



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

# efaa news



## SAVE THE DATES

National Association  
of Letter Carriers 25th  
Annual Food Drive

Put a bag of non-perishable food out  
with your mail for your letter carrier to  
pick up and distribute to EFAA.

**SATURDAY, MAY 13**

EFAA's 26th Annual  
Celebration Gala

**SATURDAY, SEPTEMBER 30**

**Become a Corporate Partner  
or Celebration Sponsor**

Contact: [saraj@efaa.org](mailto:saraj@efaa.org),  
303-951-7676



## THE CITY OF BOULDER GRANTS EFAA \$138,000

To fund critical capital  
improvements at ECHO  
House, one of EFAA's  
short-term housing sites.  
Work includes gutter and roof  
repairs/replacement, drain  
age improvements, electrical  
and heating work, foundation  
work, and more.



## THREE GENERATIONS OF IMPACT

After dedicating her life to her children and being a stay-at-home mom for most of two decades, Eva was ready to begin working again. But when her twin grandsons were born and her daughter was unable to care for them, she found herself again at home caring for babies. She vowed to do things differently this time.

“My grandsons gave me the strength to get divorced,” she says. “I did not want to repeat dynamics I had with my own children. Even if I have no money now, I know I can work hard and make a good life for us.”

With very little work experience outside the home, her job options were limited to minimum wage positions, and soon after her divorce she and her children were evicted from their home. She was able to get into EFAA's housing and soon enrolled in Internships to Careers for Motivated Parents, a program partnership between EFAA and Workforce Boulder County that connects low-income single parents to on-the-job training to improve their earning potential.

“Working in a professional setting boosted my self-confidence... I learned there's a lot of things I'm good at.

“I'm about to finish my internship as an administrative assistant at Head Start,” says Eva. “Working in a professional setting boosted my self-confidence. At first I was not sure how much I would know or be able to do, but I learned there's a lot of things I'm good at.”

Parents working in EFAA's Internships to Careers program have increased their income 200-400%.

“I'm working hard to make myself indispensable in hopes of being hired on after my internship is over. But even if I'm not, I feel prepared for a successful job search. This program taught me how to write my resume and how to succeed in job interviews. The financial stability classes were amazingly helpful, too – not just regarding budgeting money, but also budgeting time and energy. I feel blessed.”

# 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.

Vol. 38, No. 2, Spring 2017

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1575 Yarmouth Avenue, Boulder, CO 80304-0564  
303.442.3042 • [www.efaa.org](http://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 add you to our legacy society, EFAA Next. To learn more about EFAA Next, contact [legacy@efaa.org](mailto:legacy@efaa.org).

People often ask me "How can I get involved with EFAA to help meet the needs of the most vulnerable people in our community?" My answer is that whatever your interests, availability and capacity, there is a good fit for you here. Since EFAA's inception in 1918, neighbors helping neighbors in times of need has been a foundational tenet of this community-based organization.

Broad engagement by the community in EFAA's mission is critical to our success. We see this on a daily basis. Financial support from individual donors, local businesses, and faith and civic groups are the bedrock of our annual budget. Their support makes our work possible. Collaboration with our local government and non-profit partners helps us deepen our work with families through coordinated approaches to services. Dedicated volunteers provide more than 20,000 hours annually to bolster our operations, providing their input on everything from the day-to-day operations of our food bank, to our Board governance and engagement on committees and the Celebration event Guild. Food drives at local schools and other organizations, contributions from grocery stores, local companies, individuals, Community Food Share and Boulder Food Rescue help keep shelves stocked in our food pantry.

This newsletter highlights some of the many examples of community support to EFAA. It's this dense web that builds EFAA's resilience and ability to respond to changing community needs.

I would like to sign off by extending a special recognition to all of the people that give their time and talents as EFAA volunteers in honor of National Volunteer Week this April 23 – 29, 2017. As Winston Churchill once said, "We make a living by what we get, but we make a life by what we give."

Our most heartfelt thank you to all of you who contribute in so many ways to EFAA.

Julie Van Domelen  
Executive Director



# WHAT'S IT LIKE TO VOLUNTEER WITH EFAA?

We asked long-time volunteer, Jim, about his experience. Listen in...

## What inspired you to volunteer at EFAA?

"I was on my way into retirement, so it seemed like the right thing to do. Plus, my mom helped start the Jefferson County Action Center way back when, and my older sister worked for Philadelphia Abundance, so I figured it must be in my blood. And then there were the only logical answers to the age old questions: 'If not me, who?'; and 'If not now, when?'"

