



Shangri-La Life

WINTER 2017-2018 | NEWSLETTER



Double dose of volunteering makes these valentines twice as nice

Glitter, hearts, and valentines – oh my! **Jennifer McCormick**, volunteer youth program staff at **Salem Evangelical Church**, was an Americorps member at Shangri-La in 2000. She recently reached out to see if there was a project that her youth group could get involved in at Shangri-La. “I would love for our students to learn about all that you guys do for people in our community,” she said.

On Jan. 15, Shangri-La’s Life Enrichment Activities Program (LEAP) participants teamed up with the **Salem Evangelical Church Youth Program** for a day of service in honor of Martin Luther King Jr. The group made valentines for the residents at Pacific Living Center (PLC), a local retirement facility for individuals with memory impairment. LEAP participants volunteer at Pacific Living Center every week.

Within minutes, the youth participants and LEAPsters were bonding over everything from their favorite colors to their love of roller coasters. When asked what their favorite part of the day was, volunteers mentioned starting a band with Tyler, a LEAP participant. Tyler said he was on board, but thought he needed to learn the drums first. McCormick said the students “are still talking about what a great time they had.”

LEAP delivered the valentines to PLC in early February. Many of the valentines that were made had pipe cleaners attached so residents at Pacific Living Center could hang them up in their room.



Pictured top: Volunteers from the Salem Evangelical Church Youth Program and LEAP participants hold up the valentines they created together. Pictured middle and bottom: LEAP participants deliver valentines to residents at the Pacific Living Center.



Karen holds her two new grandchildren, Olive and Noah. She is looking forward to spending much more time with them in retirement.

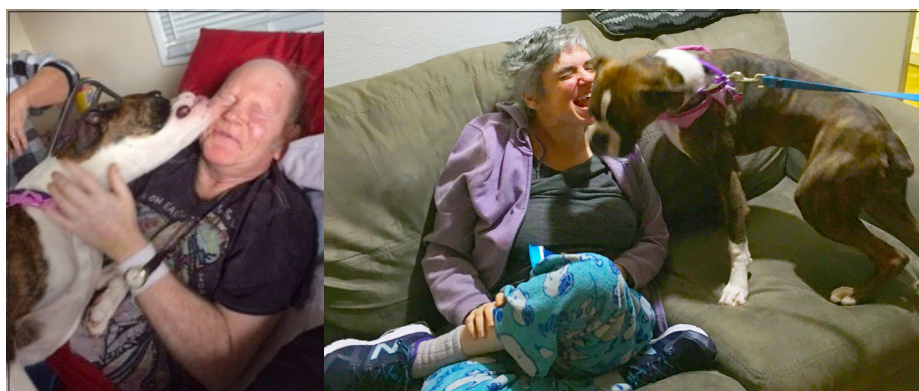
CEO makes retirement announcement

Karen Rutledge, Shangri-La's current CEO, has announced that she will be retiring in May 2018. Rutledge has served the organization as CEO since May 2013. She started with the organization in 1989 and has held various leadership roles since.

Her leadership over the years helped Shangri-La start several new programs including housing services for adults with chronic mental illness, a correctional education program for men and women incarcerated in Oregon prisons, and most recently an outpatient mental health clinic.

"It is time to shift my focus to my health and my family", said Rutledge in a retirement announcement to Shangri-La employees. "I have been humbled and proud to be Shangri-La's CEO. I have valued the relationships and connections with our community. I am confident that Shangri-La is in a good place and that new leadership will infuse energy and enthusiasm in taking the organization into the future."

Shangri-La's Board of Directors, with assistance from Shangri-La's Human Resources Department, is leading the recruitment process for a new CEO.



New volunteer Imagine, the dog, spreads cheer with every face lick and tail wag

Imagine and her owner **Dawn Harden** are two of the newest members of the Shangri-La volunteer team in Newport. Imagine is a one year old Boxer. Her friendly disposition, good manners and love for people made her an excellent candidate for Shangri-La's Pet Companion volunteer opportunity.

On a regular basis, Dawn and Imagine visit four Shangri-La-operated group homes providing daily living supports to people with disabilities and mental illness in Newport.



Become a Volunteer

Pet Companions provide enrichment through visits with their pet to Shangri-La homes for people with intellectual/developmental disabilities and mental illness.

Learn more or express interest online at: www.Shangri-LaOregon.org/Home/Volunteer

Michael and Alex (both pictured above) are just two of the individuals that get to visit with Imagine. Michael got a friendly face-lick from Imagine after he welcomed her to sit on his lap. Alex and Imagine became fast friends after their first meeting.

