

CAP PROGRAMS 2023

ASSET BUILDING

- Free tax assistance
- MoneySmart classes
- Credit assessments
- Food handler card testing
- Financial coaching

COMMUNITY ARTS WORKSHOP

Open to all Mon - Thurs 9am - 4pm

- Card making
- Crocheting
- Painting
- Drawing
- Collage making
- And many more creative options

EMPLOYMENT

Open to TANF (Temporary Assistance For Needy Families) and Basic Foods recipients

- Job search assistance
- Job training & work experience
- Job readiness workshops
- Computer lab for job search
- Employment related financial coaching
- Life skills workshops
- Parenting classes

ENERGY ASSISTANCE

- Federal energy assistance program
 - Federal water assistance program
 - Senior discount program*
 - Disabled discount program*
- * In collaboration with Cowlitz PUD and Cascade Natural Gas Assistance

HOMELESS REHOUSING

- Rapid rehousing rental assistance
- Permanent supportive housing

I-5 PUBLIC TRANSPORTATION

Between Vancouver & Castle Rock

- Senior rides
- Medicaid rides

HOUSING IMPROVEMENT

- Self Help Rehabilitation
- Weatherization

SENIOR SERVICES

- Meals on Wheels
- Senior community lunches
- Volunteer opportunities
- RUOK? - Are You OK? (daily check-in by phone)

FROM THE EXECUTIVE DIRECTOR

A Year of Outreach and Support

Looking back on 2023, for many community members, it was a year of continued recovery from the pandemic and for CAP it was a year of outreach and support for those struggling to fully recover and return to pre-COVID employment and stability. CAP staff participated in 16 community events sharing information about the many programs that we have available for persons with limited income.

This, along with creating the diaper bank, increased the number of households we were able to serve. With the diaper bank we distributed just under

405,000 diapers to 2,250 families with small children, many of whom were new to our services.

As CAP works to provide services to help assure community members basic needs are met we realize we cannot do this work without you, our community members. CAP is thankful for the support that is received from our Federal, State and local governmental entities, the Cities of Longview and Kelso as well as Cowlitz County. Other key partnerships have been with Workforce SW WA, St John Peace Health, and Cowlitz

County PUD to name a few.

In addition, we rely on and appreciate all the community members who donate whether through special food drives such as Turkey Bucks or through a financial donation. Your dollars are an important piece of the funding as they fill the match requirements that come with many of our funding streams.

With a grateful heart,

Ilona Kerby
Executive Director



Ilona A. Kerby
Executive Director

"The need is great and so are the opportunities to make a difference."

~ Paul Newman



For 60 years, CAP has made a difference in our community by providing education and services to our neighbors in need. **But we can't do it without your support.**

Please consider making a donation to CAP to allow us to continue on our mission of empowering members of our community to overcome poverty and remain independent.



If you'd like to make a difference, use the QR code to make an online donation or go to <https://lowercolumbiacap.networkforgood.com/>



Community Arts Workshop

The Community Arts Workshop (CAW) continues to be a place of creativity and learning. **747 community members** participated in a variety of classes, worked on personal projects as well as working on projects to donate in the community. It is open to the public Monday through Thursday from 9am to 4pm.



CAP AT WORK IN OUR COMMUNITY

Housing Rehabilitation: Safe Housing for *Mark



“They really helped me in a time I feared I had nowhere else to turn”

Mark faced significant challenges with his home. From the deteriorating roof, interior walls and ceilings as well as the bathroom, many updates and repairs were needed. The home could not be properly heated or cooled due to most of the conditioned air escaping through the leaky structure to the outside. CAP staff went to work to find the resources to help make Mark's home safe and secure.

Thanks to the availability of Weatherization and Community Development Block Grant (CDBG) funds, his roof was replaced protecting him from the elements. The walls and ceilings received a fresh makeover and a brand-new bathroom and updated flooring transformed Mark's living space.

The last upgrades of attic, wall and floor insulation as well as proper ventilation systems and air sealing made the home energy efficient and safe. It is through access to the various funding streams and donations from the community that CAP is able to uplift our fellow community members like Mark and assure they have a safe and comfortable home.

