



Helping Others Help Themselves

Spring 2010

## 5 Ways to Go Green with ECHO

1. **Improve recycling efforts** for paper, plastic, aluminum and other materials to reduce your office waste.
2. **Buy office papers with postconsumer recycled content.** In spite of recent advances in communications technologies, office paper remains a high-use item in most organizations. Purchasing paper products containing postconsumer content makes a difference.
3. **Reduce energy consumption.** Energy conservation benefits our environment. So turn off any Lights that you are not using OFF
4. **Create a healthy office environment.** Make it a habit to use nontoxic cleaning products.
5. **Paperless when possible.** Join the ECHO electronic newsletter initiative and request to be removed from the hard copy mailing list. Please provide your e-mail address on the enclosed envelope or send an e-mail address to [newsletter@echotally.org](mailto:newsletter@echotally.org).

## Our Mission

ECHO puts faith into action by serving people in crisis and poverty. ECHO provides a full range of services that restore individual and family self-sufficiency and feeling of self worth.

# THE VISION

## From the Desk of the Director



*By Marta Arrington, Executive Director*

## A Note From the Executive Director

It is with a servant's heart that I accepted the position of Executive Director in March of this year. I pray that my many years of management experience and personal commitment to missions will assist ECHO in serving others during their time of crisis.

During my first two months, I have been most struck by the dedication of our employees and the growing need for our services. More specifically, I have learned how quickly the donated food and furniture we receive is turned around and given out to a family in need. I have been blessed to see the relief on the faces of parents knowing their family will eat and have a bed to sleep in. I have also seen the joy in the face of a client that, with the assistance of our Employment Program, has found a job and now has hope for the future. At the Family Services Program and Bethany Apartments, the progress is measured by families who receive not only shelter but also become better parents, better students and stronger families because of the classes and assistance provided at our shelter.

I do realize that all these services are only possible because of supporters like you. I thank you for allowing ECHO to provide such important services to so many and ask that you continue your support either monetarily or by donations of food and gently used furniture. I also invite you to come down to ECHO and ask to speak to Marta. I would be happy to give you a tour and see how we can work together to make Tallahassee an even better place to raise a family.

## ECHO Contributors

### Grantors

- The Able Trust
- Charles A. Frueauff Foundation
- City of Tallahassee Change for Change
- City of Tallahassee Emergency Shelter Grant
- Community Human Services Partnership (City of Tallahassee, Leon County, United Way of the Big Bend.)
- Federal Emergency Management Agency (FEMA)
- Leon County Direct Emergency Assistance Program
- Ounce of Prevention Fund of Florida

### Partners

- Bank of America
- Capital City Trust Fund
- Community Foundation of North FL.
- First Baptist Church
- The Kerrigan Family Charitable Foundation
- Panera Bread Company
- Second Harvest

### Sponsors

- Beatitudes, Incorporated
- HCA West Florida Division
- Killlearn United Methodist Church
- Don and Candie Lamonica
- St John's Episcopal Church

### Friends

- Haworth Charitable Fund

## There Is Hope, *By Lakela Searight*

### Bad Things Happen to Good People ... Good things Happen to Good People As Well

Have you ever wondered why “bad” things happen to “good” people? Of course you have, because that is the same thing my five year old asked me when he and I found ourselves homeless for about a month and a half. Fortunately, there are “good” people who are still there willing to help people that are in “bad” situations. During the time that my son and I found ourselves moving from hotel to hotel, I began to wonder when I was going to meet the “good people” that I always read about in my bible. Then on October 11<sup>th</sup> 2009, I received a phone call from Ms. TaSheika Williford, Program Director of the Family Services Program, for an opportunity to have temporary housing. From the moment I moved in to my temporary apartment I have had nothing but support and motivation to get my life back to where it should be. Through weekly case management and constant reminders of how important it is to have a stable life for myself and my son, I have been able to accomplish more than I thought possible. Over the past few months I have been able to learn many new parenting skills, how to manage my money and deal with other stressful trials that are so certain to come into my life. Through ECHO’s Employment Assistance Program, I have been able to find several job leads and potential job opportunities which will eventually help me land financial stability. ECHO has helped me to overcome many obstacles such as homelessness, no income and unemployment. While I take care of all the important things, my son still has the opportunity to enjoy family based field trips and weekend events and additional activities that each family has a choice to participate in. Though the Family Services Program is temporary housing for homeless families, this place still feels like home for me. I have acquired many friends and my son is just as comfortable. Being without a home is something that families never get used to, I have grown to know and understand that not all “bad” situations lead to “bad” circumstances. I am pleased to say that while in this program I have been able to find housing, prepare to go back to school in the spring, secure income, provide my son with the essential needs and know that the best is yet to come. Thank you to everyone at ECHO and know that your help is and always will be greatly appreciated.

