



State of Lopez

**APRIL
2023**

Do you remember first discovering the fascinating phenomenon of an echo? The sheer amazement at hearing your voice come back to you after bouncing off a faraway surface. This LIFRC report shines the light on a different kind of echo: **The echo of your constant support and how it reverberates and unfolds within the Lopez community.**

Lopez Island Family Resource Center

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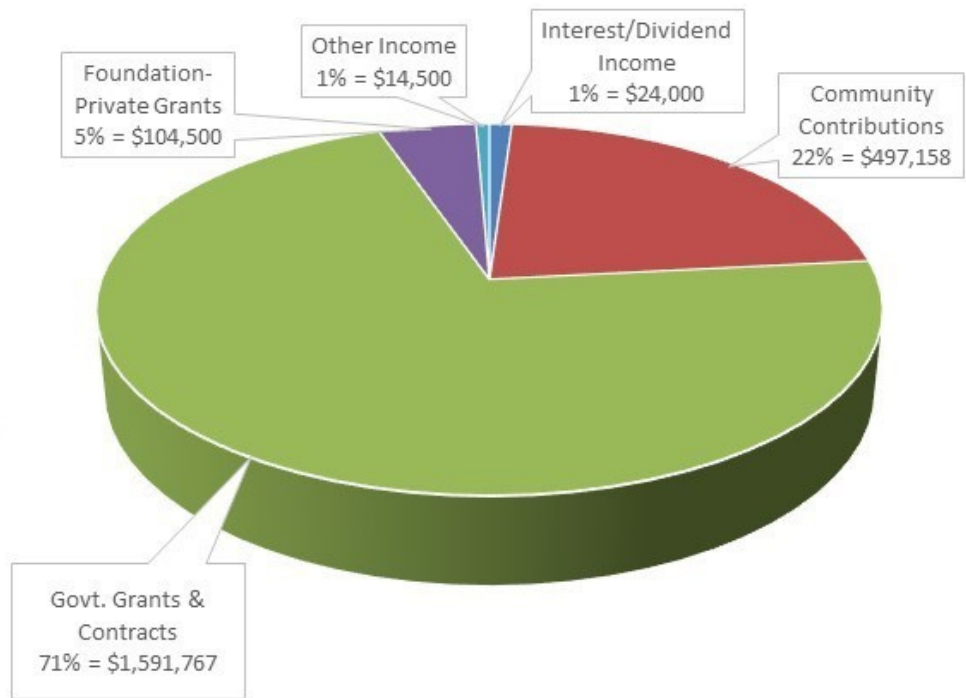


REACHING FOR THE FUTURE

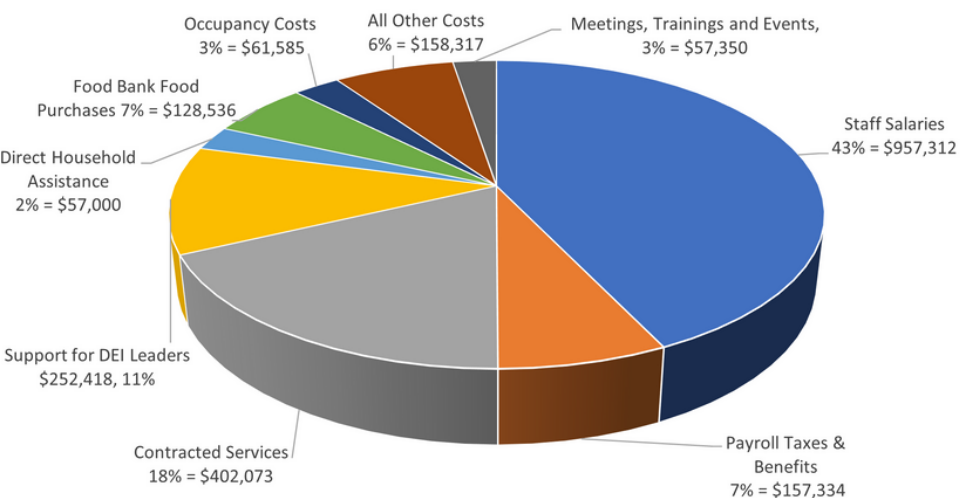
Calling upon the past, to learn and grow from the wisdom of those who have come before us, we walk in the present as we reach toward the future of the Lopez Island community. We are so grateful to be on this journey with you!

