

# SnowCap News

OPEN HEARTS, OPEN HANDS

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SNOWCAP IS A PHILANTHROPIC ORGANIZATION CREATED TO PROVIDE FOOD, CLOTHES, ADVOCACY, AND OTHER SERVICES FOR THE POOR.

## The First in Her Family

She blended into the crowded waiting room, standing shyly in the far corner. A young Hispanic girl with a quiet air about her. It was only when we got to talking one on one that I saw the determination and commitment that she brings to her goal.

Rosa is the middle child of a hard working parents who settled in this area when she was 8 years old. Her parents had done migrant farm work early on, but knew that settling in one area would give their children advantages they never had. When I asked Rosa what motivated her to pursue her goal she cited her parent's example of hard work and sacrifice for the family. They were her role models.

Rosa is determined to be a teacher. In the fourth grade she had a teacher that made all the difference for her. Now, Rosa wants to follow that path. Rosa is also a committed Christian. This is why she is determined to get her teaching credentials from Concordia University.

Rosa graduated from Sam Barlow HS in June. She has savings from her summer work, two scholarships, and a small loan that should cover the cost of books and tuition. As the first in her family to pursue higher education, Rosa is continuing to live at home to keep her expenses down.

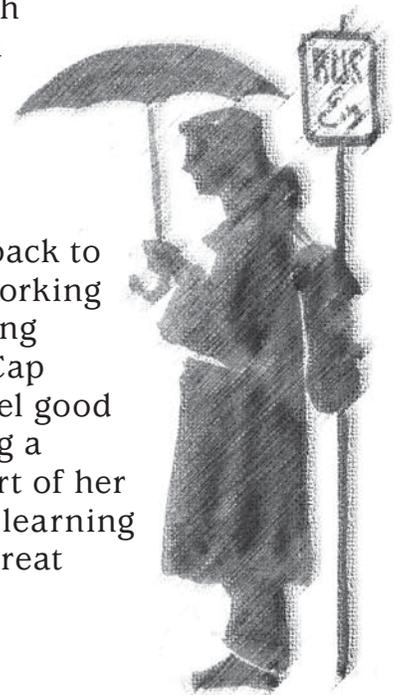
However, with all of her careful planning, the one thing she did not anticipate was the growing cost of transportation to and from classes. When trying to stay on such a strict budget, even these seemingly

ordinary expenses can be hard to overcome.

SnowCap has been a valuable source of food and clothes for the family over the years so naturally Rosa turned to us with her challenge, asking for a monthly bus pass so she can afford to travel to Concordia University in NE Portland.

When SnowCap applied for the grant for bus tickets we asked for single tickets to meet emergency needs. We don't give out monthly bus passes. However, Rosa made the point that each day she could not attend school was an emergency to her. We worked out a compromise. Rosa will provide us proof of enrollment and good grades. Concordia will provide 4 daily tickets each month and SnowCap will provide the other 16 to get her back and forth to school.

So Rosa is going back to school this fall, working toward her teaching certificate. SnowCap supporters can feel good about contributing a small but vital part of her budget. She loves learning and will make a great teacher!



## Getting Kids “Back to School”

To some of us it may still feel like summer, but for parents and kids all over the neighborhood, it's time once more for “Back to School!” While this can be an exciting time, for many it may also mean the budget has to stretch even farther. Happily, our supporters have been generous this year and we've been able to turn those back to school donations into school supplies!

In large part, that's due to volunteer shopper and super-bargain-hunter-extraordinaire, Alyson Hunting. After scouring the back to school deals around town, Alyson turned up at SnowCap with a trunk packed to the brim with spiral notebooks, pencil cases and backpacks.

“Is this a record, do you think?” I asked, looking over the tote overflowing with school supplies for needy families in our service area.

“It may be a record for backpacks,” she answered. She was able to get a special deal at two local Walgreen's stores since she was shopping for charity. So impressed with the help she got from those particular stores, she wrote a letter to the editor thanking the managers at each store by name.

After the supplies are carefully sorted by volunteer school supply coordinator Elizabeth Webber, they will be sent out to the school districts within our service area for distribution. School districts include: Centennial, David Douglas, Gresham Barlow, Parkrose, and Reynolds.



## Generosity Can Improve Your Health

Have you ever gone in and bought a coffee for the gas station attendant who just filled your car in the freezing wind? Or have you given the person in front of you in line at the grocery store a dollar when he couldn't quite come up with the money for his purchase? That warm feeling you felt from these acts of generosity is called “helper's high” and is the same feeling you get when you volunteer or give to charity. These altruistic acts have many benefits that you may not have considered.

Giving consciously, not just having money deducted from your paycheck, activates parts of the brain having to do with pleasure. A study of the National Institutes of Health has shown that giving to others fosters feelings of social connection and trust and creates a “warm glow” effect.

