



Fall 2017 • Meeting our community's basic needs since 1918.

efaanews

CHOOSE EFAA

on Colorado Gives Day
this December 5th



LEVERAGE THE STATE-WIDE \$1,000,000 MATCH

and make your dollars go farther
to empower families to thrive.



EFAA RAMPS UP HOLIDAY PROGRAMS

- * Holiday gift room for families to “shop” for kids
- * Holiday food delivery for home-bound seniors
- * Wider variety of holiday food offerings in our food pantry

Check the Get Involved
tab at efaa.org for holiday
volunteer opportunities



Carolina was working hard and providing for her family as a full-time legal professional. But then her partner – her daughter’s father – left. Because of the high cost of childcare, he had stayed home to care for their young daughter, so his departure left her in a lurch in many ways. With the added costs of childcare, she fell behind financially and was forced to leave her home.

Between friends and family, and trading housework and doing childcare in exchange for rent, she and her daughter were able to piece together temporary living arrangements for a little while, but it meant moving around a lot and having to leave several jobs.

“Throughout all of our challenges and transitions, I tried my best to keep things as consistent as possible for my daughter,” says Carolina. “Luckily, for some of the time she was able to stay in the same school with the same teachers and friends. But it is really hard when you are staying with different people and moving all the time.”

Then, Carolina was connected with EFAA and they moved into short-term housing. She made the most of weekly meetings with her case manager to plan for the future, bus tickets for school and work, groceries from the food pantry, and the Children’s Program for her daughter.

“EFAA was amazing. I was going through such an emotional and difficult time and they were so helpful. So supportive and encouraging. Having EFAA as a resource after hitting so many dead ends gave me the peace of mind and hope for the future that I needed to focus on finding a good job.”

After sending out several resumes each day, she was able to find another job as a legal assistant and begin saving money. She and her daughter have moved out on their own and are doing great.

“We are catching up. We are on our way to stability and a lot of other good things. Luckily, I had the skills I needed to get a good job and create a better situation. I can’t imagine how much more challenging it would be for others who don’t have professional skills and experience.”

FROM THE EXECUTIVE DIRECTOR



Looking out at the world from our perch here in North Boulder, we see the turbulence of natural disasters, uncertainty for immigrants, and the tenuousness of national safety net programs that many local families rely on. For EFAA participants, all this is on top of the day-to-day difficulty of holding on to affordable housing, paying for childcare, and covering other basic needs.

EFAA has always stood with doors open to those buffeted by the vagaries of life. EFAA's role as a community-based safety net and family resource center provides the support and tools for families to stabilize and thrive. Built on a long tradition of neighbors helping neighbors, this community shock absorber is critical to creating a healthy ecosystem in Boulder County.

Life happens, and EFAA is there to smooth the bumps, help people figure out resources and strategies to improve their lives and provide hope and empowerment. For many, this is a temporary hand up that serves as a springboard to the future. In fact, of all the families EFAA saw last year, 39 percent had never before been to EFAA. Less than half had accessed services the previous year. This underscores the fluidity of peoples' circumstances and the importance of having responsive local safety nets in place.

EFAA is almost fully locally funded, with over 70 percent of our revenues coming from private contributions from people like you: individuals, businesses, foundations, civic organizations and the faith community.

We are so grateful for your engagement with EFAA and thank you in advance for thinking of us as you plan your year-end giving. And please remember, by giving to EFAA on Colorado Gives Day, Tuesday, December 5, you help us leverage the statewide match offered by the Community First Foundation and FirstBank, amplifying the impact of your support.

Sincerely,

Julie Van Domelen
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.

Vol. 38, No. 3, Fall 2017

This newsletter is published three times annually by Emergency Family Assistance Association
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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 add you to our legacy society, EFAA Next. To learn more about EFAA Next, contact legacy@efaa.org.



EFAA FOOD PANTRY TAKES GOOD HEALTH SERIOUSLY

EFAA's food pantry is dedicated to promoting food security and good health. To do this, we have adopted a new nutrition policy that will increase the types and varieties of healthy food choices we offer. Our goal is to support access to nutrient-dense foods that support health and wellness in daily lives.

We strive to provide more fresh produce, meats, dairy, culturally diverse foods, foods for people with special dietary needs, and even more nutrient-rich canned goods. Many of these items show up again and again when participants are surveyed about what foods are important to them.

