



### From Patch to Porch

Favorite fall experience delivered via pumpkin patch on wheels

With pumpkin patch crowds posing an increased risk of COVID-19 exposure for individuals-served by Shangri-La, many of whom have compromised immune systems, outings to community pumpkin patches were not a safe option this year.

Instead, Shangri-La’s Community Engagement Team, in partnership with James Heating and Air Conditioning, Cherriots, and Mobility Access Options NW, organized a traveling pumpkin patch. Pumpkins of all shapes and sizes from Maranatha Farms were delivered to each residential program (over 30 stops!) in Salem, Keizer, Jefferson, Eugene, Newport, Corvallis, Albany, and Florence.

To mirror the traditional pumpkin patch experience, individuals also received a decorated pumpkin sugar cookie created by Handy Foods, LLC (a Deaf/ASL-friendly caterer), and an apple cider drink kit. Many of the pumpkins were later decorated and entered into Shangri-La’s annual pumpkin decorating contest.



*(Pictured above) Mark holds up the pumpkin he selected during the traveling pumpkin patch stop at his home. (Pictured bottom right) Craig receives a pumpkin sugar cookie crafted by Handy Foods, LLC.*



Thank you event partners:



Maranatha Farms

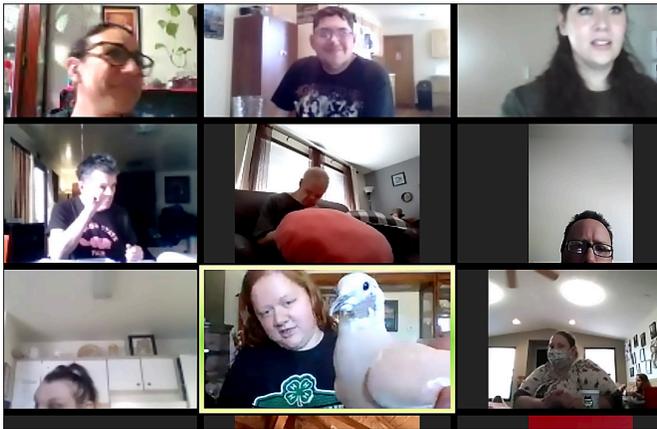
Handy Foods, LLC



### ‘Off’ button is best feature for online movie group when learning skills

Despite social distancing, socialization skill-building hasn’t stopped for some individuals served by Shangri-La’s outpatient mental health clinic. Watching movies together each week via Zoom during the pandemic has provided an informal platform for practicing conversation, coping, and interpersonal skills.

"I am so thankful for this group. I really struggle to communicate in groups. But in this group, I get to practice, and if things get too hard, I can just leave or turn the camera off for a minute and come back and try again," said one participant about why he values the movie group.



Marion County Mighty Paws group leader, Angela (pictured at bottom center), shows one of the doves she is raising with virtual fair attendees. Angela shared interesting facts about doves and explained the care they require.

## State fair experience lives on in virtual format

The Oregon State Fair is an annual tradition beloved by many individuals served by Shangri-La. Unfortunately, due to the pandemic, the state fair was canceled this year.

Rather than accepting this fate, in early September, on what would have been one of the last days of the actual state fair, Shangri-La, in partnership with Salem Electric, held a virtual state fair experience for individuals served.

Kits of popcorn, cotton candy, and bingo cards were delivered to the porch of each Shangri-La home before the event to help bring the fair experience to life for those in attendance.

Virtual fair attractions, hosted via a live Zoom meet-up, included a homemade lemonade demonstration, several rounds of bingo with prizes, and a virtual animal showing hosted by the local Mighty Paws 4-H group.

“Mighty Paws 4-H was very eager to show their animals to Shangri-La in hopes of bringing some smiles and remembering the state fair that we all missed. Overall, I think everyone enjoyed themselves and that this was a wonderful way to experience the fair,” said Angela McGovern, the Mighty Paws 4-H group leader.

Despite some technical challenges with hosting over 30 individuals on a Zoom meet-up, there were many positive comments about the experience.

“I played bingo and got a purple quilt! It was awesome possum,” said Steve, one of the individuals that attended the virtual fair. The quilt Steve received was one of many handmade quilts donated by Circle of Friends.

Thank you event partner:



## \$10,000 grant expands mental health telehealth services

Shangri-La’s Outpatient Mental Health Clinics (OPMH) have continued to provide mental health services throughout the pandemic by meeting with individuals via telephone or video.

Early on in the move to virtual services, the clinic team realized that many individuals served by the clinic did not have the technology to participate in virtual face-to-face therapy or assessments. In many cases, this was counterproductive to establishing or maintaining mental health wellness.

“Since COVID-19, we have seen the need for mental health services increase significantly. Having the ability to have virtual meetings with individuals will help ensure they are receiving the mental health services they need, along with ensuring they are safe and taking care of themselves. In the therapy environment, there is great value in actually seeing a person’s face and their expressions,” explained Robin Winkle, clinic administrator, about the need for telehealth technology.

