



We believe in spreading kindness and cheer.

Shangri-La Life

WINTER 2019 | NEWSLETTER

Finding Family

Don reunited with mother and sisters after 40-year hiatus



Don spent five hours visiting with his mother Millie (pictured middle) -- who recently celebrated her 95th birthday -- and his two sisters Joanna and Donna during a trip to Washington in November.

"The first thing out of Don's mouth when I met him was that he wanted to find his family," explained Stacey McCurry, a quality assurance and improvement liaison at Shangri-La. Don lost touch with his family over the years after several moves and changed phone numbers.

"I had virtually nothing to start my search. I searched Facebook for family names and tried different Google searches."

Stacey's search stalled until she uncovered a news article in one of Don's family photo albums. The article listed an address and phone number for Don's mother.

One phone call and 45 minutes later, Don was on the phone with his sister Donna making plans for a family reunion trip. It turns out that Don's family was a short

three-hour drive from his home in the Salem-area.

"When we arrived, Don couldn't stop smiling. We walked in, and Don was quickly swarmed with love and warm embraces," recalled Stacey.

As the group enjoyed lunch together, Stacey inquired about how many years it had been since the family was together. After pondering the question, it was decided that it had been almost forty years since they had seen him last.

Now, reconnected, Don speaks to his family on a regular basis.

"It is one of the most memorable moments [of my career]," said Stacey. "It means so much to me that I was able to help reconnect Don with a group of people that mean so much to him."

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'Beyond the Plate' lunch aims to ward off holiday blues and build social networks

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Holiday Wishes Project brightens season for recipients and givers alike



Shangri-La's Cherry City Woodshop closes with bittersweet farewell after two decades of operation

After more than two decades of operation, the crew at Shangri-La's Cherry City Woodshop (CCWS) turned off the saws for the last time in early March. The last Shangri-La sheltered workshops, CCWS provided years of quality training and employment opportunities for people with intellectual and developmental disabilities. The employees at the woodshop learned to operate pneumatic nail guns, a sand nail machine, and a variety of saws and banding machines.

Cherry City Woodshop fulfilled contracts with commercial businesses throughout the Willamette Valley and southern Washington specializing in secondary wood products, contract cutting, and manufacturing. Some of those services included stickers -- a specialty product placed under loads of wood -- for particle board manufacturers, re-sawing of lumber into tile bats for the roofing industry, repair of wood shipping pallets, and building new shipping boxes.

In 2015, the State of Oregon, following the outcome of a class action lawsuit, required sheltered workshops to begin the transition to community-based employment. As such, Shangri-La was expected to phase out the services offered at the woodshop.

The decision to close Cherry City Woodshop was not taken lightly by Shangri-La's executive leadership team and was also difficult for the companies that contracted with CCWS.

"Some of the companies that CCWS contracted with didn't want to see it go," Janet Yousey, Shangri-La's CEO, explained. "They believed in the mission so much they that tried to find ways to keep the doors open or to hire everyone, but, unfortunately, no one could find an affordable and sustainable way to do it."

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"I am going to miss everyone here. I am really proud of all you workers."

Jim Shrull, manager of CCWS for 28 years





Dinner and social goes 'Beyond the Plate' to ward off holiday blues

Many individuals supported by Shangri-La have no or minimal income, and very few have family involvement. As such, many often spend the holidays alone. These circumstances spark loneliness, depression, and anxiety which negatively influence an individual's ability to maintain their mental health recovery.

In an effort to avoid these holiday blues, Shangri-La -- using funds raised via the 2018 Giving

Tuesday campaign --hosted its first "Beyond the Plate" lunch in December.

The lunch provided a hot meal and socializing opportunities to help individuals maintain stability and practice skills in a positive and supportive environment.

Many thanks to the **Eugene Elks Lodge #357** for donating their space and kitchen for the event.



Each attendee received a personal care item kit and a pair of new socks donated by **Ticor Title** and **Harcourts NW Oregon Realty Group** in Silverton.



The event kicked-off with a get-to-know-you ice breaker activity which encouraged attendees to practice meeting new people.



Todd's Travolta Tribute

Todd is perhaps most well known around Shangri-La for his jivin' dance moves and retro style inspired by his love of the 1971 musical 'Greased Lightning' starring John Travolta.

This year, in honor of John Travolta's 65th birthday -- February 18, Todd recorded and released a music video featuring his performance of the classic song 'Greased Lightning' which he has rehearsed many times during karaoke parties at Shangri-La.



Watch Todd sing "Greased Lightning" on the video tab of Shangri-La's Facebook page (www.fb.com/shangrilacorp)

GEDs MAKE THE DIFFERENCE

A special thank you to the

**BARBARA
EMILY
KNUDSON**



for contributing \$2,500 to support GED scholarships for parents working toward self-sufficiency supported by Shangri-La's Youth and Family Services Program.

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Janet Yousey
503-581-1732, x337

Mission
Serve people with
disabilities or
disadvantages so
they recognize and
achieve their full
potential.

We are vibrant 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 November 1, 2018 - February 28, 2019.

