



New residential treatment home set to open in Eugene

Home sweet Harlow House. After several months of remodeling to turn the three-bedroom home into a five-bedroom home, on Nov. 9, 2022, a housewarming party celebrated the opening of Shangri-La's seventh residential treatment home (RTH) -- Harlow House.

Situated in the Harlow Neighborhood in Eugene, the RTH will be home to five residents diagnosed with a severe and persistent mental illness (SPMI). The residents will receive support to help attain and maintain their recovery while working on goals, gaining skills, and increasing their independence.

"We are proud to respond to the huge need for more residential treatment homes in Oregon. We strongly believe that the services we provide in these homes matters greatly in helping people reach their full potential."

- Janet Yousey, CEO

Most of the home's purchase and start-up costs were funded by a grant from the Oregon Health Authority. Many local businesses and individual donors also contributed monetarily or with donations of goods to support the home's opening.

In addition to the five bedrooms, the home also features vast windows that flood the space with natural light, a



Harlow House manager Savannah Zeigler answers questions from neighbors about Harlow House's services during the home's housewarming event on Nov. 9 in Eugene.

spacious outdoor patio, and numerous raised garden beds perfect for therapeutic gardening and growing food for the home.

The housewarming event was attended by several neighbors who were curious to see the home's transformation. Many also took time to learn more about Shangri-La's services, respectfully voice concerns, and have their questions answered.

Over the next few weeks, the Harlow House team will finish furnishing the home and begin transitioning residents, referred to the program by Lane County Behavioral Health, into their new home.

Make the Holidays Merry and Bright

Fulfill a gift wish for individuals and families served by Shangri-La who would otherwise not receive holiday gifts.

Shop for the gift(s) at your favorite local or online retailer. Ship or deliver unwrapped gift(s) before December 7 to: Shangri-La, Attn: CET, 4080 Reed Rd SE #150, Salem, OR 97302. Office hours are M-F from 8:30 a.m. - 5:00 p.m.

View the virtual tree at: www.shangrilaoregon.org/holidaywishes or scan the QR code with your internet-connected mobile device.



100% donor-funded project!



Social Club returns; pumpkins pave the way for shared experience

Pumpkin painting was at the center of a shared experience that brought individuals from Shangri-La and students from the Willamette Career Academy's health services program together.

The event also officially marked the return of Shangri-La's Social Club, which dropped off for the past couple of years due to the pandemic. Social Club meet-ups allow individuals to connect with others inside and outside of Shangri-La. The club is also a way for individuals to discover new interests by trying new activities.

Nearly 60 students from the career and technical high school participated in the event. Students and individuals got to know each other through casual conversation. Additionally, the students -- all who intend to enter the healthcare field -- practiced or observed skills that will help them in their future careers. Students observed non-traditional communication techniques, direct support professionals (DSP) providing adaptive supports that support independence, and the unique relationship between an individual served and their DSP.

Before the pumpkin painting event, students in the program also learned about DSP profession and the myriad of transferable skills that can be acquired as a DSP and then transferred to a wide variety of healthcare professions.

Thank you to program instructors **Emily Neves** and **Melodie Sherer** and the **Willamette Career Academy students** for their participation in the event.



Shangri-La DSP, AnaMaria Millard, selected as one of the best

On Oct. 27, AnaMaria Millard received a Works of Heart Award from the Oregon Resource Association (ORA). The award honors exceptional Direct Support Professionals (DSP).

AnaMaria was nominated by her supervisor, Fred Burch. In her nomination, Fred highlighted that AnaMaria is committed and compassionate and is a crucial part of her team. She likes to help other DSPs learn, progress, and be the best DSP they can be. Fred also praised AnaMaria's willingness to lend her time and skills to other programs to ensure all residents are supported.

"I nominated her for this award because she stands out to me as someone who puts maximum effort into understanding each person she works with," Burch said. "She is flexible, dependable, open-minded, embraces change, brings ideas to improve the quality of residents' lives, as well as improve the teams she works with. She does all this while going to school full-time and still finds time to help out other departments within Shangri-La."

During the virtual event, AnaMaria gave a speech and shared a story about helping someone she serves reach an employment goal and the pride and joy it brought him.

*"It was such an honor to be nominated. To attend the ceremony and hear all these other DSP's stories about their experiences. It's the reason we do the work."
- AnaMaria*

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

* denotes new Better Together Giving Community member

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Yellow Napkin Project Partner, the Easy Otter, distributed educational napkins during IDD Awareness Month in March.