The \$10,000 grant from the **Rx Abuse Leadership Initiative (RALI) Oregon** will allow the clinic to purchase the necessary technology and provide on-going telehealth services to 30-35+ individuals per month who otherwise would not have the tools available to continue their treatment.

*Read full story at: [www.ShangriLaOregon.org/news](http://www.ShangriLaOregon.org/news).*



## Song dedications show appreciation

Jessica Eve, a singer-songwriter from Billings, MT, and Oregon-based band, My Brothers and I, recorded special video messages and played a song dedicated to Shangri-La’s Direct Support Professionals (DSPs) during DSP Recognition Week in September.

In response to watching the video messages, one Shangri-La DSP said, “I’ve been in this field for a long time and have never felt recognized like {this before}.”

*Watch the dedication videos at [www.facebook.com/shangrilacorp](https://www.facebook.com/shangrilacorp), ‘videos’ tab.*

# bettertogether

Thank you to these donors and volunteers whose contributions helped people with disabilities and families with disadvantages thrive at home, at work, and in our community.

We truly are, *better together.*

## Better Together Giving Community Members

\* denotes new Better Together Giving Community member

Alan Apodaca	Jan Frank	Theresa Kies	Kelli Rogers
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Callie Evonuk	Winifred Ju	Rachenda Reynosa	Janet Yousey

## Greatest Need Givers + In-Kind Supporters

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Ian Fernandez	Dawn Brockman
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Aaron Nevel	David and Ruth Braun
Allan and Dolores	Abigail Munsters
Bacheller	Janet Annal
Carla Chambers	Doug Hunt
Michael Fiala	Theresa Bryant
Harlow and Rita Harris	Newport Presbyterian
Kathleen Hecht	Women
Jim and Judy Kennedy	Tennant Co.
William Kinane	Circle of Friends
Gordon Mart	RALI-Oregon
Dennis and Darlene	Steven Bender
McCrea	

## Volunteers + Service Groups

Patricia Lentz	Landry Ferguson Ari
Gabriela Santoyo	Thomason Claire
Guterrez	Verstrate
Noa Landau-Camarillo	

*This list represents supporter contributions made between June 1 - October 31, 2020.*

## COVID-19 Needs Responders

Stacy Erb  
Larry and Sharon Hecht  
Margaret French  
Jerri Hargis  
Winifred Ju  
Shana Winn  
Eileen Wolfe

## Barrier-Free Home Builders

Bailie Gilmour  
Dan and LeeAnne  
Gilmour  
Mary Chance  
Gilmour Rentals  
Judith Quenzel  
Salem Ale Works

## Pumpkin Patch Partners

Cherriots  
James Heating and Air  
Conditioning  
Mobility Access  
Options NW  
Maranatha Farms  
Handzy Foods, LLC

## Harms Home Repair Funders

Bruce and Debbie  
Carpani

## Louise's Shoe Supporters

Karen Rutledge

## Grants

\$10,000 from  
**Rx Abuse Leadership Initiative (RALI) Oregon**  
for purchase of telehealth technology

# missionmoments

**GIVING TUESDAY**  
 Together we give.  
 Dec 1, 2020

Join the global generosity movement -- by partnering with Shangri-La to build inclusive communities in your corner of the world.

**Join the Facebook Event (<https://bit.ly/SLAGT2020>) for opportunities to celebrate, act, and advance generosity now through Dec.1**



### Healthy Partnership

RALI Oregon provided Shangri-La homes with drug disposal kits to properly dispose of leftover medications, especially opioids.



### Cover Worthy

Craig's artwork was selected by the Oregon Resource Association (ORA) to be the cover art for ORA's NW Conference program.



### Final Farewell

Salem Ale Works (SAW) donated a portion of proceeds from its final farewell memorabilia auction to help build barrier-free homes at Shangri-La.



### Despite the Distance

Daniel's support team helped organize a drive-by visit to his mother who currently lives in a long-term care facility.



### Pumpkin Proud

Over 30 individuals and employees entered Shangri-La's pumpkin decorating contest.



### Answering the Call

Volunteer Shirley T. answered our call for DSP Fan Mail creating and writing cards to over 30 program locations.

## At Our Core

Mission: Serve individuals with disabilities or disadvantages so they may recognize and achieve their full potential.

Vision: Communities where all people are accepted for their abilities and celebrated for their successes.

## Become Better Together

Visit Shangri-La's website to learn more, donate, volunteer or see current job openings.

[www.Shangri-LaOregon.org](http://www.Shangri-LaOregon.org)

If you no longer wish to receive the Shangri-La quarterly newsletter or have questions about this publication, email: [community@shangri-la-or.org](mailto:community@shangri-la-or.org) or call 503-581-1732, x318.

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Shangri-La is a 501c3 non-profit human services organization, tax identification number: 93-0509414.