Better Together Monthly Giving Community

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#GivingTuesday Beyond the Plate Lunch Supporters

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Valley Credit Union
Log House Garden
at Willow Lake
James Heating
and Air
Conditioning

Accessible Egg Hunt Partners and Supporters

Aalicea
Dominguez
Terra Gardens
Salem Electric
Valley Credit Union

In-Kind Contributors

Michelle Furman
James Schick



Ticor Title and Harcourts NW Realty Group in Silverton collected socks for individuals in Shangri-La's mental health services programs during the Silverton Tree Lighting.

A special thank you to the **Eugene Elks Lodge #357** for donating their venue to host the Beyond the Plate Luncheon!

Holiday Wishes Project Gift Givers

Sandi Bjorkman
Vicki Caldwell
Donna Cote
Welch
Aalicea
Dominguez
Ashley Erb
Chantelle
Gemmil
Rebecca Hall
Helen Honey
Tiffani Olsen

Holly Pharms
Denise Seith
Janet and
Benjamin
Yousey
Solutions Yes

Many thanks
to the gift
givers that
fulfilled wishes
annonymously!

Endowment Fund Contributors

Lowell and Grace
Herr

Greatest Need Givers

Chris Fox
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Fred and Mary Jo
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GED Assistance Grant

Barbara Emily
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Harms Home Repair Fund

Carla Chambers
Bruce and Debbie
Carpani



Woodshop employees received their last paycheck during the farewell celebration.

Woodshop closure

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On March 7, Shangri-La held a farewell party for the Cherry City Woodshop crew. Many previous CCWS employees, community members, and Shangri-La employees attended the gathering.

"I'm going to miss everybody here. I'm really proud of all you workers," said Jim Shrull, CCWS manager, to a room full of tears and applause while staff from Shangri-La's Employment Services Department passed out final paychecks to the CCWS workers. Each crew member received a woodshop photo collage and small booklets to collect the phone numbers and emails of their friends so they can stay in contact as they all move onto their new adventures.

At the time of closure, CCWS was serving 28 individuals. All individuals received support to transition into other Shangri-La programs or are working with employment specialists to find employment opportunities with community employers.

"I start at [Shangri-La's] All Seasons Grounds Care on Monday," said Rocky, one of the woodshop's crew members. In all, 12 new positions were opened at All Seasons Grounds Care for woodshop employees to transition into. Others will join Shangri-La's Life Enrichment Activities Program.

"It will leave a hole for a lot of us," Yousey said. "But after a time, I know we will refocus our energy on something that will even better serve the individuals we support. Shangri-La's good at that."

Get in Touch

Salem
503-581-1732

Coastal Programs
541-265-4015

Eugene
541-344-1121

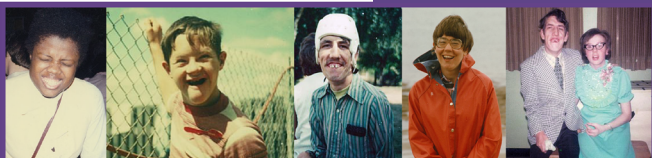
Website
shangrilaoregon.org

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.

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SUPPORTING BEAUTIFUL SMILES SINCE 1963



Shangri-La
Enriching Lives Together

Better Together Luncheon

Friday, May 17, 2019 • 12 p.m. - 1 p.m.
Broadway Commons

1300 Broadway St. NE, Salem, Oregon 97301

You're invited to enjoy a complimentary lunch and an inspiring and informative program. Save your seat by calling 503-581-1732, x328 or email: community@shangrila-or.org.

www.ShangriLaOregon.org

Spotlight on Volunteerism

More hands.
More heart.



Meet Volunteer Marcy Hendricks

Marcy Hendricks recently completed a 280-hour practicum with Shangri-La's I/DD housing services program. For the past 20 weeks, Marcy has been supporting individuals at Shangri-La's Friendship Home in Salem.

"As a practicum student, I believe that the most important thing I've learned since beginning my internship is how to better support the individuals in reaching their full potential. I've learned the importance of socialization and building relationships. My experiences this term have helped me grow both personally and professionally, but more importantly it has helped me become a better person," said Marcy about her practicum experience.

After graduating from Chemeketa Community College's human services program in a few weeks, Marcy aims to become a paid member of the Shangri-La team, perhaps even becoming a house manager in the future.

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 Nov. 1, 2018 - Feb. 28, 2019.

Birthday Wishes Fairies

Sandra Olson
Thea Sanchez
Tracy Moore

Clinical and Homeless Programs Support Intern

Christine Young

Postage Pal

Sandra Olson

Pet Companion

Dawn Harden and
Imagine, the dog.

Holiday Wishes Wrapping Party

Karen Davis
Casie Petersen
Debra Irish
Gloria Cortez
Amanda Ferris
Mckenzie Hayward
Molly Williams
Kristen Thom

Holiday Ugly Sweater Party Event Support

Steve Magurno
Karen Morgan
Kristie Viol

Community Engagement Team Support Intern

Karen Howard

Accessible Egg Hunt - Egg Filler Creators

Willamette University Students:
Noah Dantes
Keith Carlson
Oscar Wecker
Tara Thickman
Daniel Zepeda
Bailey Davis
Cassie Stoffer
Cheryl Hagerman
Sanja Zelen
Sally Burns

Outpatient Mental Health Clinic Intern

Stephen Grillo

Valentine Party Event Support

Steven Magurno

I/DD Housing Program Support Intern

Marcy Hendricks



Shangri-La was the lucky recipient of a portion of race proceeds from **Ardor Adventure's** annual **Newport Shamrock Run**.

