

THE PORTLAND CLINIC

FOUNDATION

advancing community wellness 2023-2024



Blondie getting a checkup
at 2023-2024 Grantee,
Portland Animal Welfare Team

ABOUT The Portland Clinic Foundation

What We Do

The Portland Clinic Foundation advances health and well-being by supporting worthy causes, facilitating volunteerism and activism, and investing pooled funds into vetted, local nonprofits.

How We Work

We distribute grants to local nonprofits and provide them with crucial, multi-faceted support to help elevate and scale their impact.

Who We Fund

The pooled funds that we distribute support innovative, grassroots and emerging nonprofits that serve under-resourced and overlooked community members.

What Makes Us Unique

The Portland Clinic Foundation mobilizes a passionate community of changemakers, caregivers and community advocates, leveraging our collective strengths to fuel local nonprofits and build a stronger, healthier Portland.

Why This Matters

We believe that a thriving Portland — one that elevates the health and well-being of all residents — depends on each of us playing a vital role, whether through our time, talent, resources or advocacy. In Portland, many small nonprofits are rich in vision and solutions for a more just future but lack the resources to effect transformative change. By lifting up these changemakers, we strengthen the health and well-being of our entire community.



Scan the QR code
to learn more
about TPCF

WHO WE ARE

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Alesia Griffin
Gabriella Okken
Nathan Peters
Stacy Rudy, PA-C
Walter Smith, M.D.

Executive Director

Amy Rigby
arigby@tpcllp.com

LETTER FROM OUR CHAIR

In the fall of 2024, it was my great honor to become The Portland Clinic Foundation’s board chair. In the months since, many changes have occurred nationally and locally in Portland. I am excited and grateful for the opportunity to lead during these crossroads.

Times of change require agile feet. However, the most vulnerable among us often are the least nimble and have the least stable support. More than ever, we need to rely on each other to ensure that everyone thrives in this new era.

The greater Portland area is home to more than 2,000 nonprofits. Every dollar donated into the foundation is distributed out to local nonprofits that will most benefit.

Each year, The Portland Clinic Foundation receives many more applications for partnership than we can fulfill. I greatly appreciate these worthy applicants for their good work, and I wish we could help them all.

Our grants committee takes meticulous care to ensure that our funds are spent wisely. In the following pages, you’ll see examples of the diversity and breadth of grantees who have received foundation support.

Thank you to our donors and volunteers, who further The Portland Clinic Foundation’s mission of advancing holistic wellness in our community. With your support, the foundation has continued to expand its reach over the last two years — including making a record-breaking investment of \$120,000 in local nonprofits in 2024.

The Portland Clinic Foundation is composed of people like you — patients, colleagues, business partners, providers and community members — from The Portland Clinic and beyond. Each of these groups is represented on our board or in our committees. I invite you to attend one of our board meetings or join us in whatever way you can.

The foundation needs your help to continue its drives, grants and volunteerism. Together, we can make a difference.



With gratitude,

Albert Khine, M.D.
Board of Directors, *Chair*
The Portland Clinic Foundation

FOUR Ways to Give

Donate

Make a gift online, by mail, or at a donation box at any branch of The Portland Clinic. Consider honoring someone special with a memorial or tribute gift.

Step Up and Serve

Lend your time and talents — volunteer for special projects, serve on our board or one of our committees, or become a Portland Clinic Foundation Ambassador to champion our mission.

Gather and Give Generously to Others

Inspire activism among your friends and networks by collecting contributions for our quarterly in-kind donation drives, where you can drop off essential goods for local nonprofits and the people they serve.

Grow Your Connection With Community

Sign up for updates, news and volunteer opportunities by text or email, or request a meeting, phone call or virtual check-in to start the conversation.

Why Get Involved

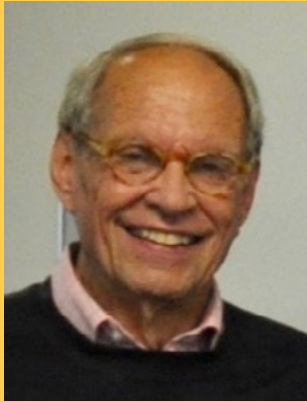
The Portland Clinic Foundation empowers you to:

- Give back effortlessly. Support local causes in a simple, meaningful way.
- Stay present and connected. Get frontline updates on urgent issues and bold action opportunities.
- Grow personally and professionally. Gain purpose, skills and insights.
- Find your cause. Connect with issues that align with your values.
- Join a movement. Be part of a community of passionate changemakers.

