



*We believe in giving thanks with a grateful heart.*

# Shangri-La Life

FALL 2019 | NEWSLETTER

## Caesar the Llama champions acceptance, inclusion, and accessibility at birthday party



On August 11, Caesar the Llama celebrated his 5th birthday among many of his friends and followers at the Willamette Town Center in Salem. In addition to celebrating his birthday with fun, games, and of course, free llama hugs, Caesar and his owner Larry also used the big day to spread a message of acceptance and to be champions for accessibility and inclusion for individuals with disabilities.

"Back in April, we were invited to take part in the Accessible Egg Hunt put on by Shangri-La, and were blown away by how well

it was organized. Not to mention, the interactions between the guests and Caesar melted our hearts. So, when we started to plan our biggest event yet, Caesar's 5th birthday celebration, we wanted to learn how to provide the opportunity to those who might not be comfortable with the noise and chaos of the public party," explained Ariel Knox, Caesar's social media director, about how the partnership with Shangri-La came to be.

Caesar's team invited Shangri-La to help make the event more accessible for individuals with disabilities. The first hour of the event -- Accessible Hour -- was reserved for individuals with disabilities. Held in a smaller space with a

*"Caesar accepts everyone he meets just as they are, and we are blessed to have opportunities such as this to witness the joy and peace he gives to our community."*

*- Ariel Knox, Caesar's social media director*

*continued on page 8*





## Capital City Cornhole Classic fundraiser sets records for attendance and funds raised

Despite a steady Oregon drizzle, the fourth annual Capital City Cornhole Classic, held on Sept. 7 on the lawn of the State Capitol in Salem, set records for attendance and outcomes.

With registrations selling out a week early, the event hosted 60 teams and over 130 players -- 20 more teams than previous years -- making it one of the largest cornhole tournaments in Oregon.

Most players traveled from cities around Salem, including Molalla, Falls City, Portland, McMinnville, and Albany. However, some players like Andy Lilly on Team Hummingbirds traveled 5 hours from La Grande, Oregon to play in the tournament.

"It was an awesome venue, awesome people, and an awesome cause. Even the rain was kind of awesome," said Nash Langeliers, a first-time CCCC player.

In addition to increasing awareness about Shangri-La's mission, the tournament raised \$11,000 to support Shangri-La

programs and special projects -- also a new record.

"We continually try to evolve and improve the tournament to ensure our returning players want to come back, to entice new players to join us, and to raise more funds," said Ashley Erb, Shangri-La's Director of Community Engagement.

In addition to the Pioneer Trust Bank Cornhole Challenge Skills Challenge Course, this year's event added the sale of Capital City Cornhole Classic t-shirts, a drop-in singles tournament, and a corn pull fundraiser where guests purchased ears of corn for \$5 and won a mystery prize donated by one of the event's many partners.

"These additions, donations from our event partners, support from the local cornhole scene, and our awesome players helped get us to these new records," explained Erb. "We can't thank our community enough."



Teri Marsh tries her luck at the tiny toss station at the **Pioneer Trust Bank** Cornhole Skills Challenge Course between matches. Competitors earned raffle tickets for each station successfully completed.



Hayden and Lucy show off their 2019 Capital City Cornhole Classic t-shirts - designed by **Proud Salamander** - and sunglasses donated by **IpseNault**.



**Austin Case** (middle), **Hayden Gonzalez** (right) and **Henry Hankins** (left) pose for a photo after winning the top places in the youth division.



A crew from **Capital Community Television (CCTV)** interviews one of the teams. CCTV produced a feature about the event and the championship matches which is available on YouTube at: [bit.ly/cctvfeature](https://bit.ly/cctvfeature)

## Thank You Major Event Partners

see a full list of event partners on page 4



**PIONEER  
TRUST BANK**  
Member FDIC / Equal Opportunity Lender

**motion**  
Foundation

**RALI**  
Oregon  
By Abuse Leadership Initiative



**GEM** equipment

**Withnell**  
MOTOR COMPANY

If you'd like to be a 2020 Capital City Cornhole Classic event partner, please call 503-581-1732, x328 or email: [community@shangrila-or.org](mailto:community@shangrila-or.org) to reserve your lane sponsorship (\$250) or discuss other partnership opportunities.





## ‘Home on the Range’ event shows off culinary talents and builds community

Shangri-La's Salem office has a long tradition of cook-off competitions, but for the first year, Shangri-La's Eugene office joined in on the fun with a ‘Home on the Range’ cook-off competition and potluck event held at the **Eugene Elks Lodge**.

