



**COMMUNITY  
PULSE  
ASSOCIATION**



# **Annual Report 2025**

# Our Mission

Our mission is to empower the Slavic and multicultural communities through educational activities and essential informational support, with a strong focus on health-related programs. We provide training and coaching aimed at fostering personal growth, utilizing community resources to help individuals realize their potential.

We are committed to serving both the elderly and youth, ensuring that all members of our community receive the support they need. Additionally, we prioritize the empowerment of women's groups by offering career advice, family coaching, and grief support, along with mental health services. Through these initiatives, we strive to create a nurturing and inclusive environment that promotes well-being, resilience, and opportunity for all.



**Dear Friends and Supporters,**

As we look back on 2025, I want to acknowledge the significant challenges we have faced together. Yet, through these trials, the strength, compassion, and resilience of our Community Pulse Association have shone brightly. This year has deepened our commitment to stand by one another and to take responsibility for those in need.

I am proud to share the launch of our active volunteer club—an inspiring group of individuals who have generously given their time, skills, and resources to advance our programs. Their dedication has enriched our services, making them more comprehensive and accessible to a wider community.

One of our key priorities this year has been the growth of our mindful parenting programs. We have seen steady progress in Multnomah and Washington Counties, and I am excited to announce our plans to expand into Clackamas County in 2026. Our mission remains clear: to equip parents with the tools and confidence they need to strengthen their families and nurture healthy, lasting relationships with their children.

Looking ahead, we will be introducing new educational initiatives for all ages, with a focus on health, wellness, and personal growth. These programs will address both physical and mental well-being, ensuring that every member of our community has the opportunity to thrive. We will also continue building strong partnerships with local organizations, amplifying our collective impact and extending our reach to those who need us most. Together, we have shown that when compassion meets action, we can create lasting change. I am deeply grateful for your trust, generosity, and unwavering belief in our mission.

With heartfelt appreciation,

**Kseniia  
Nesviatypaska**

President of Board of Directors



# Improving the Lives of Seniors

This year, Club 60+ has grown into a vibrant hub of connection and support. Every Tuesday from 4–6 PM, we welcome 10–12 regular participants, and over the past year, 53 community members have taken part. Along with weekly camaraderie, members enjoy a 10% discount at L & A Food and Deli—an added perk that strengthens both community bonds and local business. Feedback from participants shows meaningful improvements in mental well-being, highlighting just how vital social engagement is for our seniors.

In Washington County, our Living with Chronic Conditions program successfully supported 30 adults aged 65 and older. Participants left feeling more confident and better equipped to manage their health—an outcome that speaks to the program’s impact.

We also launched our Healthy Heart pilot in Clackamas and Multnomah Counties, led by our dedicated HH Ambassador, Lyubov Shalya. This four-month initiative, beginning in September and October, welcomed two groups of 10 participants and focused on building awareness and understanding of heart health.

Across all programs, this year has been marked by growth, stronger connections, and a deepening commitment to supporting the unique needs of our aging community.



# Fostering Connection Through Fishing

## Engagement with Portland Harbor

As we conclude another impactful year at the Community Engagement with Portland Harbor, we take pride in our commitment to enhancing community involvement and addressing the unique needs of our residents. This year, we successfully organized three fishing educational events, during which we distributed 40 Oregon fishing licenses. These events not only provided practical knowledge about fishing but also fostered a deeper connection between community members and the natural resources in our area. Additionally, we hosted a roundtable event featuring representatives from government bodies to address pressing concerns related to the Harbor cleanup. This initiative was pivotal in amplifying community voices and advocating for a cleaner and safer environment.



# Community-Driven, Culturally Relevant Food Access

To engage the community culturally and socially, we held two concerts that brought people from across the region, celebrating local talent and building a sense of unity. We also organized a quest around Portland and launched the Giving November campaign, which sought donations for our Share Food Program. This vital program has made a significant impact, serving over 1,200 families each year with monthly distributions of food boxes that include culturally specific items. The importance of this initiative became even more apparent when many refugee families lost their SNAP benefits. In December 2025, thanks to additional funds from the Oregon Food Bank, we were able to distribute an extra 200 boxes, providing crucial support to families in need during a challenging time.



