

THE PORTLAND CLINIC

# FOUNDATION

advancing community wellness 2018



# ABOUT THE PORTLAND CLINIC FOUNDATION

## OUR MISSION

Through evidence-informed, results-oriented philanthropy, The Portland Clinic Foundation supports nonprofits across greater Portland that improve community wellness and advance the social determinants of good health. We interpret our mission broadly, supporting causes ranging from early childhood education and environmental clean-up, to domestic violence prevention, groundbreaking local theatre, and more.

## OUR MODEL

We are funded through the generosity of The Portland Clinic and through individuals like you: friends, family, colleagues, doctors and patients who want to participate in powerful, cutting-edge philanthropy.

By combining community contributions with The Portland Clinic Foundation's careful analysis, we leverage your generosity for maximum benefit to local nonprofits.

Our expenses are paid by The Portland Clinic, which means that 100 percent of your contributions go to support Portland's communities in need.

## OUR GRANTS

We offer unrestricted grants of \$1,000 – \$5,000 to nonprofits in Clackamas, Washington, and Multnomah counties. Because we are committed to funding underserved communities and sectors, our application is straightforward and our doors are always open for questions and advice.

The Portland Clinic Foundation is currently small but mighty: we have a powerful mission, a world-class grantmaking model, and a wealth of expertise and passion in our corner. Please join us in our work to build healthy communities throughout greater Portland!

## WHO WE ARE

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Kris Anderson

# LETTER FROM OUR CHAIR

Friends,

It has been a rewarding experience to witness the growth and progress of The Portland Clinic Foundation over the course of the last year.

I was fortunate to have served on the committee that reviews applications and selects grant recipients. I was amazed at the care, concern, and creativity of the many Portland-based nonprofit organizations who applied for grants. There are so many good small nonprofits in our community. I wish we could support many more of them. Nonetheless, I am very pleased with the list of this year's grant recipients, which are all working to improve wellness in our city. The good news is that our list of supporters has doubled in size over the last year, and we hope to continue that trajectory in order to increase our giving to organizations in the future.

Regarding the future, The Portland Clinic Foundation is honored to be the recipient of a generous philanthropic gift from Ronald Naito, MD. Ron is a friend of the Foundation who has provided valuable advice and has contributed to its growth over the past several years. His gift has established the Ronald W. Naito, MD Endowment Fund which will provide investment proceeds to permanently support the grantmaking efforts of The Portland Clinic Foundation. Additionally, because Ron has been an integral part of The Portland

Clinic's excellent patient care for a very long time, the physician partnership has provided a significant contribution in his honor to launch the Ronald W. Naito, MD Community Fund, which will supplement the Foundation's grantmaking in the coming years.

These funds mean that Ron will continue to provide compassion and care to the citizens of Portland through the Foundation's work even after his retirement due to the recent changes in his health. The Foundation will seek to carry forward its work with the careful evidence-based decision making that Ron has exemplified throughout his career in medicine.

In closing, I am excited to see the continued growth and progress of The Portland Clinic Foundation in the coming years. I urge you to add to the momentum that the Foundation has built by contributing whatever you can, large or small, to support the great work of The Portland Clinic Foundation!

Sincerely,



Janson Holm, DPM  
Board Chair, The Portland Clinic Foundation

# OUR STORY

The Portland Clinic Foundation was founded in 1963 after a long-serving nurse with the Clinic left it a gift in her estate. After over 50 years of dormancy, the Foundation was reborn in 2016 to advance community wellness across greater Portland by channeling the generosity and leadership of The Portland Clinic's patients, providers, employees, and friends.

The Portland Clinic Foundation distributed its first ever round of grants in 2017, giving \$30,000 to sixteen remarkable nonprofits. In June of 2018, our second year of grantmaking, we received 58 applications, a testament to the overwhelming need in our community. From the many qualified applicants, we selected seventeen diverse and impactful organizations to receive a total of \$40,000 of funding, an increase of 33% from 2017.

