



'Back to better' for day services and employment programs post-pandemic

Shangri-La's Community Employment Services (CES) Program and Life Enrichment Activities Program (LEAP) are recovering and redefining their 'new normal' post-pandemic, partly through support from a \$455,000 capacity and restoration grant through the **Oregon Department of Human Services**.

During the pandemic, LEAP, a day program for adults with IDD, saw a significant decline in participants due to social distancing requirements, which prevented LEAP groups from gathering. Some individuals maintained services through virtual programming, but online programming was less successful for many.

As of October 2023, LEAP is starting to resemble its pre-pandemic self. Currently, 44 individuals are participating



Tom and Jazmin look up a book using the computer system at the Salem Public Library. LEAP community-based groups often visit the library to enjoy the books and other library programming.

in LEAP services as opposed to the 13 that attended virtually during the pandemic. Eight in-person, community-based groups are back up and running, and the LEAP team of direct support professionals has grown to five members.

Virtual services have continued for those individuals who thrived with the online format, and the community-based groups are present in their community daily -- visiting local attractions, using public resources like the library, volunteering, or attending events.

"It has been exciting to see friends reconnect. Some of [the LEAP participants]

continued on page 6



(Left) Jason started working as a dish aide at Brookdale Senior Living during the pandemic and has been on the job ever since. Jason says he enjoys the process of doing dishes.

HELP
MAKE THE
SEASON
Merry
AND
Bright



Fulfill a Holiday Wish

FOR AN INDIVIDUAL OR FAMILY
SERVED BY SHANGRI-LA

Select a gift from Shangri-La's virtual Holiday Wishes Project tree at www.shangrilaoregon.org/holidaywishes or visit one of our Holiday Wishes Project community partners to select a tag.

Ankeny Vineyard Citizen's Bank (Salem Branch) Willamette Valley Smokehouse Coho Realty (Salem)

Fred took first place in the My25 "Make Veggies Taste Good" contest with his mini pepper boats recipe, pictured at right.

My25 program goes beyond the plate to inspire healthy eating

In 2020, six Shangri-La IDD residential programs piloted the My25 mealtime toolkit, which streamlines menu planning, grocery shopping, and recipe preparation while also caring for specialized diets, personalized food preferences, small food budgets, and the required documentation around diet orders.

Today, nearly all of Shangri-La's IDD residential programs use the My25 program, and the benefits are going far beyond the plate.

Due in part to the nutritional support from the My25 program, some individuals served by Shangri-La have

greatly improved health indicators like A1C levels or BMI; others no longer need medication for Type 2 diabetes. The program has also introduced individuals to a variety of new ingredients or cultural dishes.

With cooking tips, shopping list creation, seasonal recipe updates, highly customizable menus, and contests like the "Make Veggies Takes Good" competition in July, individuals served and direct support professionals have embraced the My25 program.

Mini Pepper Boats



Ingredients:

- ❖ About 12-18 mini sweet peppers
- ❖ Rice-A-Roni (you can use your preferred flavor- we used cheddar broccoli)
- ❖ 2 ½ TBSP butter or margarine
- ❖ 2 ¼ cups water
- ❖ ½ cup shredded cheddar
- ❖ ¼ cup bacon bits
- ❖ ½ tsp vegetable or olive oil
- ❖ Pinch salt and pepper

Directions:

1. Preheat oven to 375°.
2. Wash the mini peppers and prep the boats by chopping off the tip of the pepper with the stem. Then
3. cut the pepper in half lengthwise to create 2 "boats".

4. Use a butter knife to scrap or flick the seeds out of each side.
5. Pour ½ tsp of vegetable or olive oil on the pepper boats and mix to coat evenly. Add pinch of salt and pepper to season and mix again.
6. Place the peppers in a single layer on a foil-lined baking sheet.
7. Bake the pepper boat for 10-15 mins until the peppers just begin to soften.
8. While the peppers are in the oven, prepare the Rice-A-Roni according to the directions on the box.
9. Once rice is complete, and the peppers are out of the oven, scoop a 1-2 TBSPs of the rice mixture into each pepper boat.
10. Sprinkle shredded cheese and bacon bits on top of each boat, bake for another 3-4 minutes until the cheese is melted.
11. Eat and Enjoy!

