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ADFAC welcomes new employee; prepares for School Supplies drive

ADFAC is very pleased to welcome **Annie Cacheiro** as the new Special Programs Coordinator.

Annie graduated from ORHS in 1987 and received a BS in Communication from ETSU in 1991. From 1994-2003, she worked at the United Way of Anderson County, beginning as the Resource Development Director and later becoming the Executive Director.

Annie is married to husband Ron and they have three children: 7 year-old Marcus and 5 year-old twins Mateo and Maria. 11 year-old lab mixes Jake & Zeke round out the family.

Active in the community, Annie serves on the board of directors First Steps Child



Development Center and the fundraising committee at Linden Elementary; she also enjoys gardening, boating, exercising, and playing outside with her family.

Annie joined ADFAC's staff earlier this spring.

"My years at United Way gave me an appreciation of all the

UW funded agencies and the assistance they were providing to our community," Cacheiro said.

"ADFAC was always an impressive organization to me – helping so many people, while being efficient and keeping great records. I'm thrilled to be associated with an organization with such a great reputation in our community."

As Special Programs Coordinator, one of Annie's major projects is the annual **School Supplies** program. The program provides economically disadvantaged K-12 students with backpacks and school supplies; in 2008, nearly 1,400 students were served.

"The program has been so successful in the past and I hope to continue that success as well as bring some new ideas and direction to this outstanding program," Cacheiro said.

"I'm looking forward to meeting and working with the many volunteer faces who continually assist with this effort."

This year, the sluggish economy is affecting the School Supplies program in a number of ways. More local families are facing

increased basic living costs and decreased or stagnant incomes.

"We anticipate the number of students needing back-to-school assistance will rise dramatically this year," Cacheiro said

The economy has also impacted many foundations that typically support the School Supplies program; with less money to grant and more agencies requesting funds, the awards process has become extremely competitive. Fortunately, much-needed grants were received from **Variety of Eastern Tennessee** and the **PeyBack Foundation**. However, several other needed grants have not come through.

"Cash and supply donations from individuals and groups in the community have always been an essential part of the School Supplies program," Cacheiro said.

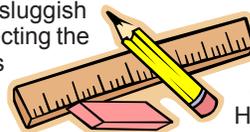
Shopping suggestions:
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pencils
markers
dry erase
markers
Crayola crayons
notebook paper
Fiskars scissors
rulers
erasers*

"Now, those donations are needed more than ever to directly help hundreds of local children that cannot afford back-to-school supplies."

Supply donations will be collected July 6 - August 3. Monetary donations can be mailed to:

ADFAC School Supplies
PO Box 5953
Oak Ridge, TN 37831

If you have questions or need more information, please call Annie at (865) 483-6028, ext. 106.





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THE QUARTERLY NEWSLETTER OF AID TO DISTRESSED FAMILIES OF APPALACHIAN COUNTIES

SUMMER EDITION • JULY 2009

37 low-income families receive home repairs

In the span of just one week, over 340 volunteers participated in ADFAC's annual "Repair Fair" to complete repairs on more than 37 homes in Oak Ridge, Oliver Springs, Clinton, Lake City, Briceville, Andersonville, and LaFollette.

The hardworking volunteers dodged thunderstorms and braved 90 degree temperatures to complete repairs such as new access ramps, porches, exterior doors, flooring, painting and minor roof repairs. Contributions from **UT-Battelle** and a grant from **CDBG** helped purchase construction materials.

Donated labor and grants for building materials typically mean Repair Fair

projects are completed at no cost to homeowners, which is especially significant given the weak economy.

"There is great demand for volunteer-completed projects right now," said Connie Ball, Service Coordinator for ADFAC's Affordable Housing Program.

"An increasing number of our clients simply cannot afford to pay back even a small

loan for home repairs. They are struggling just to keep up with the rising cost of basics such as food and utilities. When the teens arrived to help with home repairs, it was truly a blessing to these families."

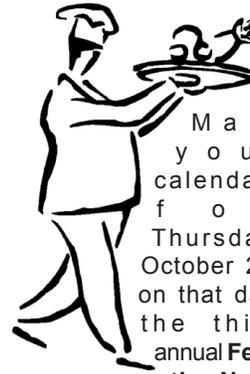
ADFAC's summertime Repair Fair has served low-income homeowners for over 15 years. This year, ADFAC's Affordable Housing Program hosted the 340 teen and adult volunteers from June 14-20 through a partnership with REACH Workcamps.