"Imagine loves people and both of us want to make someone smile every day," said Dawn about her motivation to become a pet companion volunteer.



Thank you to **Tony Bixler** and the crew at **The Taphouse at Nye Creek** in Newport for hosting a Helping Other People Soar (HOPS) Event to raise awareness and support for Shangri-La.



THANKS TO YOU WE HELPED
14 LOCAL FAMILIES
GET FROM CLASSROOM
TO GRADUATION TO A
BETTER LIFE FOR THEIR FAMILIES!

#GIVINGTUESDAY

#GivingTuesday dollars at work helping parents overcome barriers; get GED

In 2016, the unemployment rate for those without a high school diploma was 7.4% as opposed to the national average of 4.9%. Aimed at getting to the root of this problem, Shangri-La's Giving Tuesday campaign raised funds for GED assistance.

Shangri-La's Youth and Family Services (YFS) Program helps over 3,000 local parents each year achieve self-sufficiency and ignite a healthy, positive future for their families. Not having a GED is one of the reasons why many of these parents are unable to gain employment and provide the resources their families need.

On #GivingTuesday (Nov. 28, 2017), thanks to your donations, we helped 14 local parents get from classroom to graduation to a better life for their family.

Michael, a YFS participant, worked for thirteen years with an electrical company. This experience inspired Michael to work towards becoming an electrician. When he lost his job, he decided he was going to enroll in the electrician apprentice program.

However, Michael's enrollment application was denied because he did not have a GED. With no disposable income and a family to figure out how to support while unemployed, Michael did not have the funds to obtain his GED on his own.

Through the YFS Program, Michael obtained GED assistance and is now enrolled in an online GED prep course. Once he has completed the course, he will receive a voucher to take his four GED exams.

With journeyman electrician wages averaging \$34.00 per hour, Michael is excited about his new career path, especially since it has the potential to provide a good quality of life for his family.

In addition to the funds raised during the #GivingTuesday campaign, Shangri-La recently received a \$2,000 grant from the **Autzen Foundation**



Give & Get Results.

Shangri-La receives 1-3 requests per week for GED assistance. Currently, the need is outpacing our resources.

You can support a local family by making a donation to the GED assistance program. Donate online at www.ShangrilaOregon.org, select the Jan Kral Scholarship Fund. Every dollar counts.



Michael Kemry joins Shangri-La's Board of Directors

In December, Michael Kemry became the newest member of Shangri-La's Board of Directors.

Michael is a realtor with Harcourts NW Oregon Realty Group. He lives in Silverton with his wife, Johanna, and his two daughters.

Growing up, Michael's parents and grandparents served as foster parents to children with disabilities. His parents also own and operate two adult foster homes for those with disabilities. In the past, he spent time helping manage those adult foster homes.

"I attended my first official board meeting at Shangri-La today. I feel so blessed to have a career that allows me time to give back. I have always had a passion for working to serve people with disabilities or disadvantages and this allows me to do that again," said Michael in a Facebook post on Jan. 3, 2018.



Be the change you wish to see in the world.

Join Shangri-La's Board of Directors

Build a personal legacy. Expand your network. Have a greater impact. Increase your learning.

To learn more about the role and how you can make a positive impact, email: community@shangrila-or.org

Board of Directors

Nick Bender
Independent Project
Manager

Nicole Titus
Owner, iPsenault

Jan Frank
Owner, West Salem
Ace Hardware

Dan Gilmour
Owner, Dan Gilmour
Construction

LeeAnne Gilmour
Business
Development Officer,
Citizens Bank

Chad Kerlegan,
Marketing Director,
SERVPRO of Salem
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Dr. Winifred Ju, PhD
Licensed
Psychologist

Brittni Davidson-
Cruickshank,
Customer Service
Supervisor, Salem
Electric

Michael Kemry,
Harcourts NW
Oregon Realty Group

CEO
Karen Rutledge
503-581-1732, x350

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

We feel loved 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, 2017 - January 31, 2018.

