

THE PORTLAND CLINIC

FOUNDATION

advancing community wellness 2019





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.

OUR MODEL

We offer unrestricted small grants 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 support.

OUR GRANTS

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. Our expenses are paid by The Portland Clinic, which means that 100 percent of your contributions go to support Portland's most urgent causes and innovative nonprofits. To learn more, read on!

WHO WE ARE

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LETTER FROM OUR CHAIR

Dear Friends,

I am honored to have been on The Portland Clinic Foundation board since it was reawakened in 2016, and it is a pleasure to be a part of an organization that is so intentional and thoughtful in its giving. Stepping into the role of chair is a whole new challenge but an exciting one.

I have also served on the grants committee, and I know the many hours that are put into reviewing applications and selecting grant recipients. These decisions are rarely easy, but I am very pleased with the nonprofits that were chosen this year: they operate in diverse areas—education, the environment, equity and inclusion, refugee services, houselessness and food insecurity, the arts, and more!

I am also proud that each year we have been able to increase our giving. This year we gave \$60,000 in grants to 28 nonprofits—double what we gave in 2017, our first year of grants! We are grateful to all of our donors and volunteers, not only for the time and money but also for their enthusiasm for building this Foundation.

We are particularly grateful to our lead donors, like Dr. Ron Naito who established our first endowed fund.

We have lofty goals for the future of The Portland Clinic Foundation. Every year we receive far more grant applications than we can support, and we know we can do even more. Our goal is to grant \$100,000 in the year 2021. To do so, we'll need your help. Please read on: find out more about what we do and who we serve, and consider joining us in this effort!

Warmly,



Oana Enea, DO, Board Chair

Recent Highlights



60,000

dollars given in 2019,
a 100% increase
from 2017



300

percentage
increase in annual
donors since 2017



16,000

estimated dollar
value of in-kind
goods donated
to 21 partner
nonprofits



8,000

dollars given
by Providence
Community Health
Division to match
TPCF grants to three
organizations

OUR STORY

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

The Portland Clinic Foundation distributed its first round of grants in 2017, giving \$30,000 to sixteen remarkable nonprofits. In June of 2018, we selected seventeen organizations to receive a total of \$45,000 of funding, an increase of 50% from 2017. This year, we granted \$60,000 to 28 diverse and impactful nonprofits!

Through its grants, The Portland Clinic Foundation supports organizations ranging from frontline service providers, to quality of life initiatives, to advocates for systemic change. We are proud that, in an era that often feels divisive, the foundation is actively supporting organizations that bring our community closer together, that work towards justice and equity, and that help all our communities to live more healthily and happily.



75

number of
14-book home
libraries provided
to low-income
children through
grant to Children's
Book Bank



204

number of
low-income seniors
that participated in
48-week healthy
movement classes
through grant
to Hollywood
Senior Center



467

number of
Latinx students
that participated in
exercise and health
residencies assisted
by grant to Milagro
Theatre's UNIDAD
project



175

number of
low-income
and unhoused
people helped
with emergency
rent, utilities, and
prescription assistance
through grant to
William Temple House

Meet Our 2019 GRANTEES



Clackamas Service Center

Back in the early 1970s, Anna Jones and two friends pooled their bingo winnings and bought a dilapidated old church to provide food, warmth, and basic necessities to neighbors experiencing hunger and homelessness. Today, the Clackamas Service Center (CSC)—which is located off the Springwater Corridor and SE 82nd Avenue—has become an essential resource for some of greater Portland's most underserved communities.

CSC has “a 46-year tradition of providing food relief and trauma-informed services to thousands of individuals and families across the Portland Metro area each year who are struggling to meet their basic needs,” explains director Debra Mason. “Members of the CSC community can

enjoy a served meal, ‘shop’ for food, and look for housing—plus much more—all in a single visit.”

“These are special people. They gave me a piece of my dignity back, and I have housing today because of them. That’s pretty special to me!”

CSC’s community has proven life-changing for client Julie, who became unhoused after a divorce and was later beaten in her tent with a torque wrench. Left concussed and terrified, she found a home at CSC. “I feel safe here. That’s a big thing when you’re homeless,” Julie says. “I’ve come here for meals, showers, a haircut, dental care, housing, all of the tools you

need here, they have it. These are special people. They gave me a piece of my dignity back, and I have housing today because of them. That’s pretty special to me!”



