

# 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.

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.

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

*continued on  
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*"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*



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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,"

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

*"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."*

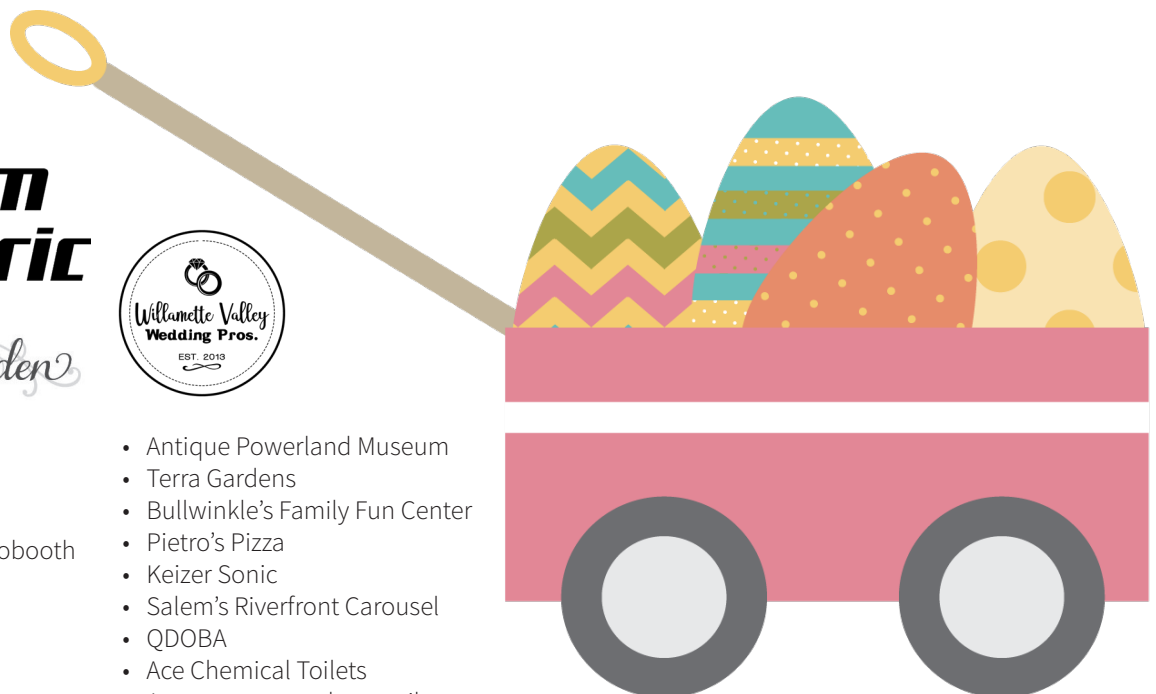
*- Ashley Erb, Director of Community Engagement*

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-Cruikshank, 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  
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CEO  
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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  
Nick Bender  
Vicki Caldwell  
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David Sloves  
Ron and Joanna  
Stout  
Ross Stout  
Nicole Titus  
Christel Turkiewicz  
Dan and Robin  
Winkle  
Janet and Benjamin  
Yousey

## Greatest Needs Givers from the 2019 Better Together Luncheon

Michael Alley  
Korinna Barcroft  
Maricela Beach  
Lisa Bilgen  
Julie Black  
Peter Boen  
Valerie Boen  
McKenzie Bookey  
Josh Brooks  
Taylor Brotton  
Stephanie Burger  
Mary Chance  
Judith Clark  
Paige Clarkson  
Peter Courtney  
Jennifer Dominguez  
Diane Draper  
Sally Dvorak  
Ashley Erb  
Callie Evonuk  
Rhonda Felde  
Tim Fox  
Sarah Freitag  
Jake French  
Leeanne and Dan  
Gilmour  
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Rosi Green  
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Harlow and Rita  
Harris  
Debra Hart  
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Hatley  
Kathleen Hecht  
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Jimmy and Patricia  
Jackson  
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Arlene Kirk  
Jeff Kirk  
Hayley Knesal  
Donna Kochish  
Thomas and Bruce  
Mayhall Rasterli  
Gaelen McAllister

