Adopt a Building.

Raise a Community.

Lift Urban Portland.

2016-17 Annual Report
This year, Lift Urban Portland celebrates the launch of our Adopt a Building initiative, an extension of services that Lift UP has provided for more than ten years. It increases food security services on-site in low-income housing to keep our Northwest and Downtown neighbors fed, healthy, and housed.

This program encourages local businesses, congregations, and individuals to **Adopt a Building** in their neighborhood—one of the fifty they have likely walked past without knowing it housed low-income neighbors.

Each building adoption provides 4,500 meals annually to the residents. But these services do more than put food on the table. They provide an opportunity to **Raise a Community** by strengthening the relationships between the employees of companies or active congregate members and the residents. It’s a tangible way to give back and improve the lives of our neighbors.

It’s how our organization continues to **Lift Urban Portland** as we aim to reach every low-income residential facility in Northwest and Downtown Portland.

Sincerely,

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**Advisory Council**

- **Jonathan Avery** - Legacy Health System  
- **Cal Collins** - ESCO Corporation  
- **Peter Corrado** - Central Catholic High  
- **Nikki Director** - Gallery Director, Retired  
- **Bonny Groshong** - First Immanuel Lutheran Church  
- **Noel Johnson** - Cairn Pacific  
- **Dave Richardson** - Baker & Spice  
- **Rob Schick** - Baird  
- **Anne Weaver** - Elephants Delicatessen

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**Quote:** 

“Since I am diabetic, Supper Club helps teach me healthier ways to prepare food.”  
- Contia, Resident at Medallion

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**Board of Directors**

- **Susan Milstein**  
  President & Treasurer  
  Retired, Chief Information Officer  
  Congregation Beth Israel

- **Melissa Blanchard**  
  Vice President  
  Program Manager, Ophthalmology  
  Legacy Good Samaritan

- **Kristine Jurgenson**  
  Secretary  
  Co-owner, Robert Jurgenson, PC (CPA)  
  First Immanuel Lutheran Church

- **Tim Croasdaile**  
  Retired, Corporate Communicator  
  Trinity Episcopal

- **Barbara Crooke**  
  Community Activist  
  Congregation Beth Israel

- **Michael Feldman**  
  Retired, Computer Science Professor  
  Havurah Shalom

- **Deborah Meadors**  
  Resident Service Coordinator  
  Home Forward

- **Jeff Miller**  
  Treasurer  
  ESCO Corporation

- **Kyle Shick**  
  Financial Advisor  
  Baird

- **Bruce Strade**  
  Retired, Exec Dir. NW Parish Nurses  
  Zion Lutheran Church

- **Mark Uhrich**  
  Retired, Hydrologist  
  St. Mary’s Cathedral

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**Erin Goldwater**  
Executive Director

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Our Programs

As a partner agency of Oregon Food Bank, Lift Urban Portland reduces hunger and improves the lives of low-income residents of Northwest and Downtown Portland through the following programs:

Preston’s Pantry
Our shopping-style pantry encourages choice, which leads to a more dignified pantry experience, less food waste, and culturally appropriate options. Visitors select a week’s supply of produce, meat, dairy products, and pantry staples once per month.

Harvest Share
We host a monthly community event where we distribute one ton of fresh fruit, vegetables, and bread provided by the Oregon Food Bank.

Senior Food Box
For low-income elders, these monthly boxes provide an additional week’s worth of shelf-stable pantry staples.

Christmas Dinner
In partnership with Congregation Beth Israel, Lift UP serves 500 meals to local residents. Diners enjoy live music and receive gifts of hats, scarves, socks, toiletries, and other useful items.

Food Partners

Volunteers from Tonkon Torp distribute food at Harvest Share.
Through Adopt a Building, we meet people where they live. We partner low-income buildings with local corporations, congregations, or foundations to provide in-buildings services for those who face barriers accessing resources outside of their home.

Delivered Food Box
Elders, people with disabilities, and other vulnerable residents unable to travel to Preston’s Pantry receive a monthly food box delivered to their doors with a week’s supply of groceries, including fresh produce, meat, and dairy products.

Emergency Food Closet
Onsite Emergency Food Closets provide non-perishable food for residents experiencing an extreme food shortage to provide stability during times of food insecurity.

Healthy Eating Workshops
We bring together residents to plan, prepare, and share meals in the community kitchens of low-income apartment buildings. The workshops, dubbed “Supper Club,” foster strong community networks and teach nutrition education by using healthy foods available from Preston’s Pantry.