Familias en Acción

The healthcare system can be dizzying for anyone to navigate, but for low-income Latinos, accessing regular care comes with additional barriers.

Izzy Ventura Meda, the executive director of Familias en Acción, explains that many Latinos “have been raised in a culture where we regard taking care of ourselves as a luxury. We don’t really visit a doctor unless it’s really serious. Plus, many Latino families rely on their children as healthcare translators, which is another challenge.”

Familias en Acción was founded to support Latino Oregonians with culturally-specific health and wellness resources. Although Familias only has five full-time staff, it provides families with a remarkable array of services across the state, including: community health workers to assist patient navigation;

“...before this, he didn’t have friends or people he could trust; now he has friends, support, resources, and help with disease management. Our work changes people’s lives.”

health education and support groups (for many chronic illnesses, diabetes prevention, and epigenetic health risks); food equity advocacy and nutrition guidance; cultural competency training for health professionals; and an annual professional conference focusing on Latino health and wellness.

“We matter in people’s continuum of health. The types of interventions we’re doing are literally transformative,” Meda says. “For example, The Portland Clinic Foundation’s grant helps fund a Spanish-language support

group for chronic illnesses. José, a gentleman with renal disease, drives all the way from Vancouver to be a part of this group. He says before this, he didn’t have friends or people he could trust; now he has friends, support, resources, and help with disease management. Our work changes people’s lives.”



Ms. Flowers struggled with mental health issues for much of her life, but as she grew older, her symptoms worsened. She moved from state to state, struggling to hold down jobs, and eventually ended up living on the streets of Portland. To Mellani Calvin, director of ASSIST (Assertive SSI Service Team), Ms. Flowers is the victim of a glaring systemic problem. “How many adults with disabilities fall through the cracks? The cracks are really big.”

ASSIST was created to help people like Ms. Flowers, who have long-term mental health, developmental, and physical disabilities, to receive the social security benefits that will help them live, find housing, access care, and hopefully thrive. Oftentimes, the paperwork needed to claim

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these benefits is well beyond the capacity of those who need them most. Even for ASSIST’s team of professionals, each case often involves between 15-50 hours of legal paperwork depending on whether the case is appealed.

“Most of the people we help have already tried to apply once, and are destitute for income and deflated by the whole process,” Calvin says. The benefits are less than \$800 a month, but that money can be life-changing to an individual—it can make all the difference. “Providing someone like Ms. Flowers

with permanent income is transformative,” Calvin says. “We hear all the time that we’re a godsend to people. I’ve been at this 18 years, and we do the happy dance with every single case we win!”



Family of Friends Mentoring

For parents working hard to make ends meet, it can be difficult to provide enrichment activities for their children on top of everything else. Family of Friends Mentoring (FFM) fills that gap by providing kids from low-income Gresham families with a vetted adult mentor who helps take some of the pressure off of parents while helping kids build the skills and relationships they need to lead their fullest lives.

For families and kids alike, the “mentor is often a breath of fresh air,” says Michelle Kosta, FFM’s executive director. “We see our program as a bridge, connecting kids and families with healthy relationships and activities outside of home and school, so that ultimately, kids can grow up to live meaningful, healthy, and connected lives.”

“Our organization is honored to walk alongside kids, families, and volunteers to deepen community ties, help kids realize their inner strengths and talents, and most of all, experience joy in this place we call home!”

Mentors come in all shapes and sizes, says Kosta, and FFM is always seeking volunteers to help build kids’ social and emotional skills through

play. Mentors make a huge difference in these kids’ lives, Kosta says, recounting one parent who declared, “I put the roof over Addie’s head, but her mentor lights her spark.”

Ultimately, everyone at Family of Friends shares the same straightforward goal, says Kosta. “Our organization is honored to walk alongside kids, families, and volunteers to deepen community ties,

help kids realize their inner strengths and talents, and most of all, experience joy in this place we call home!”