In Memoriam

“The foundation has a set of values I really identify with... I like knowing that 100% of my donation goes to pre-vetted local charities.”

–Doug Capps



We honor the memory of Doug Capps, a lifelong Portland resident who served as Secretary of our board from 2016 until his passing. Doug was a beacon of positivity and an unwavering champion of community wellness. He will be dearly missed on our Board.

OUR TEAM IN ACTION

Payroll Giving

We're continually inspired by the generosity of The Portland Clinic staff members and providers who give through recurring payroll contributions. These contributions are a powerful reflection of their ongoing commitment to advancing community wellness. Together, these gifts add up to real impact, demonstrating that giving back isn't just what the clinic team does — it's a reflection of who they are.

Online Auction

Our online auctions have been a true team effort, with staff members and providers of The Portland Clinic stepping up as both generous donors and enthusiastic bidders. It's a fun and collaborative way for the clinic to support our foundation while celebrating the creativity and community spirit of the workplace.

Candy Grams

Each year, our team spreads a little sweetness by assembling Valentine Candy Grams for purchase. We deliver these within The Portland Clinic to support the foundation and to brighten someone's day with messages of appreciation.



Calendars for a Cause

The Portland Clinic's annual printed calendar captures moments of beauty through images taken by staff members and providers. Every calendar sold directly supports the work of our foundation.

In-Kind Goods Drives

Our seasonal in-kind goods drives are hands-on ways for our donors to come together and support our community by collecting essential items that go directly to local nonprofits and the people they serve.

Bottledrop Gives

Each branch of The Portland Clinic proudly participates in Bottledrop Gives, collecting redeemable bottles and cans to support the foundation's mission. It's a simple, everyday way to turn recyclables into real community impact. We could use your help, too!

By the Numbers



100

Percentage of dollars raised that fund our grantmaking



106

Number of grantees funded in our first eight years



\$685,000

Dollars invested into our community since 2016



51

Percentage of grantees that received first-time funding in the last two grant cycles



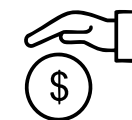
102,000

Estimated value of in-kind goods donated to local nonprofits over 8 years



1:2

Ratio of first-time grant committee members, ensuring we stay innovative with new ideas



95

Percentage of grantees that operate with a budget of less than \$1 million



30

Percentage of fundraising revenue that comes from dedicated monthly donors

BUILDING A Better Future

Partnering With The Portland Clinic Foundation Has a Long-Term Impact

Support from the Portland Clinic Foundation is ideal for nonprofits in startup or growth phases, where small gifts can propel long term success. We're proud to have been early partners with local nonprofits who've since reached the edge of our strategic funding parameters. Their success is precisely what we aim for—helping bold, community-rooted organizations build momentum and eventually outgrow the need for our support.

The following examples—and many others—are proof that the right investment at the right time can be transformative.

Rose Haven

When Rose Haven first partnered with our foundation in 2018, it was a small, grassroots nonprofit with five staff members and a modest budget. Since then, it has grown into a regional service provider with over twice the staff capacity, nearly 600 volunteers, and a 10,000-square-foot trauma-informed service hub. As a day shelter and community center serving women, children and gender non-conforming people experiencing the trauma of abuse, loss of home and other disruptive life challenges, Rose Haven has expanded far beyond its roots.

Clackamas Service Center

The support of the foundation came at a pivotal time, as Clackamas Service Center navigated increasing costs and growing community needs. In addition to providing food aid, the nonprofit was able to update their service building in 2024. This structure contains health and hygiene programs, including a health clinic, clothing closet, hot showers and laundry facilities.