Submission by: Fred

Submission assisted by staff:
Alexandra



Farewell to Capital City Cornhole Classic after 7-year run

With 91 teams, 189 players, 405 matches of cornhole, and \$17,000+ raised, the 2023 Capital City Cornhole Classic fundraiser went out with a bang. From its humble beginnings in 2016 to its record year in 2023, the tournament has raised over \$85,000 for Shangri-La over its lifetime.

"We are immensely and forever grateful for the players and partners who have supported the tournament over its lifetime," said Ashley Erb, director of community engagement. "But Shangri-La needs the team that coordinates the tournament to work on

another equally important venture for the organization, so that's what we are going to do. That doesn't mean we won't miss the heck out of the tourney and all the people who made it great."

Proceeds from this year's tournament will support Shangri-La's Harms Home Repair and Beautification fund to help create barrier-free homes that are welcoming, safe, and vibrant for individuals served. Shangri-La operates over 25 residential programs for individuals with disabilities throughout Marion, Linn, Benton, and Lane counties.

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

Nick Bender	Jeanette Merrick
Vicki Caldwell	Madeline Mulhern
Marlene Carpani	Allison Myers
Greg and Holly Crawford	Tiffani Olsen
Megan Denison	Holly Pharms
Aalicea Dominguez	Laurie Phelps
Fred Duckwall	Roger and Colleen Plott
Sally Dvorak	Rachenda Reynosa
Joanna Edwards	Kelli Rogers
Ashley Erb	Winifred Skinner
Jan Frank	David Sloves
Heidi Frederick	Susan South
Julia Frisbie	Yvonne Stewart
Jennifer Gray	Ron and Joanna Stout
Bri Gridley	James Titus
Carole Hellman	Irene Tynes
Beth Hill	Amanda Valerio
Jeremey Hill	Andre Veillet
Tim and Jeniffer Johnson	Jessica Walsh
Winifred Ju	Donna Welch
Jim and Judy Kennedy	JD Welch
Theresa Kies	Dan and Robin Winkle
Amy Korkowski	Rhonda Wolf
Elizabeth Larson	Janet and Ben Yousey
Bradley Leland	
James Lindekugel	
Jean McCormick	

Tributes and Memorials

- Lynne Gregg Memorial
- Jeffrey and Irene Duvernay
 - Jennifer Duvernay
 - Sharon Grant
 - Richard and Katherine Harris
 - Donna Powers
 - Donna Schultz
 - Judy Thomas
 - Jackie Walden
 - Bruce and Luanne Weyhrauch
 - Low Tide Ladies

This list represents supporter contributions made between May 1, 2023 - October 31, 2023.

What can \$10 per month help do?



and so much more.

Become a Better Together Giving Community Member with a \$10 monthly donation.

3 Ways to Set-Up Your Recurring Donation

1. Set-up your donation online at www.shangrilaoregon.org/give, click the purple "Give to Current Greatest Need" button.
2. Return the enclosed donation envelope.
3. Give us a call at 503-581-1732, x318

Capital City Cornhole Classic Partners and Donors

Knockaround Sunglasses
Green Scene Landscape
Instant Fire Protection Co.
Lively Station
Managed Healthcare
Pharmacy
Aldrich CPA's and Advisors
Delicato Family Vineyards
Salem Cornhole Company
Cherriots Salem Keizer
Transit
Celtic Homes
Columbia Sportswear
Guentner's Gardens
Keizer Florist
New Morning Bakery
HR Answers, Inc
Epilogue Kitchen and
Cocktails
Nonstop Health
West Salem Ace Hardware
Distinguished Vineyards -
Argyle Winery
Noteboom's Guide
Service
Nissi Construction
Republic Services
Tier Design Studio
Solutions Yes
Tim's Automotive
Specialties
Philadelphia Insurance
Companies
Country Financial
Willamette Dental
Six By Six Cornhole
Bag Data
Kettle Brand

