food Bank Assistant Manager

Mary Petrich
Volunteer Services Director

Maggie Jones
Lynda Lyle
Paula Mann
Karen Triberti
Front Desk Receptionists

Beckie Mosch
Job Program Director

Lori Frease
Marketing

Janet Shown
Grants

Robin Black
Media Specialist

EChO RESALE STAFF

Kim Gaudet
Manager

Lisa Stewart
Floor Supervisor

Samantha Austin
Back Room Supervisor

Victoria Bown
Luci Goss
Mary Sousa
Donation Clerks

Christine Lapointe
Floor Merchandiser

Les Moore
Sue Foster
Cashiers

Roxann Berland
Furniture Supervisor

Walter Dominguez
Rick Lynch
Joe Edwards

Warehouse Donation Clerks

Food Bank

Nancy Judge, Manager

Lynn Kutalek, Assistant Manager

We are so fortunate in the Food Bank that our donors and volunteers are so generous over the holidays. We try to make those donations last as long as possible because the new year comes and our clients continue to come needing food. While we celebrate some clients over the past few months who have success in being hired for new jobs: one to a cleaning service, a few to King Soopers, one to the hot springs in Idaho Springs and one driving for a home delivery service, we continue to have clients whose lives are overtaken by circumstances outside of their control.

The plans we make are not always the plans God has for us. Jan realized something was not right with her 4 grandchildren when the oldest, then 4 years old, would come to stay at her house and started the weekend talking jibberish but by the end of the weekend was speaking fine. Weekend after weekend, she would go through the same process with her grandson. After a series of events and the involvement of the law, Jan learned her daughter-in-law was drugging her 4 children in order to keep them sleeping so she was able to continue her own drug habit.

After emptying her own 401K and her husband's as well, years of legal battles, having to move from a \$700 a month home to a larger \$1800 per month home, Jan and her husband took custody of their 4 grandchildren. All the children were delayed in their development and required medical attention and therapy. Now the 4 children are happy and healthy, ages 10, 9, 8 and 7. Jan says that she "could not have done it without" the EChO food bank. In addition to shopping weekly at the food bank, Jan has received holiday meals for her family, presents and clothes for the kids, and assistance with medical expenses. Because of the size of her family, the food bank provides larger meats like full turkeys or hams. This allows Jan to spread the meat out across many meals. Jan also commented on the cost of fresh vegetables so the ability to get greens and fruits for her family has been invaluable. "At one point, the only thing I could feed one of the kids was smoothies."

Food Bank GREATEST Needs

- Hearty soups
- Cereal
- Canned tuna
- Canned fruits
- Canned beans
- Peanut butter

**You can drop off food donations to the
Food Bank M-Th 10am-4pm
27640 Hwy 74, 303-670-1796**



Four years after taking custody of their 4 grandchildren, Jan and her husband are slowly getting back on their feet. "After hitting rock bottom, we can now see the light at the end of the tunnel." Jan never saw herself as someone who would need a place like EChO, but feels blessed to have been able to have the resources available.

Clients come and go as their lives change, donation levels go up and go down, but through it all over the past 30 years, the EChO Food Bank has been there to help families like Jan's weather the storms. We look forward to being here another 30 years to help our neighbors in need.



Client Services Staff

Kathryn Cantrell, Rachel Saylor and Amy Lankutis

Resale Store

Kim Gaudet

Resale Shop Manager



Community is not a place, a building, or an organization. Community is a feeling and a set of relationships among people. Members of a community have an individual and collective sense that they can, as part of that community, influence their environments and each other. That treasured feeling of community comes from shared experiences and a sense of shared history.



Eighteen years ago, EChO Resale became a reality in Evergreen due to two, very special women. Their vision was continued on with faith, common sense, determination, persistence, patience by an amazing camaraderie of people who had a desire to contribute to the store's success and helping our neighbor's in need. The community responded and the store grew and has become one of Evergreen's best places to visit, gather, share and shop.

There is a very strong sense and feel of community at EChO Resale. It is undeniable when you enter the store; you will experience the positive, professional, commitment and dedicated efforts of many as well. Resale is a special combination of generous donors, dedicated; hardworking volunteers, talented; hardworking employees and wonderfully; loyal customers.

Christine LaPointe is one of the very talented and special people that have assisted tremendously with EChO's success. It means a lot to Christine that our store feels welcoming and comfortable as a place where community gathers. As a volunteer and employee, she has tirelessly merchandised the store for over fourteen years. Her dedication to EChO is so immensely appreciated at resale. Christine and her husband Patrick have decided to undertake a new adventure together in Durango, Colorado. She will be finishing her work at EChO in late April. Please be sure to stop by and thank her for all that she has contributed to resale and EChO. We will all miss her deeply but wish her and her family

abundant blessings for their future endeavors.