On the day of the event, runners display their St. Patrick's Day spirit with festive and creative costumes and complete the 5K race that follows a path along the famous Yaquina Bay Bridge and ends at **Rogue Brewery** -- one of the event's primary partners.

Paul and Carleen completed their third Shamrock Run on March 16. Paul has become a favorite race participant over the years. After he is done racing, he cheers on all of the other runners by ringing a cowbell and giving high-fives at the finish line.

Holiday Wishes Project brightens holiday season for all involved

Shangri-La's sixth annual Holiday Wishes Project provided gifts to nearly 70 individuals with disabilities or disadvantages served by Shangri-La.

Individuals that had no or minimal income and/or no or limited support from family were eligible to receive gifts. In all, 138 gift wishes, valued at just over \$2,000, were donated by Shangri-La supporters.

Gift wishes included DVDs, aromatherapy sets, heated blankets, socks and slippers, jackets, and even a Barbie dream house.

Many thanks to all the donors that donated gifts and helped make the holidays merry and bright for those served by Shangri-La.

A special thank you to the employees at **Philadelphia Insurance** for volunteering their time for a third year to help create the gift wishes ornaments that went on the trees, and to the volunteers from the **Wells Fargo Call Center** for helping wrap all the gifts.

"I had the best Christmas that I can remember," said one gift recipient. "I didn't expect that I would receive anything, so that was a pleasant surprise," said another gift recipient.

Thank You Holiday Wishes Tree Hosts

Solutions YES in Portland • **Aldrich CPA's & Advisors** in Salem • **Citizens Bank** in Salem • **The Eagles Club** in Newport • **Columbia Bank** in Newport • **Washington Federal** in Florence



The team at Aldrich CPAs and Advisors show off all of the gifts they collected.



Employees at Philadelphia Insurance busy making ornaments for the Holiday Wishes trees.



Wells Fargo Call Center team members wrapped the gifts in record time.



The tree at Citizens Bank in Salem collected a variety of gifts, including household essentials.



"This is the second year that **Solutions YES** has had the opportunity to take part in Shangri-La's Holiday Wishes Project, and like last year, it was a wonderful experience for our entire team.

Being able to give back during the holidays by providing gifts to help brighten the lives of the people that Shangri-La supports day-in and day-out has really brought joy to all of us here!"

- Mike Niebur,
Senior Account Manager
at Solutions YES

WINTERHAPPENINGS



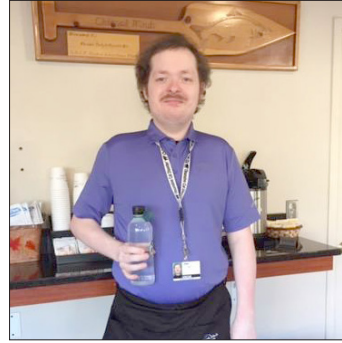
Night to Shine

Josie was all smiles at 'Night to Shine' -- a prom night for individuals with disabilities hosted by **Salem Alliance** and the **Tim Tebow Foundation**.



Cook-Off Stars

Shangri-La's annual cook-off featured yummy eats and sweets with the best dishes taking home top honors and bragging rights.



Full-Time Feat

Uncas started a full-time position at **Chinook Winds Casino Resort**.
#inclusionworks



Merry Ugly Sweaters

Ugly sweaters brought lots of merriment to the coastal programs' holiday party in December.

ACCESSIBLE EGG HUNT

for people with disabilities

SATURDAY, APRIL 20 • 10-12 PM

Log House Garden in Keizer
(5655 Windsor Island Road)

Egg Hunt • Bunny Photo Booth • Games • And More!

Accessible space. Must use basket provided. Egg limit applies. Egg hunt activity reserved for people with disabilities of all ages and their immediate family members 12 years old and younger.

Come anytime between 10-12 p.m., rain or shine.
\$1 donation per person encouraged, not required.

presented by



www.ShangriLaOregon.org

Follow the event at www.facebook.com/shangrilacorp
Questions or to learn how to support this event, call: 503-581-1732, x318



Puppy Peace

Valor, a service dog, brings peace and relaxation to the residents he visits at one of Shangri-La residential treatment homes for individuals with mental illness.



Key to Our Success

Better Together Monthly Giving Community donors received heart-shaped Valentine keychains made by individuals in Shangri-La's Life Enrichment Activities Program.



Shangri-La Rocks

This rock painted by Shangri-La's Life Enrichment Activities Program was found in the Newport-area by a person visiting from Everett, Washington.



Lucky to Know You

Businesses that provide employment opportunities to individuals served by Shangri-La heard participant success stories at the "Lucky to Know You" breakfast in March.