



Shangri-La Life

SPRING 2019 | NEWSLETTER

Volunteers from Shangri-La program named volunteer group of the year; honored at banquet

The spotlight was all on a hardworking and ambitious group of individuals from Shangri-La's Life Enrichment Activities Program (LEAP) on April 10, at The Salvation Army Ray & Joan Kroc Corps Community Center for the Salvation Army's volunteer recognition banquet.

They actually help with the whole production of things," explained Angela Ashley, Salvation Army's volunteer coordinator. "They are truly a wonderful group. They are always on time and on schedule, and the best part is they

"They are truly a wonderful group. They are always on time and on schedule, and the best part is they are always excited and happy to help."

*- Angela Ashley
Volunteer Coordinator*

Proof that dedication pays off, this group of volunteers was nominated for the "2018 Social Services Volunteer Group of the Year" and took home the honors.

"The Shangri-La LEAP group comes and volunteers at our food bank helping stock the shelves.

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Accessible Egg Hunt is model for how to make events more accessible

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Interactive luncheon raises awareness, resources and inclusive actions.

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Shangri-La welcomes familiar face as new board member



Fun and then some: Egg hunt models how minor adjustments can make a common community event more accessible

Shangri-La's fifth annual Accessible Egg Hunt was held on April 20 at the **Log house Garden** in Keizer -- home of the accessible egg hunt for the fourth year in a row.

With a mixture of grassy and paved surfaces and a go-at-your-own pace environment, attendees of all ages with varying mobility abilities were able to safely partake in a community egg hunt.

In addition to activities such as face painting, bunny ear ring toss, a duck matching game, and a token redemption booth where attendees could win hundreds of prizes donated by event partners, this year there were a few new attractions, including karaoke from **Carried Away Entertainment**, a professional photo booth courtesy of **Only the Best Sound and Photobooth** where event attendees could get their photo taken with the Easter bunny, and -- what may have been the biggest hit of all -- interactions and hugs

from **Caesar the No Drama Llama**.

"This event is so important to Shangri-La because we want to be a role model in showing our community what inclusive and accessible events look like,"

"This event is so important to Shangri-La because we want to be a role model in showing our community what inclusive and accessible events look like."

- Ashley Erb, Director of Community Engagement

explained Ashley Erb, Shangri-La's director of community engagement. "Often, minor modifications to events -- like hiding eggs up off the ground so people with walkers or wheelchairs can more easily get to the eggs -- can make a big difference."

A special thank you to our presenting partner **Salem Electric** whose employees also volunteered their time alongside individuals from Shangri-La's Life Enrichment Activities Program to fill nearly 6,000 eggs, twice as many eggs as previous years.