Adopt Partners

- **Bud Clark Commons**
  - adopted by: Becker Capital Management

- **Fountain Place**
  - adopted by: AWS Elemental

- **Gallagher**
  - adopted by: Legacy Health

- **Gray’s Landing**
  - adopted by: The Zidell Companies

- **Helen Swindells**
  - adopted by: The Zidell Companies

- **Jeffrey Apartments**
  - adopted by: ST. MARY’S CATHEDRAL

- **Martha Washington**
  - adopted by: SELCO Community Credit Union

- **Medallion**
  - adopted by: Terwilliger Plaza

- **Musolf Manor**
  - adopted by: Cal-Bag Metals

- **Northwest Tower**
  - adopted by: Congregation Beth Israel

- **Ramona Apartments**
  - adopted by: Gallagher

- **Rose Schnitzer Tower**
  - adopted by: Gallagher

- **Roselyn Apartments**
  - adopted by: Gallagher

- **Rosenbaum Plaza**
  - adopted by: Rosenbaum Financial

- **St. Francis**
  - adopted by: Baird

- **Upshur House Apartments**
  - adopted by: Trinity Episcopal Cathedral

- **Williams Plaza**
  - adopted by: AWS Elemental

- **1200 Building**
  - adopted by: Adopted Fund

- **333 Oaks**
  - adopted by: Adopted Fund

The Lift UP Adopted Fund is comprised of individual and anonymous donors.
“Knock, knock. Food box delivery!”
Kat opens the door with a huge smile to greet volunteers from St. Mary’s Cathedral who deliver her food box each month.

To Kat, the food delivery is more than just food to eat. It’s fresh vegetables to combat pre-diabetes. It’s friendly, caring volunteers who brighten her day. It’s an opportunity to help others in need. “When I cook, I make sure my neighbors are fed.”

Seven years ago, Kat lost her foot, her husband, and her sense of stability. While in the hospital to have her right foot surgically removed due to a rare autoimmune disease, her husband died of a heart attack. By the time she returned to their home, she was disabled, heartbroken, and feeling suicidal. For the first time in her life, she lives alone. “I am held captive in my apartment now that it is more challenging to get out and about.”

Living on $210 a month, the food in her delivered food box is critical.
Kat is one of many residents who now have access to onsite services through our Adopt a Building program. Services in her building are made possible by SELCO Community Credit Union, St. Mary’s Cathedral of the Immaculate Conception, and an individual donor.

“I am grateful. We take so many things for granted.”

“Think about what this program does. Reliable meals when grocery trips put you at a safety risk. Emergency access when you’re hungry. Friendship and support when you’re feeling alone and isolated. This is what Lift UP provides. This partnership has been invaluable for my residents.”
- Miley, Resident Services Coordinator

“After everything I’ve been through, I choose to look at all the little miracles. I wake up, I am grateful for the rain, for my family, and for the food I have.”
- Bill, Healthy Eating Workshop participant

Adopt a Building has allowed us to increase our services.
Delivered Food Boxes: A week’s worth of groceries are delivered to the doors of 198 neighbors each month, a 62% increase over last year.

Emergency Food Closet: An onsite supply of food to help in times of extreme food insecurity is now available to 1,198 more residents than last year.

Healthy Eating Workshops: Through hands-on workshops, 158 more residents learned healthy ways to cook low-cost groceries and food available from pantries.

“Because of Supper Club, I am motivated to cook in a healthy way.”
- Bill, Healthy Eating Workshop participant

“Lovie, Kat’s 7 year old Pomeranian, has helped her stay positive during the challenging times.”
Financials

REVENUE

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<th>Source</th>
<th>Percentage</th>
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<tr>
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<tr>
<td>Individuals</td>
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<tr>
<td>Corporate</td>
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<td>Congregations</td>
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<td>Special Events</td>
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<tr>
<td>In-Kind Donations</td>
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TOTAL $562,966

EXPENSES

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<tr>
<td>Fundraising</td>
<td>6%</td>
</tr>
<tr>
<td>Administration</td>
<td>6%</td>
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TOTAL $560,151

Financial Supporters

BENEFACTORS ($5,000+)
Anonymous
AWS Elemental
Baird & Co.
Calbag Metals
Congregation Beth Israel
Barbara and Robert Crooke
Downtown Development Group
ESCO Corporation
Irwin Foundation
Legacy Health System
New Seasons Slabtown
OCF Joseph E. Weston
Public Foundation
Oregon Food Bank
PGE Foundation
Rose E. Tucker Charitable Trust
Carol & Velma Saling Foundation
SELCO Community Credit Union
Terwilliger Plaza
Zion Lutheran Church

PATRONS ($1,000 - $4,999)
Michelle Araguas
Becker Capital Management, Inc.
Becky Brown
Care Oregon
Cookie and Merritt Yoelin Fund
Peter and Mary Corrado
Nikki & Stuart Director
Enterprise Rent-A-Car Foundation
Janet Gallagher
Stephen Goldwater
Bonny Groshong
Michael and Rochelle Hart
Home Forward
Dave and Judy Hooff
Kristine and Rob Jurgenson
Susan and Barney Milstein
Mildred Olson
OnPoint Community Credit Union
Dave and Cheryl Richardson
Rose Schnitzer Tower
Stan and Madelle Rosenfeld
Lois Schnitzer
Lynda Shapiro