Through its grants program, TPC Foundation aims to advance community wellness at multiple levels by supporting nonprofit organizations ranging from frontline service providers, to quality of life initiatives, to advocates for systemic change. We are proud that, in an era that sometimes feels unsettled and divisive, TPC Foundation is actively supporting organizations that bring our community closer together, that work towards justice and fairness, and that help all of our neighbors to live more healthily and happily.

## FOUNDATION UPDATES

It's been a big year for The Portland Clinic Foundation. In addition to giving \$40,000 of grants, we have:

Developed and ratified **Our Commitment to Equity**, a set of principles that will guide our work and growth moving forward



**Doubled the number of participants in our employee giving program**



**Held in-kind goods drives** for Growing Gardens and Refugee Resettlement Services, and collected 1579 books for the Children's Book Bank



**Received our first named endowment**, honoring Dr. Ron W. Naito (see page 17)

After two Clinic branches merged, distributed over **four tons of free office furniture** to 21 nonprofits



**Received \$10,000** from Pacific Office Automation— thanks to them and to all our corporate supporters!

# MEET OUR 2018 GRANTEEES



## FAMILY JUSTICE CENTER OF WASHINGTON COUNTY \$3,500

For domestic violence survivors, finding safety and a fresh start can be a slow and painful process. Oftentimes, survivors end up bouncing between service providers for days or weeks, negotiating waitlists and having to re-tell and re-live their traumas with each new police, legal, court, social work, or counseling appointment.

The Family Justice Center of Washington County (FJC) was created in early 2018 by a network of local governments, private funders, and nonprofit organizations to break the cycle of domestic violence and make services easier for survivors to access. Now, everything a survivor needs is under one roof, all free and available without appointment. When a survivor arrives at FJC, a “navigator” meets her (or him, or them), creates a case, and shepherds her to everything she needs, from crime reports and

legal representation to counseling referrals, housing referrals, and children’s services. FJC even has a video-linked remote courtroom from which a victim can file a restraining order.

“What we were trying to avoid was a woman with kids without good transportation, relying on others to get to places... It would take days and days to get all of these services that they can get here in one-stop,” says FJC executive director Toni Loach.

Now, FJC serves over 500 survivors a month, including victims of elder or disability abuse and other familial abuse. For the vulnerable people that come through FJC’s doors, having wraparound services under one roof makes all the difference. “It’s the collaboration that makes this so valuable,” Loach says. “It’s the people, nonprofits, agencies, and funders all working together towards the same end.”



## NORTH BY NORTHEAST COMMUNITY HEALTH CENTER \$1,500

If you’re seeking a haircut in North or Northeast Portland, there’s a good chance that you’ll walk out of the barbershop with a less hair and an update on your heart health. That’s thanks to the North by Northeast Community Health Center (NxNE), a nonprofit established in 2006 to serve the many members of Portland’s African American community who had gone for decades without regular, accessible healthcare.

Multnomah County reports that black Portlanders suffer disproportionately from poor health, with disparities ranging from birth weight and infant mortality to diabetes and stroke mortality. “Erasing health disparities is a real part of our core values,” says Suzy Jeffreys, NxNE’s executive director. “We have a clearly articulated vision for racial health equity.”

NxNE removes barriers to good health by ensuring easy and welcoming access to care: it provides flexible appointments and enrollment specialists to help patients with insurance registration, and its facilities are vibrant and welcoming. “For a community that’s experienced a lot of disenfranchisement, disrespect, and outright racism, we want to be a place where people walk in and feel like this place is for them,” Jeffreys says.

NxNE also works hard to reach people where they’re at. “We’re out in the community constantly promoting

preventative care and doing blood pressure screenings—we’re at health fairs, block parties, street fairs, you name it,” Jeffreys says. NxNE’s barbershop Cuts & Checks program is a great example: the program trains barbers to do hypertension checks and opens the door for Clinic staff to provide follow-up care.