Special thanks goes to members of ADFAC's staff and board that assisted with the nightly dinners for the hundreds of volunteers.



A group of teens work together to construct a new access ramp for a home located in Oak Ridge's Highland View neighborhood.

Feed the Need coming Oct. 22!



Mark your calendars for Thursday, October 22: on that day, the third annual **Feed the Need**

fundraising event will be back and bigger than ever!

Last year, Feed the Need was a huge success, with 20 restaurants that participated and thousands of dollars raised to support ADFAC's charitable programs. For 2009, ADFAC is hoping to build

on that momentum with more restaurants and more...**eating!**

Starting weekly in late September, check the *Oak Ridge Observer*, *Oak Ridger*, *Clinton Courier* and other local media sources for a complete listing of participating restaurants.

October 22 is also significant in that it will mark ADFAC's 22nd anniversary. We sincerely hope that you make plans to celebrate with us and Feed the Need!

Myrick Scholarships awarded

The two Myrick Scholarship recipients for 2009 are Mallory Keverer (top) and Tabitha Darko (bottom), both of whom recently graduated from ORHS. Mallory was part of the AP Environmental Sciences class Tim Myrick helped teach and will be attending Tennessee Tech University majoring in Environmental Engineering. Tabitha received one of the Sallie McCaskill scholarships that was sponsored by this Myrick/ADFAC fund. She will be attending UT-Knoxville, majoring in Architecture and Interior Design.



To date, ten scholarships have been provided to deserving students for a variety of high school, college and trade school needs.

Turn your recyclables into support for ADFAC!

Earlier this year, the City of Oak Ridge partnered with Waste Connections and Recycle Bank to give Oak Ridge residents the opportunity to earn rewards for their recycling efforts. Now, Oak Ridge residents that participate in the Recycle Bank program can redeem their points to directly support ADFAC!



All you need to do is

- recycle!
- go to www.recyclebank.com
- create or login to your Recycle Bank account
- go to the "Redeem Rewards" option
- choose "Donations"
- click on "Social Services" and go to the ADFAC logo!

You can redeem 1,025 points to make a \$10 donation to ADFAC.

Another reason to be proud of my community

Tim Myrick,
*Guest
Columnist*



As the economy turned sour this past year, the pressures on local agencies has been intense. Families who have been barely making it, no longer are. Individuals who have never needed help before are flooding the support organizations looking for any kind of help. For Anderson County, unemployment is over 9% (up from 5% just a year ago), resulting in over 1500 additional

people without work. Every agency has their statistics showing the overwhelming trends. For ADFAC, for the first 3 months of this year, the number of families requesting services increased by 33% and the amount of financial assistance given was up over 40%. For the staff, the volunteers and the limited ADFAC resources, this community crisis became a crisis for the agency.

In March of this year, the ADFAC Board and staff made an appeal to our **Membership**, the **United Way of Anderson County**, and the **City of Oak Ridge** for additional support to address this crisis. We knew that

things were tight everywhere, with personal finances, sales tax income reductions, and a completed United Way campaign that was one of few that made their goal (and provided a 3% increase in annual allocations), but had little left in reserve.

Two months after that appeal, the Oak Ridge/Anderson County miracle occurred once again. Our ADFAC Membership drive has exceeded last year's totals already (but those who haven't sent yours in yet, please do!), the United Way provided an emergency allocation, and the City of Oak Ridge added more to their social services program account

for ADFAC's use. United Way provided \$12,500 to ADFAC for rent and utilities support, and a similar amount to local food distribution programs. The City of Oak Ridge provided an additional \$15,000 for families in need of help on their utilities. Manna from Heaven.

So, my pride in this community has swelled up once again. You have come through for those in need, as you always do. As a member of the ADFAC Board, and for all those in our county and surrounding area that are now receiving help, I thank you.

2009 Membership donors recognized

ADFAC is very pleased to welcome over 200 individuals and families to ADFAC's 2009 Membership roster - our largest Membership ever! ***Thank you!*** Donations received after publication time will be listed in the upcoming fall newsletter.

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Stocking the Crisis Cupboard

Did you know that food stamps do not cover basic personal hygiene and household items such as toilet paper, soap, toothpaste, diapers and laundry detergent?