Better Together Monthly Giving Community

Karen Beach
Christine Bertsch
Ronald and Marlene
Carpani
Andrea Cogburn
Donna Cote-Welch
Greg and Holly
Crawford
Britni and Nick
Cruickshank
Fred Duckwall
Ashley Erb
Kelli Flynt
Charles and Jan
Frank
Julia Frisbie
Michelle Furman
Dan and LeeAnne
Gilmour
Jennifer Gray
Thomas Hamm
Winifred Ju
Chad Kerlegan
Joyce McFarland
Jenifer McIntosh
Jeanette Merrick
Lisa Miller
Kendra Morgan
Tarah Murfin
Tiffani Olsen
Margie Paulson
Holly Pharms
Colleen & Roger
Plott
Karen Rutledge
Kathy Sewell
David Sloves
Ronald and Joanna
Stout
Ross Stout
Nicole Titus
Christel Turkiewicz
Dan and Robin
Winkle
Janet Yousey

Giving Tuesday Givers

Sandi Bjorkman
Gerry Blakney
Justin Briley
Vicki Caldwell
Chelsea Denney
Ashley Erb
Paige Gorry
Sue Gorry
Jason Kelly
Sarah Lockwood
Tiffani Olsen
Margie Paulson
Cheron Pendell
Emily Plec
Lydia Savelli
Jim and Roseanne
Shrull
David Sloves
Denise Smith-Seith
Susan Stevens
Ross Stout
Dan and Robin
Winkle
Nancy Wolbert

Helping Other People Soar (HOPS) Event Host

Taphouse at Nye
Creek

GED Assistance Program Supporter

Autzen Foundation

Accessible Egg Hunt Sponsors

Salem Electric
Antique Powerland
Museum

Holiday Wishes Projects Supporters

Donna Cote-Welch
Caroline Cummins
Ashley Erb
Steve and Stacy
Erb
Chantelle Gemmill
Lynne Heroux
Kathy Sewell
Jim and Roseanne
Shrull
Denise Smith-Seith
Solutions YES
Trader Joe's - Salem
Store
Citizens Bank -
Salem Branch
Aldrich CPA's &
Advisors
Columbia Bank -
Newport branch
Newport Eagles Club
Washington Federal
Savings -
Florence branch

Thank you to
the many more
donors who made
anonymous holiday
gift donations!

Greatest Need Givers

Chris Fox and
Martha Winsor
Dorothy Monnier
Bette Richards
Betty Benson
Steve Magurno
Douglas and Beth
Ness

Outpatient Mental Health Clinic Builders

Allan and Dolores
Bacheller
Jodell Bayan
Daryl and Sharon
Calfee
Bruce and Debbie
Carpani
Ronald and Marlene
Carpani
Carla Chambers
Linda Coffman
Peter Courtney
Michael Fiala
Gayle Gilmour
Douglas Golden
James and Judy
Kennedy
Lonnie and Patricia
Kennell
Michael and Susan
Mahoney
Brian Way
Douglas and Beth
Ness
Gerald Perry
Roger and Colleen
Plott
Donald and Sandy
Rosenberger
Judith and Michael
Tallan
Janet Yousey
Wells Fargo Call
Center

In-Kind Contributors

Camp Dakota
Miranda Blystone
Tibby Larson
Keller Auditorium
Hollie Nawa
Salem Evangelical
Church
Cynthia Shaver



Trio of job seekers find meaningful, valued employment with Salishan Resort on the coast

Sometimes, all it takes is a phone call. That was the case anyway for Jane Allen, Human Resource Director at **Salishan Spa and Golf Resort**. She had three part-time positions open up and immediately thought of Shangri-La's Community Employment Services (CES) program as a way to fill them.

"We had such a good experience with a participant [from the program] before. We thought, let's do it again," explained Jane. Salishan has hired four individuals with disabilities supported by the CES program in the last two years.

Wesley, Justin and Joseph are their most recent hires. Joseph and Wesley work in the laundry department and Justin is in housekeeping. All three have been working there for about three months and are "doing great" according to their direct supervisor, Ann Pierce.

Justin has been a part of the CES program for about two years. He stated that he loves his three-day a week job at Salishan because his co-workers are "helpful and fun". He also likes their lunch room which provides them a free meal and soda every day.



Joseph and Wesley stand near one of the large ironing machines at Salishan Resort.



Become a Partner

Interested in working with job seekers in Shangri-La's Community Employment Services program?
Call 503-581-1732, x330

*"We had such a good experience with a participant [from the program] before. We thought, let's do it again."
- Jane Allen,
HR Director at
Salishan Resort*

Joseph, on the other hand, enjoys the large ironing machine that irons and folds all of the tablecloths, sheets and other linens. Prior to being hired at Salishan, Joseph worked at B'nai B'rith Camp in Lincoln City. He worked in the kitchen and helped with grounds clean up. "What I learned there helps me to do this job better," said Joseph.

Wesley's experience comes primarily from a variety of volunteer positions he has held. His favorite volunteer role is with the Re-Store in Lincoln City. He loves to sand furniture and get it ready for re-sale. He has been volunteering there so long that he just reached Gold Hammer status - the highest you can be as a volunteer.

