

ANNUAL REPORT 2017-2018



BOARD OF DIRECTORS

Melissa Blanchard
President

Program Manager,
Ophthalmology
Legacy Good Samaritan

Brian Fleener
Vice President

VP, Director of Architecture
Otak
Zion Lutheran Church

Barbara Crooke

Co-owner, Crooked Acres
Winery
Congregation Beth Israel

Tim Croasdaile

Retired, Corporate
Communicator
Trinity Episcopal Cathedral

Michael Feldman

Retired, Computer Science
Professor
Havurah Shalom

Kristine Jurgenson
Secretary

Co-owner, Robert Jurgenson,
CPA
First Immanuel Lutheran
Church

Mark Uhrich
Treasurer

Retired, Hydrologist
St. Mary's Cathedral

Nathan Jones

Strategic Planning and
Marketing
ESCO

Jessica Karam

Resident Services Coordinator
Home Forward

Rachel New

Accounting and Marketing
New and Neville

Kyle Shick

Financial Advisor
Baird

Erin Goldwater

Executive Director
Lift Urban Portland

ADVISORY COUNCIL

Susan Milstein

Advisory Council Chair

Jonathan Avery

Legacy Health System

Cal Collins

ESCO

Peter Corrado

Catholic Education
Foundation of Oregon

Nikki Director

Retired, Gallery Director

Bonny Groshong

First Immanuel Lutheran
Church

Noel Johnson

Cairn Pacific

Kari Lorz

New Seasons Market
Slabtown

Dave Richardson

Baker & Spice

Rob Shick

Baird

Anne Weaver

Elephants Deli and Catering

Leasa Wilkens

SELCO Community
Credit Union

Dear Neighbor,

Photographs from the past are telling. Each one, merely a moment in a constant state of growth and change. Over the last forty years, Lift Urban Portland has developed services to meet the needs of our community. A few snapshots:

- Established by local congregations in the neighborhood as Northwest Portland Ministries in 1980, the organization was committed to the changing needs of our neighbors, ensuring they had the tools to live healthy lives.
- In 2007, our programs expanded to provide healthy groceries to the community through a food pantry. We realized that many of our neighbors faced challenges accessing the pantry. **This was the spark that brought our services directly to residents in their low-income apartment buildings.**
- When I joined the board in April 2016, only 114 neighbors were receiving Delivered Food Boxes; there were only 4 established Emergency Food Closets; and Supper Club was held at two sites.
- Since the launch of Adopt a Building in early 2017, we've cultivated relationships between residents, Community Partners, Resident Services Coordinators, and Housing Agencies to expand our Adopt a Building program to what it is today.
- In June 2018 at the end of our fiscal year, we delivered groceries to 201 neighbors, stocked Emergency Food Closets in 24 buildings, and provided 248 residents with skills through Supper Club. And in February 2019, when this report went to print, 313 neighbors receive monthly deliveries.

It's important to look back in order to recognize what inspired and motivated change to prepare for the future. For Lift UP, it's been the amazing synergy of compassionate volunteers and staff identifying a need in the community and working tirelessly to fulfill it.

Now, vulnerable residents in half of the low-income apartment buildings in Northwest and Downtown have access to food on-site in their buildings—but there's still work to do to ensure every resident has the same access. With a van sponsorship from SELCO Community Credit Union, we have the potential to double our capacity to meet the community needs.



We are excited about the growth of our programs, providing for even more neighbors, strengthening our community, and creating connections that tell a different story. A picture of one community, coming together to support our most vulnerable members in ways that allow them to flourish in all aspects of their lives.

Sincerely,

Melissa Blanchard
Board President



Preston Holt, longtime volunteer

PRESTON'S PANTRY: TRIBUTE TO PRESTON HOLT

Preston served Lift UP for more than 24 years as a board member and volunteer. During his time with the organization, Preston spearheaded the implementation of many key programs.

He volunteered his time and skills extensively with a variety of community organizations. In June of 2014, the Lift UP pantry was renamed in Preston's honor after he received the Volunteer Excellence Award from Oregon Food Bank. The award highlighted Preston's outstanding contributions toward ending hunger in Northwest and Downtown Portland.

Remembered for his giving character and warm, caring personality, Preston was known to say, "The main thing I like about volunteering is working with the program participants."

Preston passed away on November 18, 2018. He was an invaluable part of the Lift UP family and he is greatly missed.

