



REPORT TO THE COMMUNITY

ANNUAL REPORT

Lower Columbia CAP
(Community Action Program)



2010

LOWER COLUMBIA CAP



Executive Director
Ilona A. Kerby

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Building Healthy Communities
One Family At A Time



Ilona Kerby
Executive Director

Photo courtesy Dimmick Photography

Message from the Director

Times of stress and challenge call forth the best in us, for along with the challenges come opportunities to find and test our strengths.

2011 looks to be another year where we will be tested, individually and as a community.

With tighter budgets, we are being called upon to do more, for more people, with fewer resources. But if 2010 is any indication, we are up to the challenge.

As a grassroots community based organization, we draw our strength from the community. And the community responded magnificently and generously this past year: meeting—and exceeding—the Welch Family Challenge in October, supporting the CAP Foundation's Dinner in November, the Walk n' Knock food and money donations in December, and our annual Give To A Good Cause appeal. Likewise, many CAP services are dependent upon our hundreds of dedicated volunteers, and CAP's volunteers were there every day, every week, throughout the year.

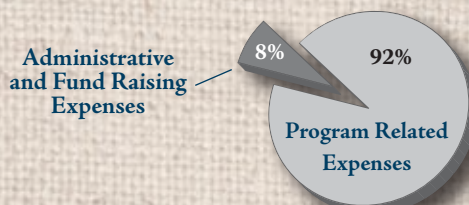
Thank you for your support. Because of you, we are ready for the challenges, and the opportunities, 2011 presents.

Ilona A. Kerby

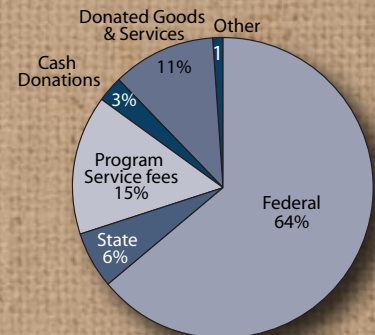
YOUR DONATION AT WORK

92% of all gifts and donations to CAP goes directly to our vital programs – and these programs achieve results!

100% of all gifts and donations remain here in our community.



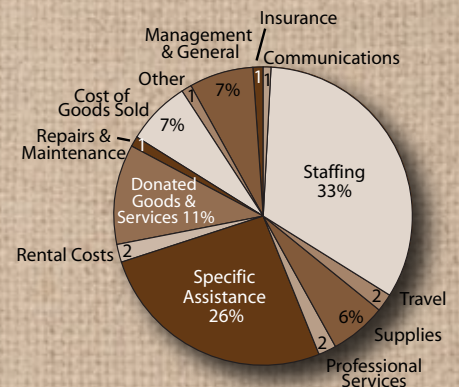
2010 FINANCIAL STATEMENT



Revenues

Federal	6,423,781	64%
State	655,753	6%
Program Service Fees	1,508,117	15%
Cash Donations	282,350	3%
Donated Goods & Services	1,123,772	11%
Other	109,090	1%

TOTAL REVENUES* 10,102,863



Expenses

Staffing	3,350,963	33%
Travel	198,320	2%
Rental Costs	173,330	2%
Professional Services	187,325	2%
Supplies	626,413	6%
Specific Assistance	2,602,650	26%
Donated Goods & Services	1,123,772	11%
Management & General	680,690	7%
Communications	87,370	1%
Repairs & Maintenance	121,685	1%
Insurance	75,850	1%
Cost of Goods Sold	732,369	7%
Other	142,126	1%

TOTAL EXPENSES* 10,102,863

* Figures are not yet audited

2010 HIGHLIGHTS

Creating Homeowners: Celebrating 20 Years of Self-Help Housing

"A lot of people don't know that CAP is the largest homebuilder in Cowlitz County," says Housing & Energy Director Sheila Girt. In the past twenty years, 380 families have built their own homes through CAP's program, with a cumulative appraised value of \$41,148,300.

Photo at right: Cheering families completed their new homes in Castle Rock in June



Photo courtesy Jessica Lemmons Photography



Weatherization Works

The American Recovery & Reinvestment Act ("Stimulus") funds used for weatherization reduced families' energy costs, increased the community's energy conservation, and ensured jobs for local contractors and their employees. Over the past year CAP's Energy & Housing Department has weatherized 113 low income families' homes, resulting in significant cost savings. For example, Mr. Ronald Taylor from Castle Rock saw his PUD electric bill drop from \$148 in January 2009 to \$82 in January 2010, and his monthly usage decreased from 5,779 kilowatt hours to 2,787. That's a savings for the families, but it is also a savings for the community whenever kilowatt usage is reduced.