All three of them have quickly learned how to work the large machines at each of their stations and are looking forward to being part of the Salishan team for time to come.

"The three are great to work with and are always willing to learn something new," said Lance, one of their co-workers.

Get in Touch

Salem
503-581-1732

Newport
541-265-4015

Florence
541-997-8028

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.

Spotlight on Volunteers

More hands.
More heart.

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 November 1, 2017 - January 31, 2018.

Holiday Wishes Project Ornament Makers and Gift Wrappers

Jill Castillo
Kristan Ezziddine
Emilie Vogt
Tina Conner
Tracie Gnam
Adele Rasmussen
Hayley Knesal
Jennifer Kolenich
Julie Covault
Andrew Swearingen
Karmalynn Borchert
Leah Cardoza
Megan Dominguez

Administrative Support

Eva Ingalsbe
Megan Dominguez

Shangri-La Housing Assistance Program Support Aide

Diana Ortega



Postage Pals

Salankara
Bandyopadhyay
Emily Dehmer
Stephanie Hartman
Ashley Llarena
Bianca Llarena
Hanna West

*Tyler was all smiles
after sending his
first letter to his
postage pal, Stephanie
Hartman.*

Valentine Crafters

Salem Evangelical Church Youth Group

Victoria Beede
Mia Tronocoso
Sophie Piaskowski
Ben Gaona
Timothy Nye
Micah Summerfelt
Ashley Sloan

Jennifer McCormick
Lauren Murphy
Reine Tronozoso
Nick Waters
Tala Balbeisi
Richey Baumann

Birthday Wishes Fairies

Ashley Llarena
Heidi Frederick
Hannah Shuholm
Thea Sanchez
Tracy Moore

Practicum Students

Rita Miller
Benjamin Hill
Sheryl Haney
Brittany Chaney



Valentine Creators

Willamette University

Students:

Robin Pashek
Sarah Dean
Suzannah Townsend
Sally Konzem
Jamie Johnson
Cassie Tallman
Lynn Pranger
Izzy Pfander
Alison Blair
Connie Ralph
Elena O'Shea
Courtney Ibabao

*During their
MLK Day of
Service, students
from Willamette
University created
200 valentines
for participants in
Shangri-La's Youth
and Family Services
Program.*



Become a Volunteer

Share and learn skills. Raise awareness. Have fun.
Give an hour. Give 10 hours. It's up to you.

Shangri-la offers volunteer opportunities in all areas of the organization -- from working directly with persons-served to offering support to our administrative departments. We even have opportunities to volunteer from home.

6

See a full list of volunteer opportunities or express interest online at: www.ShangriLaOregon.org/Home/Volunteer



Check out this opportunity:

COOKIE AMBASSADOR

Volunteers will bake homemade sweet treats and deliver them to a Shangri-La group home for people with disabilities at least one time per month. Opportunities available in Salem, Newport, Florence and Eugene.





Step 1: Make the ornaments.



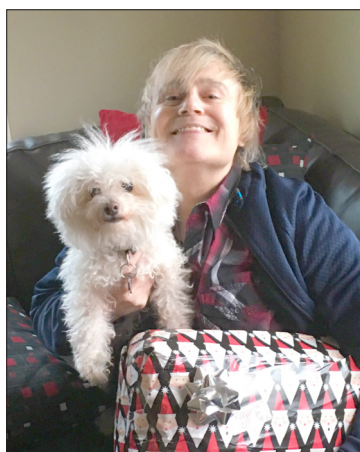
Step 2: Collect/deliver the gifts.



Step 3: Wrap the gifts with care.



Step 4: Fill the stockings with gifts from the Shangri-La Cares day.



Step 5: Open gifts with gratitude!

From start to finish, holiday giving projects make the season bright for all involved

Shangri-La's fifth annual Holiday Wishes Project provided holiday gifts to 71 individuals with disabilities or disadvantages served by Shangri-La. All-in-all, 152 gifts – valued at just over \$2,000 - were donated.

"The wrapped presents under the tree were a big hit and there was daily excitement!" said Shana Winn, housing manager.

"The guys at the house commented on the gifts until the day they opened them: 'Look at this, isn't this cool!?', 'This one has my name on it. I wonder what it could be!' They were very thankful and when I told them [the gifts] were donations from the Holiday Wishes Project. 'Wow, you have no idea how much this means to me' said one person," explained Shana.

Shangri-La extends a big thank you to all the donors that donated gifts. A special thank you to **Philadelphia Insurance** for not only volunteering their time to hand create over 130 ornaments that were used for the Holiday Wishes Project trees, but also for volunteering to help wrap nearly 100 gifts.

