



(Left) Class trainer and behavior consultant Jerri Hargis, interacts with attendees during the introductory class in January. (Right) Greg Earl, a direct support professional, helps an attendee complete a relationship map at the class in February.

New classes aim to create meaningful connections through safe and healthy relationships

Shangri-La is now offering a series of classes, 'Relationship Status,' focused on helping individuals served to build healthy relationships and receive sex education in a safe and supportive environment. The introductory class, held in January, had excellent attendance. February's class saw many repeat faces and helped attendees learn about types of relationships and types of touch.

The classes result from input from individuals served, gathered through Shangri-La's annual Project Impact survey, which illustrated that individuals served wanted more support around building relationships.

"Our overall goal for the classes is to provide educational opportunities for people receiving services with a focus on building trust, setting expectations, and laying a solid foundation for boundaries and relationships," explained Ruth Walton, a behavior consultant at Shangri-La who has been leading the workgroup to develop this training over the past few years. During this time, she became a certified Sexual Health and

Relationships Education instructor.

The workgroup developing and leading the classes is a cross-department collaboration between behavior consultants and members from Shangri-La's day services, employment, and residential programs.

The workgroup prioritized ensuring the classes used clear, accessible language and activities to help attendees engage with the content. As such, the training includes many visual and interactive components, and each person is supported by a direct support professional who can offer personalized help in the moment.

"We are so happy to have gotten 'Relationship Status' up and going," said Tiffani Olsen, director of the IDD residential program. "[The classes] will help individuals develop the skills, knowledge, and confidence they need to create and maintain meaningful relationships while also understanding boundaries, safety, and consent."

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Ruth Walton
Behavior Consultant

March is Developmental Disabilities Awareness Month

Developmental disabilities are disorders that occur during developmental years (before age 22) and result in cognitive and/or physical impairments. Developmental disabilities can include autism, cerebral palsy, Down syndrome, learning disabilities, ADHD, and hearing loss.





Trivia night collaboration tests community's disability awareness

Aligned with the start of Developmental Disabilities Awareness Month, Shangri-La held its first trivia night collaboration with **Shades of Brew** in Salem on March 4.

"We provided them with 10 questions that they then inserted into their regularly scheduled trivia night," said Ashley Erb, director of community engagement. The questions covered topics related to disability history, culture, statistics, diagnosis, and pride.

"These are big and complex topics. Our goal with the trivia nights is to start conversations about disability. Hopefully, inching our community towards greater disability awareness and inclusive action," explained Erb.

Want to collaborate with us on a trivia night?
Connect with us at: community@shangrila-or.org



Watch how this year's project came together from start to finish!



Scan me

11 years later Holiday Wishes Project continues to spread joy, meet needs

200 gift wishes, submitted by individuals and families served by Shangri-La, were fulfilled in December through the generous support of donors and community partners -- including 31 new gift-givers.

Above and beyond previous years, practical gifts were the most wished-for items, signaling that these gifts not only spread joy but also met the needs of individuals and families. For example, nearly 30 air fryers and crockpots were gifted. Other gifts included pet food and supplies, clothing, and personal wellness items.

Many thanks to our Holiday Wishes Project Tree Partners Aldrich CPA and Advisors, Security Monster, Coho Realty, Marsh McLennan Agency, and the Oregon Association of Disability Examiners

Grant funding brings problem solving technique to Shangri-La employees

In December, nearly 100 Shangri-La employees attended a two-day Collaborative Problem Solving (CPS) Essential Foundations training.

CPS is a technique that can help people experiencing challenging behaviors gain skills, find solutions, and meet shared expectations through a collaborative process with a trusted partner, like a direct support professional.

"The course was very insightful and will help me in both personal and work environments," noted one attendee in the course evaluation.

This training was made possible by grant funding from the **American Rescue Plan Act (ARPA)**.