Early Edition Rotary's Harvest Classic Breaks All Records

For its 30th anniversary, the Harvest Classic run/walk drew 388 participants on October 2, breaking all of its previous records by raising \$7500 to support the area's food banks. Early Edition Rotary organizes the event each year as a fundraiser for CAP's Help Warehouse, the food collection and distribution center for Cowlitz and Wahkiakum food banks.



Photo courtesy Cody White



Dine Out for Meals on Wheels

On Tuesday, May 4, people eating at one of 14 local restaurants were also supporting Meals on Wheels. Each restaurant donated a percentage of that day's revenues, totaling \$4750, to CAP's program which delivers hot and frozen dinners to homebound seniors throughout the year.

OUR THANKS TO THESE PARTICIPATING RESTAURANTS

Azteca Mexican Restaurant
The Brits Tea Shoppe
Country Folks Deli
Domino's Pizza
Ganesh Indian Cuisine

Hattie's Restaurant
Izzy's Pizza
Lacey Rhas Café
Nipp's
Oak Tree Restaurant

Quizno's in Woodland
Scoops
Sizzler
Vernie's Pizza

Plan to dine out for Meals on Wheels on Tuesday, May 17, 2011.

2010 CAP STATS

CAP I-5 Vans

(Rural Public Transportation)

- **33,069** rides between Vancouver and Olympia

Community Jobs Program

- **42** welfare recipients obtained full-time employment
- **180** welfare recipients were placed into paid part-time jobs to gain skills and work experience. These participants provided **51,826** hours of assistance to public and non-profit agencies.

Energy Assistance

- **3139** households received assistance with payments totaling **\$818,407**
- **435** households qualified for the PUD Senior Discount Rate program
- **271** households qualified for the PUD Disabled Discount Rate program

Financial Independence Center

- **102** low income families developed assets in 2010 (a total of **191** families have saved **\$374,400**, since the program began, resulting in asset purchases totaling more than **\$11,258,750**.)
- **200** people took the MoneySmart course on money management in 2010, including **12** youth (a total of **650** people have taken the course since 2007)
- **1150** people received assistance with their tax preparation (including AARP volunteer Tax Aides)

Help Warehouse

- **1.5 million** lbs of food were distributed

Homelessness Prevention & Rapid Rehousing

- **280** households were assisted finding affordable housing or were prevented from being evicted

Housing Rehabilitation

- **4** low to moderate income living units were rehabilitated
- **3** units are currently under construction.

In-Home Care Services

- **63,037** hours of care were provided by CAP's team of **63** caregivers

Long Term Care Ombudsman Program

- **362** complaints were resolved by the **30** certified Ombudsman volunteers serving Clark, Cowlitz, Klickitat, Skamania, and Wahkiakum Counties.

Effective 2011, the SW Washington Agency on Aging & Disabilities (SWAAD) will be overseeing the LTCOP. To contact the ombudsman for Cowlitz and Wahkiakum counties call 360-577-4929 or 800-682-2406.

Meals on Wheels

- **42,950** meals were delivered to homebound seniors

Medicaid Rides & Senior Rides

- **3564** Medicaid rides were provided
- **804** Senior rides were provided

Rental Housing

- CAP maintains **33** units, providing affordable rental housing to **38** low income families in 2010.

Self-Help Housing

- **7** families became homeowners by building their own homes in Castle Rock
- **15** families are currently building their homes in Castle Rock and Chehalis
- **380** families built their homes since CAP started Self-Help Housing in 1989.

Senior Community Lunches

- **18,352** meals served at lunch sites in Castle Rock, Cathlamet, Kalama, Kelso, Lexington, Longview, Rosburg, Ryderwood and Woodland

Vocational Skills Training

- **657** job seekers received training or job search assistance
- **333** dislocated workers & low income adults found jobs at an average starting wage of **\$13.87/hr**
- **136** individuals received professional credentials and certification

Volunteer Center of Cowlitz-Wahkiakum

- **618** active volunteers provided a total of **100,687** hours of service to the community, valued at **\$2,130,536**

Weatherization

- **113** homes were weatherized (**106** with Stimulus funds)
- Currently, **29** homes are in process of being weatherized.
- Weatherized homes result in an average savings of **33%** to homeowners

CAP FOUNDATION

The CAP Foundation began 2010 with \$28,479 in its endowment, and ended the year with more than \$120,615, and total assets of \$276,247. This significant growth was due to the community's enthusiastic support.