"Shangri-La is such a wonderful organization. I was truly grateful for the opportunity to help wrap gifts for the Holiday Wishes Project and I look forward to working with Shangri-La throughout 2018," said **Kristan Ezziddine**, a **Philadelphia Insurance** employee.

Knowing that the gifts and donations that we were able to provide helped brighten the lives of the people that Shangri-La works tirelessly to support, made the holidays that much more special for all of us."

- Mike Niebur, senior account manager at Solutions YES.

A special thanks to **Citizens Bank – Salem Branch, Aldrich CPA's & Advisors, Solutions YES, Columbia Bank – Newport Branch, the Eagles Club in Newport and Washington Federal Savings in Florence** for hosting holiday wishes trees and donating many of the gifts.

"Shangri-La's Holiday Wishes Project was a wonderful opportunity for the entire team here at Solutions YES to give back during the holidays to a local organization that provides much needed services to our communities throughout the state," said **Mike Niebur**, senior account manager at **Solutions YES**. "Knowing that the gifts and donations that we were able to provide helped brighten the lives of the people that Shangri-La works tirelessly to support, made the holidays that much more special for all of us."

'Shangri-La Cares' program helped fill holiday stockings

Through the new "Shangri-La Cares" program 54 families that had no or limited income, participating in Shangri-La's Youth and Family Services (YFS) Program, received support during the holidays.

About 135 children received stocking stuffers that were donated to Shangri-La. Items included: coloring books, crafts, dolls, stuffed animals, outdoor games, action figures, etc. In total, 402 toys found new homes!

"The Shangri-La Cares stocking stuffer day allowed YFS Career Coaches an opportunity to connect with participants outside of the everyday work they do with the JOBS program. It provided a moment for participants to let go of worries about job search and resumes," said Katherine Skelton, YFS manager.



Two Shangri-La employees honored with Works of Heart awards at statewide conference

Direct support professionals Alexandra Miles and Linda Leech were honored with a Works of Heart award from the Oregon Resource Association (ORA) in October.

Annually, ORA honors direct support professionals from across the state who exemplify devotion and an enduring passion for their work.

"It was an honor to be nominated and to win was great," said Linda. "It was a bit intimidating to get up in front of so many people [at the awards ceremony], but it

was truly a very unique experience."

Both Alexandra and Linda were nominated by their supervisors because each have put in extra effort to get to know the individuals they serve, learn their specific needs, and learn how to best communicate with them.

"Alex splits her work hours between eight different I/DD homes," said Athena Moncure, Alexandra's supervisor. "She is a model DSP and we are grateful for her positive contributions."

WINTERHAPPENINGS



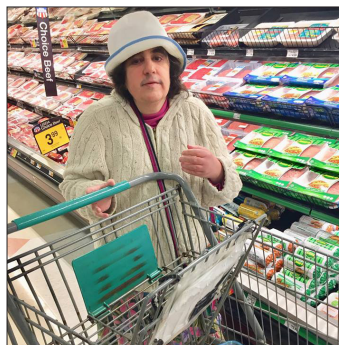
Battle of the Taste Buds

Several employees participated in Shangri-La's annual holiday cook-off in December.



Farewell Lowell

Lowell Herr retired from Shangri-La's board after 30 years of service to the organization.



Bringing Home the Bacon

Winnie helped her manager with the weekly shopping trip for her home.



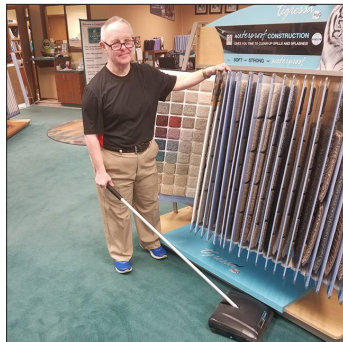
Superhero Encounter

Dan got to meet Batman and Joker during a recent trip to a comic-con.



Ben the Baker

Ben had his first day of work at the **Nye Beach Cafe**. His first batch of biscuits turned out great!



No Stopping Him Now

Thanks to donor contributions to the Louise's Shoe Fund, Greg received a lightweight vacuum to help him be more independent at his job with **Carpet One** in Salem.



Hair Nets and Help

Shangri-La's executive team took a break from the business stuff to volunteer at the Marion Polk Food Share.



What's Poppin'?

Yep, that's right, at Shangri-La we celebrate National Popcorn Day. Freshly popped popcorn was delivered by our HR team to several locations.