“For a community that’s experienced a lot of disenfranchisement, disrespect, and outright racism, we want to be a place where people walk in and feel like this place is for them.”

Such innovations are paying off. “Toward the end of last year, we reached our goal of 75% of our hypertension patients with their blood pressure under control,” Jeffreys says. “We’ve had some big successes.” Jeffreys attributes that success to NxNE’s willingness to pursue their patients’ health wherever and however needed. Jeffreys calls it the “North by Northeast hug: an arm around you, because we love you and care about you, but we’re also punching you in the arm—we’re going to be

persistent and track you down, because we care deeply about your health.”

That love goes both ways, she adds. Because only a fraction of NxNE’s costs are covered by Medicaid reimbursements, they depend on community contributions. So, says Jeffreys, “we really mean it when we say that we’re grateful to supporters like The Portland Clinic Foundation!”

# ECOLOGY IN CLASSROOMS AND OUTDOORS \$1,500



For many of us, the landscapes of the Pacific Northwest—the Gorge, the mountains, rivers and forests, the coast—are central to our identity as Oregonians. They help define our sense of place and add meaning to our lives. But access to these landscapes isn't free: you need transport, time off work, money for travel, and knowledge of what's out there. Many low-income and underserved families have few of these resources, and as a result, many of Portland's kids have little exposure to, or appreciation for, the outdoors.

Ecology in Classrooms and Outdoors (ECO) was founded by two environmental educators to provide cumulative, comprehensive environmental learning opportunities while giving kids outdoor experiences that will make them love and value Oregon's wild places. Working in 15 primarily east Portland, Title 1 (low-income) schools, ECO provides long-term classroom and outdoor ecology lessons, service learning projects, and field trips for elementary school students.

**“...by learning about the world around them, they start to value it. It teaches kids that they can effect positive change and impact the future.”**

ECO executive director Gwendoline Van Doosselaere says, “What really drives ECO is connecting kids to nature. There's so much overlap between the outdoors, environmental justice, social justice, and health and wellness.” ECO not only provides kids with science skills, she says, “but by learning about the world around them, they start to value it. It teaches kids that they can effect positive change and impact the future.”

These transformations are often visible, Van Doosselaere adds. She speaks about one student who had never seen a waterfall before. “She had this look on her face of pure ecstasy; she started crying because she was so overwhelmed and excited. Sometimes the educational content matters less than how the kids feel when they're outside,” she says.

“Time and time again, we hear from kids that we're the favorite part of their schoolwork, and that shows how impactful this kind of education can be.”

# BIENESTAR \$2,000

Jenny Soriano believes that everyone has a right to safe, clean, and affordable housing, because she knows first-hand the difference it makes.

For 17 years, her family made its home in an apartment complex in Hillsboro which is now run by Bienestar, a nonprofit that provides affordable housing for low-income and farmworker families.

Soriano remembers what it was like before Bienestar took over. “There was a lot of delinquency, and the apartments were really ugly and dilapidated, with lots of cockroaches,” she recalls. Now, she says, it's clean, it's safe, the apartments have been modernized, and there's a strong sense of community among residents. “My life changed when Bienestar came in—we couldn't afford to move then, so Bienestar really made our lives better.”

Of course, Bienestar doesn't just provide affordable housing; it helps educate and empower its residents, providing them with the services they need to succeed. Soriano joined Bienestar's “Promotores” program, a leadership-training initiative where residents advocate for other residents by helping them access external services and join Bienestar programs (ESL classes, job and college counseling, free lunches, homework clubs, and more). Now, Soriano is deputy manager for the whole complex. “I love my job,” she says. “I get to help my neighbors—if they need food, or clothes, or a transfer to the hospital, I can help them.”

Bienestar also helps residents find their political voice. When an affordable housing bond was being considered by Metro, Soriano proudly testified in its support. “It was an opportunity to help all of the community—an opportunity to fight for everyone's right to a better life.”