Shangri-La's services in Eugene are primarily focused on supporting individuals with mental illness. As such, the event aimed to provide a platform for individuals to meet new people while practicing coping skills and gaining confidence in a safe environment.

Several individuals-served entered dishes in the competition. In fact, first place in three of the categories was won by an individual-served. Jennifer took first place in the dessert competition with her family's secret raspberry cream cheese bar recipe, Cory's recipe took first place in the chili division, and Janet's bacon cheeseburger soup took top honors in the soup category.

In addition to the cook-off and potluck, guests were invited to play wild west bingo and take line dancing lessons.

Shangri-La would like to thank the partners who volunteered their time and tastebuds to judge the cook-off entries: **Senator James Manning, Lawanda Manning, Ben Brubaker** from White Bird Clinic, **Mike Dame** and **Cameron Souers** from Managed Healthcare Pharmacy, **Rachel Fisher** from Trillium Community Health Plan, **Heather Jefferies** from the Oregon Council for Behavioral Health, **Eugene City Councilor Emily Semple, Cory McGuire** from the HIV Alliance and **Vionne Mote** from Lane County Behavioral Health.

*(Pictured top left) Various winners hold up their cook-off competition trophies.*

*(Pictured top right) Shangri-La CEO, Janet Yousey, serves a dessert entry to Eugene City Councilor Emily Semple. Judges from local organizations tasted each entry in their selected category and scored the dish on taste, appearance, and overall deliciousness.*

*(Pictured bottom) A group of attendees participate in a line dancing lesson.*



## Community wiffle ball game hits a home run for inclusion and accessibility

Shangri-La's fourth annual community wiffle ball game, made possible by a partnership with the Newport Police Department, was held on June 26 at Betty Wheeler Field in Newport. The event demonstrates how minor modifications and an inclusive mindset can help make community events more accessible for individuals with disabilities.

“What a wonderful event! I will be back next year with my megaphone in hand,” said Ron McCall, foster parent of one of the players. Ron cheered on all of the players with his megaphone from the grandstands.

DECEMBER  
3

GIVE FOR THE HEALTH OF IT.  
**#GIVINGTUESDAY**

Each dollar donated will provide personalized nutrition supports to an individual with complex dietary needs for one day. How many days can you give? Learn more at [www.ShangriLaOregon.org](http://www.ShangriLaOregon.org).

**\$1  
EQUALS  
1 DAY**

## Board of Directors

Nick Bender  
Independent Project  
Manager

Dan Gilmour  
Owner, Dan Gilmour  
Construction

LeeAnne Gilmour  
Business  
Development Officer,  
Citizens Bank

Dr. Winifred Ju, PhD  
Licensed  
Psychologist

Michael Kemry,  
Harcourts NW  
Oregon Realty Group

Jake French,  
Motivational speaker  
and author

Allison Myers,  
Oregon State  
University Center for  
Health Innovation

CEO  
Janet Yousey  
503-581-1732, x337

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

# We are exploring 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 June 1, 2019 - October 31, 2019.*

## Better Together Monthly Giving Community

Alan Apodaca  
Katharine Army  
Nick Bender  
David Briggs  
Vicki Caldwell  
Ronald and Marlene  
Carpani  
Andrea and Chuck  
Cogburn  
Donna Cote-Welch  
Greg and Holly  
Crawford  
Britni and Nick  
Cruikshank  
Megan Denison  
Aalicea Dominguez

Fred Duckwall  
Ashley Erb  
Callie Evonuk  
Jan and Charles  
Frank  
Heidi Frederick  
Julia Frisbie  
Leeanne and Dan  
Gilmour  
Jennifer Gray  
Brittney Hall  
Beth Hill  
Jeremy Hill  
Howard Hinsdale  
Tami Ju  
Winifred Ju

Theresa Kies  
Amy Korkowski  
Elizabeth Larson  
Diego Lugli  
Steve Magurno  
Teri Marsh  
Jeanette Merrick  
Lisa Miller  
Madeline Mulhern  
Allison Myers  
Tiffani Olsen  
Holly Pharms  
Laurie Phelps  
Roger and Colleen  
Plott  
Reynosa

Rachenda  
Kelli Rogers  
Kathy Sewell  
David Sloves  
Yvonne Stewart  
Ron and Joanna  
Stout  
Ross Stout  
Nicole Titus  
Amanda Valerio  
Lindsay Waldrop  
Linda Webb  
Rose Wilgus  
Dan and Robin  
Winkle  
Janet and Benjamin  
Yousey