Portland Street Medicine

It's no secret that homelessness is an urgent challenge for our city. Oregon has the 4th highest rate of homelessness in the nation, and in recent years, Portland's rate of chronic homelessness has increased at twice the national rate. Moreover, 72% of Portland's homeless live with a chronic disabling condition and few have regular access to healthcare. As a result, people experiencing homelessness also suffer a disproportionate rate of premature death: the average life expectancy of an unhoused person is just 47 years.

"It makes me feel great because we've needed this for a long time. You guys are wonderful."

These statistics were unacceptable to the founders of Portland Street Medicine (PSM). They came together in early 2018 to form a volunteer team of physicians, nurses, social workers, care managers and lay people dedicated to improving the health of Portland's most forgotten community members. Unlike stationary clinics that serve only those

who can get to them, PSM's teams go out to encampments all over greater Portland. There, they provide not only immediate acute care and essential primary care, but also build the trust and relationships needed to connect people to more sustained and integrated services.

In its short history, PSM's patient numbers have grown steadily ever since its creation. "It makes me feel great because we've needed this for a long time," says one PSM client. "You guys are wonderful."

Dan Bissell, PSM's co-founder, says that as a new nonprofit, community support for their work is essential. "Portland Street Medicine is bringing healthcare to our community's most vulnerable members, and we are grateful for the support of The Portland Clinic Foundation as we grow and scale our program."



The Rosewood Initiative

Straddling the border of Portland and Gresham, the Rosewood community is one of the metro area's most diverse neighborhoods, with residents hailing from all over the world. It has also historically been one of the region's most under-resourced communities, with high poverty, inadequate public transit and parks, few jobs, and education and health outcomes that fall below regional averages.

In 2009, the residents of Rosewood came together to change that narrative. They created The Rosewood Initiative, a space where people could celebrate community, access resources, and work for positive change. Today, the organization is robust and essential, powered by staff and volunteers who advocate for community unity, wellness, and economic opportunity.

Rosewood's programs are as diverse as its neighbors, ranging from mental health and public transit

advocacy, to hosting Zumba classes, Latina support groups, and Middle Eastern bake sales. They partner with Portland Parks on music lessons, Worksource on job and college prep, Outsideln for walk-in medical care, and p:ear for free bike repair. One of Rosewood's most heartwarming programs is Refugee and Immigrant Hospitality Outreach, which builds lifelong friendships between old and new Portlanders.

For Marissa Clarke, Associate Director of Rosewood, all of this is for a single purpose: to improve the community's present and future. "Seeing neighbors give their time to ensure [Rosewood's] children grow up to seek parity with the rest of our region in experiences and opportunities—that's why we do this," she says. "We all have to help create opportunities, especially for our next generations."

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Growing Gardens

Not everyone has access to healthy food, much less the knowledge and space to grow their own. But Growing Gardens, a Portland-based nonprofit founded in 1998, is working hard to change that. What started as a project for low-income families has since flowered into an organization that advances economic and racial equity, rehabilitates those in the criminal justice system, empowers families and communities, and mentors the next generation, all through nutrition and gardening education.

“We believe access to healthful, culturally appropriate food is an inherent right,” says executive director Jason Skipton. “The key goal of Growing Gardens is self-sustainability, where you can grow your own food, rely on your own skills, and provide for your

“The key goal of Growing Gardens is self-sustainability, where you can grow your own food, rely on your own skills, and provide for your own family.”

own family.” Through partnerships with schools, 13 correctional facilities, and thousands of households, Growing Gardens teaches participants how to grow, eat, thrive, and get their hands dirty in the Pacific Northwest.

Growing Gardens’ essential work wouldn’t be possible without its expert staff and army of dedicated volunteers. But funders, Skipton says, are important too. “We are thankful for The Portland Clinic Foundation’s grants, as unrestricted funding is extremely difficult to come by,” he notes. “Many philanthropic

organizations are looking to back a new project or supply new materials, but what’s the use of being able to purchase 30 new shovels if you don’t have the ability to hire someone to coordinate the volunteers to use them?”



Voz: Workers' Rights Education Project

Most people have had jobs where they've felt exploited, but few of us have had jobs which were actively unsafe. For day laborers, however, wage theft, violence, and unsafe conditions are real threats: getting in the car with a stranger and going to a place that you don't know means that every day brings new risks.