# CHILDREN'S BOOK BANK

\$3,000



When Dani Swope's children started outgrowing their books, she wanted to donate them to families who couldn't afford them. Her local Head Start program enthusiastically received them, and Swope started hearing about other organizations seeking similar donations. "I realized that, if my family had books to give, so did other families: what the community needed was just a mechanism for getting books from getting from Point A to Point B," Swope explains. "And that's how the Children's Book Bank was born. Now we're distributing about 100,000 books a year to low-income kids."

The Children's Book Bank (CBB) operates on a simple principle that is backed up by decades of literacy research: if a child has books in the home, it's more likely that their parents will read to them, that they'll read on their own, and that they will stay on track with educational milestones. Many families lack the resources to have home libraries—in fact, one study reports that as few as one book per every 300 children exists in high-poverty neighborhoods. CBB helps solve those inequities by collecting new and used from people all over Portland, and then bundling

books into personal libraries of 14 age-appropriate books to be distributed to children by schools and nonprofit partners. CBB also partners with schools to operate end-of-year bookfairs, so that kids can choose books that they're excited about to read over the summer.

One of CBB's most innovative initiatives is "A Story Like Mine," which collects culturally diverse picture books for distribution. "Over 60% of the preschoolers CBB serves come from communities of color, yet less than 3% of the books donated each year feature diverse characters. It's important for kids to see themselves represented on the page!" Swope explains.

Ultimately, she says, books provide such powerful opportunities for families, from educational attainment to adult-child bonding time to opening young minds to the wider world.

**"We want all kids to have the same opportunities," Swope says. "All kids deserve books!"**

# COALITION OF COMMUNITIES OF COLOR

\$2,500



Few people think about the impact of institutional racism and socioeconomic disparities on an individual's health. Yet study after study has shown that social inequities and prejudice have a widespread and profound impact on personal wellness.

The Portland Clinic Foundation funds many frontline service providers working to treat the symptoms of social inequities, but we also are excited to support those working upstream for a permanent cure. Formed in 2001, the Coalition of Communities of Color (CCC) was established to research the local impact of social injustices, to build leadership amongst communities of color, and to use data and advocacy to advance racial justice through cross-cultural public policy initiatives.

Starting in 2008, CCC launched "Multnomah County: An Unsettling Profile," a series of detailed reports that

cast light on the lived realities of six of its coalition communities: African immigrants and refugees, African Americans, Asian and Pacific Islanders, Latinos, Native Americans, and Slavic populations. The organization's new "Leading with Race" report does similarly for Washington County. The culturally-specific data presented in these reports are having a broad impact on local and statewide policy, and are used widely by nonprofits, schools, and governments to inform programs that level the playing field and improve lives.

The data resulting from CCC's research are also essential to its other initiatives, which include extensive policy analysis and advocacy, Bridges (its culturally-specific leadership development program), the Research Justice Fellowship program, and capacity-building services for other racial justice nonprofits. CCC's data-driven focus has made it a prominent resource and thought leader, says Executive Director Marcus Mundy. Certainly, its impact is visible not just in improved legislation but also "in the many governments, schools, and businesses who now have equity managers and conduct equity assessments on new policies."



# HOLLYWOOD SENIOR CENTER

\$3,000

Tucked into a low-rise building near the iconic Hollywood Theatre, the Hollywood Senior Center (HSC) is unassuming compared to its grander neighbors. But inside, it's a lively place, with classes ending and workshops beginning, music playing, and conversations continuing for hours.

For Bill, a local senior, HSC changed his life. When he first started volunteering at HSC about a year ago, he was depressed, isolated, and overweight. Now, says HSC's executive director Amber Kern-Johnson, "he's lost almost 80 pounds, and coming here has given him friendships, confidence, and helped his overall mental and physical health."