## Member Criteria

- Supporters** \$500-999  
Newsletter and seat on the membership committee
- Friends** \$1,000-2,499  
Same as above plus discounts to ECHO events
- Associates** \$2,500-4,999  
Same as above plus 1 free ticket to ECHO Events
- Sponsors** \$5,000-9,999  
Same as above plus 1 additional free ticket to ECHO events and framed Certificate of Sponsorship
- Partners** \$10,000 and over  
Same as above and Web site recognition of Partnership

## Community Supporters

- Alice Carol Gaar Trust
- Allison's Consignment Shop
- Biological Tissue Technologies
- Capital City Kiwanis Club
- Carlton Fields Charitable Foundation, Inc
- Community Foundation of North Florida
- Environ Service Inc
- Gannett Publications
- Glenn, Jean Ann
- Good Search
- Innovative Office Solutions, Inc.
- Jackson Lodge No 1
- Just Give
- Macon School Community Assoc.
- National Association of Mental Illness
- Oertel, Hoffman, Fernandez & Cole, PA
- Russtech Language Services, Inc
- Tallahassee Monthly Meeting (Friends)
- Tallahassee Rotary Club
- Tallahassee Scottish Rite Bodies, PHA
- Tallahassee State Bank
- Tap's Counseling and Consulting Service
- Ten Thousand Villages
- United Way Big Bend
- Wendbanner, LLC

## Family Services Program



### Things Starts Anew With a New Year and the Blooms of Spring

*By Sheika Williford, Family Services Program Director*

With the Holiday Season which, affectionally called the "Season of giving", having passed months ago and the reality of hundreds of homeless families in Leon County/Tallahassee remains; ECHO's Family Services Program is proud to operate solely to help those families in need. The ECHO's Family Services Program offers two components to individuals at and below the poverty income level; those components are the Family Services Homeless Shelter Program and the Bethany Apartments. The Bethany Apartments are low income rental apartments for families with up to five members. The Family Services Shelter program provides short-term housing and long term hope for families in a crisis. The uniqueness of our program allows families to live four months at no shelter or utility fees/cost and then transition to the Bethany Apartments, living there for up to 2 years. As new families enter into the program the staff is eager to provide the on site case management sessions as needed as well as provide community resources and self advocacy tools all in the spirit of securing self-sufficiency. How does one restore self-sufficiency? That person is supported by a social service agency that genuinely cares about their well being. That person is given a Case Manager to assist with strengthening the old or building a new foundation for that person to stand on; finally that person is given an opportunity to be a part of an agency that has four separate programs that can assist with restoring the feelings and actions of self-sufficiency.

### Family Services Needs List

#### **GENTLY USED FURNITURE**

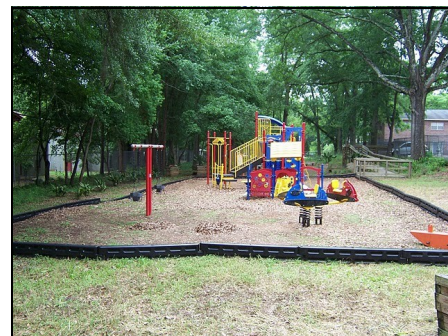
**HOUSEHOLD ITEMS**, such as alarm clocks, bake ware, twin and full size linens, coffee makers, cookware, dinnerware, flatware, irons & ironing boards, towels, pillows and radios.

### St. Stephen Lutheran Church Beautifies FSP

*By Mark Warren, Volunteer/ Church Member*



Thanks to the collective efforts of 15 St. Stephen volunteers, ECHO staff, tenants and Esposito's Garden Center the playground at the Family Services Program/ Bethany Apartments is now ready to continue to be used. As the school year draws to a close the children will be spending more and more time outdoors. Cleanup efforts included removing fallen limbs, moving grass, litter and weed removal and flower planting weeds within the play area were tediously pulled to avoid use of chemicals. Following the cleanup an assortment of flowers, herbs and vegetables, donated by The Esposito Garden Center, added color and an opportunity for the parents and children to learn more about the benefits of vegetable gardening. Thanks to all involved as over 40 hours of volunteers time were contributed during this event!!!