2017-2018: A YEAR IN NUMBERS

1,000 NEIGHBORS



served at
Preston's Pantry

27,500 POUNDS OF PRODUCE



distributed at
Free Food Market

300,000 POUNDS OF FOOD



donated by our
Community Partners

6,500 HOURS



worked by volunteers
in the community

2,220 DELIVERED FOOD BOXES



received by residents in
Northwest and Downtown Portland

2,580 MEALS SERVED



at Supper Club:
Healthy Eating Workshops

TOP VOLUNTEERS

Thank you to all of the volunteers who contribute thousands of hours supporting our community and providing food access to low-income residents in need. With your help, we are able to connect neighbors to nourishment!



Volunteers at Preston's Pantry

Carol Albano
Emmanuel Arrey
Robert Boyles
Richard Brown
Chip Brown
Kristina Buckley
Graham Byrd
Jim Canning
Diana Desimone

Alexander Drew
Hugh Godick
Gary Goss
Bill Haug
Kevin Larkin
Monica McKune
Leona Pickens
Dave Richardson
Michael Roberts

Amy Rosenthal
Michal Ann Russell
Tiffany and Matthew Schuster
Don Shapiro
Susan Wolfe
Central City Concern CVC
Cottonwood School
City Target

PARTNER PROGRAMS

Lift Urban Portland partners with community organizations to provide resources to our neighbors in need. Below are two examples of our Partner Programs!



COMMUNITY CHRISTMAS MEAL

Congregation Beth Israel hosts Lift UP's annual community dinner on Christmas Day. All are welcome, and more than 600 festive meals are served. Guests leave with a small gift bag, new socks, and hand-knit hats and scarves.



FREE FOOD MARKET

Oregon Food Bank provides a wide variety of fresh produce that Lift UP distributes once a month at public Free Food Market at First Immanuel Lutheran Church.

ADDITIONAL PARTNERS:

- Rose Haven
- St. Patrick Catholic Church
- The Parish of St. Mark
- Veterans Affairs Clinic

HOUSING PARTNERS:

- Cedar Sinai Park
- Central City Concern
- Home Forward
- Innovative Housing Inc.
- NW Housing Alternatives
- REACH

ADOPT A BUILDING

ADOPT A BUILDING PROVIDED MORE THAN **100,000 MEALS** THIS YEAR TO **2,700 NEIGHBORS** IN NORTHWEST AND DOWNTOWN PORTLAND.



DELIVERED FOOD BOX

"I rely on Lift Urban Portland for fresh fruits and vegetables in my Delivered Food Box each month."

- Pam S.



Pearl District Foot Patrol



EMERGENCY FOOD CLOSET

"The Emergency Food Closet gets me through the month after food stamps run out. If I hadn't had the food from Lift Urban Portland, I would've been sunk."

- Peter W.



Emergency Food Closet



SUPPER CLUB

"Participating just once at Supper Club, I picked up five new skills that I now use in the kitchen all the time."

- Pearla S.



A resident at Supper Club



The Adopt a Building program provides direct food distribution to residents in low-income apartment buildings in Northwest and Downtown Portland. We work closely with housing agencies to address the unique needs of each building.



Catherine and her dog, Elsa

CATHERINE'S STORY:

Resident Spotlight

"Because of Lift Urban Portland, my life has really turned a corner."

-Catherine

When Catherine found herself without stable housing, she noticed a drastic change in her health. "I used to eat healthy and got into juicing fresh fruits and vegetables, eating plant-based proteins. Then I had to rely on donated food. I ate a lot of donuts. My healthy habits disappeared as I focused on getting back on my feet."

Catherine found a home for her and her rescue dog Elsa five years ago at the Lexington Apartments in Downtown Portland. However, she suffered a foot injury and did not see any substantial improvements for two years. Her mobility worsened and she wasn't able to take Elsa for walks, or even get to the grocery store. "I never thought it would heal."

In April 2018, the Resident Services Coordinator referred Catherine to our Delivered Food Box program. "Not only do I have access to the healthy foods I missed eating, but my foot has healed! My doctor told me my health has improved so much since Lift Urban Portland came into my life. I can feel it too. Instead of spiraling downward, I am now spiraling upward."

"Delivered Food Boxes changed the way I think about eating. I now have eggs, meat, and beans- all healthy forms of protein. I have a new perspective on nutrition now. I consider healthy food options. And I enjoy cooking again!"

Most important to Catherine now is that she's able to take Elsa for walks through the neighborhood again, something she has been looking forward to for a long time.

WHERE OUR FOOD COMES FROM



Lift UP coordinates with several community partners to source food for our programs. Volunteers pick up food several times a week, averaging 3,970 pounds of perishable and non-perishable goods that are then distributed in the community, through Adopt a Building, Preston's Pantry, and Free Food Market.