For over 45 years, the Hollywood Senior Center has been an invaluable resource for elders like Bill. "We provide a wide range of services for older adults, most at no cost, as funding is barrier for the majority of our clients," says Kern-Johnson. Offerings include social opportunities (card groups, book clubs, singing); evidence-based movement classes such as tai chi, ping pong, and arthritis exercise; a farmers' market gleanings program; and culturally-specific events for Vietnamese seniors. But the Center is also "a watershed of information,

providing everything from housing and transportation assistance, to caregiving services, to long-term case management in cooperation with Multnomah County," Kern-Johnson explains.

Seniors love it for all of these reasons. For Liz, who turns 90 later this month, HSC was an obvious venue for her birthday party. It's her home-away-from-home: she plays cards, takes classes, and socializes with her friends there. But she is also falling less and walking better because of the tai chi classes she's taken at HSC.

Those classes wouldn't have been possible without The Portland Clinic Foundation's grant, says Kern-Johnson. "Without it, we would have had to stop offering two 48-session-long classes. These evidence-based programs abate physical and mental decline in people who otherwise wouldn't be

able to afford them. They also give seniors a real sense of connection," she says. "It's a great example of how a smaller grant can have a really big impact on the community."

**"We provide a wide range of services for older adults, most at no cost, as funding is barrier for the majority of our clients."**



# THE LIVING ROOM

\$1,000

If you think being a teenager is tough, try being an LGBTQ teen growing up in a small community with few peers and limited support resources. Until about twelve years ago, that was the reality for many Clackamas County youth—one county commissioner even said that the lack of support wasn't a problem because Clackamas didn't really have any queer youth.

Carolyn Russell knew otherwise. Russell's fourteen-year-old daughter Amanda had recently come out and was struggling with depression and loneliness. Russell started asking her daughter and her peers what they needed. The organization that resulted was The Living Room—a youth-led safe place for queer teens to relax, share stories, learn, teach, and grow empowered.

Twelve years on, The Living Room has found a permanent home in Oregon City, and its programming has expanded dramatically. Now, The Living Room hosts drop-in gatherings in Sandy, Estacada, Milwaukie, and Canby, and regular "gayme" nights, craft nights, open mic and

karaoke events, and movie parties. It also presents an alternative prom that last spring attracted 250 youth, holds an annual youth summit, helps schools start LGBTQ-focused clubs, and provides frequent education and training events for students, parents, support staff, and educators.

**"The \$1,000 from The Portland Clinic Foundation was a really significant amount—it allows us to provide the services that our youth want and need to feel that they have community."**

Despite this diverse programming, The Living Room still operates on a shoestring budget, its board chair Jefferson Morgan explains. "The \$1,000 from The Portland Clinic Foundation was a really significant amount—it allows us to provide the services that our youth want and need to feel that they have community."

While its budget may be small, The Living Room's impact is clearly outsized, as a letter it recently received from a program alum suggests.

Its conclusion meant the world to TLR staff and volunteers, Morgan said. It simply read: "The Living Room has saved my life and helped me to become a productive adult who is fighting for LGBTQ rights in my community."

# MORE 2018 GRANTEES

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## **PATHFINDERS NETWORK**

**\$3,500**

to mentor and support at-risk children whose families have been impacted by the criminal justice system

## **VILLAGES NW**

**\$3,500**

to help elders live independently and healthily by leveraging community volunteerism

## **TRAUMA INTERVENTION PROGRAM OF PORTLAND/VANCOUVER, INC.**

**\$2,500**

to sustain a volunteer network that provides emergency support to individuals at a moment of trauma or crisis

## **VOZ: WORKERS' RIGHTS EDUCATION PROJECT**

**\$2,500**

to empower, inform, and provide safe employment for vulnerable dayworkers

## **PAWS ASSISTING VETERANS**

**\$2,000**

to provide support dogs for veterans with PTSD

## **ASSIST**

**\$2,000**

to help disabled people experiencing homelessness or living in poverty to attain Social Security benefits and long-term stability

## **THE JESSIE F. RICHARDSON FOUNDATION**

**\$2,000**

to assist The Ties That Bind, a support and resources network for the growing number of grandparents raising their grandchildren because of parental addiction, criminal justice, or mental health challenges