FIGURES NOT YET AUDITED

CAP INCOME SOURCES 2023

Federal	5,184,862	68%
State	3,634,890	12%
Donated Goods & Services	1,401,693	10%
Program Service Fees	772,813	4%
Cash Donations	606,898	3%
Retail Sales	559,174	3%
TOTAL	12,160,330	100%

Only 6% of all Income goes to Administrative costs. The REST goes to program expenses.

Community Jobs: *Raquel's Path to a New Life



“They supported me in caring for myself and my daughter”

A year ago, abandoned by my daughter's father, I was homeless and felt lost. Through the Department of Social and Health Services (DSHS), I found housing and began rebuilding my life. It was at this point that I discovered CAP Community Jobs. This program not only provided me with work experience but also instilled newfound confidence. They sup-

ported me in caring for myself and my daughter, giving us a chance at a better life.

Through Community Jobs, I not only gained practical skills but also developed strong values – integrity, resilience, self-discipline, and consistency. The people I met and my case managers, with their expertise and unwavering support transformed my life. Today, I am working and love my job. I cherish the connections I've made and the ability to provide for my daughter. CAP's Community Jobs program has given my life meaning and fulfillment.

*Names and photos have been modified to protect privacy.

CAP STATS

AFFORDABLE RENTALS

85 rental units managed for seniors, disabled and families struggling in low wage positions

ARTS WORKSHOP

446 local community members participated

ASSET BUILDING

\$966,506 in total refunds for Cowlitz County residents with assistance from FREE AARP Tax Aides and self-filing assistance

\$6,848.00 in refunds for new Washington State WFTC (Working Families Tax Credit)

Over **110 community members** learned financial management skills

CAP EMPLOYMENT

106 persons gained work

experience through temporary placements

24 persons found permanent employment within 9 months of program start

12 persons received retail job skills training through CAPtured Treasures Thrift Store

ENERGY

1,576 households kept their heat through LIHEAP energy assistance

167 households received assistance with water bills due to the LIHWAP program

HELP WAREHOUSE

In Cowlitz Co **14.4% of households are food insecure**. That means they do not have adequate food/meals to meet their daily needs to thrive in life, at school, at work or at play

223,405 persons' food

security was improved by HELP Warehouse from January - December 2023

HOME DELIVERED MEALS (HDM)

16,605 miles driven by volunteers delivering Meals to vulnerable people

34 people received support meals after a hospital stay (MOWP). These people received 2 meals a day for up to 90 days

50,416 HDM meals served

HOUSING

179 households assisted in obtaining and maintaining housing

203 households assisted with rental and/or utility arrears

I-5 VANS PUBLIC TRANSPORTATION

Over 121,017 miles driven on our rural I-5 route, providing

transport for community members between transit stations in Longview and Vancouver 5 days a week, to work, go to school and to shop

11,426 miles driving seniors and disabled community members to medical appointments

SENIOR NUTRITION

8,256 community lunch meals served in Cowlitz and Wahkiakum Counties **498 seniors** received vouchers totaling **\$39,840** in Cowlitz County to use at the Farmers Market for fresh fruits and vegetables along with nutritional education.

OUR MISSION STATEMENT:

CAP provides equitable access to services that help people meet their basic needs. In alliance with our partners, CAP empowers SW Washington community members to overcome poverty and remain independent.

FOOD DRIVES & DONATIONS

Thanks to the many food drives and donations from our partners in the community. These are critical in helping restock the many community food banks/pantries.



The **2023 Civil War food drive** brought in **19,970 lbs** of food.



Clark County Food Bank - 17,697.11 lbs donated



Nippon Dynawave employees gave 1,000 lbs of food in 2023

Kelso School District
Stuff the Bus Food Drive - **over 1,000 lbs.**



Fibre Federal Annual Shred Day Event - over 927 lbs of food plus cash donations



Cowlitz Tribe - 2,133 lbs donated



Chef Store/US Foods donated **\$1700** to help our fellow community members in need.