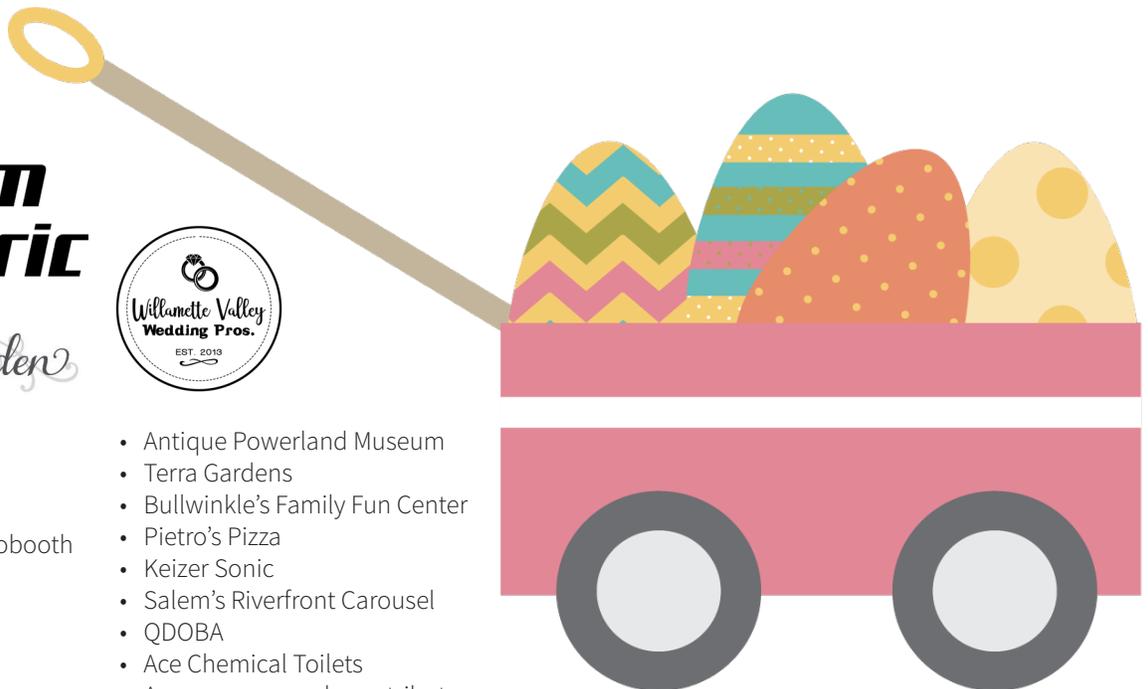
"Salem Electric is honored to be the title sponsor and continuous supporter of Shangri-La's Accessible Egg Hunt. As a cooperative, one of our core values is concern for community. What better way to support the

Thank You
Event Partners



- Valley Credit Union
- Hope Orthopedics
- Carried Away Entertainment
- Only the Best Sound and Photobooth
- Tammie Montgomery

- Antique Powerland Museum
- Terra Gardens
- Bullwinkle's Family Fun Center
- Pietro's Pizza
- Keizer Sonic
- Salem's Riverfront Carousel
- QDOBA
- Ace Chemical Toilets
- Anonymous candy contributors





Interactive luncheon gives attendees tangible tips on how to create more inclusive communities

Shangri-La's annual Better Together Luncheon aims to raise awareness and funds for Shangri-La's work and inspire movement towards more inclusive communities.

Through mini experiential activities, guests learned three tangible ways they could start creating more inclusive communities right away.

The commonality of invisible disabilities was discussed and guests were encouraged to make asking if accommodation is needed a part of their regular interactions with all people, not just when by physical appearance it is assumed a disability might exist.

Each guests also received a fidget toy (pictured top right) and were asked to make these toys available at their workplaces for individuals who are on the Autism spectrum, have ADHD or those experiencing anxiety disorders

And lastly, through a role play scenario (pictured top left), guests learned how simple accommodations like pen and paper or communication phrase cards

(pictured top middle) can help individuals with disabilities be more independent in accomplishing tasks -- like serving lunch in a group of people.

Attendees were encouraged to share these simple tips and what they learned through these activities with others after the event.

"[At the dinner table that night], I talked with my kids about the luncheon and what we did. It was a really good discussion for my older kinds to have," said one luncheon attendee.

Thanks to the luncheon's event partners **Managed Health Care Pharmacy, PayneWest Insurance, Saalfeld Griggs, The Summit Group of Oregon, Credible Software**, and a \$2,500 match from **Modern Woodmen of American**, all of the events proceeds went directly to support Shangri-La's work.

In all, the event returned approximately \$15,000 to the organization and raised support for the organization in many other ways including volunteers, donation drive hosts, job placement leads, and new newsletter recipients.



Egg Hunt, continued from page 2

community than by participating in an event that brings hundreds of people with disabilities and disadvantages together for a fun morning of egg hunting," said Britni Davidson-Cruickshank, member services manager at Salem Electric.

As the egg hunt grows, so has the support. An extra big thank you to all the volunteers (see the 93 names of these volunteers on page X) that helped with the event, including volunteer groups from **Willamette University** and **Dutch Bros. of Salem/Keizer** who helped ensure the event was as inclusive, accessible and fun as it could have been.

This year, many new event partners also joined the fun. The **Willamette Valley Wedding Professionals** raised over \$700 to support the event and **Hope Orthopedics** joined as a new 'fuzzy bunny' partner.