Judith and Ed  
McKenney  
Chelsea Melsha  
Janet Merrell  
Michael Moon  
Laura Morett  
Debbie Mosher  
Lisa Norris  
Alan and Jackie  
Nyman  
Roger O'Harra  
Tiffani Olsen  
Joseph and  
Elizabeth  
Pelletier  
Rob Rardin  
Tim Rocak  
Kyle Romey  
Steve Ross  
Deena Ryerson  
Brooke Schelar  
Denise Seith  
Laurie Shuholm  
Cristian Silva  
Sue Stalnaker  
Virginia Stensland  
Ross Stout  
John Teague  
Dawn Thompson  
Jim Thorlakson  
Nicole Titus  
Andy Tucknott  
Jason VanBuskirk  
Dan and Robin  
Winkle  
Donna Woods  
Lynn and Shirley  
Workman  
Janet and Benjamin  
Yousey  
Paul Zollner  
Aldrich CPA's and  
Advisors  
Harcourts NW  
Oregon Realty  
Group  
The Summit  
Group of Oregon

## 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  
Ashley Erb  
Tammie Montgomery  
Ace Chemical  
Toilets  
Antique Powerland  
Museum  
Carried Away  
Entertainment  
Girl Scout Troop  
#10116  
Hope Orthopedics  
Log House Garden  
at Willow Lake  
Only The Best  
Sound - Mobile DJ

and Photobooth  
Pietro's Pizza  
QDOBA -  
Commercial St.  
Location  
Salem Electric  
Salem's Riverfront  
Carousel  
Sonic Drive-In  
- Keizer  
Location  
Willamette Valley  
Wedding Pros  
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](http://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  
Tova Hershman  
Sam Johnston  
Lucy Cort  
Amina Nelson  
Maia Ito  
Zoe Chittick  
Kate Morris  
Montana Hunter  
Kahi Wilhelm  
Surya Lee  
Michael Richman  
Tina Workman  
Jennifer Gray  
Sheryl Haney  
Hilda Martinez  
Jazmin Hernandez  
Athena Moncure  
Delores Tiepel  
Ken Rice  
Anthony Schacher  
Michele Adkins  
Girl Scout Troop  
#10116  
Nicole Kates  
Claire Alongi  
Elaine McQuillan  
Greg Wells  
Moe Kawajiri  
Mika Costello  
Ben Fritz  
Erin McVeigh  
Brendan Otani  
Colin Herkemen  
Min Wei  
Keaton Adams  
Mana Tsumita  
Kiana Briones  
Evan Segimoto  
Derek Ludwig  
Miku Arakaki  
Satsuki Ichinokaua  
Tiffani Olsen  
Nick Bender  
Megan Dominguez

Alexia Frey  
Lindy Courdoza  
Olive Bender  
Michelle Brown  
Eric Brown  
Jake Brown  
Noah Brown  
Britt Mitchell  
Madeline Khoury  
Robbie Daugherty  
Danielle Abraham  
Tammy  
Kins-Headings  
Sara Duncan  
Carrie Pickett  
Zacchaus Avila  
Cheyenne Schaeffer  
Daphne Ruiz  
Amber Jeffers  
Jenna Markel  
Jessica Lang  
Cole Teipel  
Delores Teipel  
Allison Brindle  
Carolyn Johnson  
Debbie Ego  
Daylee Howard  
Angela McCallum  
Paul McCallum  
Claudia Sparrow  
Jonah Adams  
Brendan Mercher  
Kirsten Johnson  
Marcus Gauna  
Mike Dominguez  
Leeanne and Dan  
Gilmour  
Chantelle Gemmill  
Norma Daniels  
Aalicea Dominguez  
Cameron Taggesell  
Jensine Rasmussen  
Jan Frank  
Karen Howard  
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 its 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.

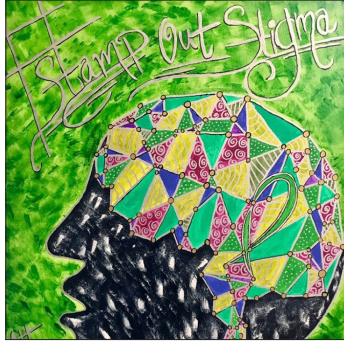
"As a disabled person myself, I know how good it makes you feel when someone offers to help you out. If I can return any of the kindness I have been given throughout the years, it would be an honor," said Jake. He is looking forward to helping find creative solutions to some of the challenges Shangri-La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

# SPRINGHAPPENINGS



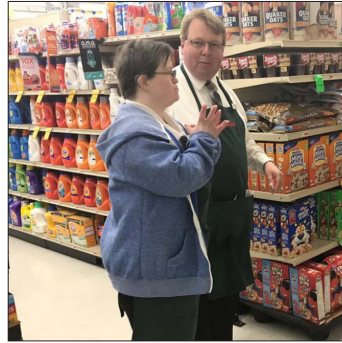
### Feeling Accomplished

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.