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.
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

- Foundation/Private Grants 5% = $104,500
- Other Income 1% = $14,500
- Interest/Dividend Income 1% = $24,000
- Community Contributions 22% = $497,158
- Govt. Grants & Contracts 71% = $1,591,757

LIFRC Expenses 2023 = $2,231,925

- Staff Salaries 43% = $957,312
- Support for DEI Leaders 11% = $252,418
- Food Bank Food Purchases 7% = $128,536
- Direct Household Assistance 2% = $57,000
- Payroll Taxes & Benefits 7% = $157,334
- Meetings, Trainings and Events, 3% = $57,350
- All Other Costs 6% = $158,317
- Occupancy Costs 3% = $61,585
- Contracted Services 18% = $402,073
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.

“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.”

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

SUPPORTING STABILITY

$55,000 in rental assistance
44 households
101 people served

$45,989 utility assistance
97 households

Lopez Island Family Resource Center
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.

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!

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.

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.
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 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, LIFRC, 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.

1:1 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.
Love coming to the Heart & Soul Café, so welcoming and non-judgmental. Talking is free to say anything and it stays in the group.

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.

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.

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.

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

"
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.

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.
STAFF & Coordinators

Advocacy & Administration
- Donatas Pocus
- Anamo Roloff
- Barbara Schultheiss
- Quaniqua Williams

Community Supports
- Karina E. Cerda Aguirre
- Contessa Downey
- Stephanie Froning
- Stephanie Lackey

Youth Learning
- Pat Burleson
- Melissa Montalvo-Chavez
- Zavia Grace
- Dallin Hatch
- Katy Hill
- Rose Prust
- Mike Rosekrans
- Stina Soderlind
- Stephanie Stratil
- Zeph Tate
- Nesticia Tijerina

Lopez Food Share
- Pedro Mendes
- Bo Walker

Wellness Programs
- Melissa Montalvo-Chavez
- Nikola Chopra
- Andrea Dupuis
- Justin Hagge
- Brad Kraushaar
- Ingela Waugh

Youth Enrichment Programs
- Karina E. Cerda Aguirre
- Susannah Dunlap
- Emma Ewert
- Asher Gammill
- Aurora Martinez
- Satya Ray
- Mike Rosekrans

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FOUNTAIN & GRANTS
- Amerigroup
- Beim Foundation
- Department of Commerce
- FEMA Rental Assistance
- Harvest Against Hunger
- Inatai Foundation
- Lopez Lions Club
- Lopez Thrift Shop
- The Medina Foundation
- M.J. Murdock Charitable Trust
- Mentor Washington
- Norman Archibald Charitable Fndn
- North Sound ACH
- Recovery Café Network
- San Juan County
- Schools Out Washington
- TEW Foundation
- United Way of San Juan County
- USDA – NIFA
- Washington State Dept. of Agriculture
- Washington State DOH
- Washington State DSHS - Developmental Disabilities Admin
- Washington State HCA (3 grants)
- Washington State OSPI (5 grants)
- Washington State RCO

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