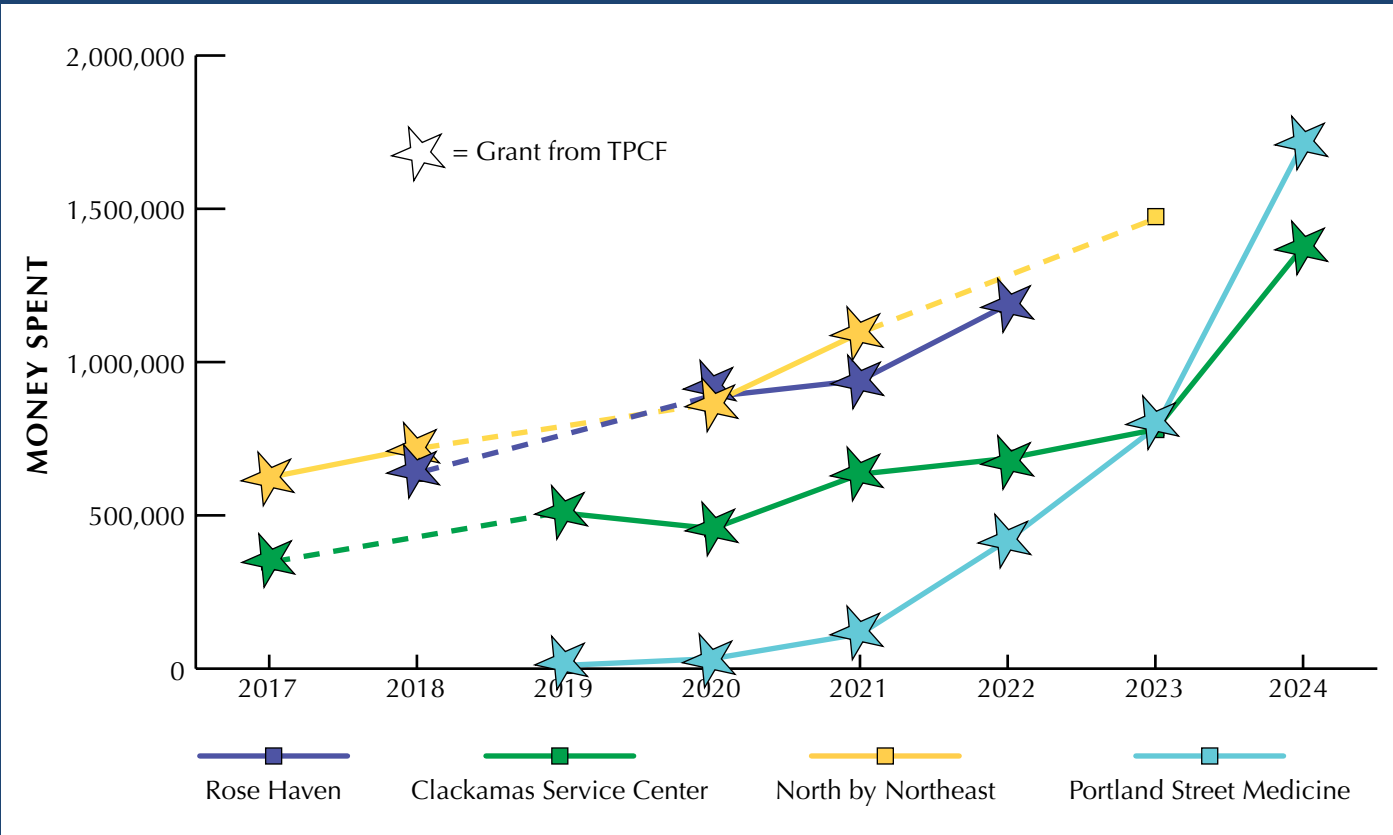
North by Northeast Community Health Center

Targeted grants totaling \$12,500 from the foundation helped North by Northeast Community Health Center expand its reach and double its patient base in just four years. Today, the nonprofit improves hypertension outcomes by nearly twice the national average and provides culturally specific care to hundreds of Black Oregonians.

