



# Lift Urban Portland

*A new name for Northwest Portland Ministries*

Urban Portland

*An Interfaith Community of Volunteers*

*Winter 2012 Newsletter*

## Save These Dates

- **Brand Launch Party**  
Thursday, February 2, 6 p.m.  
Umpqua Bank  
1139 NW Lovejoy
- **Rooftop Garden Party**  
Tuesday, August 28  
Treasury Building Historic Ballroom  
326 SW Broadway

## In this issue:

Introducing...Lift Urban Portland .....	1
Community Partnerships .....	1
Rooftop Garden Party .....	2
Hunger in Oregon .....	2
Food Box Program Improves Health.....	2
Doing Something Jewish for Christmas .....	3
Community Garden Update .....	3
Northwest Industrial Neighborhood Food Drive .....	4
Free Flu Shots .....	4
Volunteer Focus.....	5
Auction Outcome .....	5
Community Partner Focus .....	5
Annual Meeting Highlight.....	6
Our 2012 Board of Directors.....	6
New Board Members .....	6
Recent Grants.....	7
New Donation Form.....	8

## Introducing...Lift Urban Portland

February signals the launch of our new name and brand, Lift Urban Portland. After 30 years as Northwest Portland Ministries and much consideration of our mission and community, we've adopted this appealing new moniker. The launch party takes place on First Thursday:

- When: February 2, 2012, 6 p.m.
- Where: Umpqua Bank, Pearl District branch, 1139 NW Lovejoy Street, on the Portland Streetcar line
- Why: Enjoy branding presentations, hors d'oeuvres and drinks, and art by local artist Tracie Broughton and students from West Sylvan Middle School.

## Key Messages

The Lift Urban Portland brand imparts the following key messages:

- We are an interfaith community of volunteers who Lift Up neighbors in need.
- We Lift Up neighbors by helping meet physical, emotional and social needs.
- Volunteers from congregations and the local community empower neighbors to live with dignity and purpose.

**We'll see you at the launch!**

## Community Partnerships

This year, generous area businesses are partnering with us to meet new patrons and direct a portion of proceeds to support our mission. Here's the schedule so far. You'll receive more details later about how to experience these establishments while helping our programs.

- Year-round: Seams to Fit - see details, page 5
- February: Food Front Cooperative Grocery, 2375 NW Thurman
- March: Pastini Pastaria, 1506 NW 23rd
- May: Besaw's Café, 2301 NW Savier
- July: Guild's Lake Inn, 3271 NW 29th
- December/January: Portland Closet Company, 1120 NW 14th

To partner with Lift Urban Portland to enhance your community presence, please email [Juliet@LiftUrbanPortland.org](mailto:Juliet@LiftUrbanPortland.org), or call 503-473-1557.

## Rooftop Garden Party

Grab your summer hats for this fun summer fundraising event atop the historic Treasury Building in downtown Portland to benefit the services of Lift Urban Portland. Save the Date!

When: August 28, 2012, early evening

Where: The Treasury Historic Ballroom and rooftop terrace  
326 SW Broadway.

What: Fun, cooking demos by local chefs, and a presentation by Commissioner Nick Fish about his community garden initiative.



Do you have a suitable chapeau?

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## Hunger in Oregon

Most of us have noticed the many newspaper articles – and even the cover of Parade magazine – about hunger in Oregon. At the same time, cuts to federal subsidies last year hit food pantries hard. Our pantry at 1808 Northwest Irving now costs about three times as much to stock as in 2010. What can we do about it?

- A total of 40 food barrels allows bigger food drives.
- Thanks to a new grant from the Maybelle Clark Macdonald Fund, we're shopping for a cargo van to accommodate more food donations per trip.
- We are adding and expanding our food drives.
- A new freezer, donated by Covenant Church, increases the capacity of our nutrition programs.
- A Metro Central Enhancement grant funds our community garden operations for 2012. It also supports creating a raised garden bed at the nearby White Shield Home; they will donate excess produce to our pantry.
- We are fostering more Plant-a-Row relationships in the community, which entails gardeners growing produce for our pantry, or donating any excess produce. It's easy and rewarding; let us know if you'd like to participate.



Volunteer preparing for delivery

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## Food Box Program Improves Health

In December we reviewed use of a Providence Community Grant to fund our home food box deliveries from December 2010 to November 2011. During the grant period, 615 food boxes went to low-income elderly living downtown and in Northwest Portland.