St. Mary’s Cathedral
Bruce Strade
T & K Properties
The Holzman Foundation
The Jackson Foundation
The Parish of St. Mark
Trinity Episcopal Cathedral
West Multnomah Soil & Water Conservation District

Leadership ($500 - $999)
Anonymous
Barbara Ballwebber
Carole Barkley & David Loftus
Lynne Bartenstein and Dan Heims
Stuart & Jacqueline Barthold
David and Marcia Gross
Mary Ellen Hamilton
Kenneth & Jane Hergenhan
Rabbi Rachel Joseph
Craig & Linda Langley
Jeff Miller
Ralph Nelson
Jeff Pazdalski
Rosemarie Rosenfeld

The average annual income of residents in Home Forward apartment buildings in Northwest Portland.
IN HONOR OF

Carole Barkley
Nikki Director

Lynne Bartenstein
Ellen Cohen
Frank & Bonnie Nusser

Stuart Barthold
Nikki Director

Gloria & Michael Borg Olds

Barbara Caplan
Nikki Director
Lesley & Bob Glasgow
Susan Korey
Linda Ostomel

Nikki Director
Barbara & Stuart Lang
Linda Ostomel
Bunny & Jerry Sadis

Stephen Goldwater
Nan Sheri Lieberman

James McAvoy
Anonymous

Benjamin Olshin
Katherine Hawkins
Andy Frank & Sally Rosenfeld

Josh, Melanie & Pearl Olds
Gloria & Michael Borg Olds

Eve Rosenfeld
Andy Frank & Sally Rosenfeld

Sally Rosenfeld & Andy Frank
Alan & Eve Rosenfeld

Rose Rustin
Nikki & Stuart Director

George Barton
Lawrie & Emmy Lawrence

Glen Hoffinger
Nona Hoffinger

Bob Neighbor
Thea Anderson
John & Patricia Bentley
Bruce & Judy Bishop
Susan Bond
Margaret Boyd
David Cole
Caroline DeVos
Pat & Andy Dignan
Margo & Malcolm Erickson
Suzanne Frazier
Claire & Zanley F. Galton, Jr.
Kenneth & Jane Hergenhan
Ronald & Sandra Knight
Karen Lawrence
Hester Nau
Peter Noronha
Sandy Shilling
Laura Sowa
Diana Tassoni
Stephen C. Walsh
Joy Rockey
Stuart Barthold

IN MEMORY OF

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Hester Nau
Peter Noronha
Sandy Shilling
Laura Sowa
Diana Tassoni
Stephen C. Walsh
Joy Rockey
Stuart Barthold

IN MEMORY OF

Bill, Tim, Mark, and Dave - Some of our dedicated volunteers!

Our Tuesday pantry crew is ready to go!

In-Kind Donors

BENEFACTORS ($5,000+)
Amazon Prime Now
New Seasons Slabtown
Oregon Food Bank
Portland Food Project
Trader Joe’s
White Shield Center

PATRONS ($1,000 - $4,999)
Cathedral Grade School
Barbara and Robert Crooke
Dean Gibbons
Ken and Nancy Klos
Legacy Health— Good Samaritan
Janie Matsushima
Northwest Industrial Neighborhood Association
Turner Team Realtors
Urban Gleaners
Zion Lutheran Church
Z’ivo Wines

LEADERSHIP ($500 - $999)
Fruit & Flower Childcare Center
Kay and James Irwin
Lakeside Bicycles
Darrol Olson
St. Mary’s Cathedral
Lynda Shapiro

SUPPORTERS ($250 - $499)
Baker & Spice
Carole Barkley
Columbia Sportswear
Krave Jerky
Linfield College of Nursing
Portland Fruit Tree Project
Dave and Cheryl Richardson

Full List at:
www.lifturbanportland.org

Honored Volunteers
Those who volunteered 100+ hours this year:

Mecca Alexander
Stuart Barthold
John Bogart
Robert R. Boyles
Richard Brown
Chip Brown
Kristina Buckley
James Canning
Peter Corrado
Diana Desimone
Nikki Director
Alexander Drew
Brooke Geltzeiler
Hugh Godick
Gary Goss
Tammie Harmon
Bill Haug

Kevin Larkin
Tom Martin
Monica McKune
Susan Milstein
Leona Pickens
Dave Richardson
Michael Roberts
Justin Russell
Matt & Tiffany Schuster
Don Shapiro
John Somers
Bruce Strade
Mark Todd
Mark Uhrich
Richard Michael Wisby
Susan Wolfe
Randy Zwald