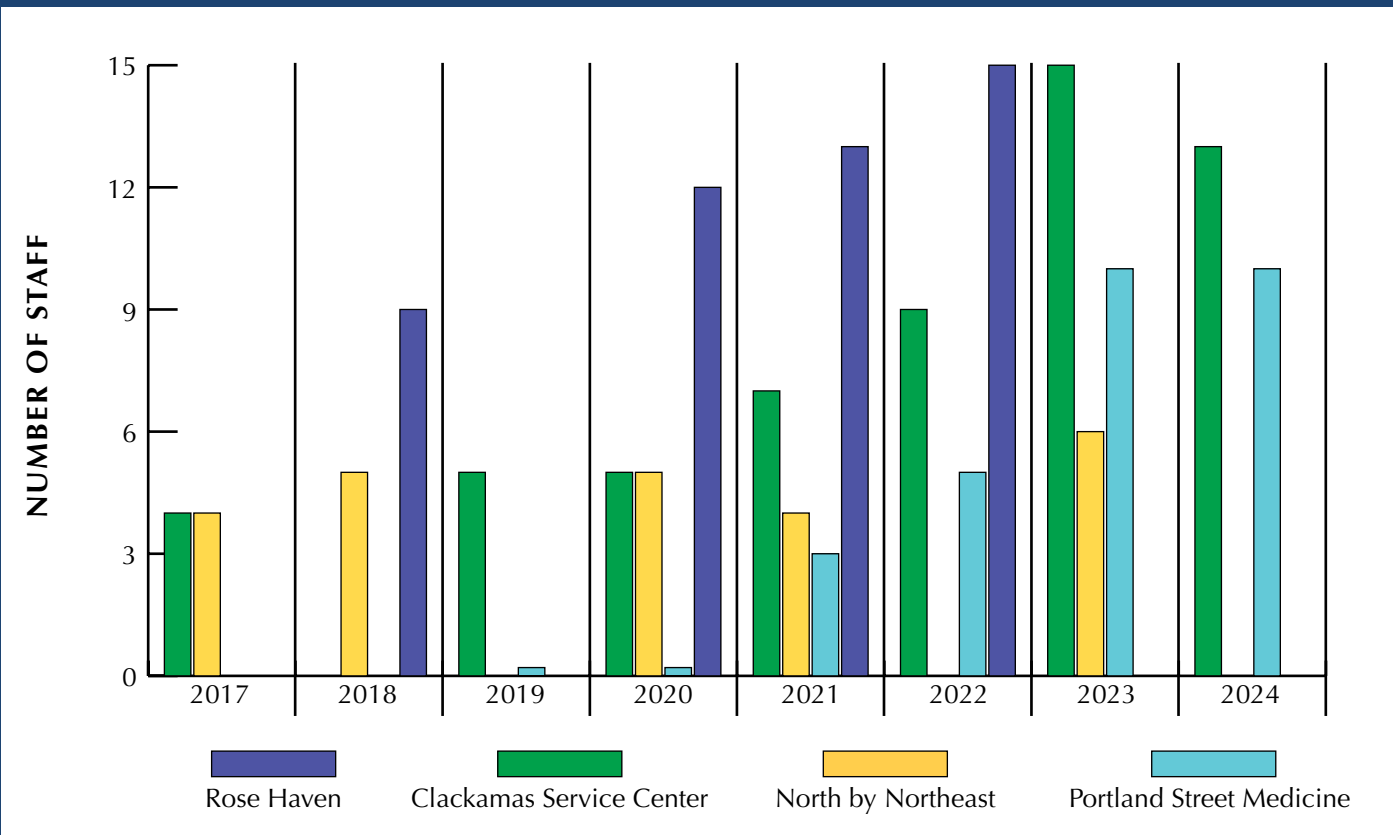
Portland Street Medicine (PSM)

With \$29,000 in support from the foundation over six years, Portland Street Medicine scaled up from an all-volunteer pilot project to a nationally recognized, street-based care provider serving more than 2,000 patients annually. Strategic investments helped PSM build infrastructure, hire staff, launch an award-winning wound-care program and become a critical part of Portland's homelessness response system. They tell us: "Thank you for your approach to trust-based grantmaking and for being one of the few funders to grant general operating funds. It's so important to our ability to stay responsive to community needs."

Growth of Nonprofit Partners – Expenditures



Growth of Nonprofit Partners – Staffing



Adaptive Sports Northwest

ASSIST

Baby Blues Connection

Children's Healing
Art Project

Clackamas Service Center

Clackamas Volunteers
in Medicine

Clay Street Table

Color Outside the Lines

Dress for Success Oregon

El Jardín

Every Body Athletics

Family Justice Center of
Washington County

Family of Friends Mentoring

Grow Portland

H.E.L.P. Inc.

Honoring Our Precious
Elders, Inc.