CPS is an approach developed by the Think:Kids Program.

better together

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

Nick Bender	Douglas Golden	Bradley Leland	Winifred Skinner
Vicki Caldwell	Jennifer Gray	James Lindekugel	David Sloves
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Ashley Erb	Kennedy	Laurie Phelps	Winkle Construction
Jan Frank	Theresa Kies	Roger and Colleen Plott	Rhonda Wolf
Heidi Frederick	Amy Korkowski	Rachenda Reynosa	Janet Yousey
Julia Frisbie	Elizabeth Larson	Kelli Rogers	

Holiday Wishes Project Gift Givers

Janie Anderson	Jake French	Felicia Kelly	Julie Sanchez
Mariann Ayers	Kerry Fuller	Paul Kelsey	Amanda Sherburn
Danielle Black	Les George	Judy Kennedy	Katherine Skelton
Ellen Bourland	Deborah Gorman	YaVon Kerins	Winifred Skinner
Vicki Caldwell	Jennifer Gray	Allyse Lee	David Sloves
Shelley Chastagner	Cindy Green	Cathie Levin	Kate Walsh
Susan Coleman	Sarah Hansen	Anna Lopez	Donna Welch
Dawn Coulter	Shirley Hardy	Chris Manning	JD Welch
Spencer Cox	Noah Hendershott	Kathy Mathews	Melissa Whitton
Joey De La Rosa	Dorothy Hendrickson	Kelli McClellan	April Williamson
Tyler Dehut	Beth Hill	Jean McCormick	Dan and Robin Winkle
Chelsea Denney	Lisa Hill	Randi McKinney	Shana Winn
Debbie Denton	Molly Howe	Maribel Mendez	Janet and Ben Yousey
Aalicea Dominguez	Rashmi Joshi	Alexandra Miles	+ Anonymous Donors
Diane Draper	Wendy Joy	Tiffani Olsen	
Ashley Erb	Wendy Joy	Erin Ott	
Jan Frank	Winifred Ju	Brittnie Nasedkin	
Elizabeth Fraumeni	Victoria Kellner	Rachenda Reynosa	

Greatest Need Givers, In-Kind Contributors, and Volunteers

Bruce and Debbie Carpani	Angelique Jarman	David Sloves	Nonstop Health
Janine Catalino	Christine Malone	Jimmy and Patricia Jackson	Don and Sandy Rosenberger
BST Realty, LLC	Colleen Plott	Michael and Susan Mahoney	
Janet Carlson	Janet Schmidt	Mid Valley Quilt Guild	
Jan Frank	Michelle Silbernagel		
Bethany Innis			

This list represents contributions made between Nov. 1, 2024 - Feb. 28, 2025.



YELLOW NAPKIN PROJECT RETURNS JULY 2025

Shangri-La's Yellow Napkin Project aims to increase our community's disability allyship through education and awareness that leads to actions which promote a more accessible and inclusive community.

The napkins printed with disability awareness messages (provided at no-cost to partners) are distributed by food service establishments who share the napkins with their customers in July.

Become a Partner!
RESERVE YOUR NAPKINS TODAY
 at www.shangrilaoregon.org/yellownapkinproject



VOLUNTEER GROUPS WANTED

We have 20,000 napkins to sort and prepare for distribution to community partners. We are looking for volunteer groups to help with this project in May and June.

Let us bring the project to you!
 Project is suitable for most ages.
Interested in helping? Email:
community@shangrila-or.org

missionmoments



Icon denotes donor support



Swept off our Feet

Love, fun, friendship, and line dancing were in the air at the Valentine's Day dance.



Cups of Cheer

Social Club met up to create custom works of art on mugs just before Christmas. -- perfect timing for hot cocoa!



Thankful for Friends

Friends connected over pie and mashed potatoes at a Friendsgiving potluck in November.



Winter Walkabouts

LEAPsters took advantage of a stretch of sunny winter days with a short hike at Silver Falls State Park.



Soup Season

Jeanne made meatball soup with homemade meatballs and lots of veggies.



History Lesson

Jack explored the Thompson's Mills state heritage site near Corvallis. It is the last water-powered mill in the state.



Santa Stops

Santa and Mrs. Claus made several stops at programs to spread cheer during the holiday season.



Golden Nuggets

LEAPsters practiced several different cooking skills while making homemade chicken nuggets.

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.ShangriLaOregon.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 or call 503-581-1732, x328.

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

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- Janet Yousey, CEO
- Andre Veillet, Director of Finance
- Jean McCormick, Director of Human Resources
- Ashley Erb, Director of Community Engagement
- James Lindekugel, Director of Employment and Day Services
- Tiffani Olsen, Director of IDD Residential Services
- Robin Winkle, Director of Operations and Homeless Services
- Bradley Leland, Director of Behavioral Health Services

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