Winkle's What Nots
Ankeny Vineyard
Kaiser Permanente
Nick Bender
Mike Casner
Aalicea Dominguez
Ashley Erb
Janis Frank
Jake French
Steve and Molly Gehley
Dan and LeeAnne Gilmour
Bri Gridley
Michele and Jerrett
Hetrick
Mark and Jennifer
Jacobson
Winifred Ju
James Kimsey
Greg Lentz
James Lindekugel
Jennifer Manning
Jean McCormick
Tiffani Olsen
Branden Pirot
Rachenda Reynosa
Tyler Russell
Don and Cris Ryan
Chad Scharer
Benny Sexton
Winifred Skinner
Benjamin Snyder
Grady Tucknott
Andre Veillet
JD Welch
Johnny Wendel
Janet and Ben
Yousey
Scott Yunker



The Oregon Association of Disability Examiners (OrADE) hosted a Care Package Drive and collected enough items to make two full care packages.

Learn about hosting a care package drive at:
www.shangrilaoregon.org/give



Greatest Need, Special Project and In-Kind Givers

Caleb & Annie Reynolds
Master Care Janitorial
Services
Ollie's Pizza and Games

Mid Valley Quilt Guild
Jerry Howard Proffit
Leslie and Charles Wright

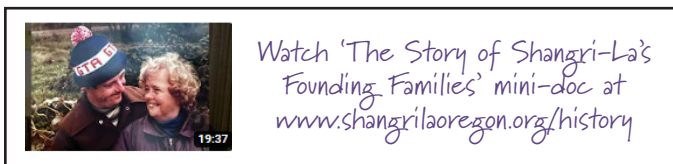
Volunteers and Service Groups

Deidre Candello
Haley Mitchell
Tommy Van Cleave
Winifred Skinner
Julisa Rios-Chavez
Vicki Pastre
Marci Proctor
Janine Catalino
Hannah Swendsen
Myrthe Meihuiren

Maria Sacancela
Rhianon Hampton
Nyakuoth Kuich
Keegan Stershic
Chloe Hackenbruck
Ruby George
Emilia Keller
Willamette University
Bearcat Give Back



In August, Willamette University students spent their Saturday volunteering to package Shangri-La's annual report, prepared hundreds of blue BottleDrop bags, and sorted Accessible Egg Hunt supplies.



Watch 'The Story of Shangri-La's Founding Families' mini-doc at
www.shangrilaoregon.org/history

60th Anniversary Celebration Contributors

Dan and LeeAnne Gilmour
Dan Gilmour Construction
Gilmour Rentals
Diane Draper
Kate Walsh

Neil and Jenny Strathdee
Nicole Titus
Patricia Fischer
Stephanie Fournier

missionmoments



Icon denotes donor support



Sushi time and feelin' fine

Thorin and his housemates learned how to make sushi. Each person got to pick their ingredients and practice rolling the sushi.



Laugh s'more, worry less

Friends, fishing, swimming, crafts, and campfires made for great memories at the summer camping trip.



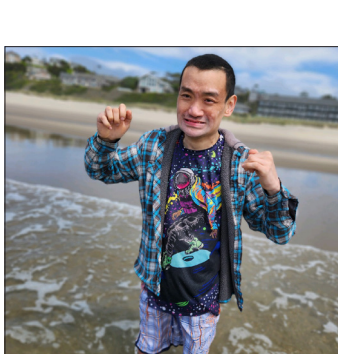
Slice of Social Club

Shangri-La held its fall Social Club meet-up at **Ollie's Pizza and Games** in conjunction with a "Let's Raise Some Dough" fundraiser for Shangri-La. Through the fundraiser, Ollie's Pizza and Games donated nearly \$400 to Shangri-La to support future Social Club programs.



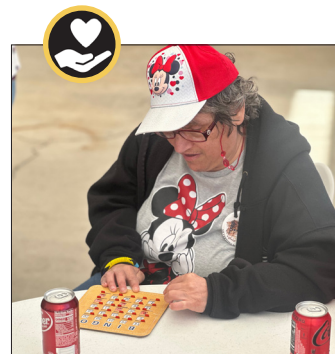
No Tricks, Just Treats

Characters of all kinds showed up for a Halloween trunk-or-treat event and dance at Shangri-La's Salem Office.



