

2025 Bridge Meadows Impact Report

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A Second Chance at Purpose

The unexpected friendship of Carol & Lydia

Some friendships defy explanation. They bloom in unexpected places - between people whose lives might never have crossed in a different world. **At Bridge Meadows, these unlikely connections aren't just possible, they're the heartbeat of our community.**



Carol is 82. Lydia is 19. They're known to spend time together at Bridge Meadows' weekly Happiness Hours, sharing raucous laughter as they crack jokes during a game of Bingo (which is serious business at Bridge Meadows for young people and elders alike). From this description of their bond, you might never guess that their friendship is barely a year old. You'd think they'd known each other forever.

When Carol arrived at Bridge Meadows in 2019, she was searching for more than affordable housing. She needed a safe, welcoming space with supportive services that would allow her to age in place. But more than anything, Carol didn't want to be isolated.

"I wanted somewhere that old folks weren't just sitting around," she recalled.

Carol found exactly what she was looking for in Bridge Meadows' North Portland community. She threw herself into community life, attending mental health discussion groups and social events, building connections with neighbors across generations. Soon after she settled in at Bridge Meadows, she noticed Lydia - it was hard not to. Even as a twelve-year-old when Carol first moved in, Lydia had an energetic and magnetic presence that drew people to her.

Today, Carol and Lydia share an ease that transcends their six-decade age difference.

Together, they enjoy drawing and other forms of art. They've learned to trust each other's instincts and recognize when the other might need support, even before words are spoken. They check in on each other with a gentle text message or a knock on the door when something seems off.

Because at Bridge Meadows, friendship isn't limited by age, background, or circumstance. It's built on something deeper: the shared belief that we all have something to offer each other, and that healing happens best in community.

At Bridge Meadows, generations connect, friendships flourish, and everyone belongs.

Program & Community Member Highlights

Community-First Programming

Bridge Meadows operates from a strengths-based approach, understanding that children, youth, parents, and elders who comprise a Bridge Meadows community are much more than the pain and suffering they have experienced. We believe that the people we serve understand their own ever-changing needs better than we ever could. For this reason, our therapeutic program staff prioritize **trauma-informed programming** that is constantly evolving to ensure it remains nimble and responsive.

This year, we have facilitated over 150 education and tutoring programs, more than 300 community engagement and relationship-building activities, and nearly 250 health and well-being workshops.

Our core programs include,

- ☀ One-on-one mental health support
- ☀ Happiness Hour (community meal)
- ☀ Wisdom Circles, Kid Circles, Parent Circles, Teen Circles, and Community Circles (group therapy)
- ☀ Community Forums (similar to a town hall)
- ☀ Back-to-School Kick-off and school supply drive
- ☀ Wellness training and resource classes (examples include conflict navigation, financial wellness and planning, recycling and environmentally friendly habits, trauma-informed care, and more.)
- ☀ Art for All Ages
- ☀ Movement and health offerings (examples include age-friendly yoga, fall prevention Tai Chi, Zumba, Medicare sign-up training, on-site food pantries, etc.)

These programs are designed to address one or more of the **Social Determinants of Health (SDOH)**, which are factors that influence individual and community health outcomes. Using SDOH as the foundation, our programs facilitate housing stability, decrease the impacts of childhood trauma, reduce symptoms of social isolation and loneliness, increase youth resilience, and enhance Caregiver Parenting Abilities. As a result, not only are community members leading happier, healthier, and safer lives, but society saves millions of dollars a year in social service and emergency treatment costs.

Each of these programs promotes community members' overall health, well-being, and life satisfaction, **breaking generational cycles of instability, poverty, and isolation.**

Community Outcomes

Youth are Healthy, Connected, and Resilient

Our program decisions are guided by research and data, specifically focusing on impacts related to resiliency, exercise, healthcare utilization, sense of community, and school connectedness in youth. Our data reveals that with the strong foundation of safe, permanent homes, families, and an extended community at Bridge Meadows.

- ☀ 86% of youth responded positively to the statement, "I like my community," indicating a sense of belonging.
- ☀ 94% of youth received a positive score on the resiliency scale, indicating a strong ability to overcome adversity, seek resources, and ask for help when needed.
- ☀ 92% of youth reported having at least one adult at school they feel supported by, indicating school connectedness, an essential proxy for determining academic success.

Our findings demonstrate that **youth at Bridge Meadows are resilient, have a strong sense of connection** to their community, and are on track to excel academically. Economic drivers, which significantly influence Social Determinants of Health, were also positive, including housing stability, healthcare access, and food insecurity/hunger.

In addition to our internal outcome surveys, Bridge Meadows partnered with ChildTrends, a national research group, in 2023 and 2024. The executive summary of this project can be found online at media.bridgemedows.org/childtrends-es.

Parents Feel Supported

Children and youth can only thrive if their caregivers have the necessary resources to support their families. Our programs are built on the research of Parents' Protective Factors. These factors are characteristics or attributes that, when present, increase the well-being of children and families. These factors support both parents' emotional well-being, social support, meaning, and purpose (flourishing).

- ☀ 89% of parents reported feeling a sense of belonging to their community.
- ☀ 71% of parents scored at or above the average on the Family Functioning/Resilience area of the Protective Factors score.
- ☀ 86% of parents reported feeling optimistic about their future.

