

Portland Adventist Community Services

Helping People Help Themselves

As someone who helps to raise funds for PACS, I am often asked the following question: "Should I give money to the man at the side of the road with the cardboard sign?" This question can be difficult to answer, since it is hard to fully understand each individual situation. Does the person really need the money? Are they going to spend it on food for their family? Are they just going to buy drugs or booze?



A number of years ago I had an experience that may shed some light on this issue. I worked in downtown Portland, and would pass a group of homeless every day while walking between my car and my office. I became well acquainted with the men and was able to ask questions about their situations. They all had their reasons for being homeless. John said the economy was not as good as it used to be and he could not find work in the construction business that would pay the kind of money he was used to making. Bob said that his job at work was phased out and he was laid off. I asked him about the government grants and state funds given to the unemployment office to re-train misplaced people. Bob answered by saying, "Ah! There is nothing they can do for me." So many of the people I talked to had an endless string of excuses as to why it wouldn't do them any good to seek help.

After talking to these men for 16 months, I began to realize that they had become weary with the struggle to obtain the services that could get them back on track. Many had completely lost the motivation, patience or attitude to seek the help that they so desperately needed.

Last Chance for Awards Dinner!

It's the biggest fundraiser of the year, and you can be a part of it. The night features a gourmet meal, a silent auction, a special presentation by retired state senator Frank Shields, the premier of a new promotional video, and the presentation of the Barbara Nelson Award.



Your involvement provides PACS with essential funding for services. The following options are available:

- Event Sponsor: \$5,000
- Premium Sponsor: \$2,500
- Dinner Sponsor: \$1,000
- Table Sponsor: \$500
- Individual Ticket: \$50

Call PACS at 503.252.8500 to get involved!

Sobering Stats

- Approximate Number of Uninsured individuals in the Portland metro area: 90,000
- Number of patient visits to the PACS Family Health Clinic in 2006: 1491
- Percentage of people living in poverty who work full-time: 64%
- Number of public school students in Oregon who were homeless during the 2006-2007 school year: 15,517

Inside Facts

- Clinic Needs 2
- Kids Volunteer 2
- Thank You 2
- Refreshing Break 3
- Temple Builders 3
- Wish List 3
- Webkinz 4

Health Clinic Still in Need of Volunteers

The PACS Family Health Clinic has only two paid staff members; a full-time clinic coordinator and a part-time receptionist. Everything else is done by volunteers.

There is a huge need among uninsured patients for preventative health care. Most clinics that serve the uninsured are urgent care based. They can treat the initial symptoms, but are not geared towards helping patients deal with their health problems on a long-term basis. The PACS clinic aims to fill the void of primary care for the uninsured.

Unfortunately, in a primary care environment, a large volume of paperwork and phone communication comes attached to every patient. The staff and volunteers do as much as they can, but are often limited in the number of patients they are able to handle, leaving many uninsured patients with few or no options.

Clinic Coordinator Barbara Maddox frequently works late into the evening and even comes in on Sundays, simply to ensure that follow-up work is completed for the patients the clinic is currently seeing. Right now the clinic needs nurses and office staff to help Barbara keep up with the very large workload that exists in a primary care oriented setting. If you can help, please call PACS at 503.252.8500. Your time and talent in the clinic can provide an essential service to uninsured individuals struggling to maintain healthy lives.



Volunteer Nurse Marlene Gleason answers a patient's questions.

Campmeeting Kids Lend a Helping Hand



Forty Kids! It sounded more like a nightmare than a benefit. I had a hard time seeing how that many youth could be more of a help than a hindrance.

I was wrong. The large group of young people that arrived at PACS on July 19th did more in one afternoon than some of us can do in a week.

The kids were from the earliteen meeting tent at Oregon Campmeeting of Seventh-day Adventists. The pastors and other adults who were in charge of the earliteen group meetings wanted to take the kids on an outreach trip for an afternoon.

We had decided as a staff that even if the kids didn't get a lot done for PACS, it would be worth it to have them visit. They could see firsthand what it meant to be actively involved in serving the community, and hopefully they would take that information home.

The decision to have the kids come for a visit turned out to be more than just a promotional opportunity for PACS. These kids worked, and they worked hard. They washed vehicles, cleaned up the parking lot, sorted food, and rearranged clothing in the thrift store. I was amazed, and so were the staff members that organized the different activities. Pastors and other group leaders did an excellent job supervising the different stations and keeping everyone focused on the task at hand.

The group of young people also got to watch the PACS video and learn about how the organization worked. The kids had fun. We had fun. Everybody went home feeling like something great had been accomplished.



Show you care by donating or volunteering. Learn more at

portlandacs.org

A Big Thank You to . . .

- Lake Oswego Jr. Women's Club for a \$1,200 grant for equipment needed in the PACS Family Health Clinic.
- AMA Foundation for a \$2,000 Grant for prescription drugs for patients in the PACS Family Health Clinic.
- All of the generous donors who have supported the community by providing PACS with essential funding.