Recipients of food boxes appreciated the program and felt the enhanced nutrition improved their health. Some of their comments follow:

“I have no income and no access to food stamps. Your food box saves me.”

“The food box helps me with daily activities and medicines. I need food to take my meds.”

“Without one I would not be able to eat healthy.”

“It's hard to go shopping in a wheelchair, so it helps a lot.”

“Normally by the time I get the box I am running low on food stamps. I am diabetic and it helps me eat more veggies and whole grains.”



A happy recipient

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Pies ready to serve at Christmas dinner

## Doing Something Jewish for Christmas



Bennett Stein and Yolanda Lewis



Linda Lee DuHaime

At our 27<sup>th</sup> annual Christmas dinner, 567 guests enjoyed a sit-down turkey feast at Congregation Beth Israel, served on china plates and white tablecloths. Live music provided a festive atmosphere. Guests received gift bags filled with practical items like toothbrushes, tissues, lotions, and snacks. Thank you to everyone who donated their contents. Free flu shots were available in the lobby for uninsured adults.

Diner Linda Lee DuHaime struggles to make ends meet, since chronic health problems make working difficult. She exclaimed, “I love the energy of being invited to a Christmas meal and not being treated like you’re a waste of time or an inconvenience. This is the first Christmas in five years my husband and I have felt like celebrating.”

The busy fingers of Knit-a-Mitzvah and community volunteer knitters made sure there was an abundance of hats, scarves, and gloves so each guest could choose a hand-knitted item.

Thanks to Congregation Beth Israel, Food Front Cooperative Grocery, Trinity Episcopal Cathedral, First Immanuel Lutheran Church, Cathedral School, Loaves & Fishes, and scores of volunteers for making the event possible.

## Community Garden Update



Our gardening projects continue.

Our community garden had a great first year, bringing more fresh organic produce into pantry recipients’ diets, and combating obesity. And recent studies show that brains stay younger when people eat a diet rich in fruits and green leafy vegetables.

A grant from the Metro Central Enhancement program funds operations for another year. You can help us prepare for next season by volunteering to work in the garden, transport mulch and other supplies or establish fruit and vegetable starts. To lend a hand, write to [garden@LiftUrbanPortland.org](mailto:garden@LiftUrbanPortland.org) or call 503-221-1224 x105.

## Northwest Industrial Neighborhood Food Drive

In 2011, the Northwest Industrial Neighborhood Association, comprised of businesses north of Northwest Vaughn Street, conducted their second drive for our benefit. They collected approximately 4,000 pounds of food plus cash donations, which help us buy fresh food to complement the nonperishables.

Dave Harvey and Jason Joy, both of Gunderson LLC, provided a company vehicle, loaded the food and delivered it to our warehouse. Barbara Macnab, of Star Industrial Supply, was the spirited coordinator of the drive. She comments: "I can assure you that Jason truly did the heavy lifting of most of the thousands of pounds of food collected on behalf of Northwest Portland Ministries!"

The Nob Hill Food Drive, held every May, is now called the *Lift Urban Portland Food Drive* to reflect inclusion of the Pearl District and participants in Goose Hollow. It will expand in 2012 to include broader participation and more ways to support those in need. Other neighbors who collected food and funds last quarter include Cathedral School, Blush Beauty Bar, Legacy Good Samaritan Medical Center and their nursing staff, and Neighbors West/Northwest Coalition of Neighborhoods.

## Free Flu Shots

173 uninsured, vulnerable adults are protected by free flu vaccines this winter and many more received health information and connections to resources during our free flu shot clinics. Flu vaccines were offered by both injection and nasal spray at 10 locations downtown, in Old Town and Northwest Portland.

One dose was administered by a home visit. Recipient Doris Rich commented, "Yes, Northwest Portland Ministries came through again (by vaccinating her at home). I have been trying for two months to have someone come to my home and give me my flu shot."

The project was funded by a grant from the Oregon Adult Immunization Coalition, and made possible by industrious volunteer nurses from Legacy Good Samaritan Medical Center and graduates of the University of Portland's School of Nursing.

According to Project Coordinator Jade Rawlins, R.N., "In addition to vaccinating these people, we educated and connected with hundreds more throughout the last three months. We should all feel very proud of these accomplishments!"

The program offered Spanish and Chinese translators with medical forms in English, Spanish and Chinese. The First Immanuel clinic also included a volunteer Reiki practitioner: a registered nurse who used touch to lessen chronic pain and relax participants. Additional handouts described resources for flu clinics for people with health insurance, tobacco cessation, a free nutrition course, 211-community resources and general flu information.



