



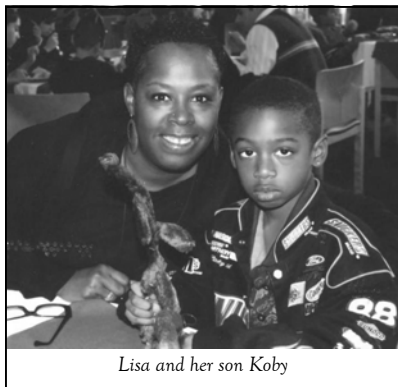
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## Lisa's Story

Lisa was a homeowner, married, a supervisor at her company tenured for over 11 years, and the mother of four happy and healthy children. Her fulfilled life quickly unraveled with a series of unfortunate events. She experienced complications during her pregnancy but thankfully, she gave birth to a baby boy, premature but seemingly healthy. These incidents were precursors to later health issues. Then, Lisa's employer relocated to Seattle and she did not want to relocate so she found a new job and continued her career at IKEA.



Lisa and her son Koby

One night shortly after starting her new job, she woke to incredible pain. It felt as though her body was on fire, burning from the inside out. She was diagnosed with vasculitis, a painful vascular disease. The disease settled in her left foot and leg, requiring Lisa to walk with a cane. She was in constant pain and missed so much work that her performance was affected. The medicine left her feeling lethargic, she began having seizures and was no longer able to drive. She could not manage her home life and with four children, she was overwhelmed. Although she had the help of her parents, her life continued on a downward spiral including the eventual deterioration of her marriage.

Lisa was forced to move out of her home and in with her parents. She now had to care for her four children on her own while trying not to be a burden to her parents. She tried to take control of her life by regulating her medications and trying to get her driving privileges reinstated but the seizures did not stop. To compound matters, her father became legally blind and her mother's health began to fail. Lisa knew, with her own health issues, she could not give her parents the support that they needed, so her sister and her family moved from Atlanta to provide some much needed support.

Lisa decided that it would be best to move out on her own but this caused her extreme financial hardship. A friend told her about the emergency support services that EHP provided. Lisa never thought that she would be in a position where she would need to ask for this type of assistance and she could not help but feel shameful and embarrassed. When she first worked up the courage to come to EHP, she came in just to get some bread. The EHP staff and volunteers were open and friendly which made her next visit much easier. She eventually was able to talk about her current situation with Lea, EHP's intake coordinator.

Lea introduced Lisa to the Women's Support Group and she became an active participant. The EHP family gave her the tools to focus on herself so that she could better care for her children and family. In addition to the Women's Support Group, EHP was able to provide food resources, school supplies and backpacks for her children, as well as gift cards for new clothes. Lisa said that if it were not for EHP, her children would have had to go without the "unnecessary" items such as new clothes and shoes as she could only afford rent, utilities and some food on her own.

Lisa's arduous journey was not yet over. Her mother passed away recently and last year, her young son was diagnosed with ulcerative colitis which is incurable and he will need to take medicine for the rest of his life.

In the midst of all of the turmoil in her life, Lisa is still able to reflect and be thankful. Lisa says that without the assistance that she receives from EHP; food, clothing, furniture, school supplies, Christmas toys, and the Women's Support Group, life would be unbearable. Understandably, there are still days when Lisa finds herself depressed and unmotivated but she knows that she can come down to EHP and get a kick-start by talking with one of the staff or by calling one of her "sisters" from the Women's support group. She is able to pull herself back up because she knows that EHP has her back, that this "extended family" truly cares about her well-being and this gives her the hope to keep moving forward.



## EHP Needs Your Help This Holiday Season

Every holiday season we encounter the same problem - our older youth, ages 10-15, are often overlooked by traditional giving programs. And in addition, many of our teens are overstressed and overworked. They are often taking care of younger siblings, filling in for working parents who cannot afford child-care. They are children given adult responsibilities and they especially deserve happiness during the holidays. You can make a difference by providing gifts for one or more EHP teens this year! Simply visit:

[http://www.surprise.com/gifts\\_for\\_teens.html](http://www.surprise.com/gifts_for_teens.html) for suggested gifts, or donate a gift card from one of the stores listed and let the teens shop for themselves. Thank you so much for helping to make the holidays a little brighter for our youth. Your generosity changes lives!

We also desperately need Family Sharing Donors! Formerly called "Adopt-a-Family" this program allows donors to participate in a truly life changing giving experience!

