



May 2018

luminosa

2018 summer metric

Register Now!

Join Us August 4th For Our Summer Bike Event

You are invited to join our multi-distance ride on August 4th to tour some of Oregon's most beautiful scenery in the Willamette Valley.

Presented by Pacific Office Automation and The Morrison Foundation, this first-class, multi-distance bike ride supports the youth and families of Morrison Child and Family Services. The routes tour the [Tualatin Valley Scenic Bikeway](#) and include distances of 26 miles, 43 miles, and 62 miles. The start and finish lines are at [Oak Knoll Winery](#), where riders will enjoy lunch, beer and wine, live music, and the opportunity to visit vendors and information booths.



Date: Saturday, August 4, 2018

Location: Oak Knoll Winery, 29700 SW Burkhalter Rd, Hillsboro, OR 97123

Early Registration closes on May 31st, 2018.

Pre-order Luminosa jerseys by June 4, 2018.

Click [HERE](#) for registration.

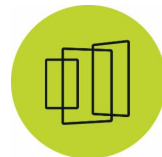
For inquiries or sponsorship opportunities, please contact Deanna Kavanaugh at deanna.kavanaugh@morrisonkids.org.

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Get to Know Morrison

Featured Staff: [Deanna Kavanaugh](#)

This month's featured staff member is Deanna Kavanaugh, who has recently stepped into the position of Interim Director of Development. Over the past two years, Deanna has been deeply involved with the internal and external workings of Morrison, first as the Events Specialist and then as the Community Development and Communications Specialist. In her current role, Deanna manages all functions of Morrison's fundraising department.



Deanna has always sought work that aligns with her values, and she knew from the beginning that Morrison is someplace special. "Not only was I warmly welcomed and respectfully treated from my first day here, I was thrilled to discover that Morrison provides thorough onboarding, equity and inclusion training, and the Sanctuary program. I had never experienced that level of commitment to employees before," she says. Now, she is grateful to be directly involved in helping people, though this is not her first time in that role.

Deanna used to be a "Big Sister" with the Big Brothers Big Sisters program. When they first met, her "Little" had significant family challenges that she was working through while attending outpatient therapy, but Deanna had no idea where therapy took place. Years later, when Deanna shared that she is working at Morrison, her Little exclaimed, "I love Morrison! Let me know how I can help you!" and expanded upon how much she loved her experiences in therapy here. Now that her Little is a successful young adult, that was especially heartening to hear.

Deanna says that the first thing people usually say when they learn she works at Morrison is, "Oh that must be really hard and very sad. I could never do that." However, Deanna likes to remind people that even when the work is very difficult, it is full of hope. She loves to share the successes she has seen so far, as well as the incredible dedication that clinicians and staff have towards our youth and families.

Deanna is interested in people, their stories, their thought-processes, and their motivations. As a result, she is fascinated with personality styles and is constantly considering how to relate to others in an effective and compassionate way. This knowledge of people and their communication styles also helps her in her Development job when she helps donors realize their vision of putting their generosity to the most effective use. When someone is considering donating their time or resources to Morrison, Deanna is quick to share that Morrison stewards our resources with great care: "If you want to give to us in any capacity, please know that we do our best to ensure that your contribution has the broadest benefit that it can. We are also always incredibly grateful!"

In her free time, Deanna enjoys photography (which she also does professionally) and other art, singing and playing music with her husband, P90x (a grueling exercise program), hiking, biking, gardening, reading, and spending quality time with her cat, Pickles.

Thank you, Deanna, for taking the Development reins. Morrison appreciates your ingenuity, commitment, and fresh perspectives!

Vote for Kids This May!
Portland Children's Levy is on the Ballot



Investing in our future

portland children's levy

The Portland Children's Levy was created by voters in 2002 and overwhelmingly renewed in 2008 and 2013. In the 15 years since voters first approved the Levy, over \$150 million has been invested in over 50 organizations, including Morrison. Levy funds have annually supported services for more than 14,000 children and hunger relief services to more than 15,000 children.