## **MIRACLE THEATRE GROUP (MILAGRO)**

**\$2,000**

to support theatre productions that help build wellness, understanding, and community among Latino and general audiences alike

## **WILLIAM TEMPLE HOUSE**

**\$2,000**

to support individuals and families in need through emergency assistance (food, supplies, shelter, referrals), mental health counseling, and spiritual care

**TOTAL: \$40,000**

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“ I give because of who we grant to, who the Board comprises, and because our foundation values, especially equity, are consistent with my personal values. I give because donations go directly to the community, with no overhead. And I give because our grants reduce health disparities, are delivered with cultural humility, and promote involvement, respect, and community. I also appreciate that the grants are used by the community in a way that they choose, not that we choose. ”

– Jessica Binkley, PsyD



# WHY GIVE TO THE PORTLAND CLINIC FOUNDATION?

## Proven Impact

We give to organizations that improve community wellness, as selected through rigorous research and sector-specific analysis.

## Targeting Real Needs

We seek to support crucial organizations and communities underserved by other philanthropic programs.

## Contributions Go Farther

By pooling your contribution with others', your gift will stretch farther, providing nonprofits with larger grants so that they can address our city's most urgent needs with greater efficiency. Plus, because the Foundation's expenses are paid by the Clinic, 100 percent of every contribution will go straight to local nonprofits.

## Accessible, Fair Grantmaking

Unlike many foundations, we keep our grant application straightforward and offer unrestricted funding. We believe that an organization's success should be determined by its impact on the community, not by its ability to fill out complicated forms.

## Stronger Community

Giving back to the community helps bring people together, breaking down divides, creating shared understanding and experience, and building solidarity between donors and the people they serve. Help us to strengthen Portland's social fabric.

**100% OF EVERY CONTRIBUTION GOES STRAIGHT TO LOCAL NONPROFITS!**

# DONOR PROFILE

RONALD W. NAITO, MD



Since its rebirth in 2016, The Portland Clinic Foundation has been lucky to call Dr. Ron Naito a friend, advocate, and generous supporter. But when he announced his retirement this past August, Dr. Naito gave the Foundation two gifts that have accelerated the Foundation's growth dramatically: he established an endowment fund of \$250,000, and a community fund to accompany it.

Giving back to the community is nothing new to Dr. Naito—in fact, he has devoted his career to it. Although his family is well-known for its property development and mercantile successes, Dr. Naito chose the medical profession for a single reason. "I thought I would prefer to help other people. When you're a physician, you get paid to help other people—a physician is a very lucky person," he says.

It was a fortunate choice, both for his generations of patients and—he notes—for himself. "I've gained a richness from my interactions with my patients because I've heard so many life stories and learned

so much about human nature, in a way that you couldn't do any other way." Dr. Naito's deep dedication to each patient and to the complexities of their long-term care has led some colleagues to compare him to an old-fashioned country doctor, a comparison that he relishes. "I said guilty as charged. I truly am an old-fashioned country doctor—using modern technology!"

But Dr. Naito's commitment to helping others extends far beyond his exam room. "As a physician at The Portland Clinic for more than thirty years, I've helped many patients, but I have always felt that we can do more to help the greater Portland community, and that we need to reach beyond our roles as medical providers," he says. For decades, he has contributed to causes ranging from international medical aid to local cultural and educational organizations, applying the same thoughtfulness and assiduous research to his giving as he does to his patient care.

Accordingly, The Portland Clinic Foundation is deeply honored to receive his endorsement and support. "I am very pleased with the diversity and worthiness of the grant recipients chosen by The Portland Clinic Foundation," Dr. Naito says. "While I give to many charities, I decided to make a significant donation to the Foundation, which has a very bright future and the potential to make a major impact on the wellness of Portland."

Dr. Naito, thank you from everyone at The Portland Clinic Foundation, and thank you on behalf of all those that will benefit from your generosity in the years and decades to come.