Hygiene4All

Ikoi no Kai

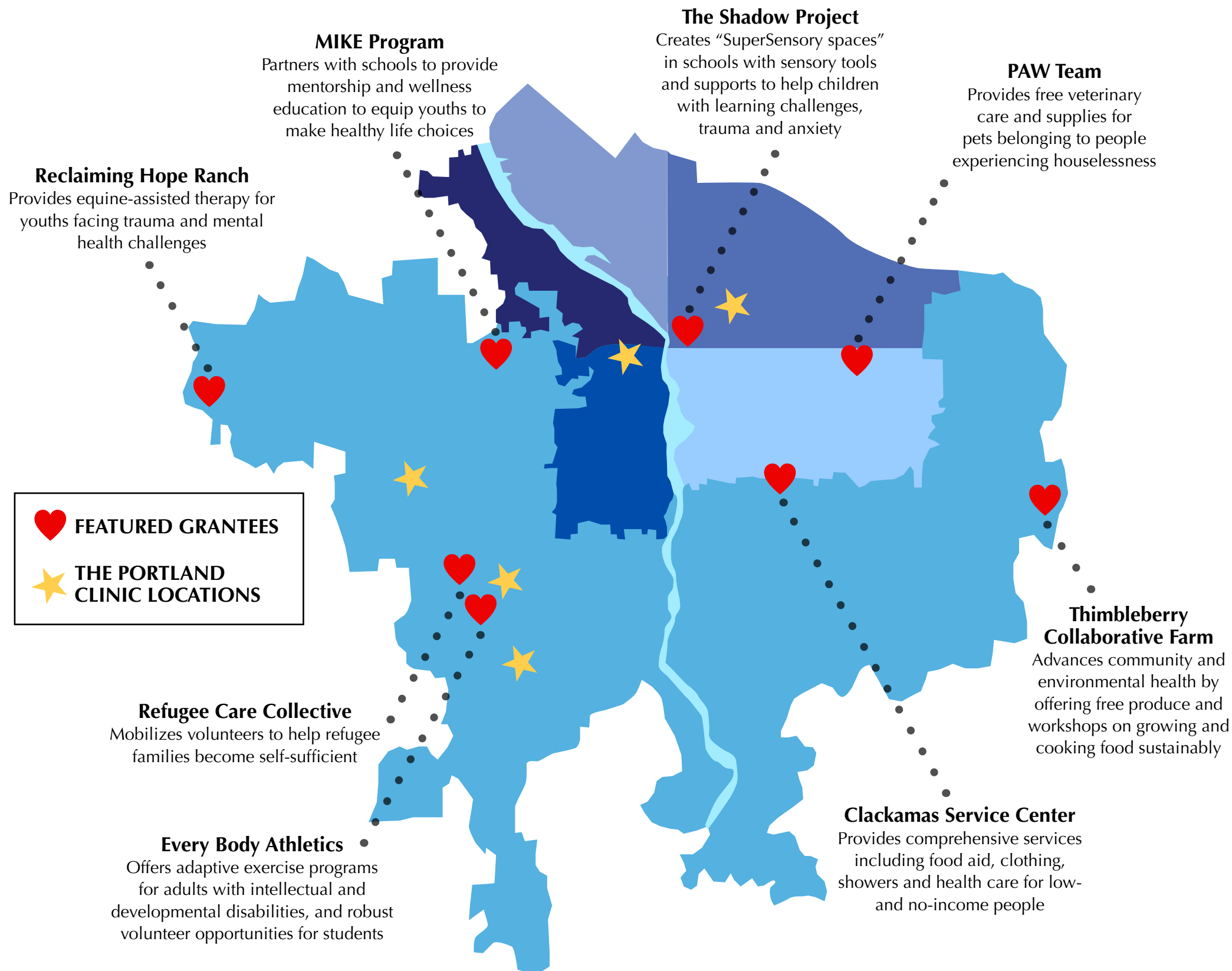
Lift Urban Portland (Lift UP)

