ANNUAL REPORT 2017-2018

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

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**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

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!

TOP VOLUNTEERS

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
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.

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.

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.

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.

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.

“I rely on Lift Urban Portland for fresh fruits and vegetables in my Delivered Food Box each month.”
- Pam S.

“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.

“Participating just once at Supper Club, I picked up five new skills that I now use in the kitchen all the time.”
- Pearla S.

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.
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.

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
- SErCO Community Credit Union
- T and K Properties
- Terwilliger Plaza
- The Cooke 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 Crosdale
- 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 Greshong
- 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
- Mertwether 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.lifturbanportland.org

**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

Together, we served more than 100,000 meals to 2,700 residents in Northwest and Downtown Portland.
**IN HONOR OF**
- Carole Barkley
  - Katherine and John Zelko
- Stuart Barthold
  - Kris Hornsi
  - 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 Friedman
- Ruth and John Maxwell, Harrison and Ezra
  - Michael and Gloria Borg Olds
- Fred and Rosemarie Morris
  - Dick and Elaine Friedman
- Benjamin Olds, Nadine Gartner, Yael & Eltan
  - Michael and Gloria Borg Olds
- Gary Pearlman
  - Barb and Jack Schwartz

**IN MEMORY OF**
- Susan Armstrong
  - Ginger Beck and Ian Armstrong
- Pauline Dudinak Barkley
  - Carole Barkley
- Dave Barrett
  - Ian and Gwen Stusterman
- Sam Blackman
  - Jennifer Smith
- Carol Gaiser
  - Terri Warren
- Margarita Garcia
  - Angelica Contreras
- Daniel Groshong
  - Nikki Director
- Ronald Kirkpatrick
  - Stuart Kirkpatrick
- My Mom, Wilma
  - William Theirfelder

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**TRIBUTES**

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**IN KIND DONORS**

**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

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

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“**My very existence has changed because of Lift Urban Portland’s programs.**”

- Pearla S.
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.