The organizations funded by the Portland Children's Levy are committed to providing programs in:

- * Child abuse prevention and intervention: Protecting children from terrible circumstances, which also addresses juvenile crime, school failure, drug and alcohol abuse, and homeless youth.
- * Early childhood programs: Preparing children for success in school and making quality childcare more affordable. Ensuring that children arrive at school ready to learn also assists our schools and teachers.
- * After school, summer and mentoring programs: Promoting academic achievement, reducing the number of juveniles victimized by crime, and increasing graduation rates.
- * Children in foster care programs: Giving foster children a better chance at success with educational support, mentoring, and access to mental health services.
- * Child hunger prevention: Improving children's access to nutritious meals, leading to better physical and mental health, as well as academic success.

On May 15th, we have the chance to vote to Renew the Portland Children's Levy (Measure 26-197) and continue our funding for this great program. A YES vote for Measure 26-197 does not increase the tax rate but instead renews the Children's Levy at the same rate we have now.

The Children's Levy only supports programs that are cost-effective and proven to work. The levy is overseen by a five-member Allocation Committee who ensures that there are annual independent audits and that administrative expenses are limited to 5% or less, which allows 95 cents of every dollar to go directly to programs. This is a commitment they have kept for over 15 years

Renewing the Portland Children's Levy is an important way to say that we care about our kids and to put those values into action every day.

Please Vote YES for Measure 26-197 by May 15th.
More information is available at the campaign's [website](#).

Save the Date: May 15th, 2019

Join us for our annual luncheon

Next year, Morrison's 6th annual Silver Linings Luncheon will take place on May 15th in the Governor Ballroom at the Historic Sentinel Hotel in downtown Portland. Each year, more than 300 of our city's most prominent business and community leaders gather to celebrate the programs and services Morrison provides.



Silver Linings is an opportunity to increase public awareness of Morrison's community impact. It is also a chance to visit our program gallery and to meet the staff who work directly with the children and families we proudly serve.

Sustainability Tip of the Month

May is Bike Month

Spring has sprung, and people are venturing back outdoors to enjoy the sunshine and fresh air. This is an excellent time to consider our air pollution footprint. Although we know that combustion engines produce significant air pollution, there are other sources to consider too. Here are some ideas to help keep our air clean:



1. Opt to walk, carpool, use public transportation, or ride a bike whenever you can: May is bike month! Sponsored by the League of American Bicyclists, National Bike Month, National Bike to Work Week (May 14-18) and Bike to Work Day (May 18) all showcase the benefits of cycling and encourage more people to use a bicycle for their health and transportation needs. National Bike to School Day is May 9, 2018.
2. Use a push or electric mower instead of a gas-powered one.
3. Buy local, organic food and products whenever possible.
4. Purchase renewable energy: [30 percent](#) of the electricity in the US comes from coal-burning power plants. Ask your energy provider if they offer renewable options.
5. Refuse, reduce, reuse, and recycle to reduce production and disposal emissions.
6. Drivers can reduce air pollution while driving in the following ways:
 - Combine your errands into one trip and park centrally, walking as much as possible.
 - Choose your route before you leave to avoid traffic jams.
 - Reduce time driving, especially during peak traffic periods or hot days.
 - Limit engine idling time to not more than 30 seconds.
 - Accelerate gradually, maintain speed limit, and use cruise control on the highway.
 - Avoid waiting in long drive-through lines.
 - Keep your vehicle well maintained.
 - Use energy-conserving grades of motor oil.
 - Change air and oil filters regularly.
 - Keep tires properly inflated and aligned.
 - Repair all vehicle leaks.
 - Make an appointment with a repair tech if Check Engine light is illuminated.
 - Fill gas tank during cooler evening hours to reduce evaporation.
 - Avoid spilling gas and don't "top off" the tank.
 - Replace gas tank cap tightly.
 - Remove excess items that add excess weight to your vehicle.
7. Manage your heating and cooling: Use fans and open windows in the evening to let cool air in during the summer and use warmer clothes and insulation in the winter.
8. Avoid using harsh chemicals: Use natural cleaners, air fresheners, and pest solutions.

Donate Now

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Media Contact
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Our Mission

At Morrison Child and Family Services, we partner with families and communities to provide effective and responsive services for children and youth coping with adversity and trauma.

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