MIKE Program

Miracle Theatre Group

Mt. Hood Kiwanis Camp

My Voice Music



Northwest Instituto Latino

Open Hearts Open Minds

Oregon Latino Health
Coalition

Portland Animal Welfare
(PAW) Team

Portland Fruit Tree Project

Portland Street Medicine

Rahab's Sisters

Raíces de Bienestar

Reclaiming Hope Ranch

Refugee Care Collective

ReFIT – Remodeling for
Independence Together

Returning Veterans Project

Senior Advocates for
Generation Equity

Squires

Steps for Youth

The Nick Wilson
Charitable Group

The Shadow Project

Thimbleberry
Collaborative Farm

Wheel to Walk Foundation

WomenFirst Transition &
Referral Center

Write Around Portland

MEET OUR 2023-2024 GRANTEES

WHAT OUR
PARTNERS ARE
SAYING

“Your support truly does make a difference. We are meeting rising, complex needs in ways that are effective, collaborative and innovative. I’m grateful that you share our passion and believe in us. It matters.”

Lift Urban
Portland

“Small grants and the support of donors who gave small amounts made it possible for us to survive this year. We are the only local nonprofit that does the work that we do, and we very literally would not have made it without support like yours.”

Portland Fruit Tree Project

“We absolutely love this small but mighty foundation. You are a true community-based foundation, and it has been our honor to partner with you in the service of survivors for all these years.”

Family Justice Center
of Washington County

OUR APPROACH

Our Strategic Edge

WE HELP OUR PARTNERS

- Scale their innovative solutions
- Connect with aligned individuals and organizations
- Procure needed goods and supplies
- Cultivate community with one another
- Amplify their voices and missions

WE HELP OUR SUPPORTERS & DONORS

- Harness the power of pooling resources
- Advance individual and community health and well-being
- Connect with justice-advancing services and missions
- Advocate on behalf of overlooked and underfunded causes
- Give back in meaningful and effective ways

Our Niche

In Portland, large and well-established nonprofits often capture the lion’s share of available grant funding. The Portland Clinic Foundation targets small, entrepreneurial and grassroots nonprofits that are best positioned to drive transformational change.

- 1 in 5 grantees was established in 2019 or later
- 1 in 2 grantees was a first-time applicant in our two most recent grant cycles
- 1 in 3 grantees operates with a budget of \$250,000 or less



2024 GRANTEE:
My Voice Music

NEED

Youths experiencing trauma, mental health challenges and systemic barriers often lack safe, creative spaces where they can process their experiences, build confidence and connect with others. As a result, many are left feeling isolated, unheard and unsupported.

ACTION

My Voice Music provides trauma-informed music programs, including songwriting, recording and performance opportunities. It meets young people in the spaces where they live, learn and receive care, including residential treatment centers, juvenile justice facilities and schools, as well as in its East Portland recording studio. The opportunities, guidance and relationships found in the program help young people enter adulthood better able to sustain healthy relationships, overcome obstacles, see beyond their challenges and build fulfilling lives.

The grant selection committee of The Portland Clinic Foundation was impressed with the focused and profound mission of My Voice Music. Through a 2024 grant, it supported this nonprofit that serves 575 youths in seven Portland-area day or residential facility programs.

Scan the QR
code to watch
the video!



TPCF FOCUS: Proven Impact

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



2024 GRANTEE:
Thimbleberry Collaborative Farm

NEED
The food system in the United States largely separates food producers with their consumers. The separation provokes unsustainable methods and promotes inequitable distribution.

ACTION
Thimbleberry Collaborative Farm uses regenerative farming practices to produce crops that feed people facing food insecurity. It connects grade schoolers and the community with the land through educational programs and events.

“The Portland Clinic Foundation’s generous contribution has bolstered our capacity in many ways. For a young organization like ours, this funding has been particularly supportive.

We really appreciate our partnership with the foundation! It feels like they trust grantees to use funds appropriately.”

–Thimbleberry Collaborative Farm

TPCF FOCUS: Targeting Real Needs

Taking a holistic view of wellness, The Portland Clinic Foundation funds broadly across sectors of our community and often supports services that are at risk of falling through the cracks. It focuses on small, grassroots organizations that are often overshadowed by large and legacy nonprofits.



2023–2024 GRANTEE:
Every Body Athletics

NEED
Adults with intellectual and developmental disabilities often face a steep decline in support services after high school, leading to increased isolation, regression in physical and social health, and a lack of opportunities for inclusive, meaningful connection. This underserved population experiences higher rates of obesity, inadequate emotional support, and limited access to adaptive fitness programs.