# Strengthening Cultural and Organizational Partnerships

Furthermore, our partnership with the Coalition of Slavic and Eastern European Organizations highlights our commitment to inclusivity and collaboration within our community. We also proudly took part in the Business Bootcamp, offering adults and youth essential skills and knowledge to pursue their entrepreneurial dreams. Another notable initiative this year was the "GrandSon" program, which facilitated meaningful one-on-one interactions between senior citizens and younger community members, in collaboration with the Oregon Department of Human Services. Overall, 2025 has been a year of significant achievements and growth for Community Engagement with Portland Harbor, and we look forward to building on this momentum in the coming year.



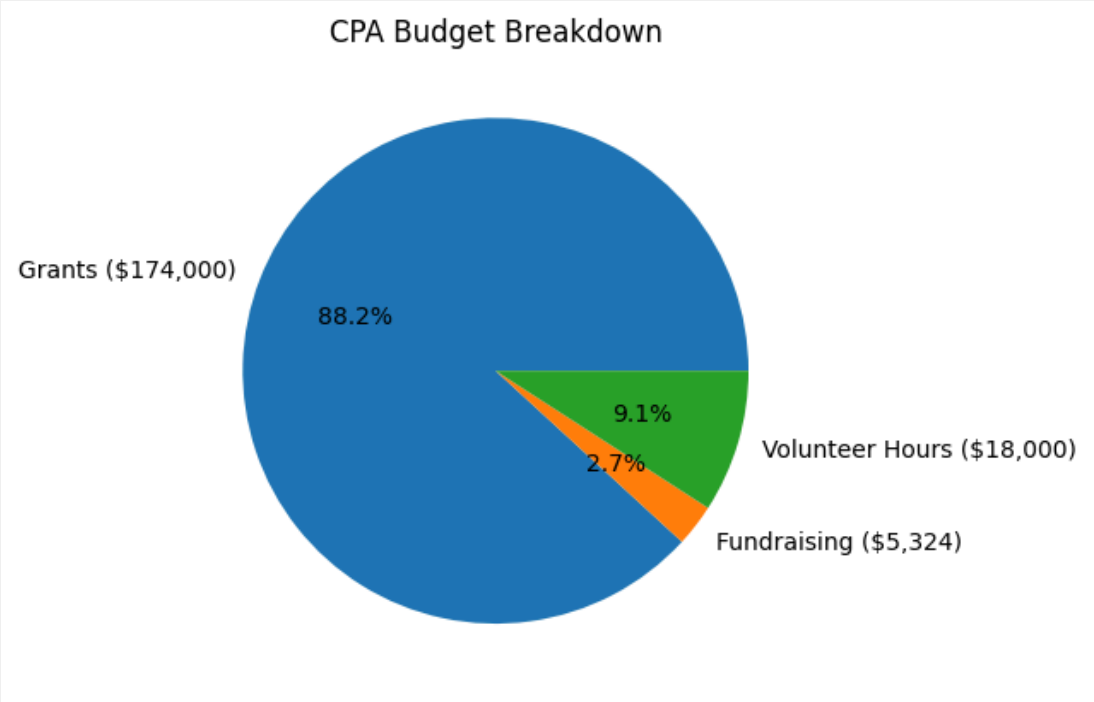
# With Gratitude to Our Grantors, Volunteers, and Community Partners

In 2025, Community Pulse Association continued to strengthen and expand its core programs, deepening its impact across Washington and Multnomah Counties.

## Program Continuity and Growth

We sustained and advanced our established initiatives:

- Parenting Classes (Washington, Clackamas & Multnomah Counties) — providing culturally responsive education and practical tools that empower families, strengthen parent-child relationships, and promote long-term family stability.
- Senior Services – Active Longevity — fostering social connection, wellness, and meaningful engagement for older adults through structured activities and community-based support.
- Food Security Partnership — In 2025, we maintained our collaboration with the regional Food Bank through the Share Foods project. This partnership ensures consistent access to nutritious food for vulnerable households while reinforcing community trust and participation in our broader services.



### Fundraising Development

This year marked an important milestone: we formally launched our fundraising efforts. Through several community events and concerts, we generated 3% of our annual budget from independent fundraising activities.

While modest in proportion, this represents a strategic diversification of revenue streams and an investment in long-term sustainability. Building individual donor engagement and event-based fundraising will remain a priority as we strengthen financial resilience.

### Looking Ahead

Community Pulse Association plans to continue:


- Expanding program reach and accessibility
- Strengthening cross-sector partnerships
- Growing community-based fundraising initiatives
- Maintaining fiscal responsibility, ensuring that the overwhelming majority of funds directly support programs and the individuals they serve.


We remain committed to measurable impact, transparent stewardship, and responsive service delivery as we move into the next year.





# Support Us

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