One of the Resale Shop's continued successes is that we cross train our employees and empower volunteers and employees to work together to assist in nearly all operations of the store. We would like to announce some of the upcoming changes at Resale. Roxanne Berland has worked at Resale for over eight years is now our Furniture Supervisor. Lisa Stewart has worked at Resale for five years is now our Floor Supervisor. Sam Austin has worked at Resale for over three years is now our Donation Processing Supervisor. Mary Sousa has worked at Resale for over three years and is now training with Christine to be our store Merchandiser. Please stop by and congratulate these hardworking and dedicated employees! We appreciate their loyalty and hard work.

"A community is like a ship; everyone ought to be prepared to take the helm."-- Henrik Ibsen

Come Refresh your home and wardrobe at EChO Resale. 30% off One Item

All Proceeds go to Evergreen Christian Outreach (EChO)

Excludes NIS and Tall Jewelry Case ONE PER CUSTOMER. Expires 4/30/18

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| Sandra Moog Linda Parkins Katie Richards Susan Scheuermann <i>Enrichment Center Program SER Trainees</i> | Gary Clemons Claire Diaz Gloria Offe Joanne Ovellette Tony Winters |
| Lana Dolly <i>Foodbank SER Trainee</i> | Linda Tabler <i>Resale SER Trainees</i> |

EChO IS ON FACEBOOK!

Please check us out!
"Like Us" and "Friend Us"
to keep spreading the good news.
Evergreen Christian Outreach
and
EChO Resale & Home Furnishing Store

If you wish to receive your newsletter by email,
please submit your email address to:
lori@evergreenchristianoutreach.org

Providing a holistic approach to serve our Evergreen Community

EChO's Client Services Team is privileged to serve Evergreen and its surrounding areas. We are continuing to strive to provide critical assistance to our clients in a comprehensive, holistic way by collaborating with our community partners. These partnerships help us address the gaps in services for our clientele. EChO's Client Services team is always working diligently to discover new resources and subsequently adjusting programs to satisfy our clients' needs.

Changes to Client Services

We are adjusting to Chris Elmgreen's departure to help in other capacities in our community. Chris's knowledge of victims' rights and her passion for veterans will be missed at EChO. Although we will miss Chris's humor, heart, and work ethic, her commitment to our community continues. Wishing Chris all the best in her new career!

Welcome!

We are excited to introduce Kathryn Cantrell and Amy Lankutis to EChO's Client Service team!

Kathryn and Amy bring many skills to Client Services. Both have adjusted to our hectic climate and the diverse needs of our clients in record time. We have been updating our client record system, writing much-needed grants, and have experienced an influx in new clients. Kathryn and Amy have kept up with it all! Their enthusiasm and work ethic is a great asset to EChO and our community.

Making a difference! Client story:

A few weeks ago, a client was shopping in EChO's food bank. It happened to be one of Evergreen's particularly frigid days. Nancy Judge, our Food Bank Manager, asked the client where his coat was, as he was severely under-dressed for the weather. He responded that it had been stolen. We told him that if he drove over to the Resale Shop, we would be happy to buy him a replacement. He was so grateful! After an unsuccessful search for a coat that would fit, our client said he would check back in a couple of weeks. Upon hearing this, one of our amazing volunteers stepped in and saved the day. Within 20 minutes, her husband arrived at the store with a mountain of winter clothes, including a brand new Carhartt coat for this gentleman. After meeting our client, the man even offered the gloves he was wearing! It feels so spectacular to be part of an organization that goes above and beyond to help our community.

This is just one of many examples of the great community we live in!

One Individual Validates the True Meaning of Hope and Gratitude

Take a moment to help me celebrate a life changing, success story. A recent job seeker showed me hope and determination in a way I have never seen it before. It was through her dedication to change, despite her circumstances, that she found employment.

Meet Patsy, a woman who found her inner strength and left her abuser. This brave act left her homeless and in need of immediate employment. Through a referral of a client advocate, she came to the Job Center. She told of her time out of the workforce to raise her children. At times, as she spoke with me, she was a pillar of strength but there were moments of tears as she remembered. Although, she spent many sleepless nights as she fought the fear in her mind, Patsy frequented the Job Center from that point on. She was eager to acquire the necessary skills to get a job.

The first step she took was to set up an email account. Then she faithfully committed to learn how to navigate it. Next, Patsy completed 5 online job applications with assistance. Some of the application processes required additional assessments, which were tedious, but Patsy did not complain. The many hours she spent working on finding a job, filling out applications and learning employment skills, she viewed as time out of the cold. She was thankful to be indoors and not in her car.

Patsy became involved with a couple of the Wellness Classes offered by Jefferson Center for Mental Health (JCMH) held at the Job Center on a weekly basis. One of the classes she attended was, "Taming the Anxious Mind." The classes offered her some tools she could use to help her find peace.