## Capital City Cornhole Classic Contributors

Aalicea Dominguez  
Alicia Itzaina  
Amerititle -  
Silverton  
Applebee's -  
South Salem  
Ashley Erb  
Baillie Gilmour  
Best Damn BBQ  
Sauce  
Biermann  
Orthodontic  
Block 15  
Brewing  
Brandy's All City  
Sweets  
Cascad Sound  
Celtic Storage  
Cherriots Salem-  
Keizer Transit  
Comcast Cable  
Dancing Oaks  
Nursery  
Daniel Waine  
Diva Studios  
Elmer Stoller Farms  
GEM Equipment of  
Oregon Inc.  
Gerber Gear  
Get Air - Salem  
Hallmark Inn -  
Newport

Hank and Alissa  
Gietema  
Harcourts NW  
Oregon Realty  
Group  
Holly Pharms  
Ipsenault Company  
Janet & Benjamin  
Yousey  
Jennifer Dominguez  
Jonathan Culpepper  
Josh McGowan  
Kaiser Permanente  
Kathy Sewell  
Keller Williams  
Mid Willamette  
Ken Lester  
Kettle Foods  
Kiah Lee  
King Fau's Foam  
Wars  
Leeanne and  
Dan Gilmour  
Life Source  
Natural Foods  
Louis Martinez  
M French  
Communications  
MaMere's Guest  
House  
Mary Chance  
Carol Kramer

Mike Casner  
Mobility Access  
Options NW  
Montgomery  
Construction  
MV Advancements  
Nash Langeliers  
Nathan Mart  
Nick Bender  
N'Reener's  
New York Style  
Sandwiches  
Numotion  
Foundation  
Michael Kemry  
Molly Wentworth  
Oregon Association  
of Disability  
Examiners  
Oregon Garden  
Resort  
Amber Mattingley  
Philadelphia  
Insurance  
Companies  
Physiq Fitness -  
Keizer  
Pioneer Trust Bank  
Promotions West  
Screenprinting  
Proud Salamander  
Ray & Alicia Scott

Republic Services  
Ron Perry  
RALI Oregon  
Salem Ale Works  
Silver Falls Coffee  
Sportsman's  
Warehouse -  
Albany  
Straight from New  
York Pizza  
Tami Ju  
Tammie Montgomery  
Tarah and Devan  
Murfen  
Sarah Gross  
Ticor Title - Silverton  
Tiffani Olsen  
Weber Coastal Bells  
West Salem  
Ace Hardware  
West Salem Ace  
Hardware  
Wilco Farm Store  
Willamette Valley  
Transport  
Winifred Ju  
Winkle Contstruction  
Withnell Motor  
Company  
Xtreme Xteriors





Alex (pictured above left) holds her Extra Mile Award after being congratulated by Shangri-La's CEO Janet Yousey at the ORA Quarterly Meeting in September.

## Shangri-La employee honored with 'extra mile' award for advocacy

Alexandra 'Alex' Miles, a direct support professional (DSP) at Shangri-La was one of the individuals to receive the Extra Mile Award from the Oregon Resources Association on Sept. 25 at the ORA Quarterly Meeting in Redmond, Oregon.

Annually, the Oregon Resource Association presents the Extra Mile Award to individuals who go above and beyond in endeavors that ultimately improve the lives of people with disabilities.

Alex was nominated primarily for her legislative advocacy efforts during the last Oregon legislative session. During the session, Alex testified to the Joint Ways and Means Subcommittee on Human Services to support an increase to DSP wages.

During her testimony, Alex gave a moving and realistic description of the work DSPs do daily to support individuals with intellectual/developmental disabilities. She focused her statement on explaining how many DSPs, like her, love their job and want to continue doing the work they love, but ultimately consider leaving because of the low wages paid to DSPs. After her testimony, Alex made a video for her peers on how they could also get involved in advocacy efforts.

Thanks to Alex's testimony and advocacy efforts by providers and DSPs across the state, I/DD providers received a 4% service rate increase targeted to improve DSP wages.



Watch Alex's full legislative testimony online at:

[www.facebook.com/pg/ORDDCoalition/videos/](https://www.facebook.com/pg/ORDDCoalition/videos/)

### Greatest Need Givers

Donald Abar  
JC Market - Toledo  
Lonnie and  
Patricia Kennell  
Tony Fader  
Howard Nice Trust  
Newport  
Presbyterian  
Women  
Tim McConnell

### Community Wiffle Ball Game Supporters

Antique Mall  
Chester's  
Thriftway  
Coyote Creek  
Fabrics  
Feed Corral  
Jac Genovese  
JC Market - Toledo

### In-Kind Contributors

Bearscat Bakehouse  
Ashley Erb  
Yamaha Motor Corp  
Eugene Elks Lodge  
Erica Woodard  
Heather Kopperud

### 2019 Better Together Luncheon Contributors

Pete and Alice  
Bober  
Brittney Hall  
Modern  
Woodmen of  
America

**This holiday season you can support us when you shop!**

Shop for everyone on your list at [smile.amazon.com](https://smile.amazon.com).  
You shop. Amazon donates.