DONORS

BENEFACTORS (\$5,000+)

Anonymous
 AWS Elemental
 Congregation Beth Israel
 Downtown Development Group
 ESCO
 Juan Young Trust
 Legacy Health System
 Maybelle Clark MacDonald Fund
 OCF Joseph E. Weston Public Foundation
 Oregon Community Foundation
 Oregon Food Bank
 Otak
 Peter and Mary Corrado
 Robert D. and March H. Randall
 Charitable Trust
 Carol and Velma Saling Foundation
 SELCO Community Credit Union
 T and K Properties
 Terwilliger Plaza
 The Croke Family Charitable Fund
 Trinity Episcopal Cathedral
 Zidell Companies

PATRONS (\$1,000-\$4,999)

10 Barrel Brewing
 Baird
 Stuart and Jacqueline Barthold
 Becker Capital Management, Inc.
 Melissa Blanchard
 Cedar Sinai Park
 Cookie and Merritt Yoelin Fund
 Timothy and Cynthia Croasdaile
 DA Davidson & Co
 DCI Engineers
 Nikki and Stuart Director
 Employees Community Fund
 of Boeing Portland
 Enterprise Holdings Foundation
 Evangelical Lutheran Church in America

First Immanuel Lutheran Church
 Janet Gallagher
 Stephen Goldwater
 Margo Greeve
 Bonny Groshong
 Dave and Judy Hooff
 Innovative Housing, Inc.
 Kristine and Rob Jurgenson
 Lease Crutcher Lewis
 Carole Barkley and David Loftus
 Jim Mark
 McMenamins Pubs and Breweries
 Meriwether Partners
 Susan and Barney Milstein
 New Seasons Market Slabtown
 Northwest Housing Alternatives
 NW Pump and Equipment
 OnPoint Community Credit Union
 The Parish of St. Mark
 Sharon and Jeff Richardson
 Cheryl and Dave Richardson
 Karen and Scott Richardson
 Rosenbaum Financial
 Rosemarie Rosenfeld
 Stan and Madelle Rosenfeld
 Lori Sackett
 Lynda Shapiro
 Anna St. John
 St. Mary's Cathedral
 Peter Stott
 Bruce Strade
 The Autzen Foundation
 The Jackson Foundation
 Mark and Christy Uhrich
 Lois Watson
 Anne and Scott Weaver
 Wells Fargo Foundation
 Jung and Anne Yoo
 Katherine and John Zelko
 Zion Lutheran Church

LEADERSHIP (\$500-\$999)

Barbara Ballweber
 Lynne Bartenstein
 Chita Becker
 Ben & Jerry's Ice Cream & Frozen Yogurt
 Lillian DiGiacomo
 Elephants Delicatessen
 Michael and Ruth Feldman
 Brian and Kathy Fleener
 Erin Goldwater
 David and Marcia Gross
 Mark Henry
 Kenneth and Jane Hergenhan
 Home Forward
 Suzanne Jensen
 Craig and Linda Langley
 Carol Levanda
 Larry Price and Martha Lussenhop
 Tom Martin
 MVUAA, LLC
 Helle Nathan
 Ralph Nelson
 David and Marjorie Newman
 Tim Prins
 Julie Richardson
 Bunny and Jerry Sadis
 Diana and Chuck Schumacher
 Kyle Shick
 Robert and Suzanne Shick
 Jinny Shipman
 Ed and Joyce Tyler
 Pam and Carl Walker
 Washington Federal Foundation
 WebMD
 Joseph Welch

*A comprehensive list is available at
www.lifurbanportland.org



NW Pump's Food and Fund Drive



Erin Goldwater with a resident



Community Christmas Dinner volunteers



*Together, we served more than
 100,000 meals to 2,700 residents in
 Northwest and Downtown Portland.*

BUILDING ADOPTERS

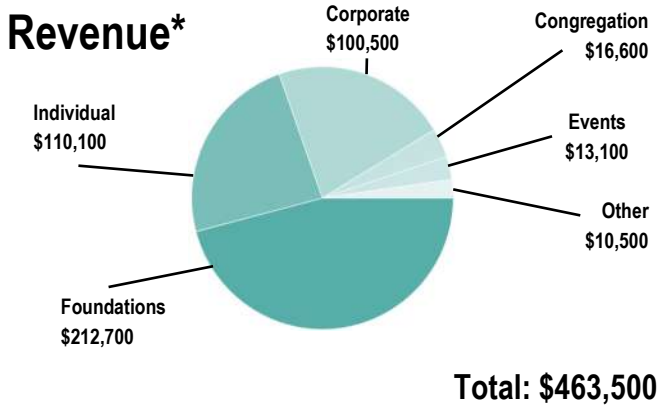
AWS Elemental
 Baird
 Calbag Metals
 Congregation Beth Israel
 Downtown Development
 Group