ACTION
Every Body Athletics provides inclusive group fitness classes tailored to adults with disabilities, combining physical activity with social connection and emotional growth. Through adaptive workouts, peer volunteer support, and a welcoming community environment, this nonprofit helps participants improve their health, build confidence and foster lasting relationships. In the process, it also develops future disability advocates among its volunteers.

Aggregating individual donations, a grant from The Portland Clinic Foundation helped Every Body Athletics expand to Northeast Portland for the first time, broadening access to its classes, services and connections for adults with disabilities.

TPCF FOCUS: Pooled Contributions Go Further

By pooling your contributions with others’, you make it possible to give bigger grants to nonprofits doing urgent work.



2023 GRANTEE:
**Color Outside
the Lines**

NEED
Foster children and underserved youths face heightened risks of trauma, mental health challenges and instability. Yet they often lack access to consistent, supportive outlets for emotional expression, healing and connection.

ACTION
Color Outside the Lines provides trauma-informed, arts-based programming — including art classes, public mural projects and at-home art kits — that foster healing, self-expression and community connection. By partnering with schools, social service agencies and Indigenous-led organizations, the nonprofit brings high-quality, culturally responsive creative experiences directly to the youths who need them most.

“We believe in supporting the next generation by offering youths who’ve experienced trauma the chance to reconnect with their self-worth through artistic hope — creating space for them to see their beauty, their strength and their potential to thrive despite adversity.”

— **Anna Winter**,
executive director,
Color Outside the Lines

TPCF FOCUS: Stronger Community

Getting involved breaks down divides, increases empathy and builds a more resilient, connected and inspired Portland.



2024 GRANTEE:
**ReFIT (Remodeling for
Independence Together)**

NEED
Many individuals with permanent disabilities and low incomes — especially elders and veterans — are unable to afford the accessibility modifications they need to live safely in their own homes. Without support, they face increased risk of injury, institutionalization or homelessness.

ACTION
ReFIT provides no-cost, high-quality home modifications — such as wheelchair ramps and grab bars — built and installed by licensed contractors and trained volunteers. Its client-centered approach — prioritizing independence, safety and dignity — allows people to remain in their homes and to thrive in the communities they love.

Using an unrestricted grant from The Portland Clinic Foundation, RE-FIT created a video aimed at sharing its mission and recruiting more contractor volunteers. The effort helped ReFIT raise more than ten times the amount of the original grant.

Scan the QR
code to watch
the video!



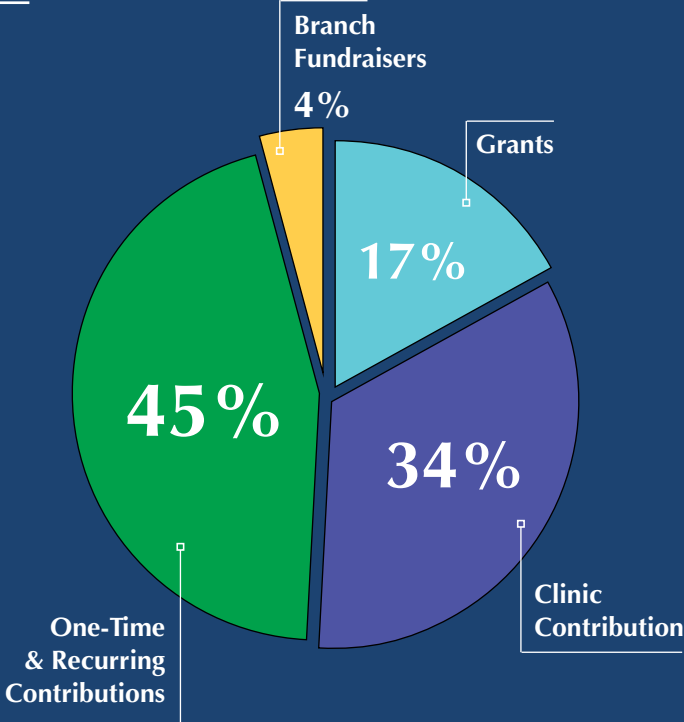
TPCF FOCUS: Accessible, Equitable Grantmaking

Our straightforward process and unrestricted grants reduce the administrative burden often imposed on nonprofits. We ensure that our grantees are accountable and impactful, while respecting their time so they can focus on the crucial work of serving their clients.