**amazon**smile



Shop at [smile.amazon.com](https://smile.amazon.com), select 'Shangri-La Corporation' as your charity and .5% of eligible purchases will benefit Shangri-La.

### Get in Touch

Salem  
503-581-1732

Coastal Programs  
541-265-4015

Eugene  
541-344-1121

Website  
[shangri-laoregon.org](https://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 Volunteers



## Intern duo brings magic of D&D to therapy environment

Andee Kahler (pictured top left) and Kory Robinson (pictured top right) are both master's students from George Fox University.

*"The work is challenging, but it is very rewarding. I always feel grateful for each day I get to help my clients. My clients inspire me with their resiliency, their narratives, their love for people in their lives, and their hard work for personal growth."*

- Kory Robinson, intern

They are in the midst of completing 600-hour internships with Shangri-La's Outpatient Mental Health Clinic to learn and gain experience as mental health therapists in a community setting. Eventually, they both hope to become licensed therapists.

Over the last few months, Andee and Kory have been working on developing and co-leading a social skills group. They are using the role-playing game Dungeons and Dragons (D&D) as a sort of "therapeutic medium" and safe space for their group members to experiment with and learn social skills.

"Kory and I both have experience with D&D outside of Shangri-La, and we are excited to see how role-playing fantasy games can be used as therapeutic tools," said Andee.

They hope that the environment of the group will provide opportunities for clients to work on developing social skills and try out new behaviors and roles in the

creative game environment. They hope to launch the group by the end of the year.

*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 June 1 - October 31, 2019.*

### Capital City Cornhole Classic Event Support

Vicki Caldwell  
Winifred Ju  
JD Welch  
Russ Rogers  
Alexandra Binder  
Audrey Alderete  
AnaMaria Millard  
Claudia Sparrow  
Allison Myers  
Jason VanBuskirk  
Debra Hart  
Amanda Valerio  
Tarah and Devan Murfin  
Jacob Hueller  
Kyler Dryer  
Rick Burnette  
Eric Vandervort  
Chad Fraley  
Mike Dominguez  
Leeanne & Dan Gilmour  
McKenna Musket  
Kyla Gordon  
Max Andersen  
Aidan Kuykendall  
Eric Kaszycki  
Andres Hvante  
Chris Brown  
Jayden Matthews  
Julianna Tsang  
Makayla Prentice  
Zeke Cantu  
Kristell Mares  
Laurel Stobbe

### Practicum and Internship Students

Jeci Jordt  
Kimberly Castro  
Monroy  
Kaylie Crites  
Jennifer Reavis  
Zackory Robinson  
Andee Kahler

### LEAP Support

Austin Kapalo

### 'Home on the Range' Decor Crafters

Claire Verstrate  
Sarah Connor  
Sophie Bunch  
Cassie Stoffer  
Lucy Cort  
Noa Landau-Camarillo

### Harvest Party Treat Bag Assemblers

Zoe Chan-Tuyub  
Brooke Kline  
Erin Ritchie

### Holiday Wishes Ornament Crafters

Shirley Thiel  
Hayley Knesal  
Jennifer Kolenich  
Andrew Swearingen  
Karmalynn Borchert  
Leah Cardoza  
Chad Koenig  
McKenna Frantz  
Lizzie Lausin  
Edith Dunn  
Randy Reynolds

### Harvest Carnival Event Support

Carleene Iverson  
Eric Worthey  
Allison Tice  
Brian Fodness  
MaryKay Dahlgreen  
Steve Magurno

### CET Dept. Support

Colby Lyons

### Wiffle Ball Game Support

Laura Bacheller  
Steven Magurno

### Campout Event Support

Joseph Hatfield





*(Pictured above) Colby prepares raffle tickets for the Newport Harvest Carnival. Colby also helped organize several boxes of harvest party decorations.*

## Volunteer brings organization and ambition to each duty at coastal office

Colby Lyons, a volunteer at Shangri-La's coastal office in Newport, can be found assisting with technology set-ups, organizing office and event supplies, arranging conference room furniture, and providing event prep support. As a volunteer for the past three months, Colby has proven to be a bit of a jack-of-all-trades. He even set up his volunteer opportunity.

"One day, he walked in [to the Shangri-La office] and said he wanted to volunteer," explained Kathy Sewell, coastal community engagement coordinator. "He found Shangri-La online and came with a list of ways he could help. He said he wanted to volunteer one day a week."

