

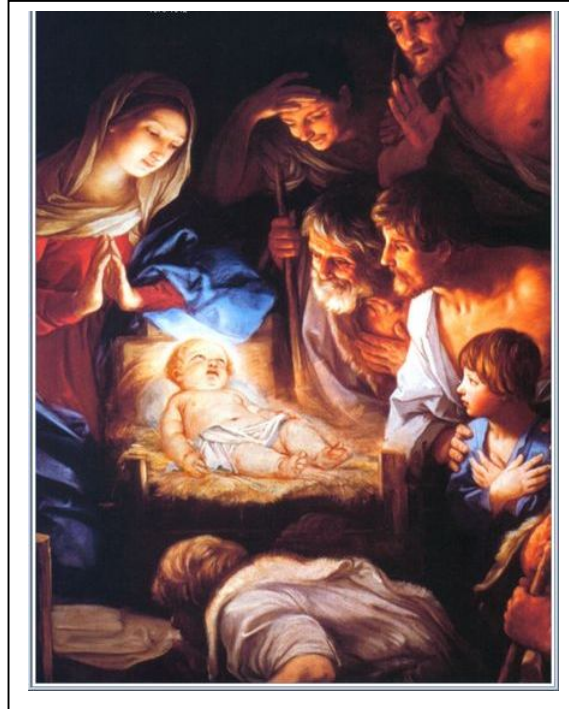


# ECHHO NEWSLETTER

## December 2010

*May the Spirit of Christmas Illuminate  
Your Path Throughout the New Year!*

As our life's journey embarks on a new year, let it be guided once again by the light of compassion that was ignited over 2,000 years ago and will continue to shine for as long as people open their hearts to the needs of others. Simple compassion, not armies, politics, or wealth, is the most powerful force for positive change in our world. With each ride the ECHHO volunteers provide for a patient, or each prescription we deliver to



them, with each walker or wheelchair we provide for free, with each friendly visit we give to someone who is housebound and lonely, that light shines a little brighter. All of us who are a part of ECHHO, whether it be as a volunteer, donor, staff or board member, can look back on the year 2010 with pride. Despite the challenging times we now live in, you have all stepped forward with your time and talent to help illuminate the path.

Happy Holidays from all of us at the ECHHO office.

May the New Year be filled with Joy!

### *Last Month's Stats*

In November, our volunteers gave a combined total of **255.5 hours** of their time, and drove a total of **3,432 miles** to provide **115 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 **133 pieces of medical equipment** to our friends and neighbors who needed help. 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!



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!*