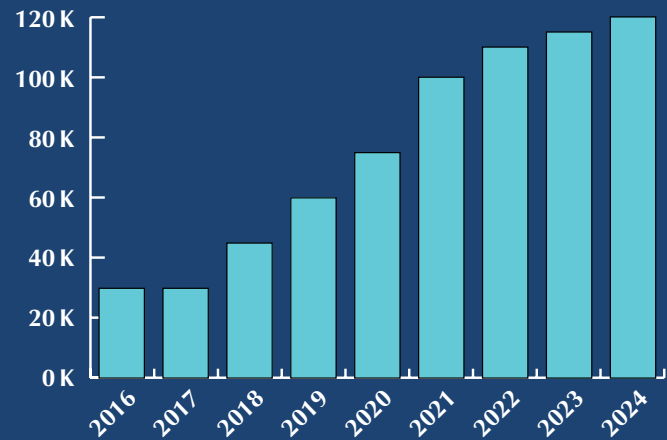
Financials 2016-2024

Our Model: Maximizing Impact

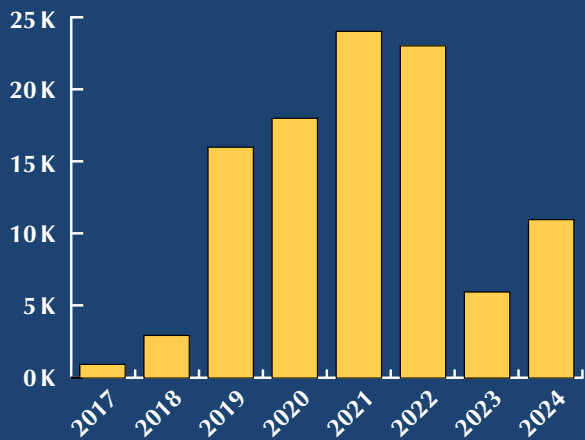
The scale of our impact depends on the generous contributions of individuals like you: patients, providers, friends, family members, partners and colleagues. We maximize your impact by distributing 100% of your contributions in the form of grants to carefully vetted nonprofits. That's made possible through a generous annual gift from The Portland Clinic, which covers all of the foundation's operating costs.



Our Grantmaking



Our In-Kind Drives





OUR PROMISE 100% of money donated goes directly to our nonprofit partners, because there is no overhead.

THANK YOU To Our 2023-2024 Contributors!

Foundation Legacy Society

Dr. Ronald W. Naito
Sylvia Takeuchi-Owens

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In honor of Dr. Tina Mondragon

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Walter Berman

*Recurring donors

WE NEED YOUR HELP

The last few years have been particularly challenging, and nonprofits in the Portland area have been feeling the turbulence. Now more than ever, The Portland Clinic Foundation's work is needed. By donating today, you can join with others to help build a safer, healthier, more equitable community.

Donate Online

Visit www.theportlandclinic.com/foundation/donate. It's easy!

Donate by Mail

Mail a check to:
The Portland Clinic Foundation
800 SW 13th Ave., 1st Floor
Portland, OR, 97205

Bottledrop Gives

Support our foundation by filling a BottleDrop Blue Bag with redeemable containers and dropping it off at one of our branches. Your recyclables turn into donations that directly fuel our mission.

In-Kind Goods Drives

Join us in making a difference by participating in our in-kind goods drive. Your donations of essential items will go directly to local nonprofits supporting individuals and families in need.

Auction Wish List

Pool your special items, talents and connections to help us create an unforgettable auction. Your donated treasures help fuel our mission and show the power of what we can do together.

Act Now

Sign up to stay in the loop and be the first to hear about ways to connect, contribute and make an impact with us.

Power Our Purpose

Serve on our board or a committee and help shape the vision, strategy and impact of our foundation — your voice and leadership can help drive lasting change in our community. Or ask us to present to your group of friends or colleagues.

Have Questions?

Want to Learn More?

The board and staff of The Portland Clinic Foundation would love to hear from you. Email them at foundation@tpcllp.com or call 503.221.0161 x 2123. Thank you!

100% of all donations go directly back into the community. All contributions are tax-deductible. Our EIN is 93-0522940.