# FINANCIALS 2015-2018

## FINANCIAL POSITION

	9/18/18	2017	2016
<b>Assets</b>			
Cash	59,587	64,145	73,304
Dr Naito endowment fund	250,000	-	-
Dr Naito community fund	10,140	-	-
Investments	-	-	-
Excise tax receivable	-	-	-
Contributions and grants receivable	5,683	-	-
Deferred tax asset	-	-	-
<b>TOTAL ASSETS</b>	<b>325,410</b>	<b>64,145</b>	<b>73,304</b>
<b>Liabilities and fund balance</b>			
Grants payable	-	-	-
Accrued Expenses	-	-	-
Payroll withholding	15,683	-	-
Excise tax payable	-	-	-
Fund balance	304,227	64,145	73,304
<b>TOTAL LIABILITIES &amp; FUND BALANCE</b>	<b>319,910</b>	<b>64,145</b>	<b>73,304</b>
<b>ACTIVITIES</b>			
<b>Revenue</b>			
Interest and dividends	-	-	1
Donations (net realized & unrealized)	305,966	32,097	42,073
<b>TOTAL REVENUE</b>	<b>305,966</b>	<b>32,097</b>	<b>42,074</b>
<b>Expenditures</b>			
Grants	50,200*	42,900*	10,000*
Financial management	-	-	-
Administrative expenses	-	(1,644)**	22,906
Federal excise tax	-	-	-
<b>TOTAL EXPENDITURES</b>	<b>50,200</b>	<b>41,256</b>	<b>32,906</b>
<b>EXCESS OF REVENUE OVER EXPENDITURES</b>	<b>255,766</b>	<b>(9,159)</b>	<b>9,168</b>
<b>FUND BALANCE, BEGINNING OF YEAR</b>	<b>64,145</b>	<b>73,304</b>	<b>64,136</b>
<b>FUND BALANCE, END OF YEAR (OR YTD)</b>	<b>319,910</b>	<b>64,145</b>	<b>73,304</b>

\*2018 is the conclusion of a 3 year, \$30k grant commitment to the Medical Society of Metropolitan Portland, granted prior to the Foundation's rebirth.

\*\*Received refund for 2016 expenses. The Portland Clinic now pays for all Foundation expenses.

# PLEASE JOIN US DONATE NOW AND HELP SUPPORT OUR WORK!

The Portland Clinic Foundation has grown dramatically over the last two years, but we still need your help. In 2018, we could only fund 15% of the \$280,000 requested by grant applicants. By donating today, you can help build happier, healthier communities across Portland!

## WAYS TO GIVE

How and when you contribute is up to you: a yearly check, a recurring monthly contribution, a one-time gift, a bequest, or a fund set up in your name to benefit this work in perpetuity. Contributions are tax deductible, and 100 percent of your gift will go back into the community via grants.

## DONATE ONLINE

Visit [www.theportlandclinic.com/foundation/donate](http://www.theportlandclinic.com/foundation/donate). It's easy!

## DONATE BY MAIL

Mail a check to:  
The Portland Clinic Foundation  
1221 SW Yamhill St., Ste. 400  
Portland, OR 97205

## MORE WAYS TO DONATE

To donate stock, leave a legacy gift, or become a business contributor, please reach out to us. If you are on The Portland Clinic payroll, you can contribute by payroll deduction. All it takes is a quick one-time form; all contributions are tax deductible.

## HAVE QUESTIONS? WANT TO LEARN MORE?

The Foundation's Executive Director Kris Anderson would love to hear from you! Email her at [kanderson@tpcllp.com](mailto:kanderson@tpcllp.com) or call 503.221.0161 x 2154.

# THANK YOU!

Thanks to the leadership of its board and the generosity of its supporters and advocates, The Portland Clinic Foundation has had a remarkable first two years of full operations! We are grateful to the following donors for their commitment to advancing community wellness:

Jason Achor  
Dr. Roger & Barbara Alberty  
Jamie & Michael Anderson  
Kris Anderson & Michael O'Brien  
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