Awareness Month Campaign Donors & Partners Yellow Napkin Project / Light the Way for Mental Health

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| Salem's Riverfront Carousel | Jennifer Manning |
| Sonic Drive-In | Kate Walsh |
| The Kroc Center | Donna Welch |

Grants / Special Funding Partners

- Marie Lamfrom Charitable Foundation for emergency power generators
- Oregon Health Authority for workforce stability funding for Harlow House start-up funds (see story, page 1)
- Oregon Office of Developmental Disability Services for workforce stability funding
- Energy Wise Services for solar panel installation



Several solar panels were installed on the roof of Shangxi-La's Salem Administrative Office in March.

This list represents supporter contributions made between January 1 - October 31, 2022.

Capital City Cornhole Classic Partners & Donors

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A huge thanks to the 160 cornhole players and many more spectators!



Willamette University Students helped build scoreboards and fill player appreciation packages for the Capital City Cornhole Classic fundraiser.

Volunteers and Service Groups

Willamette Career	Janis Frank
Academy Students	Hanna Hanson
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'Bearcats Give Back'	Sage Ingalsbe
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Bottle Drop Give Holiday Campaign
20% Match Opportunity
Now through Dec. 1

All filled Shangri-La BottleDrop blue fundraising bags returned to a BottleDrop redemption center will receive a 20% match now through December 1.

Learn more at www.shangrilaoregon.org/give



Annual cornhole tournament fundraiser sets records for teams and funds raised

Mirroring the cornhole craze sweeping the nation, Shangri-La's Capital City Cornhole Classic fundraiser saw a record 80 teams play on the lawn of the Oregon State Capitol on Sept. 10, 2022.

Veteran and first-time competitors from around the Willamette Valley, Oregon coast, and Washington battled it out on the boards in their respective divisions. The players, event partners, and spectators raised \$17,600 to fund permanent and supportive housing for individuals with disabilities experiencing homelessness.

"This tournament is what cornhole is all about, and that is community. Everyone is so friendly. I enjoyed meeting and hanging out with everyone from seasoned players to people that have never played before," said Daniel Silberstein, a first-time Capital City competitor. "If [this tournament] isn't already, it should be on your schedule for next year." Daniel and his teammate, Tyler Russel, placed second in the intermediate division.

SAVE THE DATE: Capital City Cornhole Classic - Saturday, September 9, 2023.

Day program returns to in-person services

After nearly two years of providing only virtual services due to the pandemic, Shangri-La's Life Enrichment Activities Program (LEAP) returned to offering in-person services in August.

The day services program offers small group, community-based enrichment activities to help program participants discover interests, build relationships, and improve skills. Currently, LEAP's schedule

continued on page 6



Tis the Season of **GIVING**

A year-end contribution will help fund 2023 Social Club programs (see story page 2) and help us meet a \$10,000 match on a grant that funds Shangri-La's Housing Assistance Program which supports individuals with disabilities experiencing homelessness. Donate online at www.shangrilaoregon.org/give or mail your contribution to Shangri-La, Attn: CET, 4080 Reed Road SE #150, Salem, OR, 97302.

missionmoments



Connecting to Culture

Over the summer, Ok-kyung stopped at H Mart -- a large supermarket specializing in Asian foods -- to pick up a few of her favorite Korean foods.



Watch the Video

Shangri-La Cribs

Jennifer invited viewers inside her unique room for a special Shangri-La Cribs video. Watch the video at: youtube.com/ShangrilaCorp.



Saying Goodbye to Summer

Before the rainy days returned, the Myers and Danebo Homes threw an end-of-summer BBQ complete with tie dye and cornhole.



Fruits of Your Labor

AJ shows off one of the many vegetables she harvested from the garden at her home over the summer months.



Safety First

Shangri-La's property team put the finishing touches on this ramp over the summer to help ensure individuals can safely come and go from their home.



Watch the Video

Busy as a Bee

Jimmy's new job at Beehive Station in Salem is a perfect match for Jimmy's skills and personality. Watch the video at: youtube.com/ShangrilaCorp.

LEAP services, continued from page 5

includes a morning and afternoon group.

Since returning to in-person, the LEAP groups have been putting on the miles exploring local destinations, including the Oregon Coast and Multnomah Falls, volunteering to pick up litter at Salem parks, and enjoying each other's company over crafts and board games.

If you know anyone interested in joining the program, you can learn more at www.shangrilaoregon.org/dayservices.

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@shangrila-or.org or call 503-581-1732, x328.

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

Seeking Board Members

Do you have a mind for business, law, healthcare or HR? Do you have a heart for helping others reach their potential?

Join Shangri-La's Board of Directors to put both to good use.

www.shangrilaoregon.org/board

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