



# ECHHO NEWSLETTER

## May 2010

### *Last Month's Stats*

In April, our volunteers gave a combined total of **240 hours** of their time, and drove a total of **2,722 miles** to provide **119 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 **131 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 and a Hoyer lift for transporting immobile patients from their beds or into their beds. We also loaned out power chairs and scooters to help people with limited mobility. We are truly making life better for so many people!



### *Words of Wisdom*

Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat. We must find each other.

Mother Theresa

In this troubled world, it's refreshing to find someone who still has the time to be kind. Someone who still has the faith to believe that the more you give, the more you receive. Someone who's ready by thought, word, or deed to reach out a hand, in the hour of need.

Helen Steiner Rice

No act of kindness, no matter how small, is ever wasted.

-Aesop

### ***Did You Know...***

...that 47 of our volunteers are 70 years of age or older, that 27 are aged 60-69 and that *only 6 are under the age of 60*? Again, ECHHO is appealing to the community for more volunteers of all ages – those who are young as well as those who are not quite as young. ECHHO needs a well rounded group of volunteers made up of people of all age groups. Because there is a wide variety of needs in the community that must be met, having a diverse pool of volunteers of all ages to draw from gives ECHHO more flexibility in meeting those needs. The combined resources of the youthful energy of our younger volunteers and the wealth of experience offered by our more senior volunteers greatly enhance ECHHO's effectiveness. ***Please, PASS THE WORD, ECHHO needs more volunteers of all ages, no matter how much or how little time they can give to those in need!***

To make a monetary donation, mail your check to ECHHO, 1110 Jefferson St., Port Townsend, WA 98368

If you would like to donate medical equipment or volunteer, please call us at (360) 379-3246

or email us: [echhopt@qwestoffice.net](mailto:echhopt@qwestoffice.net) ***Thank You for your support!***