Many studies have looked at the benefits of volunteering for the individual. In 2014 The Psychological Bulletin found that giving of one's time among seniors improved mobility and help reduce the chance of dementia. It has also been found that volunteering helps to prevent social isolation and depression. At the end of the day, volunteering gives us a sense of pride and satisfaction.

Being a part of SnowCap, through giving and volunteering not only benefits SnowCap, it benefits you. So if you'd like to improve your health and find yourself in a “happy place,” consider how you spend your spare time and your treasure.



## New Link2Feed Database

On July 1, 2015 Oregon Food Bank (OFB) rolled out a new database. As a partner agency we are in on the ground floor testing out the program. OFB is working to unite their network partners to provide better services for our clients and for our community.

The new database encourages us to collect not only the name and address of the head of household, but the birthday of everyone and their relationship to the head of household. We are asking the clients if they speak other languages; how much education they have; what is their primary source of income; do they receive benefits such as SNAP or WIC; do they have allergies or other dietary concerns; are they a veteran; are they disabled; are they pregnant or breastfeeding?

The answers to these questions along with others will

help us get to know our clients better. Examples: If we have a number of veterans, can we find funding for additional help for them. If we have a lot of diabetics, do we need to gear food drives to better serve them. If we have a large number who do not speak English, do we need to look into translator options?

Any information provided by our clients is kept ANONYMOUS and CONFIDENTIAL within the Oregon Food Bank Network.

While we know that this is something we need to better serve our clients, it takes 4 times as long to interview the clients and put the data into the computer. We need more volunteers to interview and enter data. If you think that this is something that would interest you, please call Nate our, volunteer coordinator, at 503.405.4295 or email him at [Nate@snowcap.org](mailto:Nate@snowcap.org).

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## Fall into a New Routine

The leaves are turning colors, the days are getting shorter, and kids are back on a school schedule. Autumn is certainly a time for change, and what better way to embrace a new season, than by adopting a wonderful new routine? If you've ever thought about making a difference in your community through volunteerism, SnowCap would love to hear from you! We've got lots of opportunities for volunteers that will allow you to meet new people and have fun while helping others. Here are some of the possibilities:

**Client Services Interviewer:** SnowCap's interviewers meet one-on-one with clients in the office and help determine their needs. Interviewers accurately process the client service forms and must be comfortable with basic computer use. But above all, Client Service Interviewers must be compassionate, welcoming and patient.

**Data Entry:** Our Data Entry volunteers accurately input information from the completed client service forms into the new database, and should be comfortable with basic computer use.

**Pantry Volunteer:** SnowCap's Pantry Volunteers act as a personal shoppers for our clients. They greet and talk with clients. They help keep shelves stocked and looking neat. This is a physical job with lifting/bending and most volunteers will be on their feet throughout the day. Must be able to lift/carry 25 lbs repeatedly.

**Warehouse Worker:** Warehouse workers handle over a million pounds of food a year. They pack and unpack bulk foods, break down boxes, clean produce, and help with monthly inventory. Warehouse workers may also work in the Donation Reception area and the Pantry. Must be able to lift 25-40 lbs repeatedly.

**Don't see anything that interests you?** Not to worry! SnowCap has many other volunteer opportunities including our clothing closet and clothing sorting area, donation reception and many more. For a complete list of current volunteer opportunities, please visit our website at [www.snowcap.org](http://www.snowcap.org).

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## Wanted: Riding Lawnmower

SnowCap cares for a large patch of land and some of it is in lawn. We have a special volunteer who rides the mower whenever he can, but now the mower is wearing out. It is past repair. Are you interested in contributing to the purchase of a newer riding mower?

We want to be an asset to Rockwood in every way we can. Keeping up with the garden and landscape is part of our responsibility. If you have ideas about how this can be done or are willing to contribute with others to this purchase, please contact Judy at [judy@snowcap.org](mailto:judy@snowcap.org) or 503.405.428

## Winter Is Around the Corner

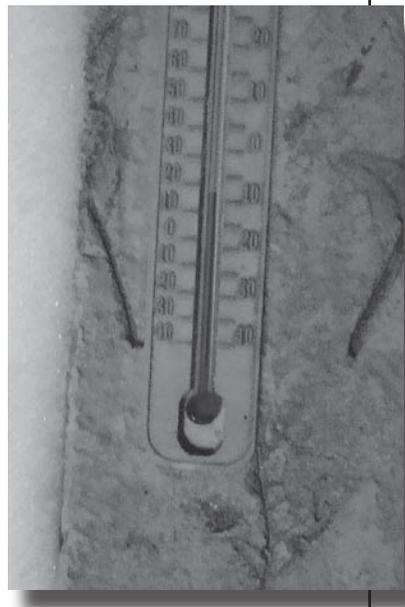
It's hard to believe that after such a hot summer, winter is just around the corner. With the colder weather, Snowcap client needs will differ somewhat from what they needed during the summer.