AARP Courses

If you are over 55 and want to save money on insurance, an AARP course is a great way to do this.

Mick Turner is now teaching AARP Driving Courses at PACS. He is an entertaining man with a lot of energy. If you are interested in taking an AARP Driving Course that will definitely not be boring, Mick Turner is the man you want to take it from.

The next course happens from 1 to 5 p.m. on October 31 and November 1. Call PACS at 503.252.8500 if you would like to register.



A Brief Summer Break for PACS Staff

Serving the needy is one of the most fulfilling things a person can do with a career. It is also one of the most stressful. That is why every summer, the PACS staff take a day off to do something fun and rejuvenating as a team.



Dave Russell, Brandon Dorn, Ladrina Mobley, Lidiya Gavrilenko and their guide brace themselves for the first big splash of the day.

This year's activity was not particularly relaxing, but it was definitely refreshing. Staff members took a white water rafting trip down the Deschutes River. The trip was wet and wild, but no one fell out of the boat, and even those who were a little tentative about such an adventure ended up enjoying the trip immensely.

Next year staff will up the stakes even further when the entire team goes bungee jumping! OK, we're just kidding about that one.

Prayer & Wish List

- Ziplock Bags—All Sizes
- Small Lotion
- Small Shampoo/Conditioner
- Wash Cloths
- Toothpaste
- Toothbrushes
- Soap
- Baby Diapers Sizes 2 & 6
- Flu-Clinic Volunteers
- Other Volunteers

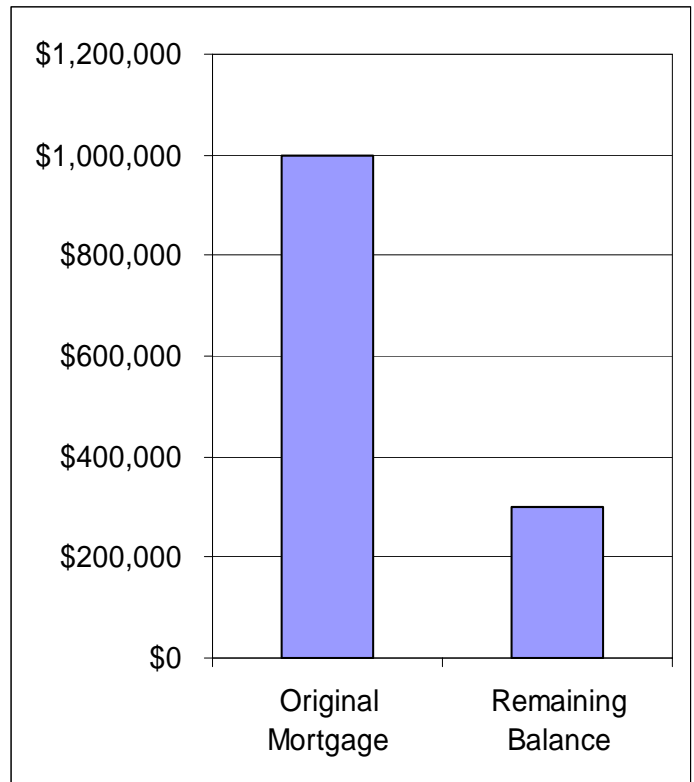
To our readers: if we have spelled your name incorrectly or if there are any other changes you want made to your address, feel free to contact us. We will be happy to make the adjustment for you.

- **Email: info@portlandacs.org**
- **Phone: 503.252.8500**



Temple Builders

PACS is blessed to own two large buildings that give us the space we need to operate our food pantry, health clinic and thrift stores. The purchase of these facilities in 1998 allowed PACS to expand its services significantly. PACS had to take out a large mortgage to purchase these buildings. As a result, there is still a large chunk of money that goes towards a mortgage payment every month. This is a chunk of money that PACS would love to put more directly towards filling the needs of struggling families. That is why PACS has launched a massive effort to erase this mortgage as quickly as possible. It's called the Temple Builder's Campaign. As you can see from the graph below, a significant amount of the balance is already gone. However, there's still a sizable amount left. If you would like to help PACS eliminate its mortgage, designate your donation "Temple Builders", and we will ensure that it is applied to our mortgage. With your help, we can eliminate this payment soon.



11020 NE Halsey St.
Portland, OR 97220

Phone: 503.252.8500
Fax: 503.257.2884
Email: info@portlandacs.org

People Caring for People

**Visit us online at
portlandacs.org**



Webkinz in Abundance!

A few months ago we ran out of these furry little creatures. Apparently we weren't the only store to do so, because we received numerous phone calls from people asking if we had any in stock. Fortunately, more cuddly animals have arrived and are now lining the shelves of the PACS Gift Shop.

More than a simple toy, each animal comes with a secret code that allows the owner to care for the virtual pet on the Webkinz family friendly website, and play some of the coolest kids games on the Internet!