Harvest Classic



Thanks to **Early Edition Rotary** for their continued support of the Help Warehouse with the **Harvest Classic**. With the **\$7,500** donated in 2023 the Warehouse is able to continue to provide food to our network of food banks. It is a much appreciated annual healthy fundraising event.



Thanks to the **Cowlitz Black Bears** and **Safeway** partnering to bring in **\$3,000**, sending positive ripples throughout our community with much needed food for the HELP Warehouse to deliver to local food banks.

CAW Holiday Bags

CAP Arts workshop participants delivered **134 holiday gift bags** to the medical professionals and staff at **Frontier Rehabilitation Center**. Bags included Starbucks cups, drinks, popcorn, candy and hand-made holiday cards. Thanks to this creative group for thinking of the hardworking staff at the Center.



POUNDS OF FOOD DISTRIBUTED IN 2023

USDA	480,928#
Food Lifeline	534,044#
Northwest Harvest	181,689#
Charlie's Produce (Produce Boxes)	92,136#
Pacific Coast Fruit Company (Produce Boxes)	122,112#
Albertsons/Safeway (Holiday Meals)	24,152#
Sunshine Division	2,250#
Grocery Rescue (Fred Meyer, Safeway, Walmart)	240,940#
Others: Food drives and individual donations	135,147.27#
TOTAL	1,813,398#



Union Ham Donation

Thanks to the **Building trades unions** for the incredible donation of **900 hams**. That is the largest donation since the inception of the holiday giving project. The unions that participated were **LKBCTC, CWCLC, IBEW 48, UA 26, UA 669, BM 502, IW 29, LIUNA 335, IUOE 701, Heat and Frost LU 36, IAMAW 536, SMART 66, LEA, ICWU 747c & SEIU 925, AFSCME 1262, AWPPW 153, AWPPW 633, Cement Masons 528, IUOE 701, Roofers 153, MTCPV AND IUPAT DC 5**. To all of the members of these unions CAP is grateful for this generous donation that brightens the holidays for so many community members.



MOW Christmas Stockings

Thanks to **Sandi Milohov and her daughter** for the generous donation of **100 very cute Stockings** for our Meals on Wheels Seniors! Stockings were delivered along with meals, by our amazing Volunteers, resulting in many smiling recipients. It is so appreciated by our community members who are homebound.



Thanks to **Monticello Park Retirement and Assisted Living** for their generous donation to Meals On Wheels. Their bazaar collected donations to spread hope through healthy meals to those most vulnerable in our community.



A big thanks goes to those who contributed to the holiday meals program and to Safeway management for assuring that the local contributions stayed in our local community. This distribution made a positive difference in so many households over Thanksgiving and Christmas.

THANK YOU! THANK YOU! THANK YOU!

**\$10,000 -
\$999,999**

Anonymous

Oregon Food Bank

\$5,000-\$9,999

**Bill & Karen Boehm
Randy & Mary Gillespie**

**Longview Early Edition Rotary
Tokola Properties/donation Account**

\$1000-\$4999

3-Rivers Ladies Golf
Altrusa International of
Longview/Kelso
Mark & Eileen Bergeson
Boatman Family Properties
Fredrick Brien
Dan Burns
Tim Cavaness
Phyllis Cavens

Steve & Linda Constans
William & Diana Covert
Cowlitz Black Bears
Emmanuel Lutheran
Jerry & Patricia Gibson
Mary Guertin
Reed & Pam Hadley
Ray Hegr
Jeanette Hourigan

Kristine & Terence Jenkins
Jan & Ilona Kerby
Don & Clara Lemmons
Longview Pioneer Lions Club
James & Judy Macleod
Laird & Carol McRae
Nippon Dynawave
Phillip Nordin
Susan Pointer

Joseph & Sandra Pollick
St. Rose Catholic Church
Alta Suttles
US. Foods
Jim & Sue Waters
Angela Wean
Richard & Barbara Wollenberg

\$500-\$999

Robert & Chau Axelrod
Jim Barnes
John Bausch
Cambia Health Foundation
Lee & Bonnie Canaday-Coumbs
Dian Cooper