ESCO
 Harbourton Foundation
 The Holzman Foundation
 Juan Young Trust
 Lease Crutcher Lewis
 Legacy Health

Otak
 The Richardson Family
 Terwilliger Plaza
 Trinity Episcopal Cathedral
 The Zidell Companies
 Zion Lutheran Church

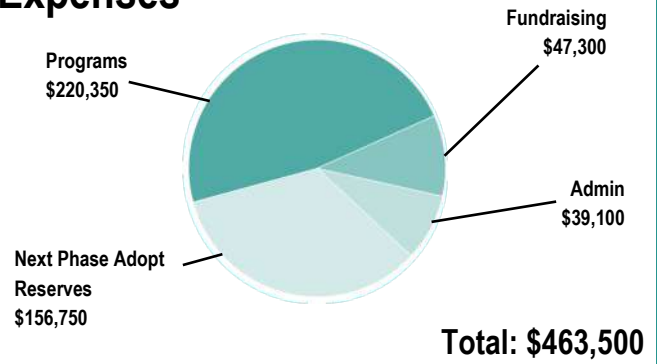
FINANCIALS

Revenue*



In-Kind Donations: \$230,400

Expenses*



*numbers are unaudited

TRIBUTES

IN HONOR OF

Carole Barkley

Katherine and John Zelko

Stuart Barthold

Kris Homs
Erick Ibarra

Richard and April Borg

Michael and Gloria Borg Olds

Rochelle Borg and Kyla Herblum

Michael and Gloria Borg Olds

Nikki Director

Bruce Director
David and Jennifer Director Knudsen
Linda Ostomel

Barbara Lang

Nikki Director

Lois Lindbloom

Dick and Elaine Friedmar

Ruth and John Maxwell, Harrison and Ezra

Michael and Gloria Borg Olds

Fred and Rosemarie Morris

Dick and Elaine Friedmar

Benjamin Olds, Nadine Gartner, Yael & Eitan

Michael and Gloria Borg Olds

Gary Pearlman

Barb and Jack Schwartz

Price and Wofford Family

Bethany and Chris Price

Alan Rosenfeld

Carol Danish

Carolyn Rusnak

Michael and Gloria Borg Olds

Steven, Debbie, Matthew, and Elana Rusnak

Michael and Gloria Borg Olds

David, Rhonda, SJ, and Rachel Rusnak

Michael and Gloria Borg Olds

Ellen and Charles Stearns

Lillian DiGiacomo

Phyllis Wright

Melissa Blanchard

Zen Center of Portland

Alan and Gwen Shusterman

IN MEMORY OF

Susan Armstrong

Ginger Beck and Ian Armstrong

Pauline Dudinak Barkley

Carole Barkley

Dave Barrett

Ian and Gwen Shusterman

Sam Blackman

Jennifer Smith

Carol Gaiser

Terri Warren

Margarita Garcia

Angelica Contreras

Daniel Groshong

Nikki Director

Ronald Kirkpatrick

Stuart Kirkpatrick

My Mom, Wilma

William Theirfeldter

BENEFACTORS (\$5,000+)

Amazon Prime
New Seasons Market Slabtown
Oregon Food Bank
Portland Food Project
Salvation Army, White Shield Center
Trader Joe's

PATRONS (\$1,000-\$4,999)

Adidas - Montgomery Park
Cathedral Grade School
Chapman Elementary
Charles Schwab
Elephants Delicatessen
Lease Crutcher Lewis
National Association of Letter Carriers
Reynolds High School
Terwilliger Plaza
Trinity Episcopal Cathedral
Zion Lutheran Church

LEADERSHIP (\$500-\$999)

Linfield College of Nursing
Mortenson Construction
Otak
Skylab Architecture
Social Security Administration Portland Office
Southwest Office Supply & Interiors

SUPPORTERS (\$250-\$499)

AWS Elemental
Chipotle
First Immanuel Lutheran Church
Gary Goss
Kay Irwin
NW Pump and Equipment
St. Mary's Cathedral
Susan Milstein
The Parish of St. Mark



"My very existence has changed because of Lift Urban Portland's programs."

- Pearla S.

IN-KIND DONORS

*A comprehensive list is available at www.lifturbanportland.org

Lift Urban Portland reduces hunger and improves the lives of low-income residents in Northwest and Downtown Portland.



With our new van and your support we will be able to reach our goal of providing support services to 50 low-income buildings in 2020.



www.lifturbanportland.org
Facebook: [lifturbanpdx](https://www.facebook.com/lifturbanpdx)
Instagram: [#lifturbanportland](https://www.instagram.com/lifturbanportland)

ADOPT A BUILDING. RAISE A COMMUNITY. LIFT URBAN PORTLAND.