"Hope Orthopedics is proud to partner with organizations that reflect important core values while being of service to the community. Through our involvement, we hope to develop meaningful and lasting culture change in our community," said Lorissa Addabbo, CEO at Hope Orthopedics.

Board of Directors

Nick Bender
Independent Project
Manager

Jan Frank
Owner, West Salem
Ace Hardware

Dan Gilmour
Owner, Dan Gilmour
Construction

LeeAnne Gilmour
Business
Development Officer,
Citizens Bank

Chad Kerlegan,
Marketing Director,
SERVPRO of Salem
West

Dr. Winifred Ju, PhD
Licensed
Psychologist

Michael Kemry,
Harcourts NW
Oregon Realty Group

Jake French,
Motivational speaker
and author

CEO
Janet Yousey
503-581-1732, x337

Mission
Serve people with
disabilities or
disadvantages so
they recognize and
achieve their full
potential.

We are dreaming because of you.

Thank you to these donors whose contributions helped people with disabilities or disadvantages recognize and achieve their full potential. This list represents donors who contributed between March 1, 2019 - May 31, 2019.

Better Together Monthly Giving Community

Alan Apodaca	Winifred Ju
Nick Bender	Amy Korkowski
Vicki Caldwell	Elizabeth Larson
Ronald and Marlene Carpani	Diego Lugli
Andrea and Chuck Cogburn	Steve Magurno
Donna Cote-Welch	Teri Marsh
Greg and Holly Crawford	Jeanette Merrick
Britni and Nick Cruickshank	Lisa Miller
Megan Denison	Tiffani Olsen
Aalicea Dominguez	Holly Pharms
Fred Duckwall	Roger and Colleen Plott
Ashley Erb	Reynosa Rachenda
Jan and Charles Frank	Kelli Rogers
Heidi Frederick	Kathy Sewell
Julia Frisbie	David Sloves
Michelle Furman	Ron and Joanna Stout
Leeanne and Dan Gilmour	Ross Stout
Jennifer Gray	Nicole Titus
Sebrina Gridley	Christel Turkiewicz
Beth Hill	Dan and Robin Winkle
	Janet and Benjamin Yousey

Greatest Needs Givers from the 2019 Better Together Luncheon

Michael Alley	Judith and Ed McKenney
Korinna Barcroft	Chelsea Melsha
Maricela Beach	Janet Merrell
Lisa Bilgen	Michael Moon
Julie Black	Laura Morett
Peter Boen	Debbie Mosher
Valerie Boen	Lisa Norris
McKenzie Bookey	Alan and Jackie Nyman
Josh Brooks	Roger O'Harra
Taylor Brotton	Tiffani Olsen
Stephanie Burger	Joseph and Elizabeth Pelletier
Mary Chance	Rob Rardin
Judith Clark	Tim Rocak
Paige Clarkson	Kyle Romey
Peter Courtney	Steve Ross
Jennifer Dominguez	Deena Ryerson
Diane Draper	Brooke Schelar
Sally Dvorak	Denise Seith
Ashley Erb	Laurie Shuholm
Callie Evonuk	Cristian Silva
Rhonda Felde	Sue Stalnaker
Tim Fox	Virginia Stensland
Sarah Freitag	Ross Stout
Jake French	John Teague
Leeanne and Dan Gilmour	Dawn Thompson
Bailie Gilmour	Jim Thorlakson
Rosi Green	Nicole Titus
Cora Hall	Andy Tucknott
Harlow and Rita Harris	Jason VanBuskirk
Debra Hart	Dan and Robin Winkle
Mickey and Annette Hatley	Donna Woods
Kathleen Hecht	Lynn and Shirley Workman
Tracy Hoffman	Janet and Benjamin Yousey
Doug Hunt	Paul Zollner
Alicia Itzaina	Aldrich CPA's and Advisors
Jimmy and Patricia Jackson	Harcourts NW Oregon Realty Group
Melanie Jones	The Summit Group of Oregon
Michael Kemry	
Arlene Kirk	
Jeff Kirk	
Hayley Knesal	
Donna Kochish	
Thomas and Bruce Mayhall Rasterli	
Gaelen McAllister	

2019 Accessible Egg Hunt Event Partners

A special thank you to the anonymous donors that donated over \$400 in candy during the egg hunt candy drive!