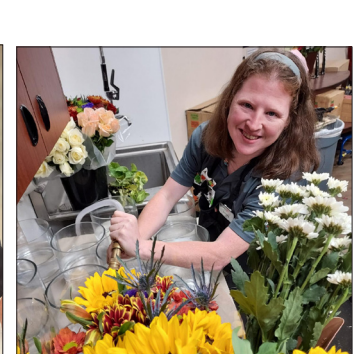
Toes in the Sand

Playing in the water at the beach was one of the highlights of Ross' summer adventures. He also enjoyed watching all the colorful and blinking lights at the casino.



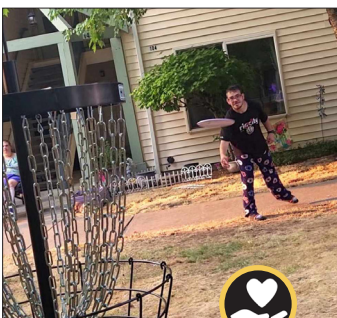
Farewell to Summer

The farewell to summer picnic included bingo, karaoke, face painting, and a picnic lunch at **Log House Gardens** in Keizer.



Rose to the Occassion

Bethany recently celebrated her six month work anniversary in the floral department at her local Safeway store.



Gripping and Ripping

The crew at Vista Apartments has been practicing their disc golf skills. The basket targets and discs were made possible by Better Together Giving Community monthly donors.



Grape Job!

Patricia's batch of homemade grape jelly, made from locally grown grapes, turned out great. From pressing the grapes to sealing the jars, Patricia took great care to complete all the steps correctly.



\$1,611.34 RAISED

Thank you BottleDrop Can-Tributors for turning your bottles/cans into support for Shangri-La. Learn more at: www.shangri-laoregon.org/give

CES/LEAP recovery continued from page 1



Tylor, pictured above holding his job offer letter, was recently hired by Cascade Home Store. This is Tylor's first job and he is excited to save some money and build new skills.

'lost themselves' during the pandemic, and we are now seeing them get back to their old selves," said Melissa Robnett, LEAP manager.

On the other hand, the Community Employment Services (CES) program, which helps job seekers with IDD, saw an increase in their caseload during the pandemic.

Their focus post-pandemic has been on growing their job coach and employment specialist team -- including the addition of bilingual team members -- to better support the nearly 65 individuals in services. Additionally, pre-employment soft skills training moved back to an in-person format.

The grant funds from the Oregon Department of Human Services have supported recruiting and training new team members and expanding the program's vehicle fleet.

Now is the perfect
time to become a
BottleDrop Can-Tributor
for 2024!

A photograph showing a close-up of several aluminum cans, including Coca-Cola and other brands, piled together.

YES YOU CAN

help individuals with disabilities
and families with disadvantages
reach their full potential.

**Pledge to be a
Frequent Can-tributor.**

Use the link below to pledge to fill 4, 8, 12, 16, or 24 blue bags per year for Shangri-La.

Your first batch of bags will be mailed to you right away and again annually during the month you submitted your pledge.

**Sign-up at:
bit.ly/slabottledropgive**

Bags are also available at Shangri-La's offices in Salem and Eugene.

Questions? Need help?
Call 503-581-1732, x323
or email: community@shangrila-or.org

Shangri-La has partnered with BottleDrop Give to turn bottles and cans into funds that will help individuals supported by Shangri-La.

It's as Easy as Sip - Fill - Drop.

1. Fill this blue bag (specifically labeled with a Shangri-La fundraising sticker) with empty OR deposit containers. Plastic, aluminum, and glass go in the same bag.
2. Return the filled bag to any Oregon BottleDrop redemption center. No BottleDrop account needed. The label on the blue bag will open the secure drop door.
3. Your bag is counted and credited directly into Shangri-La's fundraising BottleDrop account.

Find a BottleDrop redemption center:
www.bottledropcenters.com/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.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.

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

Executive Team

- 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/ APD Residential Services
- Robin Winkle, Director of Operations and Homeless Services
- Bradley Leland, Director of Behavioral Health Services

Board of Directors

Officers
President: Michael Kemry
Vice President: Jake French
Secretary: Jan Frank
Treasurer: Nick Bender

Board Members

- Winifred Ju
- Rae Reynosa
- James Kimsey
- Winifred Skinner
- Bri Gridley
- Brian Kalar
- Rashmi Joshi
- Maribel Mendez