



THANK YOU
FOR MAKING THE
SEASON BRIGHTER
FOR FAMILIES
IN NEED!



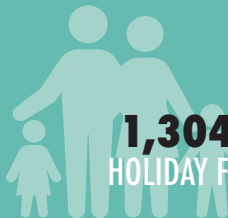
316 FAMILIES WERE ABLE TO
GET PRESENTS FROM THE HOLIDAY
GIFT ROOM.



100+ HOLIDAY MEAL BAGS
DISTRIBUTED TO THE COMMUNITY.



323 VOLUNTEERS SUPPORTED
EFAA'S HOLIDAY PROGRAMS.



1,304 FAMILIES ACCESSED
HOLIDAY FOOD AT EFAA'S FOOD
PANTRY.



3,554 DONORS SUPPORTED
EFAA THROUGHOUT 2018.

A STABLE HOME, *a happy life*



When Luke became a father, he was committed to providing the best life possible for his daughter, Amira. As a son of immigrant parents who grew up in poverty, he knew that he wanted more for his daughter. He worked hard to support his family and make his community a better place — working restaurant jobs, mentoring elementary school children, and helping youth in high-risk situations.

But Amira's mom was continually putting them all in danger. So much so, that Luke was forced to flee their home to seek safety when Amira was just five months old.

They sought safe haven by staying in domestic violence shelters. But as a single father, it was hard to find a place that could accommodate them; when they were accepted, they were only allowed to stay for a few weeks at a time. He hoped to find work, but knew that without help he would have no one to watch Amira while he was gone and he couldn't afford the high costs of childcare. He went to his first job interview with Amira in his lap.

Luke applied for affordable housing programs, but had nowhere to go while he waited for his application to be accepted.

He knew eventually he would run out of

places to stay, and feared that one day he and Amira would end up on the streets if he didn't figure something out.

Running out of options, his caseworker at the shelter referred him to EFAA. Luke applied for EFAA's short-term housing right away, and was able to move in the very next day.

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.

FROM THE EXECUTIVE DIRECTOR



EFAA'S MISSION

EFAA helps those in our community whose immediate needs for food, shelter and other basic necessities cannot adequately be met by other means, and supports their efforts toward financial stability or self-sufficiency.

Emergency Family Assistance Association

Meeting our community's basic needs since 1918.

Winter 2019

This newsletter is published three times annually by Emergency Family Assistance Association
1575 Yarmouth Avenue, Boulder, CO 80304-0564
303.442.3042 • www.efaa.org

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REMEMBER EFAA

Please let us know if you've included EFAA in your will and estate plans. We would like to include you in our legacy society, EFAA Next. To learn more about EFAA Next, contact legacy@efaa.org.

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



A STABLE HOME, *a happy life*

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

“EFAA helped our family transition from homelessness to a permanent home. I’m grateful for all of the help EFAA gave my family to help us get to this point.”

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.”*

INTRODUCING OUR DIRECTOR OF PROGRAMS, COURTNEY SCHWARTZ!



Courtney (left) with her wife and son

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 EFAA 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.



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 dietitian. 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.



“When you help people in your own community, it’s actual. Right here in our town, there are families living in their cars ...”

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.

SPREADING SUNSHINE TO THE CHILDREN’S PROGRAM

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.