**Last quarter was certainly busy for our Emergency Resources Program!!!!**

*By Kim Ladner, Emergency Resources Program Director*

In the months of October, November and December we served nearly 1500 clients coming in for food, clothing vouchers, bus passes and household items.

During our two week Thanksgiving Basket Drive, we gave baskets with turkeys and all the trimmings for 315 needy families. Through the generosity of donors like Publix Supermarkets, FAMU, Southern Medical Group, St. John's Episcopal Church, Tallahassee Church of God, and countless others, we helped make the family celebration a little bit brighter for our neighbors. I'd like to personally thank the wonderful volunteers who came to lend a hand in organizing our biggest Turkey Give-away ever.

We would also like to thank Old Navy Stores and Burlington Coat Factory for helping in the "One Warm Coat Drive" benefitting ECHO. We received 12 boxes of coats, gloves and scarves to distribute to clients who were suffering without adequate winter wear.

The Big Bend Potters Guild held an "Empty Bowl Supper" fundraiser on March 21<sup>st</sup>. The artisans from this guild donated their beautiful handiwork for purchase, with all proceeds going to ECHO. Chez Pierre generously donated the space and wonderful soup. And Bed Head Betty and guest singer Abby Lane entertained the crowd with some wonderful music. Thanks to all involved in getting this fundraiser together!

Starting this month, we'll begin our Back to School clothing drive for children in need of new clothing for the 2010-2011 school year. Social workers from the Leon County School system, Guardian ad Litem and Children's Medical service identify families in need and ECHO matches donors to kids. If you would like to participate as to get on the list!



**Thank you Workforce Plus and the ARRA Adult/DW Employment Program!!!**

*By Sybil Thomas, Employment Assistance Program Director*

The Employment Assistance Program is honored to have working with us Ms. Peggy Cadeaux and Ms. Ivy Lofton. Ms. Cadeaux is a graduate of Florida A & M University with a bachelor's degree in Business Education specializing in Office Administration. Ms. Lofton, also a graduate of Florida A & M, has a bachelor's degree in Criminal Justice. While being employed here at ECHO these ladies have decided to further their educational careers by seeking their Master's degrees in Social Work. These ladies have discovered that helping others who are less fortunate than they, gives them a sense of giving back to their communities.

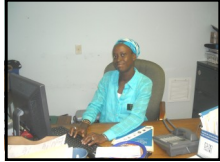
The WorkforcePlus Adult program has truly helped companies by placing employees with them to assist in day to day operations. These employees are placed at different work sites throughout the city for a period of three to four months to learn as much as possible about working in the social service arena. They have a chance to learn about case management, individual assessments and other areas of social services.

We would like to thank Workforce plus for all of their help, and especially for the opportunity to have such intelligent young women within our organization.

Workforce plus this hat goes off to you!!!!!!!!!!!!!!

## Employment Assistance Program Needs List

**DONATIONS:** Provide lunch for 20-25 applicants on the second day of the Employment Assistance Program seminar (Tuesday afternoons). This meal should require little preparation. If interested contact Sybil Thomas, ext. 212/ or via e-mail at [employeeassist@echotally.org](mailto:employeeassist@echotally.org)



## ECHO Welcomes A New Staff Member!

Janine A. Knight is a degreed accountant with approximately 13 years of experience in public, private and governmental accounting. Ms. Knight is a graduate of Florida A&M University, and has worked and lived in the Tallahassee community on and off for 20 years. She is a native of St. Croix, United States Virgin Islands, and enjoys farming, sewing, yoga, and dancing with her four children. Ms. Knight joined the ECHO team on February 23, 2010 as our new Accountant/Office Manager. She also has a personal testimony of how ECHO has graciously extended much needed support to her family in these economically challenged times. She is deeply appreciative and is committed to the mission and goals of ECHO.



### Back to School Clothing Drive Starting Soon – Help Kids Start the School Year with Confidence

Summer has just begun and the kids are enjoying BBQ's, swimming pools, day camp or to visit Grandma during the long, lazy vacation months.