Dave Harvey and Jason Joy of Gunderson LLC



Our flu shots protect the uninsured.



The flu shot team



Grant Towers

### Volunteer Focus

When Portland third-grader Grant Towers turned nine, he asked his 12 guests to bring non-perishable food to his birthday party rather than gifts. He says, “I wanted to have a food drive for people in need.” Both children and parents were amazed when over 300 pounds accumulated. Grant, his sister Audrey and friend Andrew Couch delivered the food to our food pantry last month. Pantry volunteer Robert Johnson gave them a tour. The pantry provides fresh and non-perishable food to low-income neighbors Tuesdays and Fridays.

And speaking of the pantry, thanks go to the Portland Closet Company for installing shelves, mop holders and other amenities to help the space stay organized and functional.

### Auction Outcome



Auction guests enjoy playing Heads or Tails. (Father Phillip Craig is at far right.)



Touring the pantry

Hungry and needy neighbors got a helping hand at our 6<sup>th</sup> Annual Fall auction. Despite the economic malaise, we netted about \$37,000 – approximately 11% more than last year. The success underscores the kindness of our auction donors, despite the many requests they receive.

The paddle raise was especially animated, bringing over \$19,000. It gave us a head start on earning a \$15,000 match from the Collins Foundation, which we qualified for far ahead of schedule. Thanks to Collins for believing we can do it, and fortifying our development efforts.

However, due to the changing economy and organizational needs, we will not hold an auction in 2012.

### Community Partner Focus

Local business, Seams to Fit, is a family run women’s upscale consignment boutique in NW Portland. They consign high-end and contemporary designer clothing at reasonable prices. For items that do not sell after 3 months, the consigner may donate their items for sale on E-bay Giving Works. Lift Urban Portland is one of four local charities that benefit from these online auctions. <http://stores.ebay.com/seamstofitpdx>

Seams to Fit is located at 2264 NW Raleigh St. in Portland. Co-owners Sherry and Lance Linder also volunteer their time with Lift Urban Portland. Lance can be seen weekly helping at our Loaves and Fishes meal site. He also is handy with his truck helping us with an occasional pick-up or delivery. Thank you to Lance and Sherry Linder and the staff of Seams to Fit for their continued support of our services.



## Our 2012 Board of Directors



Left to right, Fred Jeibmann, Lynne Bartenstein, Nikki Director, Melinda Wagner, Susan Milstein, (back) Chapman Dix (outgoing), Blaine Bartholomew, Ed Tyler, Marvin Mitchell, Dave Richardson, Jon Wild. Not pictured: Desi Shubin, Father Phillip Craig, Nancy MacDonald.

### Annual Meeting Highlight

Thank you to Tracy Oseran for making time to tell us the inspiring story of how she founded Urban Gleaners food recovery program. They provide fresh food to our programs. If you anticipate leftover food from an event or establishment, or to volunteer with Urban Gleaners, go to [www.urbangleaners.org/](http://www.urbangleaners.org/) or call 503-226-8061.

### New Board Members

At our January annual meeting we welcomed three new board members:

#### Jon Wild, Home Forward

Jon has worked in Property Management for the past six years with the Housing Authority of Portland, recently renamed *Home Forward*. He says, “during that time I have managed four of their highrises in the Northwest and became acquainted with the great work of Northwest Portland Ministries. I look at both organizations as purpose-driven non-profits with wonderful, committed people carrying out their missions. I share the vision and welcome the opportunity to serve as a board member.”

#### Father Phillip Craig, Pastor at Ascension Parish and Head Chaplain of Oregon Episcopal School.

Father Craig can be seen in the 2011 auction photo on page 5, far right.

#### Susan Milstein, Congregation Beth Israel

Susan Milstein retired on June 30, 2010 from a career in information technology which culminated in positions as Chief Information Officer and Chief Learning Officer for a major privately-held home health care agency, headquartered in New Jersey. On July 1, 2010, she and her husband set out by car for their new home in Portland. They are now just a short ride from their Portland-based grandson (and his parents) and not far from her sister’s family in Seattle. Susan is an active volunteer at Loaves & Fishes’ Irving Street Center, serves as co-chair of Congregation Beth Israel’s Social Action Committee, and recently chaired Northwest Portland Ministries’ Annual Christmas Dinner.



Jon Wild



Susan Milstein

## **Saving Trees**

We are phasing out most paper newsletters and using email to distribute it instead. The savings will go to support our services.