BUDGET

LIFRC Income 2023 = \$2,231,925



LIFRC Expenses 2023 = \$2,231,925





SUPPORTING STABILITY



\$55,000 IN RENTAL ASSISTANCE

**44 HOUSEHOLDS
101 PEOPLE SERVED**



\$45,989 UTILITY ASSISTANCE

97 HOUSEHOLDS



We both grew up here, we work full-time, still we struggle to make ends meet each month.



COVERING BASIC NEEDS

With the cost of living on the rise, basic food benefits shrinking dramatically, and salaries at a standstill, we are seeing more and more families in need of basic household support. Whether it's access to healthy food, utilities, housing, medical or dental appointments, counseling sessions, or ferry tickets, LIFRC is committed to assisting and empowering clients to get the resources they need to thrive.

Healthy, nutritious food for all.

The Food Share continues to grow and evolve from its humble beginnings when it first operated out of a small room at the LIFRC and the food pantry at Grace Church. For many years, it operated on 24/7 access basis with inconsistent and unreliable supplies that served less than 30 households with very limited food.

Today, the Food Share has grown to become a thriving food hub. Supporting a variety of food sourcing (including Lopez farmers) and funding, they provide community members multiple ways to equitably access healthy nutritious food, (online, in-person and delivery) ensuring no community member goes hungry.

750 *Individuals*

200+ *Households*

22,000 lbs *Of food each month*



I am a senior living on a small social security income. The Lopez Food Share is a wonderful supplement to my pantry and pocketbook, and gives me the sense of being cared for by my community.





It's been said many times, and, in many ways: one learns best through doing. It's that notion that sits at the heart of 21st century learning and at the heart of all Early Childhood and Youth Educational programs at the LIFRC.

“ We still use the activity kits from last year. We are so thankful to have those for rainy days! ”

Serving 60 tots between ages 0 and 5, the Parent-Tot program prepared and distributed 9 weeks of age-adapted activity kits and 32 weeks of in-person play. They've now moved indoors to the upstairs area of the LIFRC, where they meet each Friday from 10:30-11:30. Funding in part is thanks to the generous support of Amerigroup WA.

THIS IS 21ST CENTURY LEARNING!

60 Tots in Early Learning programs

16 Students receiving literacy coaching

44 Students enrolled in the After School Program

“ You want to know a secret? I used to not be able to read. I didn't like it. But now I CAN! And I LOVE it! ”

Learning to read. Reading to learn.

As you may remember, last summer we teamed up with the Lopez Island Elementary School and the Lopez Island Library to pair reading coaches with 14 students for one-on-one literacy tutoring. Having learned a great deal from that collaboration we've again partnered with the Lopez Island School to bring a team of five Literacy Coaches, who are now working weekly with 16 students in first through third grades.

Lulú and Fátima are regular attendees at **Camp No Name, the middle school After School Program**. In fact, they have nearly perfect attendance. Showing true leadership skills, they regularly go to Elementary Camp Huckleberry to guide games and activities for the younger campers- freeing up time for staff to meet quietly in a corner of the same room for check-ins and program updates. After School Program provides a variety of peer, community, and instructor supported activities, such as literacy, STEM projects, culinary and much, much more.





MENTORING THE FUTURE LEADERS OF LOPEZ

75 Youth Outdoor Learning Opportunities: Salish Sea

18 Members of La Cima Lopez

26 Youth paired with a trusted adult

LIFRC's Mentoring is honored to have been one of seventeen programs chosen by the **Washington State Recreation and Conservation Office (RCO)** for its inaugural Outdoor Learning Grants.

LIFRC's project, **Youth Outdoor Learning Opportunities: Salish Sea (YOLO: Salish Sea)** is a dynamic collaboration between Coast Salish tribal partners, WA State Parks, LISD and LIFRC. Incorporating experiential learning that aligns with classroom instruction and indigenous ecological knowledge, the program provides environmental education, land stewardship activities and outdoor leadership skills for LISD students grades 6-12.

La Cima Lopez: Bilingual Youth Leadership

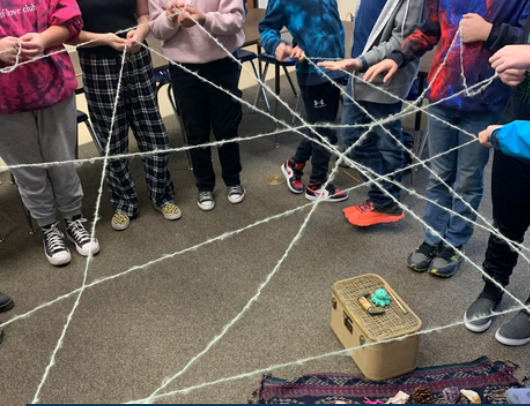
“ I liked Camp Orkila a lot. I made new friends and I learned to work in a team. ”

La Cima Lopez imparts leadership and life skills to Latinx youth by Latinx leaders. The bilingual, bicultural environment helps Latinx students develop self-identity, a sense of empowerment and leadership skills to better serve their schools and communities. La Cima Camp Orkila is a collaborative partnership of the Equity Institute, LIFRC, YMCA Camp Orkila, LISD, Lopez Island School District, Funhouse Commons, Orcas Island School District and Joyce L. Sobel Family Resource Center. The inaugural interisland La Cima Camp Orkila was held in February 2023.