Colby is a person with Autism, but he refuses to let his disability hold him back from doing what he wants to do. For example, he recently got his driver's license so he can volunteer, go to work, and attend social activities on his own.

"I like volunteering because it gets me out of the house and in the community," said Colby.

When he isn't volunteering, Colby works at a local computer shop two days a week, doing mainly computer repairs. When asked what he does for fun, he answered, "I fix computers, and sometimes I play video games."

## Outpatient Mental Health Clinic celebrates office expansion with ribbon cutting ceremony

Shangri-La's Outpatient Mental Health Clinic opened in April 2017. At that time, the clinic occupied a few small offices at Shangri-La's Salem office with plans to move to a larger location in the community. Although plans for the new site fell through, the clinic continued to grow, expanding services to Eugene and growing their team from 4 to over 15 people.

"In early 2019, we approached the idea of 'taking over' one of the wings in the Salem office and creating a space that would be comfortable and welcoming for our clients," explained Alicia Myers, a therapist with the clinic. "We had a budget of \$1,000 to decorate three therapist offices, the waiting area, and the telemedicine waiting area."

After researching inexpensive ideas on Pinterest, the clinic team took stock of the furniture already in storage at Shangri-La and found the rest of what they needed at local low-cost stores.

On August 14, around 30 people showed up to view the ribbon cutting and to tour the new clinic space.

"The ribbon-cutting was great," Alicia remembered. "It signified 'We are here! Welcome to our space'." In 2018-2019, Shangri-La's clinic provided 4,806 instances of mental health supports.



*(Pictured top) Alicia Myers gives a tour of the telemedicine waiting area where clients can meet with a medication prescriber via an internet meeting. (Pictured at right) Alicia Myers cuts the ribbon at the ceremony. Alicia was instrumental in helping start the clinic at Shangri-La.*



DECEMBER  
3

**GIVE FOR THE HEALTH OF IT.**

When you give to Shangri-La on Giving Tuesday, you're giving the gift of:

✓ Customized, healthy and tasty meal plans. ✓ Reduced grocery expenses. ✓ Improved health.

join us on **#GIVINGTUESDAY**

**\$30 provides  
this vital service  
to 1 individual  
for 1 month**





## llama, continued from page 1

more sensory-sensitive environment and with plenty of room for individuals with mobility-assistive devices to get around, Caesar was able to interact one-on-one with each guest. Shangri-La also offered a sensory-sensitivity station where guests could pick up noise-reducing earmuffs and fidget toys.

"Caesar is a nice llama. I like him. He's so soft when I pet him. I've seen him a couple

of times before and had my picture taken too. I have fun with Caesar," stated Jeanne (pictured at left), an individual who attended Caesar's birthday celebration.

"Caesar accepts everyone he meets just as they are, and we are blessed to have opportunities such as this to witness the joy and peace he gives to our community. We hope to provide accessible portions at all of our large events going forward," said Knox.



## Myers is newest member to join Shangri-La board

Allison Myers joined Shangri-La's Board of Directors in July. A recent transplant to Oregon, Allison is the Director of the Oregon State University Center for

Health Innovation. She has extensive experience working in the public health field, particularly on a policy level, and co-founded a non-profit technology start-up.

In addition to deepening her connection to the health and human services community in Oregon, Allison said as a board member, she hopes to help "reduce stigma for people with, visible or invisible, disabilities and mental health concerns."

# SUMMERHAPPENINGS



### Friends for Life

Dylan and Jeremy are friends who work together on Shangri-La's All Seasons Grounds Care crew. Their favorite good-bye saying is "friends for life."



### Beach Vibes

Scott and Gail had a great brother-sister trip to the beach. Scott spent four hours on the water fishing and crabbing.



### Making Connections

Shangri-La's Youth and Family Services Program held a career fair in Dallas to connect youth with local employers.



### Awesome Sauce

Jeremy started his new job with Best Damn BBQ Sauce. Jeremy sold sauce at a booth at the Oregon State Fair this summer.



### Happy Trails

This bunch completed the 3-mile Drift Creek Falls hike near Lincoln City. The hiking trip was one of the activities offered during Shangri-La's annual summer camping trip.



### Winning B-I-N-G-O

Letrice tried to win big at Shangri-La's October Social Club outing to B&G Bingo in Salem.



### All Bottled Up

The All Seasons Grounds Care Crew received hot/cold beverage bottles donated by **Yamaha Motor Corp** and **Salem Laser Engraving**.



### Family Festivities

Accompanied by a member of his support team, Scott made his annual trip to Denver to visit family.