

2013 ANNUAL REPORT

Moving Lives
FORWARD





Dear Friends of MFS,

For over 60 years, MFS has been bringing together people who have something very important in common: they care about making our community better for everyone by helping others move beyond the limitations of poverty, inequity and social isolation. Never has the need for this work been more important than it is today.

Our Board of Directors is committed to MFS's mission and to our responsibility to guide MFS to achieve maximum impact in our community while ensuring

financial sustainability and responsible use of our resources. We are so grateful to you for your support.



Eva M Kripalani

Eva Kripalani, Chair
MFS Board of Directors

Enriching our community for more than 60 years.

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Moving Lives FORWARD

Dear Friends and Supporters of MFS,

2013 has been a transformative year for MFS. We have sharpened our focus and increased our presence in high need communities where our preventive work translates into changed lives.

We are keenly aware that change would not be possible without the generosity of our investors, the skill of our staff and volunteers and the commitment of many key partners. For each of these avenues of critical support, we are incredibly grateful.

I want to acknowledge the service of two of our greatest inspirations, Grandma Cherry Hendrix and Grandma June Terry, MFS volunteer mentors who passed away this year. Between the two of them, they devoted 30 years of service to children in our community. Their legacy lives on in all of those they so lovingly and methodically mentored, and in all of us who have grown as a result of their compassionate presence.

We hope that you will connect with us through our new website at www.metfamily.org, to learn more about our strategies for social change. From young to old – MFS is moving lives forward.

Sincerely,

Judy Strand, LCSW
MFS Chief Executive Officer

Our staff and volunteers are deeply and personally committed to working with each other, our clients and the community.



OUR MISSION

Helping people move beyond the limitations of poverty, inequity and social isolation.



We are helping people move past the limitations of poverty, inequity and social isolation.

We got our start over 60 years ago by helping families overcome life's challenges.

Our community struggles with an overburdened education system, complex health issues and persistent unemployment. With a focus on prevention, MFS delivers proven programs and innovative solutions to help people succeed at home, in school and in the community.

WHY ARE WE DOING THIS WORK?

Our communities in the greater Portland and SW Washington area are facing serious issues.

CURRENT RESEARCH SHOWS:

42% of children in outer East Portland are in poverty.

2 out of 10 children in the Portland metro area face food insecurity / hunger daily.

1/3 of Oregon households are considered "asset poor," which means they have no financial security to rely on if they lose their job or hit a personal crisis.

The average rate of unemployment for Oregon and Washington remains at 7.75 %.

32% of entering 4th graders in Oregon are not proficient at reading – a critical indicator for long term academic success.

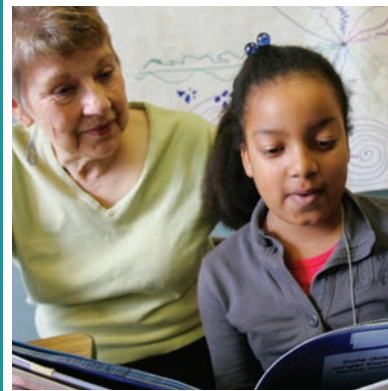
The fastest growing segment of our total population is people age 80 and over.

Those who are faced with a combination of low wages, health issues or difficult personal circumstances need ways to gain their foothold and move past the obstacles that they face.

Our commitment to children, families and older adults is reflected in the work we do and the ways we help. We are reaching out across the lifespan, creating opportunities that enable people of all ages and abilities to live with dignity and realize success.

It takes an extraordinary commitment of time, expertise and resources to undertake this important work, day in and day out. Our mission is achieved with the help of countless partners, supporters and volunteers.

Together we create opportunities and bring hope to more than 30,000 people each year.



Community Initiatives



Strengthening Early Childhood Development and Building Youth Success Through Collaboration and Innovation

We believe every child should get a good start in life and have the opportunity to grow into healthy, educated, productive, and engaged members of our community.

PROGRESS TO DATE:

- Operating 24 community schools in low income neighborhoods*
- Preparing children for kindergarten and supporting parents to engage effectively with the education system
- Driving new partnerships that expand STEM learning to youth in low resourced communities*
- Delivering *Ready, Set, Go*: an effective bilingual parent-child early childhood development model
- Supporting literacy benchmarks in 10 Portland schools through AARP Experience Corps mentor teams
- Providing evidence-based parent education classes
- Empowering parent leadership through *Abriendo Puertas* (Opening Doors) program

- Conducting in-home parent coaching to avert foster care placement*
- Expanding partnerships with culturally specific partners to connect better with youth from communities of color*
- Providing resources and support to help families in crisis move toward stability and health*

"Your kindergarten readiness program has impacted our family in such a wonderful way. I really believe in what your program is accomplishing in the lives of families."

MOVING FORWARD:

A sharpened focus on researched best practice approaches and data gathering to demonstrate our ability to produce long lasting results for children, youth, families and older adults in our community.

Developing and Promoting Effective Approaches to Community-Based Health and Wellness

We believe people should be equipped to play an active role in their well-being and societal costs for healthcare can be reduced.

PROGRESS TO DATE:

- Providing older adults and people with disabilities rides to grocery stores, health appointments and activities to build their social network
- Fighting food insecurity through five school-based food pantries in East Multnomah County* and delivering over 260,000 healthy meals and snacks in many low income communities
- Leading diabetes support groups at local clinic, facilitated by MFS community health workers*
- Connecting specially trained volunteers with older adults to increase their ability to manage health and well-being issues at home*
- Delivering community-based chronic care management to patients through a piloted partnership with two health care systems

MOVING FORWARD:

An increased role with health care providers seeking low cost, effective community-based systems of care through social support, prevention and health education.