1 to 1 Mentors

1:1 Mentoring pairs Lopez youth with a trusted, caring adult. Pairs meet weekly to explore, play, learn and grow together. Mentors help youth imagine their full potential and work towards personal goals whether it be accomplishing a reading assignment or designing a fishing lure. Mentoring benefits our entire island as it improves engagement, compassion, and community.



CONNECTING AT THE HEART



29 PEOPLE HAVE VISITED THE CAFE

19 HAVE COME 3 OR MORE TIMES.



14 6TH GRADERS
39 8TH GRADERS
26 10TH GRADERS

CULTIVATING RELATIONSHIPS.

According to an 80-year study by Harvard University, "the best predictor of your mental health is your current relational health". In other words, health and happiness go hand in hand with how connected we feel, both to ourselves and to the world around us. That is really the bedrock for all the Peer Support Wellness Programs and all LIFRC's Programs.



Heart & Soul Café is a compassionate recovery community founded on the truth that every human being is precious and worthy of love regardless of their past or present trauma, mental and emotional anguish, addictive behaviors, or past mistakes. They welcome you Tuesdays from 11:00-2:00PM and Fridays from 3:30-7:00PM for a nourishing meal and a safe and welcoming place to be.

“ Love coming to the Heart & Soul Café, so welcoming and non-judgmental. Talking is free to say anything and it stays in the group. ”

CALM AND CONNECTED

“ Thank you for teaching me about the chemicals in the brain. Thank you for teaching me things I needed to know. ”

Feeling calm isn't something that necessarily comes naturally. It's something we learn, something we cultivate. **Calm and Connected** is a toolbox of skills taught to 6th, 8th and 10th graders as a complement to the LISD Health Class curriculum. The toolkit provides mindful approaches to self-regulation, offering youth a safe space to explore and gain understanding of big feelings, as well as concepts like setting goals and boundaries for a healthy, happy life.



EMPOWERING THE LEADERS OF TOMORROW

In 2022 V&V approved, funded, and supported:

- Educational outdoor signs for the Samish Indian Nation
- Gay Straight Alliance trip to the Link Conference in Everett
- Monthly open mic poetry events and workshops
- Children’s Day and Dia de los Muertos Celebrations
- Indigenous Day Celebration
- Seed money to launch new organizations ALIGN: Advocates of Lopez Island Gathering for Neurodivergent and Disabled Youth, and Rainbow Haven

VOICES AND VISIONS

An important part of cultivating a more diverse, equitable and inclusive community of belonging is rooted in listening to and amplifying the voices and visions of diverse leaders.

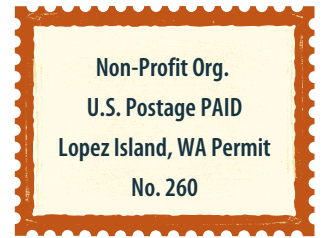
Members of this group include BIPOC (Samish tribal members, Spanish speaking youth and adults, and other people of color), LGBTQIA+ (GSA youth and Rainbow Haven), and parents and advocates of neurodivergent and disabled youth.

“ We aim to generate a deeper, more genuine compassion for all people, past, present and future. By creating safe spaces for living, meeting and celebrating history, culture, and human rights, we hope to cultivate greater inclusion and equity. ”





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 Katy Hill
 Rose Prust
 Mike Rosekrans
 Stina Soderlind
 Stephanie Stratil
 Zeph Tate
 Nesticia Tijerina

Lopez Food Share

Pedro Mendes
 Bo Walker



Lopez Island Family
RESOURCE CENTER

Serving the entire community at every stage of life

Wellness Programs

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 Nikola Chopra
 Andrea Dupuis
 Justin Hagge
 Brad Kraushaar
 Ingela Waugh

Youth Enrichment Programs

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 TEW Foundation
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 Washington State Dept. of Agriculture
 Washington State DOH
 Washington State DSHS -
 Developmental Disabilities Admin
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