Make sure we have your email address on file by sending a note to [info@LiftUrbanPortland.org](mailto:info@LiftUrbanPortland.org) with "Check My Email" in the subject line.

If you don't have email or want to continue to receive a hard copy newsletter, please let us know by calling Darr at 503-221-1223, x103 or email [info@LiftUrbanPortland.org](mailto:info@LiftUrbanPortland.org) with "Keep Mailing My Newsletter" in the subject line.



## **Recent Grants**

Lift Urban Portland received the following recent grants that support our mission. Also crucial are donations from individuals like you and congregations.

\$1000 from the Jerry and Corrine Nothman Fund and \$14,000 from the William H. Hunt Fund for the Homeless, Hungry, and Poor, both of the Oregon Community Foundation (OCF). The grants fund the second year of a community outreach program to stabilize services for hungry families. This program is also funded by \$57,938 from Meyer Memorial Trust.

According to Kathleen Cornett, Vice President of Grants & Programs, "OCF is pleased to provide support for Northwest Portland Ministries' community outreach coordinator, helping to raise awareness and meet the nutritional needs of low-income families in downtown Portland."

A \$15,000 matching grant from the Collins Foundation to increase donors. Donors loved the idea of effortlessly doubling their donations, so we easily raised \$15,000 in the fall to qualify for the match. According to our Executive Director Delanie Delimont, "The Collins grant really got our donors excited about giving, and we met the challenge far ahead of our June deadline. I'm gratified by the community's support." Thanks to all for the new and increased gifts which made the match possible.

\$10,000 for food support programs from the J.R. Albert Foundation, Inc. The J.R. Albert Foundation supports non-profits that increase access to healthy and fresh foods, work in sustainable agriculture, urban farms, and community gardens and provide food to those in need. Their grant will sustain our nutrition programs and help compensate for lost federal funding to our food pantry.

\$25,000 from the Maybelle Clark Macdonald Fund for a small cargo van to expand our food collection capacity.

A Metro Central Community Enhancement Grant for \$5,345 for maintaining our community garden in 2012, and providing raised planters at the nearby White Shield home for teenaged mothers. The grant provides an empowering garden project for about 100 young mothers and children that models healthy hobbies and eating habits.

\$4,500 from the The Holtzman Foundation to fund our food pantry.

\$2,000 from the Joseph E. Weston Public Foundation at the Oregon Community Foundation.

\$1,500 from OnPoint Community Credit Union to fund our food pantry.

\$1,500 from ESCO Corporation for our food programs.

\$4,000 from the National Council of Jewish Woman to compensate for Oregon Food Bank subsidy reductions.



**Urban Portland**  
A new name for NW Portland Ministries

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### New Donation Form

Check out our new donation page online, at [www.LiftUrbanPortland.org](http://www.LiftUrbanPortland.org).

It's easier to read and allows you to donate by credit card an amount you choose just once, monthly, quarterly or annually. Leave a comment while you're there and tell us how we're doing!

### Acknowledgements

Special thanks to the dentists who contributed dental supplies for the goody bags distributed at the Christmas Dinner:

- Dr. Gerry Cogan  
Willamette Dental Group
- Dr. Mike Davis
- Dr. Alan Montrose
- Dr. Magda D'Angelis Morris  
Aspire Dental
- Dr. Gail Nakata
- Dr. Jeffrey Nicholson  
Nicholson Dental Group
- Gentle Dental
- Sunstar Americas - US  
Oral Care Division

### Board of Directors

- Fred Jeibmann, **President**, *Trinity Episcopal Cathedral*
- Desi Shubin, **Vice President**, *Legacy Good Samaritan Medical Center*
- Ed Tyler, **Secretary**, *St. Mary's Catholic Cathedral*
- Dave Richardson, **Treasurer**, *Trinity Episcopal Cathedral*
- Marv Mitchell, **Member-at-Large**, *First Presbyterian Church*
- Lynne Bartenstein, *Congregation Beth Israel*
- Blaine Bartholomew, *Umpqua Bank*
- Father Phillip Craig, *Ascension Episcopal Parish*
- Nikki Director, *National Council of Jewish Women - Portland Section*
- Nancy MacDonald, *First Immanuel Lutheran Church*
- Susan Milstein, *Congregation Beth Israel*
- Rev. Melinda Wagner, *First Immanuel Lutheran Church*
- Jon Wild, *HomeForward*