Jennifer Dominguez	and Photobooth
Ashley Erb	Pietro's Pizza
Tammie Montgomery	QDOBA -
Ace Chemical Toilets	Commercial St. Location
Antique Powerland Museum	Salem Electric
Carried Away Entertainment	Salem's Riverfront Carousel
Girl Scout Troop #10116	Sonic Drive-In - Keizer Location
Hope Orthopedics	Willamette Valley
Log House Garden at Willow Lake	Wedding Pros
Only The Best Sound - Mobile DJ	Wilsonville Family Fun Center
	Valley Credit Union



In memory of Douglas Nice

Leroy and Janine Etzel
Derald and Melvena Hostetler
Jerry and Diane Yoder
Bernard and Associates, CPA's, PC

2019 Better Together Luncheon Event Partners

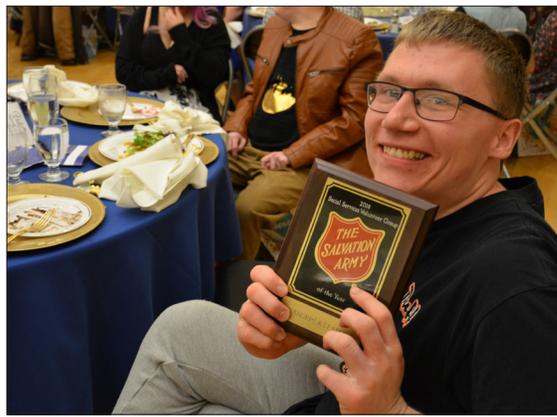
Credible Behavioral Health
Managed Health Care Pharmacy
Modern Woodmen of America
PayneWest Insurance
Saalfeld Griggs

Greatest Need and Wish List Givers

Sandi Bjorkman
Sara Cressman
Fred and Mary Jo Montgomery
Kathy Sewell
Neil and Lisa Jacox
Albrich Trust

Safety Needs Appeal to Purchase Accessible Entry Ramp and CPR Manikins

Allan and Dolores Bacheller
Donna Cote-Welch
Fred Duckwall
Casey Fast
Michael Fiala
Grant and Becky Heintz
William Kinane
Gary and Karen Liedtke
Dennis and Darlene McCrea
Douglas and Beth Ness
Larry and Denise Seith
Kennedy Living Trust



Tyler holds up the award the group received for their work at the Salvation Army's food bank. Tyler is one of the group's longest active volunteers. When asked about his volunteer experience, Tyler said that he likes "stocking shelves with food for people who can't afford it."

Volunteer group

continued from page 1

are always excited and happy to help. When choosing a group to receive this award, I was very happy to select them."

The individuals from the LEAP day program have been volunteering at the Salvation Army for over 5 years, every Monday and Friday, and don't intend to stop.

"We volunteer at a lot of places in the community, but I have to say, the Salvation Army is the place I really feel like they seem the most at home, they really enjoy volunteering there,"

Bowls of chowder raise funds for coastal programs and events

Christopher Fox and Martha Windsor (pictured at right), parents of an individual served by Shangri-La, and Cindy Benson and her husband, local community business partners, shared stories and laughter over chowder and biscuits at Shangri-La's Warm Your Heart Chowder Fundraiser.

The April 4 event at the **Nye Beach Café** raised over \$325.00 which will be used to supplement a variety of coastal events including the Harvest Carnival in October. Many thanks to Judy Buchko, owner at Nye Beach Cafe, for donating all the food that is served at the event.