We have hundreds of families experiencing extreme hardship on a waiting list but only a handful of donors. Please call or email Lesia at EHP (650) 323-7781 / [Lesia@ehpcare.org](mailto:Lesia@ehpcare.org) for more information on how you can participate in this rewarding program.



Store Suggestions: Best Buy, Burlington Coat Factory, Marshalls, Ross, Target, Walmart, Footlocker.



Gift suggestions: Digital cameras, gift cards, Century/AMC movie passes, new shoes, iPod's & MP3 players, jewelry, pre-paid cell phones, purses/wallets, sports apparel, and hand-held video games.

*Become an EHP Angel and Volunteer During our Christmas Distribution!*

Christmas 2011

*Saturday, December 17th -*

*Wednesday, December 21st:*

*9:30-12:30 & 1:30-5:00*



Volunteer slots are limited so please call or email the EHP volunteer coordinator at (650) 323-7781 / [Melanie@ehpcare.org](mailto:Melanie@ehpcare.org) to be added to the volunteer schedule and for more information on volunteer opportunities during the holidays.



*A child from the EHP Christmas Party*

### Annual Report of EHP Program Services

July 2010 - June 2011



5,234 Families/23,328 Individuals served emergency food boxes  
5,395 Individuals served fresh produce through the produce mobile  
2,336 Individuals served supplemental food resources  
4,303 Hot meals served through the Monday Night Meal program  
4,429 Family visits to the clothes closet (13,760 individuals served)  
3,193 Furniture and appliance items distributed to families  
686 Visits made to the Technology Access Point (TAP) center  
257 Referrals given for shelter, childcare, employment, education, etc.  
\$1,223,361 In-kind donations received for distribution to families  
14,869 Volunteer hours logged

## Erica's Story

Erica's father taught her about gardening when she was very young. In addition to growing a wide variety of fruits and vegetables, he canned his own peaches, pickles, and bell peppers, and was an amazing cook. He has served as a role



model for her growing up. Since then, she has had a garden everywhere she has lived, and she also enjoys cooking. She began searching for a gardening volunteer opportunity after discovering Alice Waters, the inspiring chef and founder of the Edible Schoolyard in Berkeley. She wanted to channel her passion

toward a cause that she strongly believes in, which is how she found the Ecumenical Hunger Program.

Two summers ago, she took on the responsibility of starting the summer garden at EHP. Erica said that growing produce at EHP has been the most enlightening experience of her life. After

working in the garden for a few hours, she fills up a cart with everything that she has harvested, and distributes it to participants. "It is hard to explain the joy that I feel giving families the fruits and vegetables that I have grown." Part of Erica's time is also spent teaching children at EHP how to garden and compost, and letting them

taste the many fruits, vegetables, and herbs that are being grown.

Through this experience, Erica has developed a deep sense of compassion and urgency toward ensuring that all people receive basic necessities. This relates to and supports her quest to become a physician. "I believe that education on gardening and nutritious eating supports a healthier lifestyle, and thus contributes to the prevention of health problems such as obesity, diabetes and cardiovascular disease later in life," she says.

Erica left EHP last summer and in order to attend medical school in Michigan to fulfill her dream. She believes that EHP helped her get into med school, because during her interview she talked about her work at EHP and brought photos of the children and the garden. We miss Erica tremendously and wish her all the best!

### *EHP Wishlist*

- Margarine & butter
- Cooking oil
- Sugar
- Flour
- Candied yams
- Cake mix (yellow)
- Pie/pastries
- Frozen chickens, turkeys, turkey breasts and half hams
- Macaroni and cheese
- Jiffy corn muffin mix
- Stuffing mix (stove top, etc.)
- Cranberry sauce (whole berry & jellied)
- Canned milk (evaporated)
- Seasoning /spices: seasoning salt, garlic, pepper sauce, sage, nutmeg, cinnamon, poultry seasoning, thyme
- Vanilla extract
- Chicken broth
- Washing powder
- Dish soap
- Bar soap
- Shampoo & conditioner
- Toilet paper
- Deodorant
- Lotion
- Personal wipes/hand sanitizer
- Toothbrushes, toothpaste, dental floss & mouthwash
- Brushes and combs
- Disposable razors
- Reusable beverage containers
- Gift cards to Target, Walmart, Safeway & Home Depot





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DECEMBER 2011

*Our Mission:*

to provide food, clothing,  
household essentials,  
support, and referral  
services to those in need.

*Our Vision:*

EHP is a sustainable  
resource within the  
community working to  
break the cycle of  
poverty.

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2012 **10** *STEPPIN' OUT*  
**MARCH**  
*save the date*