We ask our generous community to keep this in mind when donating. We appreciate receiving low-salt canned vegetables, no or low-sugar canned fruit, and low-salt/sugar spaghetti sauce whenever possible. Eggs, frozen meats, produce, healthy cereals and snacks are also welcome donations.



SIGN UP FOR EFAA'S ADOPT-A-SHELF PROGRAM

Interested in regularly stocking our food pantry with the most needed items? EFAA is looking for families, businesses or service groups to sponsor our Adopt-a-Shelf program. Here's how it works: a person or group commits to providing EFAA with a specific food pantry item, say eggs or canned fruit, for anywhere from 3 to 12 months. This program provides predictable delivery of healthy and diverse foods, and helps us plan for supply needs.

To sign up visit efaa.org/adopt-shelf

EFAA NOW OFFERING MENTAL HEALTH SUPPORT ON SITE

As Boulder's Family Resource Center, and through a partnership with Mental Health Partners, EFAA is now offering mental health support on site at our Yarmouth offices. Psychotherapist Alexis de los Santos, who has a Master's Degree in Contemplative Psychotherapy, is providing confidential therapy services to EFAA participants, offering 3-10 sessions, or more if needed.

"I feel a lot of joy when I can support others to find their internal and external resources to work through a difficult time in their life," says Alexis. "I am very curious and invite people to be curious about who they are from a fresh start perspective. I love diversity and support people finding their place in the world with their differences."

Alexis works with adults, children, families and couples. Services are free of charge.

"I think it is important for the work we do in here to connect back to the real world," says Alexis. "For instance if someone is struggling with anxiety based on past trauma, we work on specific tools and skills they can use at home, school or work so that they can live a happier life."

While her offices are here at EFAA, her services are also available to others in the community. For more information about her services, please contact Alexis directly at (303)951-7694.

HOW FEDERAL SAFETY NET CHANGES PUT OUR COMMUNITY AT RISK

Thousands of Boulder County residents rely on a variety of federally-funded safety net services. Programs like Medicaid, Medicare, SNAP (previously known as food stamps), school lunches, Section 8 housing vouchers and many more may be cut dramatically at the federal level, leaving already struggling local citizens in impossible situations. As Boulder County's local safety net, EFAA is closely monitoring how potential changes at the federal level may put our community's most vulnerable at further risk and what it means for how we meet local need.

Currently, Boulder County has a tightly woven safety net web that combines federal, state, local and non-profit programs to catch people from falling further into crisis. This system is efficient and effective, with very little duplication. If the web is unraveled by several programs being cut simultaneously, we have to ask, what does this do to our community as a whole? How many more will struggle to make ends meet? And who steps up to meet the increased need?

EFAA is preparing for a dramatic increase in need among families with children, seniors and people with disabilities. Founded in 1918, EFAA remains a grassroots community



response of neighbors helping neighbors, lending a hand up in times of need. Filling the gaps will take our whole community coming together. This holiday season, please consider an additional donation to support EFAA's critical work in the community during these uncertain times.

WHAT FEDERAL CHANGES COULD LOOK LIKE FOR A FAMILY OF THREE

Below is a sample budget of a family of three (one adult, a 10 year old and a 4 year old) who has worked hard to make ends meet and been fortunate to enroll in federal and local safety-net programs.

ANNUAL BUDGET SCENARIO

Earned income	\$14,000.00	Avg. income
SNAP (food stamps)	\$1,932.00	Benefits estimator
WIC (nutrition for women, infants & children)	\$600.00	Mid-range estimate
Free Lunch	\$630.00	\$3.50 per day, 180 days
CCAP (child care)	\$21,656.00	Mid-range estimate
Subsidized housing	\$10,680.00	2 bdrm @ Fair Market Rate
Medicaid	\$7,033.00	Based on 2014 data
Financial assistance from EFAA	\$568.25	Average
EFAA food pantry value	\$3,840.00	Weekly visits

The average annual income of a household coming to EFAA is \$14,000. It represents 29 hrs/wk at Colorado's minimum wage. Often the easy solution seems to be for people to just work more, but that's not always possible. Many employers in the service industry schedule the majority of their staff for part-time hours with variable shifts, making it difficult or impossible to work multiple jobs. In addition, this type of part-time work often does not provide benefits such as sick time or health insurance.

This sample budget is an example of a family who has accessed all the basic needs benefits available to support her family. However, in Boulder County, the demand for certain benefits far exceeds the capacity. Subsidized housing vouchers are awarded by a yearly lottery system, and the childcare assistance program currently has a waitlist, so is not immediately available to families who need childcare to be able to work.