De Francisco, Lampitt
& Brando, PS
Diane Dick
David & Janet Freece
Tom Gunn
Jill Johanson

Christopher Johnson
Maureen & Gregory Kolacek
Jerry & Sandy Look
Denison & James Midwood
Mint Valley Federal
Credit Union

Monticello Park
Retirement Community
John & Lesley Ness
Milford & Marge Ofstun
Steven & Diane Pond
Reprographics, Inc

Mike Reuter
Kenneth Sold
Randy & Sheli Sweet
April Valdez
Dennis Weber
Kay Wilcox

\$100-\$499

Sharon Adams
AWPPW Columbia local 633
Brian Barsalou
Mary Barsalou
Jeni Birkholz
Lesley Bombardier
Marion Bradburn
Lynn Brooks
Mary Cannon
Ronald & Sandi Colbert
Deanna Dahlberg
Julie Davis
Patricia Donaldson
Bruce Eyer
Gladys Fink
Wayne Fisher
Roxanne Forrest

Michael & Kathrin Fowler
Mick & Cathy Fox
Judy Fromdahl
William & Georgia Gibbens
Adrienne Gorman
David & Mellicent Grocott
Gwyneth Gross
Thomas Heck
Ted & Marilyn Herold
Herren Nieces & Nephews
Julie Herron
Virgina Hopfe
Pamela & Leonard Howe
Maria Johnson
Roger & Nancy Karnofski
Julie Kerby
David Knoeppel

Alfons & Karen Knorr
Mark Koelsch
Steve & Jayne Lafady
Greg & Margaret Lopic
Mindy Leasure
Myrna Lindenthal
Bruce & Diane Lockhart
Shirley Lutz
Kelly McConnell
Mike & Toni Mcleod
Valerie Miller
Donald & Gavin Jeann Mills
Cynthia & Arthur Montoya
Vickie Musgrove
Daphne & Harry O'Neill
Elizabeth Osberger
Carollee Owens

James Pafundi
Shelley Palodichuk
Kirsten Phillips
Rosemary Powelson-Bailey
Timothy & Boni Randall
Dale & Shirley Rasmussen
Ryan & Amanda Rasmussen
David & Libby Ravander
Dave & Debbie Renner
Cy & Diana Romag
Alan Rose
R Square D Dance Club
Glens Schuh
Gay Shelby
John & Shirley Simpson
Margaret & Seppo Soderman
Joanne Soreng

Walter Specht
Kay Stacie
Tom Symmonds
Bob Symonds
Trinity Lutheran Church
Maria Wallace
Steve & Roxana Wanderer
Deborah White
Wilcox & Flegel Oil Company
Ebby & Jean Williams
Jay Worth
Robin & Gary Wright
Ella Youmans
Jamie Zabkar

\$1-\$99

Shelly & Steve Abrams
Roger Almquist
Mike & Kathy Bates
Daniel Carter
Roger Cleveland
Donna Davis
Robert & Barbara Ellinghaus
Pat & Arlene Elliott
Zaki Faraj

Marsha Gerry
Myron & Esther Grant
Beverlee Hood
Terry & Anita Hopkins
IBEW 48 Union
Electrical Workers
Linda Ishiguro
Tony & Martha
Irene Jeanetta

Patt Keller
Janet Knudsen
Carol Lamere
Seward & Carol Luhn
Larry Malone
Chris Mccomas
Sharon & Darrell McKee
Jeanne O'Connor
Gary & Barbara Stephenson

Michal Tolleshaug
Suzanne Trygar
Robin Twining
Daniel Waterbly
Robin West
Paula & Jean White



THE PROMISE OF COMMUNITY ACTION:

COMMUNITY ACTION CHANGES PEOPLE'S LIVES, EMBODIES THE SPIRIT OF HOPE, IMPROVES COMMUNITIES, AND MAKES AMERICA A BETTER PLACE TO LIVE. WE CARE ABOUT THE ENTIRE COMMUNITY, AND WE ARE DEDICATED TO HELPING PEOPLE HELP THEMSELVES AND EACH OTHER.

Lower Columbia CAP is one of 30 Community Action Programs in Washington State.

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