

## ALTRUSA FOUNDATIONS INTERNATIONAL & PORTLAND CLUB

Altrusa International Foundation is a not-for-profit, philanthropic corporation established in 1962 by Altrusa International



**International Grants** - The Foundation Grants Program helps individuals and Altrusa Clubs to carry out community service projects.

**Disaster Relief** - The Altrusa International Foundation Disaster Relief Programs respond swiftly with direct aid, providing a variety of services in the aftermath of a disaster.

**Portland Club** - Portland Altrusa Foundation gives grants and scholarships annually to local individuals in need. It also provides support to several local organizations through fundraisers and in-kind donations.

# ALTRUSA Making a Difference

## WHAT CAN ALTRUSA OFFER YOU?

- \* LEADERSHIP DEVELOPMENT
- \* NEW PROFESSIONAL CONTACTS
- \* FRIENDSHIPS
- \* STIMULATING PROGRAMS AND SPEAKERS
- \* A SAFE ENVIRONMENT TO GROW IN
- \* ENRICHED INTERPERSONAL SKILLS AS YOU WORK WITH OTHER PROFESSIONALS
- \* AN OPPORTUNITY TO STRENGTHEN YOUR VALUES THROUGH SERVICE TO THE COMMUNITY

ALTRUSAPORTLAND.ORG



**SERVING OUR  
COMMUNITY SINCE**

**1929**



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# ALTRUSA PORTLAND, Me

## WHAT IS ALTRUSA?

We are an international volunteer service organization of leaders dedicated to improving our communities and the world through service.

## WHY BECOME AN ALTRUSAN?

Altrusa offers the opportunity to serve your community with other people who also value service. It provides networking opportunities and long-lasting friendships.

## WHEN AND WHERE DOES ALTRUSA MEET?

We meet the 1st and 3rd Wednesday evenings of each month, September through June. The first meeting of the month is a business meeting. The second meeting of the month is a dinner and program meeting. Check our website for our current meeting location.

## WHAT DOES PORTLAND ALTRUSA DO?

We unite our talents to provide service to others. We give directly to the community through service projects and financial contributions.



## HOW CAN I LEARN MORE?

Visit our website:  
[altrusaportland.org](http://altrusaportland.org)



District One website:  
[districtone.altrusa.org](http://districtone.altrusa.org)

Altrusa International website:  
[altrusa.org](http://altrusa.org)

## SIGNATURE SERVICE PROJECTS

### **ABC Literacy Program**

Reading to kindergartners & giving each child a book of their own

### **Barron Center Garden**

Maintaining a memory garden

### **Distributing books to the community**

Fulfilling book requests & donating books to other organizations

### **Empty Bowl - Project FEED**

Fundraising to feed the hungry

### **Scholarships**

Providing high school, college, & back-to-work grants

### **Sue's Supper at Ronald McDonald House**

Serving supper

### **Volunteer of the Year**

Celebration of a local volunteer & the winner's organization

### **A. S. T. R. A. Lake Region Club**

Youth Service Club Sponsor

