



# pacsfacts

July/August/September 2010 Volume 14, Issue 2

## Healthy Food Choices

We work hard to make the PACS Food Pantry a dignifying, educational experience. The other day we received the following note that brought us great joy:

*I just want to say "THANK YOU!" so much. Your services are so desperately needed by many and I truly appreciate the opportunity to make healthy food choices for my family—a lot of places just give you a bunch of expired "junk food" but your operation is truly outstanding. I almost cried at the sight of food in my fridge and bread in the freezer. My son can eat this week. A million thanks!*  
\*—Wendy

In our food pantry, we use the following guidelines to make the program more effective for those we serve:

1. Treating people with respect and dignity.

\*name changed to preserve confidentiality

2. Letting clients select their food so they only take items they can use.
3. Provide interactive education on choosing a balanced variety of foods.
4. Always having fresh vegetables, fruit and breads available.
5. Limiting the availability of high-calorie, low nutrition junk foods.

The "healthy food choices" Wendy mentions are particularly important for our clients, who are often between jobs or struggling to get ahead. A healthier diet can lead to a better attitude and improved chances of success in a career or at home as a parent or spouse.

—Paul L. Cole  
Executive Director



## Upcoming Events

**2010 Awards Dinner & Auction**  
October 3, 2010, 5 p.m.  
Get Involved! Visit our website: [portlandacs.org](http://portlandacs.org)



## PACS & OAIC Partner to Immunize Oregon

The PACS Family Health Clinic will provide quarterly immunization events this coming flu season.

These events will be free and open to adults in the community.

To make this possible, the Oregon Adult Immunization Coalition (OAIC) has provided a \$1,500 mini-grant to purchase a lab-grade refrigerator for the clinic. This will give PACS the storage space needed

to house the vaccines.

The clinic already provides flu vaccines to volunteers and established patients, but the addition of these community drives will help the OAIC and PACS extend vaccinations to more low income families.

—Rodica Pirv, RN, MBA/HCM  
Volunteer Clinic Coordinator



*PACS will extend flu vaccinations to more low-income adults in the local community.*

## PACS Hopeful for Parking Lot Fix

It looked good when PACS purchased the property in 1998.

Unfortunately we couldn't see the underground issues that have since caused accelerated deterioration throughout the parking lot, including numerous cracks and sink-holes.

PACS experienced a 500% increase in food pantry clientele in the years after the 1998 move. Even as the parking lot problem became apparent, resources had to be channeled directly into services, leaving no funds for a permanent fix.

Now the lot must be addressed to maintain a safe and usable environment for visitors.

PACS has put together a plan that would stabilize the areas that are sinking, increase parking spaces, add new safety features, re-

route traffic using a more intuitive flow, and resurface the entire lot.

The total budget for the project is \$103,573. Several funding sources are being pursued including organizations and individuals. John Jones Construction has agreed to a partial match by donating labor and machinery costs (approx. \$25,000 value).

If fundraising efforts are successful, the project will start and finish next summer.

Individuals interested in helping can call or mail in pledges, or visit [portlandacs.org](http://portlandacs.org) to learn more about the project.

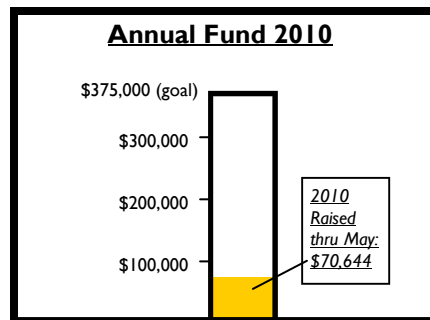
—Sam Pellecer  
Plant Services  
Manager



*A wet surprise awaits the foot of the poor soul that gets stuck with this parking space.*

## Fundraising Update

Our Annual Fund covers the cost of running our established programs. Through May of this year, general donations are a little lower than the same period in 2009. You can help us catch up to ensure we stay on target and reach our goal of \$375,000. If you haven't already, consider committing to a monthly gift to serve needy families through PACS.



## Prayer Requests

These are real concerns written down by needy individuals at PACS. Please remember them in your prayers. Names are changed to protect identity.

- Chris—needing a job
- Penny—help with grief of losing grandson to drowning
- Kyle—back problems
- Barbara—request for better times ahead

### About PACS

PACS follows Christ's example to meet the basic needs and restore the dignity of struggling individuals.

### Hours

Food Pantry: 9 - 12 M-F

Health Clinic: Call for appt.

Thrift Store:

9 a.m. - 5 p.m. M-Thu

9 a.m. - 2:30 p.m. Fri

11 a.m. - 4 p.m. Sun

## Portland Adventist Community Services

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[PORTLANDACS.ORG](http://PORTLANDACS.ORG)