Advancing Individual and Family Economic Well-Being

We believe people in our community should be able to live with dignity, security and purpose.

PROGRESS TO DATE:

- Offering financial literacy coaching to adults and students through early learning and community schools programming*
- Creating avenues for credit restoration for those who have poor credit history
- Offering low interest car loans for working parents who need a car for work and family needs
- Connecting high school students with work or post-secondary education to create a solid foundation for economic success
- Raising awareness of financial scams that victimize older and disabled individuals
- Collaborating with key anti-poverty partners to assist families needing energy, housing and job skill assistance

MOVING FORWARD:

Infusing asset building skills across all MFS programs to help people of all ages better manage and support their economic security.

*Indicates where MFS has added or significantly expanded programs in 2013



Did You Know?



MFS HELPS MORE THAN 30,000 PEOPLE AT HOME, IN SCHOOL AND IN THE COMMUNITY EACH YEAR.



MFS provides after school academic and enrichment activities for more than 9,800 children and youth.



MFS serves over 1,000 older adults & people with disabilities and provides more than 28,000 rides to medical appointments, grocery stores, and other destinations.



MFS provides more than 1,000 visits to isolated older adults in home or by phone.



MFS Ways to Work has provided over \$1,000,000 in low interest loans for families to secure transportation since 2005.

2,200

Dedicated MFS volunteers

31K

Visits to MFS school-based food pantries from families in need

\$1.5M

Value of volunteer hours

60

MFS sites in greater Portland and SW Washington

"I don't know what I'd do without rides to the grocery store and weekly medical appointments. The volunteers and staff are generous, caring and supportive. MFS is an invaluable resource in our community."



Photographs courtesy of Michael McDermott, Julie Keefe, John Kicker, and Ride Connection



"Learning financial management skills and getting a low-interest car loan through MFS was the beginning of the journey to stabilize my life."

2013 Financial Review

JULY 1, 2012 - JUNE 30, 2013

OPERATING INCOME	2013	2012
Government Grants and Contracts	\$6,080,848	\$6,001,139
Charitable Gifts and Special Events	1,561,503	1,740,061
Other Contracts and Client Contributions	782,522	739,883
Total Income	\$8,424,873	\$8,481,083
OPERATING EXPENSES		
Services - Children, Families and Older Adults	\$7,153,021	\$7,330,632
Management and General	975,885	957,845
Fundraising	333,616	322,381
Total Expenses	\$8,462,522	\$8,610,858
PROFIT (LOSS) FROM OPERATIONS	(\$37,649)	(\$129,775)
Investment Gain/(Loss)	444,485	(45,244)
*Profit (Loss) After Investments	\$406,836	(\$175,019)

*Nonprofit organizations are required to recognize realized and unrealized gains/losses at fair market value.



BALANCE SHEET

ASSETS	2013	2012
Cash and Incentives	\$5,647,219	\$5,269,304
Service Receivables	903,307	710,504
Prepaid Expenses	44,894	37,293
Fixed Assets	16,086	18,277
Total Assets	\$6,611,506	\$6,035,378
LIABILITIES		
Wages, Taxes, and Benefits Payable	\$267,004	\$203,015
Accounts Payable	544,366	407,761
Line of Credit Payable	-	75,000
Grants Designated for Future Periods	150,167	106,469
Restricted Net Assets	116,831	116,831
Temporarily Restricted Net Assets	35,859	28,770
Unrestricted Net Assets	5,497,279	5,097,532
Total Liabilities and Net Assets	\$6,611,506	\$6,035,378

Thank you for your generous support.
MOVING FORWARD, TOGETHER.



PUBLIC AND MAJOR FUNDERS

- AARP Experience Corps
- Centennial School District
- City of Gresham Community Revitalization Program
- City of Portland Parks & Recreation
- Clackamas County Board of Commissioners
- Clackamas County Community Health, Housing, & Human Services
- Clackamas Mental Health Organization
- Classic Wines Auction
- Corp. for National & Community Service
- David Douglas School District
- Gresham-Barlow School District
- Multnomah County Dept. of Human Services
- North Clackamas School District
- Oregon Dept. of Education
- Oregon Health Authority
- Oregon Volunteers
- Parkrose School District
- Partners for a Hunger-Free Oregon
- Portland Children's Levy
- Portland Development Commission
- Reynolds School District
- Ride Connection
- Tri-Met/JARC
- US Dept. of Justice
- Wallace Medical Concern
- Walmart Foundation
- Ways to Work, Inc.

PREMIER SPONSORS

Johnson Family Foundation Kohlberg Kravis Roberts

MATCHING SPONSORS

Fred Meyer Maybelle Clark Macdonald fund

MAJOR SPONSORS

Knowledge Universe BENSON INDUSTRIES PCC Precision Castparts Corp. The Standard at&t

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PCMA PORTLAND CENTER FOR THE MEDIA ARTS cmd

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COMMUNITY INVESTORS

- The Boeing Company
- Bechen Family Foundation
- Columbia Distributing
- FamilyCare Health Plans
- Ferguson Wellman Capital Management
- Harrelson Group
- Northwest Medical
- Providence Health & Services
- Stoel Rives LLP
- Tonkon Torp LLP
- US Bakery

MEDIA SPONSOR

PORTLAND BUSINESS JOURNAL

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www.metfamily.org



MFS delivers proven programs to help people succeed at home, in school and in the community.

A Catalyst for
**CHANGE WITHIN
COMMUNITIES**



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