

The h.o.p.e. Review

Helping Our People Excel
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www.hope-online.org

"No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves."

Amelia Earhart

In this month's newsletter, I thought I would give a couple of examples of how Amelia Earhart's quote played out through the patrons of the *h.o.p.e.* Pantry.

Ric and Lisa: Ric first benefited from the food pantry when he lost his job and needed to supplement the weekly food needed for his family of five. He repaid by volunteering his time, truck and gas to do the pickup and deliveries for *h.o.p.e.* His wife, Lisa, runs a daycare out of their home for the past 15 years. She says she "cooks for an army" every day for their family plus up to 8 children that attend the day care throughout the week. "The food basket helps make ends meet. The kids get excited when they see the basket because there is usually something in it they like!" Ric and Lisa's house is the gathering place for family and friends. When they can, they share the food they receive. For example, when *h.o.p.e.* is blessed by receiving cases of milk from Coremark, Lisa and Ric would pay it forward by sharing the milk with her sister-in-law. The sister-in-law recently lost her job and is responsible for feeding her family plus her taking care of her extended family, for a total of 9 people. They are now benefiting from the *h.o.p.e.* food pantry. Lisa wanted to share how very grateful she is to *h.o.p.e.*, AOI and to Carol Bouchard (Executive Director for AOI and *h.o.p.e.*) for being there when they just needed a little help to rough times. Lisa also works part-time for AOI doing the in home health care.

Anita: Anita works several part-time jobs, but still needs a little help to make ends meet. She benefits from the weekly food distributions. Anita volunteered to germinate the seeds used in the gardens. Anita was excited about having one of the gardens in her own backyard. She helped in planting the sprouts and will also be maintaining the gardens. Many people will benefit from the vegetables harvested because of her thoughtfulness.

Gardens:



Left to right: Robin Young, Ben Kuehn, Anita Paschal and Carol Bouchard.

This year we have planted **four** gardens. In addition to the community garden at *h.o.p.e.*, three private households offered part of their yards to be planted into vegetable gardens and they will donate the harvested food to *h.o.p.e.* This year, *h.o.p.e.* will be selling some of the vegetables at a farmer's market in order to make money for the pantry. The remaining vegetables will be shared during the weekly food distributions. As always, help is needed in keeping the gardens weeded and harvested. We are hopeful for a bountiful harvest this year – Mother Nature Willing! *H.o.p.e.* would also like to thank April Cordova for her \$50 donation used towards the purchase of plants, plus two flats of plants. If you are interested in volunteering your time, please contact Robin Young at 720.382.2424.

Fundraising Corner: This month I would like to focus on volunteering for *h.o.p.e.* Something that only costs you time or a few cents. I have had several moms approach me about how their children can help this summer. I know there are a wide variety of ages, so maybe one of these projects will fit you, your kids or your entire family.

- ♥ Help at the Food Bank of the Rockies (FBR). For every three hours a person volunteers on behalf of *h.o.p.e.* at the FBR, *h.o.p.e.* receives 20 lbs of food. Contact Robin Young for more information.
- ♥ The Small Change Jar initiated in last month's newsletter (one cup of pennies = \$3.20). Under adult supervision, have the kids go door-to-door in the neighborhood and collect small change. *H.o.p.e.* will sponsor a contest. The coin jars will be collected by July 31st. The child with the most money collected will receive an award and featured in the August newsletter.
- ♥ Collect slightly used clothing and donate to *h.o.p.e.*
- ♥ Having a garage sale this summer? Consider donating a percentage of what you make to *h.o.p.e.* or donate any unsold items. Tell us a story about your sale if you wish.
- ♥ (Continued on back.)

For example, oddest thing sold, something funny that happened, sold grandma's antique for \$----. With your permission we would feature your story in an upcoming newsletter.

Any other ideas are greatly appreciated and can be mailed to me at sanwife@aol.com.

Have a fun and safe summer and remember to keep *h.o.p.e.* in your heart.

Cindy Timberlake

Totals for April:

- ♥ Fed 814 Adults and 560 Children = 1,374 people. YTD through May, 7,962 individuals served.
- ♥ \$1,150.00 received from individual contributions.
- ♥ \$229.00 received from AOI payroll deduction (*h.o.p.e.* Relief Fund).

People Served	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec	YTD
2009	815	853	737	918	1207	805	1154	1566	1469	1294	1245	1648	13,711
2010	1598	1541	1575	1874	1374								7,962



Calendar of Events:

- August 23rd, Reason Fore Hope Golf Classic at the Inverness Golf Resort, supporting *h.o.p.e.* and StandUp For Kids.
- September is the \$5.00 check challenge month.
- Fall Food Drive. This will help to offset the cost of the Thanksgiving and Christmas food baskets

Community Resources:

h.o.p.e.'s purpose is to provide helpful resources to their clients and the community. If you have information that would be beneficial to our clientele or readers, please contact Robin Young at 720.382.2424, so we can include it in our newsletter.