Unfortunately though, summer speeds by and school starts again before they know it.

For some of our families, back to school time is the hardest of the year. Already on a tight budget, purchasing school clothes is a big strain on an already lean budget. We here at ECHO have tried to bridge that Back to School financial gap by linking donors with kids in need of clothing.

Social Workers from Leon County Schools, the Children's Medical Services staff, and the Guardian Ad Litem program, will be indentifying the local children who are most in need of your help for school clothes next Autumn.

We ask donors who would like to "adopt" a child (or two) to purchase two new outfits suitable for school wear. If you, your office, your civic group, or church members would like to get involved please contact Kim Ladner about participating in the ECHO Back to School Clothing Drive.

Please call 224-3246 x206 or email Kim at [assistance@echotally.org](mailto:assistance@echotally.org).

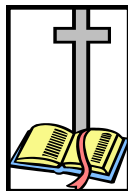
## Warehouse Needs List

- BACKPACKS
- CANNED FOOD
- CLEANING SUPPLIES
- CLOTHING (BAGGED)
- DIAPERS
- FURNITURE-
  - Beds
  - Dining Tables
  - Dressers
  - Lamps
  - Sofas & Chairs

- HOUSEHOLD GOODS
  - Alarm Clocks
  - Can openers
  - Coffee Makers
  - Cookware
  - Dinnerware
  - Fans & Heaters
  - Irons & Boards
  - Linens
  - Microwaves
  - Toasters

### Thank You Churches For All That You Do.

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Bethel U.M. Church</li> <li>• Blessed Sacrament Catholic</li> <li>• Bradfordville First Baptist Church</li> <li>• Calvary United Methodist Church</li> <li>• Celebrate New Life Tabernacle</li> <li>• Chaires U.M.C.</li> <li>• Christ Presbyterian Church</li> <li>• Community of Christ</li> <li>• Crossbridge Christian Church</li> <li>• Deer Lake United Methodist Women</li> <li>• Faith Baptist Church of Tallahassee</li> <li>• Faith Chapel Pentecostal</li> <li>• Faith Presbyterian Church</li> <li>• Fellowship Presbyterian Women</li> <li>• First Assembly of God Church</li> <li>• First Baptist Church</li> <li>• Forest Heights Baptist</li> <li>• Grace Mission Episcopal Church</li> </ul> | <ul style="list-style-type: none"> <li>• Holy Mother of God Greek Orthodox Church</li> <li>• John Wesley United Methodist Church</li> <li>• Killearn United Methodist Church</li> <li>• Morning Glory Garden Circle</li> <li>• Morningside Baptist Church</li> <li>• Saint Paul's UMC</li> <li>• Seekers St Paul United Methodist Church</li> <li>• Seminole Baptist Church</li> <li>• Spring Hill M.B. Church</li> <li>• St John's Episcopal Church</li> <li>• St Mary's Circle</li> <li>• St Paul's UMC Women</li> <li>• St Stephen Lutheran Church</li> <li>• St. John's Episcopal Church</li> <li>• Tallahassee Heights U.M.C.</li> <li>• Trinity United Methodist Church</li> </ul> |
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**ECHO Volunteer Opportunities**  
Spring 2010

**EMPLOYMENT ASSISTANCE PROGRAM** – Sybil Thomas, ext. 212/employeeassist@echotally.org

**Seminar Lunch Assistant:** Every Tuesday, except during a week of a holiday.

Description: Lunch is provided to applicants on the second day of our seminar (Tuesday afternoons) and usually requires little preparation. Volunteer will help serve applicants and clean-up afterwards. One hour.

**Data Entry:** Flexible hours

Description: Create database and enter information for large mailings.



**EMERGENCY RESOURCES PROGRAM** – Kim Ladner, ext. 206/

assistance@echotally.org

**Volunteer Intake Specialist**

Description: Assist in our front office and provide clients with a warm welcome. Also prepare paperwork, file documents, and answer the main telephone line. This is a great opportunity for anyone who loves people and is seeking experience with direct client contact.



**FAMILY SERVICES PROGRAM** – Sheika Williford, 850-878-1722/familyservices@echotally.org

**Activities Volunteer**

Description: Assists with residential events such as Movie Night, Game Night, Saturday birthday parties and field trips.

