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The switch from a shelter, where Luke and Amira were surrounded by strangers, to their own home made all the difference. Luke’s mother was able to join them and help with Amira, keeping his family united. The stability of their new home became the foundation for their future.

In addition to housing, EFAA connected them with an array of stabilizing services like food assistance, childcare, and other community resources.

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As EFAA’s 100th year came to a close in 2018, it was an opportunity to look back at EFAA’s long trajectory in the community. We spent the year with a sense of history, honoring the heritage of neighbors helping neighbors in times of need which propelled EFAA through a century of providing a safety net for the Boulder community. I want to thank all of you who donated money and volunteered time to EFAA throughout 2018. Although we receive important support from local government, foundations and the business community, the vast majority of the resources we receive in funding and volunteer efforts come through the neighbors helping neighbors tradition EFAA started so long ago. We truly mean it when we say, we could not do it without you!

Looking to the year ahead, EFAA will continue to focus on helping community members to stabilize and thrive. Making ends meet is simply harder and harder, particularly in the face of such rapidly rising housing and child care costs. To illustrate, the new figures on the level of income needed to attain self-sufficiency in terms of meeting basic needs without recourse to public and private supports are daunting. The Colorado Center of Law and Policy compiles these calculations and has reported for 2018 that one adult living in Boulder County needs an hourly wage of $14.51 ($30,369 annually) to be self-sufficient. For families with children, the amount needed to cover basic needs increases considerably. If a single adult has a preschooler and a school-age child, the amount necessary to be economically secure more than doubles — increasing to $37.37 per hour, or $78,926 annually, up from $67,837 in 2015.

EFAA has added programs that help families move out of poverty and toward self-sufficiency, focusing on accessing better-paying jobs, permanently affordable housing and facilitating more intensive investments in children to break the cycle of poverty over generations. At this beginning of the new century of EFAA, we stand poised to help create a more equitable and opportunity-filled community for everyone here. We hope you’ll join us on our journey.

Julie Van Domelen
Executive Director
When he finally received the good news that they had been selected for permanent affordable housing, it seemed like everything was finally coming together.

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When he landed an interview at a local business in town, his case manager recalls, “Luke went to the library and rented a book on the history of the company. He was going to do everything he could to nail that interview. That’s Luke — he is so motivated.”

Leaving a violent partner and rebuilding your life isn’t easy, but today Luke is optimistic for the future. “In my whole life, I’ve never said I was proud of myself — but now I have to say I am proud,” he says humbly speaking about his determination to support his family. Through it all, his commitment to his daughter remains unwavering: “I just want her to achieve the best life that she can ... to get a good education and to live a life without poverty. For us to maintain stable housing and have a happy life.”

Q&A WITH EFAA’S NUTRITIONIST, SATYA!

Q: What is your role as EFAA’s on-site nutritionist?

My role is to talk with participants and give them ideas on how to improve their health and wellbeing. The main rule is to meet participants where they are. First, discover and focus upon their main health concerns. Next, balance this with their current dietary and lifestyle patterns. Then, start by creating a couple of agreed upon goals that they can practice in their daily life.

Q: What are people most surprised to learn from you?

How profoundly nutrition can change the health dynamics of their body. Let food be thy medicine and medicine be thy food.

Q: What do you enjoy most about your role?

I enjoy helping people learn how to take charge of their health. I also find it fascinating to investigate the root causes leading to poor health. Everyone is so unique and so you really have to listen, ask the right questions, make the right inferences and decide how much they can handle at one time. The really awesome thing is that it’s almost never too late to give your body the tools it needs to heal itself!

Satya Williams is a registered, licensed dietician. He joins EFAA twice per week to meet with participants in our lobby. This service is made possible thanks to the Health Equity Fund through the City of Boulder.

INTRODUCING OUR DIRECTOR OF PROGRAMS, COURTNEY SCHWARTZ!

EFAA is excited to announce that Courtney Schwartz has been promoted to EFAA’s new Director of Programs from her previous role as EFAA’s Basic Needs Program Manager. Courtney is a licensed MSW and brings a decade of experience working for nonprofits and government agencies in the Greater Denver metro area. Her background in employment services for low-income women is a tremendous asset as EF AA continues to strengthen its efforts in this area. Courtney lives in Boulder with her wife and son. When she isn’t helping residents in her community, Courtney enjoys hiking, live bluegrass music, and traveling.
Kathy Oliver sits on the committee of The Sunshine Club that has been supporting EFAA’s Atwood Housing in Longmont for over a decade. Founded in 1902 by a group of local teenage girls looking to make a difference, The Sunshine Club remains committed to making their community brighter. “It’s about making a better world where you are,” says Kathy.

Historically, The Sunshine Club has provided residents of Atwood with monthly household supplies to help families cut down on household expenses. They also give “Moving On” baskets to families transitioning from EFAA’s housing to their new home, which include laundry baskets, cleaning supplies, and toiletries. “We want to do everything we can to establish a base to help them prosper,” said Kathy.

This year, they wanted to do something more. They recalled their own excitement as children to have new shoes for the school year and wanted to help the children at Atwood experience that same feeling.

This fall, The Sunshine Club launched their first ever “Sunshine Shoe Spectacular.” Members of The Sunshine Club joined EFAA families at a local store where the children got to try on and pick out their own pair of new shoes. Over the course of two days, 21 children and youth ranging from 13 months to 19 years old were provided brand new shoes at no cost thanks to the generosity of The Sunshine Club!

“When you help people in your own community, it’s actual. Right here in our town, there are families living in their cars ...” said Janie Waters, President of The Sunshine Club, on why she’s motivated to help.

“... all humankind needs support. Loving each other is the one thing we’re called to do,” added Kathy.

Thank You

FOR MAKING 2018 A GREAT YEAR FOR EFAA AND OUR PARTICIPANTS!

Pictured: Volunteers from Fresca Food by the EFAA food bank sign. Fresca Foods has generously supported EFAA since 2007. Each year they help supply and package EFAA’s holiday meal bags.