Get in Touch

Salem
503-581-1732

Coastal Programs
541-265-4015

Eugene
541-344-1121

Website
shangri-laoregon.org

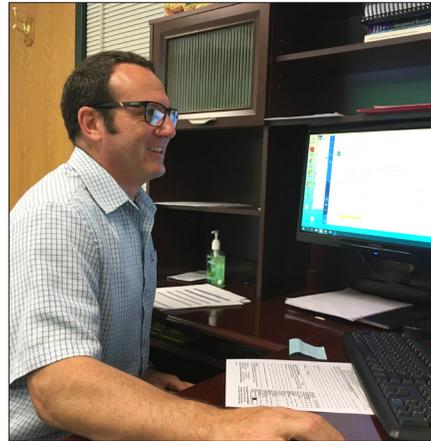
Community Engagement Office
503-581-1732, x328

If we have inadvertently neglected to thank you, please let us know so that we can acknowledge your generosity in our next newsletter.

If you no longer want to receive the Shangri-La Life Newsletter, just let us know. We will take you off our mailing list.

Spotlight on Volunteerism

More hands.
More heart.



Working with diverse populations was highlight of practicum experience

Steve Grillo -- a recent Oregon-transplant from Hawaii after volcanic eruptions displaced him and his family -- will complete his 700-hour practicum with Shangri-La's Outpatient Mental Health Clinic in June.

Steve is earning his Masters of Science in Clinical Psychology. The practicum is a graduation requirement for his program at Capella University.

"The major thing about this experience that I've appreciated is the diversity of the population I've been able to work with."

*- Steve Grillo,
practicum student*

Since he started at Shangri-La in January 2019, Steve has spent his time screening, assessing, and diagnosing clinic patients, and providing therapy at Shangri-La clinics in both Salem and Eugene.

Steve's work as practicum was supervised by one of Shangri-La's counselors who is a licensed clinical social worker (LCSW) and is authorized to provide practicum supervision.

"Of those 700 hours, 300 of those hours were spent face to face with clients," Steve explained. During his practicum, he was also able to attend trainings, learn new skills, and obtained his national certification as an alcohol and drug counselor.

"The major thing about this experience that I've appreciated is the diversity of the population I've been able to work with," Steve said. "Autistic, quadriplegic, I/DD, kids. I have never worked with any of these populations before. My background is adults with mental health and substance abuse. So gaining that experience was a real pleasure for me."

After his practicum, Steve will be starting as Shangri-La's newest clinic intake specialist.

Thank you to these volunteers whose contributions helped people with disabilities or disadvantages recognize and achieve their full potential. This list represents volunteers who served between March 1 - May 31, 2019.

Accessible Egg Hunt Event Support

Claire Verstrate	Alexia Frey
Tova Hershman	Lindy Courdoza
Sam Johnston	Olive Bender
Lucy Cort	Michelle Brown
Amina Nelson	Eric Brown
Maia Ito	Jake Brown
Zoe Chittick	Noah Brown
Kate Morris	Britt Mitchell
Montana Hunter	Madeline Khoury
Kahi Wilhelm	Robbie Daugherty
Surya Lee	Danielle Abraham
Michael Richman	Tammy
Tina Workman	Kins-Headings
Jennifer Gray	Sara Duncan
Sheryl Haney	Carrie Pickett
Hilda Martinez	Zacchus Avila
Jazmin Hernandez	Cheyenne Schaeffer
Athena Moncure	Daphne Ruiz
Delores Tiepel	Amber Jeffers
Ken Rice	Jenna Markel
Anthony Schacher	Jessica Lang
Michele Adkins	Cole Teipel
Girl Scout Troop #10116	Delores Teipel
Nicole Kates	Allison Brindle
Claire Alongi	Carolyn Johnson
Elaine McQuillan	Debbie Ego
Greg Wells	Daylee Howard
Moe Kawajiri	Angela McCallum
Mika Costello	Paul McCallum
Ben Fritz	Claudia Sparrow
Erin McVeigh	Jonah Adams
Brendan Otani	Brendan Mercher
Colin Herkemen	Kirsten Johnson
Min Wei	Marcus Gauna
Keaton Adams	Mike Dominguez
Mana Tsumita	Leeanne and Dan Gilmour
Kiana Briones	Chantelle Gemmill
Evan Segimoto	Norma Daniels
Derek Ludwig	Aalicea Dominguez
Miku Arakaki	Cameron Taggesell
Satsuki Ichinokaua	Jensine Rasmussen
Tiffani Olsen	Jan Frank
Nick Bender	Karen Howard
Megan Dominguez	JD Welch



Thank you **Salem Electric employees** for working with our LEAP crew to fill 6,000 eggs for the Accessible Egg Hunt!