ADFAC's Social Services program operates the **Crisis Cupboard**, an ongoing program that provides basic hygiene and household items to eligible families experiencing economic difficulty. The Crisis Cupboard depends primarily on donations from the community, and your help is needed to ensure the shelves stay stocked!



Here are two ways you can become involved:



- On the fourth Saturday of each month, volunteers are outside the Wal-Mart in Oak Ridge to collect items and money to support the Crisis Cupboard. Please consider making a donation at this time or becoming a volunteer.



- Coordinate your church, community group and school club to sponsor a month of collections for the Crisis Cupboard.



The most needed items include laundry detergent, toilet paper, paper towels, toothbrushes and toothpaste, razors, soap, shampoo, size 4-5 diapers and deodorant.



For more information, please contact Cande Seay at 216-1538.

"Money Matters" classes help 90+ with budgeting skills, income management

In early 2007, ADFAC began to meet with area Social Service and School resource workers to discuss the various needs of the working poor and disadvantaged. The group, called **Community Partners**, agreed that despite effective short-term assistance, many clients continue to struggle with the chronic and repetitive patterns that perpetuate the cycle of poverty.

To address this need, ADFAC and Community Partners organized the "**Money Matters**" program, in which local residents attend free money management courses and learn essential budgeting and income management skills. Trained volunteers teach the classes, which are held at churches, schools and other local buildings. As an incentive to attend Money Matters,

participants are offered a \$75 credit toward their utility bill upon completion of the course. Recently, a follow-up course was offered for clients to share their progress. Clients that completed the follow-up course received an additional \$50 toward their utility bill.



In 2008, 55 individuals completed the course. So far in 2009, 36 individuals have completed the course and 4 people took the follow-up courses.

Several area churches and individuals support Money Matters, and

ADFAC recently received a grant from the **Thompson Charitable Foundation** to help pay for the \$75 utility bill credits.

ADFAC and Community Partners plan to offer additional classes in the fall.

A f f o r d a b l e H o u s i n g H a p p e n i n g s

Fourth Oak Ridge home under construction

Construction is currently underway on ADFAC's fourth Oak Ridge home. The 3 bedroom, 2 bathroom home will have several special energy-saving features. It is the first ADFAC-built home to have a **tankless water heater**, and upon completion, will undergo a **blower door and duct blaster test** to check for air leakage. All appliances in the home will be **ENERGY STAR** certified. These energy-saving features will result in less energy consumption, which will translate into big savings for the soon-to-be homeowner, a single mom working in Oak Ridge.



ADFAC's latest Oak Ridge construction includes many energy-saving features.

"Energy efficient homes make homeownership more affordable for low-income families," said Cindy Ross, Affordable Housing Director.

Ross attends "Summit on the New Green Economy"

Affordable Housing Director Cindy Ross was recently awarded a scholarship to attend the SJF Ventures "Summit on the New Green Economy" in Durham, NC. The summit brought community groups, business leaders, policy makers and investors together to share strategies and insights for investing in and building the "new green economy."

"There were about 500 people there sharing information," Ross said. "I left the summit with many new ideas ADFAC can implement in our building practices to make homes more efficient and green."

Several green practices, such as discouraging contractor waste and including environment-ally friendly landscaping, are already in the works for several new ADFAC homes.

Harris completes internship

Congratulations and thanks are in order to Jon Harris, who recently completed his 8-month internship with the Affordable Housing Program.

Jon, shown at right on the ladder, accomplished a lot during his internship. He networked the upstairs office, reworked several forms and helped coordinate many of the REACH projects.

"Jon is awesome with computers and a really hard worker," Cindy Ross said. "He is also very quiet! It became a joke in the office to tell him he was going to have to hold it down because he was making way too much noise."

Jon graduated from UT in 2008 with a BS in Business Management, recently got married and is a manager at Big Ed's Pizza.

200 volunteers construct "Women Build" house

Despite uncooperative weather during much of May, the eagerly anticipated "Women Build" house is now complete.



Volunteer Jackie Harris, ADFAC Construction Manager Bronzie Harris and intern Jon Harris pitch in to help construct the Women Build home.

Funded by ADFAC and coordinated by Appalachian Habitat for Humanity, over 200 volunteers (including several ADFAC employees and board members) worked together to build the home.

Sponsored by Lowe's, Women Build is a national program that encourages women

to learn construction skills by helping out those in need. The proud new homeowner took residence in the the 4 bedroom, 2 bathroom home in mid-June.