



You're Invited to
HELP EChO
“Stomp Out Hunger”
 in our
Mountain Community.

We've identified some of our
 “most wanted”
 items and hope you can help us round
 up some of these “characters” that are
 needed in the Food Bank.



Other Ways EChO is Helping...



Events... like the **Turkey Trot** (page 2) and Proceeds from our newly expanded **Resale Shop** (page 5) help fund programs and purchase food for those in need.

Photo courtesy of JustAroundHere.com
Job Fair—Hosted by EChO



EChO Studio—page 4

Employment and more money—either through supplemental sources or higher paying jobs help individuals move forward & towards sustainability. Page 4

Message from the President

Elizabeth Hawkins

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Dear Friends,

Food, glorious Food! It is said, we are what we eat. Every bite matters to our health and strength. Having this issue of the EChO newsletter dedicated to this important subject is cathartic for me as my term as President comes to an end. I have been nourished by the last two years. The growth of EChO in leaps and bounds is gratifying. We have an amazing staff who have made the transition from working in an emergency crisis mode to working proactively to curb hunger and poverty in the Evergreen area.

A new committee, the Nutrition Council, is being formed for 2015. This group of individuals will work closely with the Food Bank managers and our food donors to offer healthy options to our clients. In addition, recipes will be collected and tested. The recipes will include items from the food bank and will be simple to prepare. Taste testings will be offered to evaluate the flavors and credibility of ease of preparation.

In addition, the Board of Directors has created suggestion boxes which are stationed at the Resale Shop, the Enrichment Center (suite 6 at Evergreen North), the satellite office Suite 13 at Evergreen North, and the main office and food bank in Bancroft Hall on the campus of the Church of the Transfiguration. This will give everyone the opportunity to make suggestions, share recipes, express concerns, and ask questions. If you submit your comments with your contact information you will receive a response. Your thoughts are important to us.

God bless all of you who have made the past two years exciting, rewarding and challenging. I will retire as President but I look forward to volunteering in the food bank and Resale Shop.

With sincere appreciation, Liz Hawkins

Contact Us:

Evergreen Christian Outreach
P.O. Box 1515 Physical Address: 27640 Hwy 74
Evergreen, CO 80437-1515
Phone: 303-670-1796
Fax: 303-679-2721
Enrichment Center: 303-670-7123
Office Hours
Monday 10 am – 6 pm
Tuesday, Wednesday and Thursday 10 am – 4 pm
EChO Resale Shop: 303-679-8280
3763 North Evergreen Parkway
Located in the Evergreen North Shopping Center
echoresaleshop@evergreenchristianoutreach.org
Store hours – Monday- Saturday 10 am – 5 pm
Donations accepted Mon-Sat 10 am – 4 pm
info@evergreenchristianoutreach.org

Put the turkey in the oven and come join us for our 5th Annual Turkey Trot

Thursday, November 27, 2013.
Packet pickup & Registration 8:00am
Race Starts at 9:00am.



- \$20 for an adult (12 and older)/before November 7th
- \$25 for an adult/after November 7th
- \$10 for a child (11 and under)
- \$65 for a family of 4 (\$60 before 11/7)

Register online at evergreenchristianoutreach.org
or pick up forms at EChO Office or EChO Resale

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 Shop



Mission

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.

Message from the Executive Director

Sharon Smith



I just love the beautiful colors and the slight chill in the air! Both are constant reminders that we live in an ever changing world. At EChO, fall is also a busy time of year with lots of changes. During this season we see a change in some of the types of requests for assistance. Firewood, help with utilities, auto related expenses – especially tires and batteries, and requests for winter clothing, boots, and blankets all increase. The number of families seeking help and the number of visits to our Food Bank also rise. Obtaining food becomes a priority for us as we work to meet the needs of our community.

Unfortunately, this need is much larger than most people know or imagine. Yes, right here in our mountain community we have children going to bed hungry and families struggling to provide nutritious, healthy food. Who are the hungry in our community? They may be your neighbor, your relative, the family sitting next to you at church, a senior living on a fixed income, a co-worker, or maybe even you.