Job coaching proceeded with all the aspects of how to have a successful interview. One company wanted to have a virtual interview. Patsy had never had a screen interview over the net before; she was not sure what to expect. We met several times until she became comfortable answering the practice interview questions. Patsy arrived with confidence, looking her best to face an online interview in front of the computer, strategically placed, with a professional background in the Job Center for her interview.

In just a few weeks with her daily visits to the Job Center, Patsy received 13 job services, from job coaching, interview skills, application assistance, computer help...etc. Her willingness to work hard to find a job even though she was homeless proved successful when she accepted a position with UPS. When she came into the Job Center for a brief visit, to deliver a package in our building, she was wearing her uniform and beaming with a huge smile across her face. Patsy's gratitude was in the thankful words she spoke but what really made an impact on me, were the happy tears that streamed down her face!

* For confidentiality reasons, the name of this individual was changed.



Volunteers

Mary Petrich, Volunteer Services Director

Reflections of Gratitude

Expressing gratitude is a rewarding habit. EChO has every reason to be grateful for the abundant blessings brought to the organization by each of its volunteers. They are a special group of open-hearted individuals that collectively embrace the work that needs to be done to provide the assistance offered to the less fortunate in our community.

In a previous newsletter, research was noted regarding the health benefits of volunteering. Some of the benefits ascribed to volunteering are; decreased risk of depression, a feeling of purpose and fulfillment, improved mental and physical health, stronger social relationships and a “happiness effect”. It would appear that there are almost identically positive rewards enjoyed by the expression of gratitude.

A professor of Psychology, Dr. Emmons, has been studying gratitude and is considered by many to be the world’s leading authority on the subject. He has written a book based on research involving thousands of people conducted by a number of different researchers around the world. One of the things these studies show is that practicing gratitude can increase happiness levels by 25%.

The parallel that could be drawn is that volunteers are generally people who are thankful and acknowledge all they have been given so they in turn, give of themselves by helping others. Volunteering is a reflection of their generous spirit. It is a wonderful circle that brings a “happiness effect” to us all. EChO is grateful for each and every one of its volunteers.



Join the TEAM
Join the FUN

Looking for a place to give back?
Looking for a place to meet friends?
Looking for a place where you
make a difference?

Join
TEAM EChO

Volunteer at EChO and give back to
those in our community!

THE ECHO STUDIO AT THE JOB CENTER

Classes are offered every Monday from
10:00a.m.-Noon.

KNITTING AND CROCHETING

instructors are available to help with individual
projects as well as items that are being crafted
to sell at the Alternative Gift Fair in
November.

If you are an experienced or a beginner you are
welcome to participate.

For more information contact Liz Hawkins
Ephawk123@gmail.com

MARK YOUR CALENDAR

March

26-29 Easter Meals Distributed

April

7 Spring Fling Fundraiser

27 Volunteer Appreciation Brunch

30 Shelter Closes

Evergreenchristianoutreach.org

Check out the Website for more details
on these and other events.

June

4 Summer Lunches Start

9 9Cares Colorado Shares at Bergen King Soopers

14 100 Holes of Golf (Evergreen Rotary)

July

16 Andy Smith Golf Tournament (Foothills Mtn. Rotary)

August

24 The Long Run Concert at the Evergreen Barn

Thanksgiving

22 9th Annual Turkey Trot

EChO Making a Difference in our Community!

- ✦ 849 service events thru the Job Center
- ✦ 12,841 service contacts through the Food Bank, Client Services and ESP
- ✦ 1,048 people served in 595 Unique households in 2017, an increase of 28% over the 465 households served in 2016.
- ✦ EChO served 306 new clients in 2017 (up from 251 new clients in 2016)
- ✦ 557 People received Holiday meals in 2017

You can help by attending our Annual Spring Fling or making a donation to EChO through Colorado Gives.

DONATE NOW
THROUGH
COLORADOGIVES.ORG



Purchase Tickets

Join us Saturday, April 7, 2018

At **The Wild Game Restaurant** 1204 Bergen Pkwy.

From 5:30 until 9:30 pm for

Cocktails, Dinner, Auction, & Entertainment

Wine Pull

\$20/ticket for a chance to get a \$200 bottle of wine

Music

Karen Hines & Terry Vogt

Silent & Live Auctions Include

Hiwan Country Club Foursome & Lunch

Dinner for 8 in your home

Come Fly in an RV8 over the Foothills!

Exclusive 3 Bed. Condo in Nuevo Vallarta, for the week of Oct. 26 to Nov. 2, 2018

\$65 per person, \$120 per couple & \$500 per Table of 8

All proceeds from our annual Spring Fling benefit the many programs of EChO



Thank You Sponsors!

EChO
Resale and Home
Furnishings Store



For Tickets and more information please visit our website at
www.EvergreenChristianOutreach.org or Call 303-670-1796