2010 Board of Directors

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B&B/Entek, Retired

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Red Canoe Credit Union

Ben Coombs, CLU, CFP,
Sec-Treasurer,
Retired

Max Anderson,
Anderson and Anderson

Bob Crisman,
Gallery of Diamonds

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Dave Grumbois,
Local Businessman

Rick Parrish,
The Daily News

Ilona Kerby,
CAP Executive Director

Sophia Spencer,
Red Canoe Financial Group

Deborah Sweet,
DCK, Inc.

Maryanne Wainwright,
Port of Longview, Retired

Tim Welch,
Stellar J Corporation

The mission of the CAP Foundation is to build a permanent endowment and strong financial base that will support the services of Lower Columbia Community Action Program.

Community meets Welch Family Challenge — and more.



Tim Welch & Lee Hutton-Welch

Photo courtesy Dimmick Photography

Tim Welch and Lee Hutton-Welch from Woodland challenged the community to match their pledge of \$35,000 between October 1-October 15, to build the CAP Foundation's endowment. The community rose to the challenge, donating far more than the Welches or the Foundation Board expected, over \$57,000. Tim and Lee graciously agreed to go beyond their original pledge and match every dollar contributed. And they want to do it again in 2011.

CAP Foundation Dinner for the "New Homeless"

Recognizing the plight of the "new homeless"—those families who have become homeless because of the economic recession—the CAP Foundation held its second annual dinner on November 13 to raise funds for CAP's Homelessness Prevention Program. Portland TV personality Wayne Garcia was the master of ceremonies at the event that raised \$56,260.

Photo at right: **Emcee Wayne Garcia, Dinner Chair Pat Rodman, and Foundation President Bill Boehm**



Photo courtesy Jessica Lemmons Photography

Community Foundation Partnership Established

To enhance its visibility in the community and southwest Washington, the CAP Foundation entered into a partnership with the Community Foundation of SW Washington in 2010 to manage the assets of our endowment fund. The **Lower Columbia CAP Foundation Fund** was established at the Community Foundation to benefit from their investment expertise, gained from years of successfully managing charitable funds that now total almost \$60 million, as well as from their ability to process complex assets, and to provide CAP additional exposure to prospective donors throughout the region.



THANK YOU DONORS!

\$10,000+

WalMart

Tim Welch & Lee
Hutton -Welch

\$5000-\$9999

Bill & Karen Boehm
Ben & Judy Coombs
Philip & Carol Fortuna
Longview Early Edition Rotary
Longview Fibre Company

\$1000-\$4999

Dave & Linda Andrew
Applied Industrial Technologies
Azteca Mexican Restaurant
Bethany Lutheran Church
Columbia Bank
Columbia Ford
Suzanne & Tim Cusick
Diamond Showcase
Entek/B&B
Jackie Evans
Gallery of Diamonds
Randy & Mary Gillespie
Rob Harris
Heritage Bank
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Michael & Amy Hicks
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\$500-999

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Enterprise Rent-a-Car
Foster Farms
Gloria Dei Lutheran Church
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Anders Martinson
Matthew & Anne-Marie McCoy
Rick & Sarah Melching
Morris & Beverly Spiess
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Good Impressions
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Hattie's
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Melinda Rodman
Paul Roesch, Jr.
Alan Rose
Catherine Ross
Teresa Sadler

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Gertrude Woodward
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Olivia Worth
Ruth Wulf
Richard Yule
Catherine Zadak
Geraldine Zevenbergen

CAP PROGRAMS IN 2010:

- Basic Food (Food Stamps)
- Community Jobs
- Business Start-up Services
- *CAPtured Treasures* Boutique Store & Training Center
- Emergency Services
- Employment Assistance
- Energy Assistance
- Energy Conservation Education
- Financial Education (MoneySmart)
- Job Training
- *My Favorite Place* Thrift Store
- Help Warehouse
- In-Home Care Services
- Home Care Equipment Bank
- Home Energy Audits
- Homelessness Prevention
- Housing Rehabilitation
- Individual Development (Savings) Accounts
- Long Term Care Ombudsman (Advocacy)
- Meals on Wheels
- Medicaid Rides
- Rental Housing
- Respite Care
- RSVP/Volunteer Services
- RUOK?—Daily Check-In Service
- Rural Public Transit—Daily I-5 Van Service
(between Vancouver and Olympia area)
- Self-Help Housing
- Senior Community Lunches
- Senior Rides
- Statewide Health Insurance Benefits Advisors (SHIBA)
- Transitional Housing
- USDA Commodities
- Weatherization
- WorkSource

LOWER COLUMBIA CAP

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Longview, WA 98632
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fax 360-414-8974
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