In addition to our standard programming and on-site mental health care, Bridge

Meadows demonstrated its ability to respond swiftly to emerging needs during the recent SNAP benefits pause. With the support of generous donors and corporate partners, we provided immediate financial assistance and food products to all elders and families, ensuring that no one in our community went hungry during this uncertain time. This rapid response reflects our commitment to meeting residents where they are and highlights our capacity to adapt on a dime to protect the well-being of those who rely on us.

Elders Are Ageing Well

The needs of older adults change as they age, and they are at higher risk of severe social isolation and loneliness, making them one of the fastest-growing homeless populations. Decades of research on intergenerational relationships and community support have proven the social, emotional, and economic benefits of living in such a community. In addition to supporting parents, our Parents' Protective Factors focused programs also supported Elders; these factors address social isolation, increased social support, and flourishing lives, all support greater life satisfaction, fewer symptoms of depression, and a strong sense of community.

- ☀️ 80% of elders scored favorably on the Mental Health scale, indicating low symptoms of depression and anxiety.
- ☀️ 77% of elders scored favorably on the Social Functioning scale, indicating that their mental and physical health does not significantly interfere with social activities.
- ☀️ 70% of elders reported moderate to high levels of perceived Social Support, indicating that they feel connected and valued in their community and receive assistance when needed.
- ☀️ 89% of elders received a positive average score on the Flourishing scale.

Financial & Operational Stability

Our Development staff and Board have worked diligently to cultivate strong relationships with foundations, corporations, government agencies, and individual donors, resulting in a stable and diversified funding base. In addition, we have secured long-term contracts with the Oregon Department of Human Services (ODHS) and the Portland Children's Levy, further strengthening our financial foundation. These partnerships not only enhance our sustainability but also affirm Bridge Meadows' role as a pivotal partner in addressing foster care challenges across the state.

Leadership

In 2025, we hired our first Chief Operating Officer (COO), Brooke Gray. This position was

created to enhance our organizational infrastructure and also oversee the strategic implementation of operations. The COO's focus includes policy development, expansion and program support, training and onboarding, evaluation and staff retention, core program curriculum, communication practices, and contract/grant negotiation. Under Brooke's leadership, we have made significant improvements and changes to our operations, including,

- Migrated our internal systems from Google Drive to SharePoint;
- Completed an audit of our technical needs and began addressing these needs (such as upgrading the Wi-Fi in our office space);
- Launched a new onboarding process and updated all job descriptions;
- Established organizational and departmental priorities that are in line with our strategic plan and are reviewed monthly;
- Rolled out a new performance evaluation plan;

A Leader in the Field

In addition to our community and housing development work, Bridge Meadows actively promotes the power of intergenerational living to the greater public. Alongside our partners, we are frequently asked to contribute to book publications, interview for articles, or present at conferences.

In 2025, we were featured in

- 🌟 [Risking Old Age in America: The Coming Elder Crisis](#) - podcast
- 🌟 [Intergenerational Living Could Address the Affordable Housing and Care Gaps](#) - Center for Retirement Research at Boston College
- 🌟 [Nonprofits build resilience amid federal shakeups](#), uncertainty - Portland Business Journal panel

To stay up to date on awards and published media, visit our website at bridgemedows.org/news.

We were also honored to host over 100 people throughout the year for tours and site visits of the Bridge Meadows communities. This included other nonprofit leaders from the area, researchers from the United Kingdom, and delegates from the Taiwanese government who were curious to learn more about developing intergenerational programs and housing as a solution to social issues.

Bridge Meadows Tacoma

The development of our new, 60-unit affordable housing project in Tacoma,

Washington is on track. To date, we have raised more than 95% of the funding for this project, including approximately \$700,000 in private donations from foundations such as the Harry & Jeannette Weinberg Foundation, the Names Family Foundation, and the Ben B. Cheney Foundation.

Construction will begin in early 2026, and approximately 150 **residents will be welcomed home in 2027.**

Our Future Impacts

There continues to be a growing need for affordable housing, holistic family support, and the power of community to fill gaps in our current systems.

Bridge Meadows' innovative model fills many of these needs through its onsite delivery model. To continue addressing these needs, Bridge Meadows has developed a long-term Strategic Plan focusing on building more intergenerational communities in high-need areas. Our strategic plan aligns with state and local priorities of alleviating poverty, increasing housing stability in priority populations, and supporting communities of color (most impacted by the child welfare system).

In addition to Tacoma, Bridge Meadows is actively pursuing land and resources in,

-  Clackamas County, Oregon
-  Lane County, Oregon
-  Northern California (El Dorado County)

Our expansion pipeline is robust. Bridge Meadows receives phone calls and emails weekly from leaders and philanthropists who invite us to explore their neighborhood to determine if a Bridge Meadows community is the right fit for their needs.

To stay up to date on our latest projects, [sign up for our newsletters](#) or visit our [website](#).

In Conclusion

Thanks to your investment and belief in the Bridge Meadows mission, 2025 was a year of stability, growth, and meaningful impact. Looking ahead, we are energized by the opportunities before us and the work we will continue to advance together.

Thank you for your partnership, your generosity, and your continued commitment to this mission. **We are deeply grateful for all you make possible.**