Statistically, the numbers regarding hunger in Colorado are staggering. Here are some 2013 facts compiled by Hunger Free Colorado:

- 1 in 4 working families in Colorado do not have enough food to meet their basic needs.*
- Nearly 1 in 7 seniors have been unsure where their next meal will come from.*
- 1 in 7 Coloradans struggled with hunger in 2013 – admitting there were times when there was not enough money for food.*
- 22% of all CO households with children (1 in 5) reported facing financial challenges to put food on the table*
- A Coloradan, on average, only receives \$1.38 per meal, or \$4.14 per day in food stamps benefits, making it a challenge to put healthy food on the table.*

Food is a vital, life sustaining part of our very existence. We all need food to survive and the type of food we eat greatly impacts our physical health and well being. Academic successes, as well as behavioral issues in children, have also been linked to the food we eat.

So, the next time you stand in the kitchen with your refrigerator door open, considering your choices and thinking, “I wish I could decide what I want to eat”, remember there are many who are opening their refrigerator and wishing they had something to eat. Individuals receiving food assistance often need to consider quantity, rather than quality, as they shop with a limited food budget. I encourage all of you to take the “food stamp challenge”. Using the \$4.14 per day food assistance benefit rate, plan and buy your food items for 3 meals a day, for 7 days on \$28.98. (Some of our local seniors only receive approximately \$50 per month for food – now that is a real challenge!)

One other thought I'd like to leave you with. The faces of hunger surround us. Often times there is not enough money left for food after paying bills. Help is available – either through the government food assistance program or by visiting local food pantries, such as EChO. If you know or suspect someone may be struggling, please remind them that help is available in our community. If you are in a position to help, please consider donating to EChO. Your food donations are always welcome and cash is greatly appreciated! Setting up an on-line monthly contribution of \$10, \$20, \$25 (or any amount) can help keep our shelves filled as we help over 350 unique households per month.

Working together we can make a difference in our community.

(Go to www.evergreenchristianoutreach.org to “Donate Now”).

*Blessings,
Sharon*

EChO STAFF

Sharon Smith
Executive Director

Janice McClure
Client Services Manager

Kim Savage
Client Services Manager

Cindy Costello
Bookkeeper

Jim Shelton
Food Bank Manager

Lynn Kutalek
Food Bank Assistant Manager

Mary Petrich
Volunteer Services Director

Jessic Breemen
Front Desk/Office Assistant

Bonnie Imoe
Enrichment Center Manager

Jennie Page
Jobs Program Director

Lori Frease
Development Director

EChO RESALE Staff

Kim Gaudet
Manager

Roxann Berland
Floor Supervisor

Lisa Stewart
Backroom Supervisor

Rick Lynch
Warehouse Supervisor

Walter Dominguez
Darren Coppers
Warehouse Clerks/Drivers

Jennifer Adams
Renee Dennis
April Taylor-Green
Donation Clerks

Christine Lapointe
Floor Merchandiser

Paula Mann
Karen Triberti
Cashiers

“If you can't feed a hundred people feed just one” Mother Teresa

EChO Enrichment Center

Bonnie Imoe, Manager

Jennie Page, Jobs Program Director

At the Enrichment Center, we strive to empower individuals by encouraging and supporting opportunities for personal and financial growth and wellbeing. Together, the EChO Jobs Center and the EChO Studio provide a synergistic flow of support for individuals on the path toward self-sufficiency and sustainability.

The EChO Studio supports clients in generating personal supplemental income by utilizing the resource of recyclable donations to make new works of art. Volunteers and clients produce saleable merchandise at no cost to them, which EChO will then promote and sell with all proceeds assisting client programs. Small business guidance is also available in conjunction with the Jobs Center, to clients who wish to become entrepreneurs in the arts.

Emergency clothing needs are now being met at the Enrichment Center. Continuing our holiday tradition, St. Nick's will be held in the Enrichment Center on Monday, Dec. 15. from 11am to 7pm. Gift donations will be accepted at the new facility and the food bank location Mon-Thur 10am-4pm or after hours at the Resale Store. (Needs List on the webpage)

The EChO Studio is the hub for client income potential and fun, new fundraising efforts. Whether you want to join or teach creative workshops you are welcome here. It is our goal to help clients manifest blessings of abundance and limitless possibilities.