SnowCap will soon receive requests for warm clothing for children and adults. Please take a look in your closets for any useable warm clothing that you and your children are no longer wearing. Consider donating it to SnowCap.

Paying for utilities is difficult for many families and the elderly. People with low incomes have to make a choice between paying rent, buying prescriptions, buying food, and heating their home. Several years ago a working mother with one child was not eligible for any government help and had to make the choice between purchasing food and heating her apartment. After paying transportation costs to and from work, rent and food, she made the choice to keep the thermostat so low that her windows would often frost over during the cold winter days. People should not have to choose among life's basic necessities. SnowCap vets all clients who request help paying utility bills and contacts the respective utility to see if the client is making a sincere effort to pay their bill. If the client's request is approved, the payment is made directly to the utility. Clients are only eligible for help with utilities once every two years.

Blankets are needed for both families with homes and the homeless. The stereotype of homeless is male; however, many women and children are also homeless and, due to the lack of shelters, living on the streets. For those with homes, warm blankets allow our clients to turn down their thermostats and save on heating bills. For those who are also homeless, a blanket may be the only source of warmth.

Can you help?



## Birthdays Celebrations:

Bob Law: Robert & Audrey Magnuson  
Mara Stine: Alyson Huntting  
Larry Tillstrom: V Lael Hays  
Ken Tischler: V Lael Hays  
JoAnn Wright: V Lael Hays

### Honors:

Carlotta Allin: Deane & Nancy Allin  
Barbara Karlstrom: Thomas & Shelley Caufield  
Patricia Morton: Deane & Nancy Allin  
Lynne Perry: Lynne Perry  
Tom & Katie Petke:  
Judith & Alison Renee Emblar-Brown  
Beverly Richer: Gloria Carlson  
Seasons Financial Group: Bruce & Donna Whitefield

### Memorial:

Donald Camp: Oral Elhard  
Jeannette Clay: Anita Hayden, Manuel & Cynthia Nestle  
Helen Kirkpatrick: Perry Jackman  
Betty Riley: Dan & Georgia Standley  
Beth Satchfield Lewis: June Satchfield  
Paul Satchfield: June Satchfield  
Beth Smith: Betty Kennedy  
Vic Spainhower: Perry Jackman

### Wedding:

Hollis & Tristan: Samantha Whitney

### Anniversary:

Leslie Howell: Janet Cooley McChesney  
Tom & Katie Petke: Jean Battiq, Wendell & Charyl Jacobson, Fran Johnson, Mary Sommer, Joan Wussow

# Dine Out for SnowCap a Success!



On August 25th with the help of 16 participating area restaurants, the first Dine Out for SnowCap event took place and was a great success!

Fundraising results are still coming in, and we don't expect to know the final numbers for about 30 days, but preliminary reports show Dine Out was successful in its primary goals of making new friends and raising awareness about SnowCap. We will post results of the fundraising on the News & Events tab of our website as soon as all numbers have been reported.

Many of the restaurants indicated they saw a larger number of customers the night of the event -- some even having to call in extra wait-staff to handle the crowds! We passed out hundreds of SnowCap brochures to new friends, and have seen an increased number of visits to our website. Even more exciting, we've had an uptick in requests to join our mailing list and interest in volunteering!

Thank you to everyone who participated by going out for dinner that night helping us

spread the word about SnowCap and what we do! Thank you to our volunteers who helped host at restaurants and distribute information that evening! And a big thank you again to our participating restaurants, without whose hospitality this event would never have happened!

Abby's Legendary Pizza

Gresham Applebee's

Biddy McGraw's

Boccelli's Ristorante

Burgerville

Troutdale Dairy Queen

Gresham Flying Pie

Francis Xavier's

Old Chicago -

205, Clackamas &

Tanasbourne

Shari's

The Hoppy Brewer

The Local Cow



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## Gratitude List

- **Riverview Bank for sponsoring the Fill A Bag food drive**
- **St. Aidan's Episcopal Church for working the busiest nights of the month without complaint**
- **OSU Extension Service for providing staff to teach gardening, food & nutrition classes**
- **HEAT Oregon, PGE & Pacific Power for providing emergency heating assistance**



FROM THE HEART OF OUR COMMUNITY  
P.O. Box 160, Fairview, OR 97024

Return Service Requested

Nonprofit Org.  
US Postage Paid  
Portland, OR  
Permit No. 5744

## Wish List

- Tuna
- Applesauce
- Blankets
- Postage Stamps  
(49¢ for letters & 35¢ for postcards)



IN ACCORDANCE WITH  
FEDERAL LAW AND  
U.S. DEPARTMENT OF  
AGRICULTURE POLICY,  
THIS INSTITUTION  
IS PROHIBITED FROM  
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THE BASIS OF RACE,  
COLOR, NATIONAL  
ORIGIN, SEX, AGE, OR  
DISABILITY.



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