**Property Maintenance Volunteers**

Description: Assist maintenance personnel with the upkeep of the grounds – mowing, removing lawn debris, painting, etc.



**Data Entry:** Flexible hours

Description: Create database and enter information for large mailings.

**COMMUNITY OUTREACH PROGRAM AND WEEKEND MEALS** – Jon Hinkle, ext. 205/donations@echotally.org.

**Donation Drive Coordinators**

Description: ECHO collects nonperishable food items, house wares, cleaning supplies, furniture, diapers, baby formula, Star of Metro bus passes and many other items throughout the year for distribution. If you are a member of a campus or civic organization and are looking for a project that aims to provide much needed items to families and individuals in distress.

**Warehouse Volunteers**

Description: Volunteers help to sort donations and prepare them to be issued to people in need. Individuals of all physical strength levels are welcomed and can provide help with everything from moving large furniture to sorting canned goods, linens, clothing and small household items.



**Weekend Meals**

Description: Every Sunday of the year, the Emergency Resource Program provides lunch to 60-100 individuals who are homeless or hungry. We provide the prepared food while First Presbyterian Church provides the location. We are in need of volunteers to help serve these individuals and assist with clean-up afterwards.

**We're On The Web!**  
[www.echotally.org](http://www.echotally.org)



**Consider the option,  
Go Green with ECHO.**



## How can your online shopping benefit ECHO?

Imagine this: buying your favorite person a gift they want, maybe some beauty essentials, books, CDs, any of those wonderful items online, only now it makes a difference for your favorite worthy cause. At [www.iGive.com/ECHO](http://www.iGive.com/ECHO), you can shop for just about anything, from his favorite cologne or her favorite perfume to the biggest L-shaped couch, and a percentage of every purchase generates a donation to ECHO.

Turn your shopping habits into acts of kindness toward others by becoming a member of [www.iGive.com/ECHO](http://www.iGive.com/ECHO). It's **FREE**- no extra costs or compromising obligations. Shop for items at the over 600 stores at the Mall at iGive.com, like Vitamin Shoppe.com,



Office Depot, Barnes & Noble, Drugstore.com, Lands' End, QVC, and PETSMART. Up to 26% of each purchase is donated to ECHO.

Though you're likely to find dozens of items, a simple purchase is a good way to start giving to both your favorite person and ECHO. So get shopping!

**Join now at  
[www.iGive.com/ECHO](http://www.iGive.com/ECHO)**

Information is subject to change. Visit [www.iGive.com](http://www.iGive.com) for current details. © iGive.com Holdings, LLC

## En • dow • ment

- n. **1:** a charitable savings account
- 2:** a lasting gift **3:** a permanent fund
- 4:** a repository for other current or deferred gifts **5:** a source of future income **6:** a memorial or legacy
- 7:** a charity's best friend.

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*Our endowment fund at the Community Foundation of North Florida will provide us with financial security in the future. Please contact us to learn more about our fund and the ways in which you can support us. Additional information is available from the Community Foundation at 222-2899 ext. 104 or [jwatkins@cnf.org](mailto:jwatkins@cnf.org).*



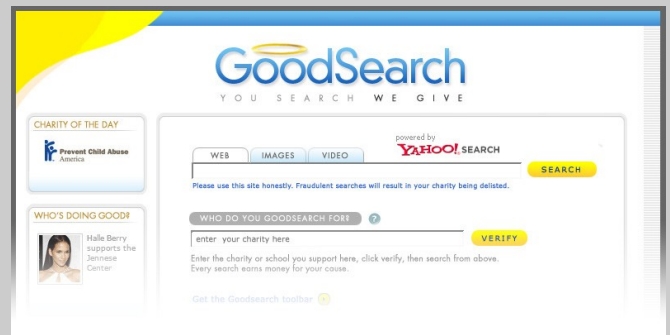
**COMMUNITY  
FOUNDATION**  
*Of North Florida*

*FOR GOOD. FOR EVER. <sup>SM</sup>*

## What if ECHO had a penny for every time you searched the Internet?

**GoodSearch**  
powered by **YAHOO!** SEARCH

Search the web with  
**[www.goodsearch.com](http://www.goodsearch.com)**  
and money from Yahoo advertisers  
will go to ECHO without you  
spending a dime!



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**Consider the option,  
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