Voz: Workers' Rights Education Project was formed in 2000 by day laborers who decided that in order to ensure safe, fair treatment, they needed a community and a voice. Day laborers are diverse: almost 50% are unhoused and trying to get back on their feet; others need secondary income; while others are recent immigrants or refugees. Voz' services are diverse, too, and include trainings on employment rights and skills development, transit passes, community events, and a

"This place is a stepping stone to better work—it's one of the best places to get back up on your feet."

bank of day employers who have agreed to fair wages and treatment.

"Voz is important because here, people respect us and we have agency," says Cyrus, a worker originally from Mexico. Krystal, a West Coast native, agrees, "This place is a stepping stone to better work—it's one of the best places to get back up on your feet."

Andrea Berg, Voz's development director, summarizes its work simply. "In America, we define ourselves by our work. People here are working hard and trying to improve themselves. Give them fair working hours. Give them breaks. Give them

water. Give them shade. Pay them! Maybe that sounds radical, but it shouldn't. We need to make sure that people's rights are being respected as Americans, as humans."

More 2019 Grantees

4th Dimension Recovery Center

Supporting North Portland youth-led addiction and alcoholism recovery services, mentorship, and community for young people.

Basic Rights Education Fund

Funding its transgender leadership program.

Coalition of Communities of Color

Supporting demographic research into systemic racial inequities. Also a 2017 & 2018 grantee.

Ecology in Classrooms and Outdoors

Expanding access to healthy environments and STEM learning for students in Title 1 schools across greater Portland. Also a 2018 grantee.

Good Neighbor Center

Providing financial support to help low-income families stay in their homes and houseless families to regain affordable housing. Also a 2017 grantee.

MIKE Program

Empowering youth to be health leaders.

Miracle Theatre Group

Supporting capacity building for this important Latinx-led theatre company. Also a 2018 grantee.

Music Workshop

Developing free online curricula to ensure a deeper exposure to music in the schools.

Neighbor to Neighbor - Mt. Scott Church

Supporting all-volunteer program to connect Lents neighbors with free services and helping hands.

Oregon Environmental Council

Supporting this eminent and impactful environmental organization.

Portland Meet Portland

Connecting immigrants and refugees with mentors, ESL classes, and professional and development opportunities, and to connect established Portlanders with new Portlanders.

Self-Enhancement Inc.

Funding county-wide youth services and family programs for this prominent African American-focused mentoring organization.

Store to Door

Increasing culturally-specific outreach to homebound elders and people with disabilities who would benefit from free, individualized grocery deliveries.

Take Action, Inc.

Abating childhood hunger by supporting a weekend food backpack program at many Title 1 schools.

The Living Room

Providing a safe space, resource center, and empowerment for LGBTQ youth living in Oregon City and rural Clackamas county. Also a 2018 grantee.

The Shadow Project

Expanding trauma-informed care for low-income students with dyslexia, ADHD, autism, and other learning disabilities. Also a 2017 & 2018 grantee.

Urban Gleaners

Supporting the collection of fresh, nutritious food that would otherwise be thrown away and the distribution of it to individuals and families experiencing food insecurity.

Village Gardens -

Janus Youth Programs, Inc.

Mentoring youth in running a farm and business, and to providing healthy food and farming-related employment opportunities.

With Love Oregon

Helping to coordinate the distribution of free resources and goods to new foster families and children entering foster care.

“The Foundation has a set of values that I really identify with pertaining to community wellness. Those values perpetuate the whole goal of addressing social, cultural, environmental, and economic needs that impact the circumstances of people’s lives. The resources provided by The Portland Clinic Foundation to achieve that goal will help build a stronger community.”

–Doug Capps, patient



WHY GIVE

To The Portland Clinic Foundation

Proven Impact

We give to nonprofits that improve community wellness, as selected through a rigorous application evaluation process.

Targeting Real Needs

We support smaller nonprofits and crucial organizations and communities underserved by other philanthropic programs.

Contributions Go Farther

By pooling your contribution with others', your gift will help give bigger grants to nonprofits so that they can better tackle our region's most urgent needs. 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

People who give help bring communities closer, breaking down divides, creating shared understanding and experience, and building solidarity between donors and the people they help. Help us to strengthen greater Portland's social fabric.