- Ongoing Sewing Workshop: Chic Handbags- Thursdays, 12:30pm - 3:30pm
- Sewing Workshop: Aprons- Oct. 27- Nov. 11, Mondays and Tuesdays, 10am-1pm
- Ongoing Knitting Workshop: Kindle and I-Phone Bags- Thursdays, 1pm-3pm
- Crochet Workshop: Snowflake Ornaments- Oct. 28 -Dec. 2 Tuesdays, 1pm-3pm

Contact Bonnie to Sign-up for Classes or to get more information.
bonnie@evergreenchristianoutreach.org or 303-670-7123



Katie Krieves, Sewing Workshop Instructor with the handbags made in the workshops. Available at Alternative Gift Fair

EChO Jobs Center at the Enrichment Center. Our mission is to provide employment support services that are responsive to the needs of job seekers, employers, and our mountain communities. Our services include:

- Career Development Workshops: resume writing, interviewing skills, and networking
- Job Coaching to support participants with their job search journey
- Computer Resource Lab: training and Internet job search assistance
- Self-Directed training in Microsoft Office
- Best Foot Forward: EChO's own "Dress for Success" program helps provide professional attire and accessories for Jobs Center participants
- Mountain Area Job Fairs in partnership with Mountain Resource Center. On October 21, 50 local employers and close to 120 job seekers gathered at the Mountain Area Job Fair held at Aspen Ridge Church. Some getting job offers on the spot and others, interviews. Look for our next job fair in the Spring of 2015.

Whether you are an employer and need a position filled or a job seeker needing a job, we are here to help. Please visit Mountainareajobs.org to post a job opportunity and/or view current job listings.

- Job Search Workshop: Nov. 11, 8am - 4pm
- Networking Workshop: Nov. 18, 9am-11:30am

Check EChOJobs.org for upcoming workshops.

EChO's Jobs Center needs your help! We are seeking donations and volunteers to make our Center as professional as possible. Items requested for our lending library include business and career literature such as "What Color Is Your Parachute?" Volunteer assistance is needed to provide computer lab support hours and training (Microsoft applications, QuickBooks, etc.).

Contact Jennie Page at 303-670-7123 for more information. jennie@evergreenchristianoutreach.org

The Enrichment Center is located on the second floor of the Evergreen North Shopping Center
3721 North Evergreen Parkway Suite 6.

Food Bank
Jim Shelton, Manager

EChO's Client Services
Janice McClure and Kim Savage

The EChO Food Bank Spotlights Nutrition

For the past year EChO has used the USDA Food Plate nutrition model in our food bank. Our primary goal for 2015 is to build on this model and improve nutrition for our shoppers. Dr Ralph Hall, MD Endocrinologist, kicked off the effort this fall with insights into why certain foods are more or less healthy for all of us.

We plan to involve everyone in the EChO family: shoppers, staff, Board of Directors, volunteers, donors and suppliers. When our shopper visit, they will encounter a shopping environment enhanced for nutrition. We plan to display simple and healthy recipes throughout our food bank, and occasionally offer samples for tasting. We hope that shoppers will try new ingredients and recipes! And we can always use your help with food preparation, education and support for special diets.

Area grocery stores currently donate lots of fruits and vegetables. What a huge asset this is! Food Bank of the Rockies has healthy choices available for us to order. School groups have found healthy foods to donate: food drives, meal kits, lunchroom surplus. Our Evergreen Community Garden was a wonderful source of fresh produce this summer and fall, but alas the season is over. Can YOU help us connect with other sources for healthy food offerings?

Each month we will explore various healthy options. Winter brings to mind hearty soups and stews. Our website and food drive needs list will incorporate these items plus whole grains, lower sodium, and lower sugar ideas. Brown rice, whole grain pastas, low sodium soups for example.

November 15 is the 9 Cares/Colorado Shares food drive at King Soopers in Bergen Park. Please plan to join us that day by shopping and filling our truck, or by volunteering for a shift. You will be hearing from Mary Petrich soon about this event.

