



ECHHO NEWSLETTER

March 2010

**Spring is here and with it a renewed feeling of optimism and hope!
As nature's beauty and bounty are again revealed, it's time for us to
rededicate ourselves to the service of others!**

In February, our volunteers gave a combined **total of 188.5 hours** of their time, and drove a **total of 2,344 miles** to provide **100 care receivers** with rides to medical, dental, legal and social appointments as well as helping with errands, shopping, chores, home repairs and friendly visits. ECHHO also **provided 123 pieces** of medical equipment to our friends and neighbors who cannot afford to buy or rent them. Included were walkers, wheelchairs, bath chairs, bed tables, hospital beds, canes, commodes, exercise bikes, and a Hoyer lift for transporting immobile patients from their beds or into their beds.



In 2009, twelve ECHHO volunteers drove over 1,000 miles. The top three accounted for at least half of the trips to Seattle. Sixteen veterans are in their tenth or greater year of service. Eight of them joined not in the previous decade but in the last *century* during ECHHO's early days in the late 1990's. Congratulations to these and all of the hero's who have become ECHHO volunteers. If you are not a volunteer but are considering joining us, you will find that the rewards are many and immeasurable. Call us at (360) 379-3246 or email us at ECHHOPT@qwestoffice.net. Join the community of selfless hero's who are true champions!

On Friday, March 19 at the Bay Club in Port Ludlow, the Boeing Bluebills showed their appreciation to organizations they work with in serving our community.

ECHHO would like to thank the Bluebills for the reception honoring their partners.

We had a wonderful time and were very honored

On Saturday, March 13, ECHHO participate in the Jefferson County Wellness and Safety Fair

We had fun meeting and networking with the other vendors and greeting people from all over the area.

*A special thanks to volunteers
Jan Freeman and Sylvia Hickman
For spending the day with our director*

We would like to give a giant **THANK YOU!** to Seaport Landing Retirement Community for honoring our volunteers on March 5th. "An Evening Among the Stars" was wonderful! Thank you for inviting us into your beautiful facility, providing the delicious food, the gifts for our volunteers and all the fun!

To make a donation, please mail your check to ECHHO, 1110 Jefferson St., Port Townsend, WA 98368.
If you would like to donate medical equipment, please call us to make arrangements (360) 379-3246

Thank You for your support!