100% OF EVERY CONTRIBUTION GOES STRAIGHT TO LOCAL NONPROFITS!

DONOR PROFILES

Prasanna Chandran, MD

A family practice doctor at The Portland Clinic's Beaverton branch, Prasanna Chandran, MD, has been one of The Portland Clinic's earliest and most enthusiastic supporters. Her reasons for giving to the foundation are many, she says. "The biggest reason is that I know that my colleagues on the grant selection committee put a lot of thought into what organizations would best use these funds and how these organizations impact community health."

"I also know that many of the nonprofits we fund help benefit and improve the care of my patients, so that's another reason I like it. And I've enjoyed learning about our grantees. There are so many organizations in our community that I've never even heard of, and the foundation is a great way for my contributions to support these smaller groups who are impactful but who weren't on my radar."

Giving back to the community is important to her, Dr. Chandran says. "It's something I've done every year since I've had the means to. I don't have a lot of time, but I can donate, and it's important to me to support the foundation's work!"



Marjorie Miyasako

Marjorie Miyasako is a dream volunteer—the kind of smart, dedicated person every nonprofit needs. Take Action, Inc., one of The Portland Clinic Foundation's 2019 grantees, is the lucky beneficiary of her energy. Doing everything from program start-up to grantwriting, Miyasako helps Take Action combat childhood hunger by distributing food backpacks for food-insecure students to use over the weekend so that they return to school on Mondays with full bellies, ready to learn.

A long-time patient of The Portland Clinic, Miyasako learned about the foundation's grants program from another patient and applied on behalf of Take Action. After the application was funded, she made a donation to The Portland Clinic Foundation, becoming the first foundation grantee who then also became a donor! She explained why:

"I always had a soft spot in my heart for The Portland Clinic. Our whole family has been going there since 1990, and the clinic has always come through and given us excellent care. When I learned about your foundation, I thought, yes, I'm going to apply for a grant, but I also want to support other organizations. I'm really grateful for the opportunity to give to you, too! I felt I really need to donate. You do such great work, and I want to give back!"

FINANCIALS 2017-2019

FINANCIAL POSITION

	8/31/19	2018	2017
Assets			
Cash	53,685	59,410	64,145
Dr Naito endowment fund	-	250,000	-
Dr Naito community fund	40,740	10,740	-
Investments	250,000	-	-
Accrued investment income*	5,299	-	-
Other receivable	-	68	-
Contributions receivable	10,069	5,640	-
TOTAL ASSETS	359,793	325,858	64,145
Liabilities and fund balance			
Grants payable	-	-	-
Fund balance	359,793	325,858	64,145
TOTAL LIABILITIES & FUND BALANCE	359,793	325,858	64,145

ACTIVITIES

Revenue			
Accrued Interest and dividends*	2,032	-	-
Donations (net realized & unrealized)	92,603	319,714	32,097
TOTAL REVENUE	94,634	319,714	32,097
Expenditures			
Grants**	60,700	58,000	42,900
Administrative expenses***	-	-	(1,644)
TOTAL EXPENDITURES	60,700	58,000	41,256
Excess of revenue over expenditures	33,934	261,714	(9,159)
Fund balance, beginning of year	325,858	64,145	73,304
Fund balance, end of year (or YTD)	359,793	325,858	64,145

*As of 7/31/2019

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

***All administrative expenses paid by clinic

PLEASE JOIN US!

Donate Now And Help Support Our Work

The Portland Clinic Foundation has grown dramatically in the last three years, but we still need your help. In 2019, we could only grant to 33% of the organizations that applied. 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, stock, or a fund set up in your or a loved one's name to benefit this work in perpetuity. Contributions are fully tax deductible, and 100 percent of your gifts will go back into the community via grants.

Donate Online

Visit 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 or call 503.221.0161 x 2154. Thank you!

THANK YOU

To Our 2018-2019 Contributors!

A huge thank you to all our generous contributors—thank you for your leadership and for your commitment to advancing community wellness! Special thanks to Ronald W. Naito, MD for his leadership in establishing two permanent funds at the Foundation.

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