Our goal is to have the entire EChO family participate as we begin this initiative. If you are interested in joining the EChO Nutrition Council, please email Liz Hawkins at Ephawk123@gmail.com

Let's all strive for nutritious eating in 2015!

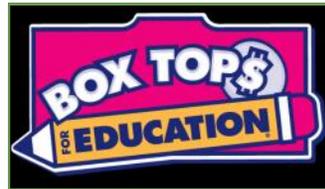
I love this part of my job the most!

Just this month I've met two wonderful young ladies and watched them flourish when we were able to help them. I know they will continue to improve their lives and be successful.

Helping them stay in their homes and feed their children allowed them the confidence and courage to find good jobs and begin their journey to self-sufficiency. It's so exciting to see them smiling and planning for a future. We will be here to help them on the journey and provide encouragement along the way.

Janice McClure
Client Services Manager

Help Earn Money for Food Bank



EChO is collecting Box Tops for Education. Send your box tops in and/or donate food with box top labels.

Turkey Trot Sponsor



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FOOD BANK NEEDS

- Hearty Soups
- Cold & Hot Cereal
- Beans—black, pinto, refried and kidney
- Toilet Paper
- Diapers – size 3,4, or 5
- Toothpaste
- Razors & Bar Soap
- Toothbrushes
- Laundry Soap
- Dish Soap
- Sugar
- Whole Grain Rice
- Canned Fruit
- Gift Cards \$5-\$25
Walmart, King Soopers, Safeway

EChO Resale Shop

Kim Gaudet, Operations Manager

This can be a difficult season for many of our neighbors. The holidays are fast approaching. Million's of Americans are "food-insecure. The U.S. Department of Agriculture defines food insecurity as "consistent access to adequate food is limited by a lack of money and other resources at times during the year."

There's plenty you can do: volunteer at our Food Bank, our Enrichment Center or our Resale Shop, donate or collect food from lists developed by our food bank, donate and shop at our resale shop where the proceeds from the sales of your donated items will support EChO's food assistance and other self sustainability programs.

Our employees also are a huge contributor in assisting funds going to EChO as well. We would like to introduce some fantastic new employees who work very hard each day to process the donations our community donates to the resale shop.

Renee Dennis, Jennifer Adams and April Taylor Green are Donation Processing Clerks and join Lisa Stewart, Backroom Supervisor accept, sort and process all clothing, house wares and all donations. Darren Coopers is a Warehouse Clerk/Driver joining Rick Lynch and Walter Dominguez in our Furniture Department. Please stop by to welcome these awesome new employees!

The store is in its last transformation. We are moving the furniture section (north wing) over to our existing south wing. The store will be all together soon! We have half our showrooms up and running and plan to finish the remaining part of the project by the end of the year.

Please come by and check out all the great merchandise and as always thank you for all your generosity! It's so great when you get to shop for items you want but help an amazing cause as well. Together we all can help stop hunger and assist our neighbors in need. Thank you from all of us at Resale!

3763 North Evergreen Parkway

Located in the Evergreen North Shopping Center

Telephone: 303-679-8280

echoresaleshop@evergreenchristianoutreach.org

Store hours: Monday- Saturday 10 a.m. – 5 p.m.

Donations accepted: Monday-Saturday 10 a.m. – 4 p.m.

New Faces AT EChO



Kim Savage, Client Services Manager



Jessica Breeman, Front Desk/Office Assistant



Jennie Page, Jobs Program Director

Volunteer Spotlight

Mary Petrich, Volunteer Coordinator



IC Elk Volunteering at
EChO Resale

Food for Thought

The EChO Food Bank has been in the business of feeding hungry families for twenty-eight years. It started when three churches and a small group of volunteers saw a need in the community and met that need with a closet full of canned goods. EChO now offers a myriad of ways to support families with our large food bank, financial assistance, counseling and a wealth of programs to move people towards self-sustainability. EChO's services have expanded dramatically through the years but the dedicated volunteers remain a constant.

Approximately one third of EChO's volunteers are engaged directly with the food bank. They drive the vehicles to pick up the food, stock the shelves, assist with shopping, make the lunches and cheerfully keep the operation running smoothly.