Thank you to the numerous volunteers who helped decorate over 400 egg baskets for the and create some of the cutest homemade egg fillers!



A former Youth and Family Services program participant talks about her positive work experience opportunity with attendees at the 'Lucky to Know You' breakfast.



More names of our great volunteers!

Community Engagement Team Administrative Support

Karen Howard

Shamrock Run Event Support

Steve Magurno

Outpatient Mental Health Clinic Interns and Practicums

Kaylie Crites
Stephen Grillo
Jennifer Reavis
Andrea Kahler
Kory Robinson
Andee Kahler

I/DD Housing Practicum

Marcelina Hendricks

Business Office Administrative Support

AnaMaria Millard

Annual breakfast honors partners; gives platform for sharing success story

Shangri-La held it's third annual "Lucky to Know You" breakfast on March 15. The breakfast is a combined effort by the Youth and Family Services (YFS) program and the Community Employment Services (CES) program to host and thank their community partners.

YFS focuses on work experience opportunities to help parents overcome barriers to obtaining or maintaining employment while CES focuses on helping individuals with disabilities obtain community employment.

"About 10 to 15 businesses have been represented over the years," said Katherine Skelton, a YFS manager.

While the main reason for the breakfast is to honor the businesses that train and employ participants in both the programs, it also serves as an opportunity for the businesses to network with each other, share their positive experiences with the program, and hear success stories participants in both programs.

"Willamette Heritage has come every year," explained Katherine. "They are great because they have an employee who represents both paths. So it's nice to have them there as an example [of how businesses can support participants in both programs]."

Shangri-La thanks and appreciates the **Siletz Tribal Charitable Contribution Fund** for supporting Shangri-La's Social Club for people with disabilities with a \$2,384 grant to support the club's expansion.



Jeanne, a Social Club participant, attended the grant award ceremony in Lincoln City on May 3 to receive the award check from the Siletz Tribal Charitable Fund Advisory Board.



Shangri-La welcomes new board member

Shangri-La first met **Jake French** as the keynote speaker for Shangri-La's All-Staff Conference in 2016 (pictured at left). Fast forward three years and Jake is now Shangri-La's newest board member. Jake's interactions with employees at the All-Staff Conference impacted him deeply and ignited his passion to get involved with the organization.

"As a disabled person myself, I know how good it makes you feel when someone offers to help you out. If I can return any of the kindness I have been given throughout the years, it would be an honor," said Jake. He is looking forward to helping find creative solutions to some of the challenges Shangri-La faces. Jake travels the country as a motivational speaker and author, and is also the president of the National Speakers Association of Oregon.

SPRING HAPPENINGS



Feeling Accomplished

David recently started his new job in the laundry department at **Shilo Inns** in Newport.



Stamp Out Stigma

Taylor, a Shangri-La employee, created this art for Mental Health Awareness Month in May.



Telling Her Story

Becca recently talked with a group of students with disabilities from Taft High School about her job at **Chester's Thriftway**.



BBQ King

The BBQ is Logan's favorite way to cook when the weather gets nice.



Bird Enthusiast

Thanks to donor funds, Lila got to visit the Cascades Raptor Center in Eugene to learn more about birds of prey.



Raise the Wage

Shangri-La spent the day advocating for wage increases for direct support professionals at the State Capitol on June 4..



Spring Blooms

Petra enjoyed seeing all the vibrant colors during a trip to the Wooburn Tulip Festival in April.



Beach Days

This bunch took advantage of a beautiful coast day and enjoyed a picnic with a view.