## What types of work do you do at EFAA?

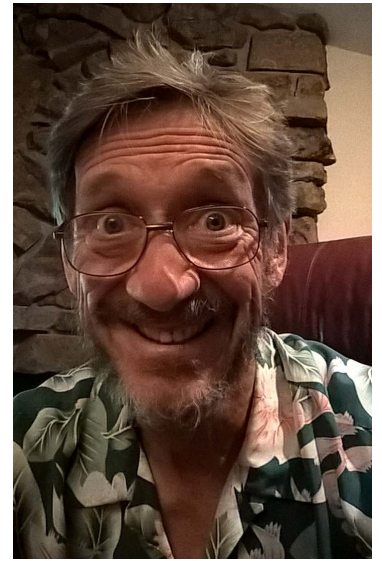
"I work in the food bank twice a week, and occasionally more; I've manned tables for EFAA at various events; I'm helping compile EFAA's 100-year history; I've driven the truck to make pick-ups of food and personal items from local bakeries (Thanks Rudi's!), restaurants, hotels, grocery stores, public schools, etc.; I'm on the acquisition committee; and I get a big kick out of being the human compactor jumping up and down on the cardboard when it starts to overflow the recycle bin out back."

## Has working with EFAA changed how you see the world?

"Not really. I believe people are basically good, friendly, and want to live in harmony with one another; but life isn't always fair and it's up to those who can to help those in need. The tables can turn in a heartbeat. What is surprising is all the good and decent and generous people across the social spectrum hiding everywhere in plain sight."

## What keeps you coming back?

"That's easy to answer – the people I meet – they're great! All the kids are terrific; the volunteers are unfailingly positive and upbeat; the staff is outstanding; the people who donate are wonderful; and the pay is infinitely large: smiles, laughter, and thank-yous! What's not to like?"



## What do you gain from this experience and what are you proud to give?

"First of all, it keeps me outta trouble; second, it's fun; third, I meet a lot of interesting people. I give my time and energy, and a check now and again, but I haven't really thought about it in terms of feeling proud; what it makes me feel is good."

**Thanks to all of our volunteers!  
We could not achieve our mission without  
your compassion and hard work!**



## NETWORK OF STRENGTH TO HELP MORE FAMILIES THRIVE

Foothills United Way announced their first-ever Emerging Partnership Planning Grant, awarded to *Boulder and Broomfield Counties Family Resource Center (FRC) Network*. This network is comprised of Emergency Family Assistance Association, Sister Carmen Community Center, OUR Center, and Broomfield FISH, which are all working in concert to help families in need become self-sufficient by reducing family homelessness, food insecurity and poverty in our communities.

Each of these four organizations represents a different demographic across Boulder and Broomfield counties. This partnership recognizes that lives don't stop and start at county lines and neither should helping others. The grant will help the network build a synchronized set of goals, consistent staff training, and cohesive functionality. This scale of efficiency will also allow delivery of coordinated services through a common methodology across local communities. These four organizations will constantly be learning from each other's successes and challenges. The Boulder and Broomfield FRC Network serves as an innovative model for other organizations who seek to work collaboratively.





## A FAMILY'S FUTURE STARTS AT HOME

In response to the increase in local family homelessness, the City of Boulder and Emergency Family Assistance Association (EFAA) have partnered on Keep Families Housed, a pilot program aimed at preventing homelessness for families with children. The program, which links rent assistance to measures focused on the well-being of children, strives to support a family's efforts to improve their situation, achieve and maintain good health, access educational opportunities, and maintain financial stability.

It is not only more cost-effective, but also significantly better for children, to prevent a family from becoming homeless in the first place. There are about 500 homeless children in BVSD schools, including 300 in the City of Boulder, plus many more children who are not yet school aged. While EFAA currently provides one-time rent assistance to 200 families with children at risk of eviction and housing insecurity, a contribution of \$263,000 from the City of Boulder means that families who meet health- and education-focused requirements can receive up to three months of rent assistance, and an additional 100 families can receive one-time rent assistance.

### Local Need

Many hardworking low-income families pay 70% or more of their income on rent each month, leaving them unable to save for emergencies and extremely vulnerable to unexpected bills or reduction in income. When a bump in the road

happens, like job loss or unexpected expenses, and the family is unable to pay rent, emergency rental assistance is effective at avoiding eviction, dislocation and trauma to children. By keeping the stability of a home, families are better able to rebound and more likely to once again become self-sufficient. It is also proven that the cost of bringing a family back from homelessness is much greater, in dollars and human capital, than preventing homelessness in the first place.

### How Keep Families Housed Works

Families who meet certain criteria can receive one-time rent assistance. In order to receive a second or third month of assistance that year, families need to meet markers for well-being and education, such as having children enrolled in school, health insurance, and nutritional programs, and parents connecting with their child's school in new ways and completing financial stability classes or counseling.

### Program Evaluation

EFAA has engaged Colorado-based OMNI Institute to do a one-year evaluation of Keep Families Housed. Their qualitative and quantitative research will provide insight into what else is going on in the households engaged in the program, and evaluate what changes for the families as a result of accessing the program. This external evaluation will ensure EFAA is effectively utilizing this funding to positively impact at-risk families and supports the long-term success for the most vulnerable children.



## LOCAL FAMILY HOMELESSNESS

Family homelessness is a real and growing problem locally. Economic factors are the main drivers, with many families working minimum wage jobs living under the Federal poverty line of \$20,090 for a family of three. Even this number is well below what is minimally needed to meet a family's basic needs, especially in Boulder. The 2015 Colorado Self-Sufficiency Standard for Boulder County states that the minimum needed to make ends meet without public or private assistance, is \$67,837 for a family of three.