The rest of EChO's volunteers serve in a vast variety of equally important ways. They staff the Resale Shop and Enrichment Center. They work in the Jobs Program, serve on the Board of Directors, and work in countless special events. No matter where they work, the volunteers always have a kind word and a giving heart. They offer help and hope. The volunteers truly make it possible for EChO to feed the body and nourish the spirit of those in need.

It is so easy to write a check and feel good about your contribution for a minute but if you come in and spend 2 – 3 hours working as a volunteer, you remember it for the rest of the week.

Kevin P.—EChO Food Bank and Jobs Program Tech Support Volunteer

Upcoming Events—MARK YOUR CALENDAR

- **Food Drive at Evergreen Safeway**—Nov. 5th through Dec. 25th. Pre-bagged food for \$10 goes to food bank. Last year they donated 1,600 bags.
- **9Cares Colorado Shares**—November 15th. 8am-4pm King Soopers—Bergen Park. You can shop for EChO while doing your own shopping. A needs list will be handed out. Help us restock our shelves for the holidays.
- **Alternative Gift Fair**—EChO will have a booth and be selling handcrafted items made by our volunteers. Saturday, November 15th, 9 am to 4 pm
Sunday, November 16th, 9 am to 3 pm
Evergreen Lutheran Church—5980 Highway 73
- **Concert at the Muddy Buck to benefit EChO**
November 21st—6:00-10:00 p.m. 28065 Hwy 74
\$10 Suggested donation and a bag of non-perishable food. Blue Moon Bluegrass – Dan Brewer, Mike Jagel, and Mark Stefaniw and Somebody's Brother – John Erlandson, Lisa, Jeff King, Rick Jacobs.
- **5th Annual Turkey Trot—November 27th**
Thanksgiving Morning 9am
Come out an trot with us before your turkey dinner. All proceeds benefit the food bank and other programs at EChO.
- **Colorado Gives Day**—December 9th. You can go to the website and designate your donation for Colorado Gives Day. ColoradoGives.org
- **Ice Melt Contest**—The Barrel will be launched on Evergreen Lake on January 13. But you can start purchasing tickets NOW. Tickets will be available at EChO Resale. Guess the date and time the barrel falls into the Lake and win \$1,000, \$500, \$250 or \$125. Tickets \$3/each, 2/\$5 or 5/\$10. Be on the look out for IC Elk Sightings.

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



Support EChO on **Colorado Gives Day!**

Colorado's largest one-day online giving event, presented by Community First Foundation and First-Bank, is coming up and we need your support.

On Tuesday, December 9, 2014, thousands of donors will come together to support Colorado nonprofits like ours. Last year, a record-breaking \$20.9 million was distributed to Colorado nonprofits. Our portion was \$24,000. This year, our goal is to raise \$30,000.

Colorado Gives Day is powered by ColoradoGives.org, a year-round website featuring nearly 1,500 nonprofits. ColoradoGives.org encourages charitable giving by providing comprehensive, objective and up-to-date information about Colorado nonprofits and an easy way to support them online.

\$1 Million Incentive Fund - Thanks to Community First Foundation and First Bank, **Colorado Gives Day** features a \$1 Million Incentive Fund, one of the largest gives-day incentive funds in the country. Every nonprofit receiving a donation on **Colorado Gives Day** receives a portion of the Incentive Fund, which increases the value of every dollar donated. Check out our donation page on ColoradoGives.org.

Give where you live on Colorado Gives Day. Your support helps us continue to help individuals move from crisis situations towards sustainability and self-sufficiency by offering HELP and HOPE to people in need. EChO provides food, clothing, and resources to meet the most basic and urgent needs of our mountain residents. Over 300 families visit our food bank each month and our Jobs Program, Enrichment Center and educational assistance offers hope to individuals for a better future.

Beginning November 1, 2014, donations can be scheduled ahead of time and count on Colorado Gives Day, December 9, 2014.



**EChO
Evergreen Christian Outreach
P.O. Box 1515
Evergreen, CO 80437-1515**

Return Service Requested

Thank you for helping us go Green...

Turkey Trot Sponsor

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