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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

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The days of summer were busy with trips, friends, and much more.



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 Salemander - 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



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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 to reserve your lane sponsorship (\$250) or discuss other partnership opportunities.

Thank You Major Event Partners
see a full list of event partners on page 4



'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.

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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 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

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Capital City Cornhole Classic Contributors

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			Xtreme Xterior



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.



Watch Alex's full legislative testimony online at:
[www.facebook.com/pg/
ORDDCoalition/videos/](https://www.facebook.com/pg/ORDDCoalition/videos/)

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.

Get in Touch

Salem
503-581-1732

Coastal Programs
541-265-4015

Eugene
541-344-1121

Website
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.

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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
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Tarah and Devan Murfin
Jacob Hueller
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McKenna Musket
Kyla Gordon
Max Andersen
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Eric Kaszycki
Andres Hvante
Chris Brown
Jayden Matthews
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Zeke Cantu
Kristell Mares
Laurel Stobbe

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Hayley Knesal
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Andrew Swearerger
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Lizzie Lausin
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Harvest Carnival Event Support

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CET Dept. Support

Colby Lyons

Wiffle Ball Game Support

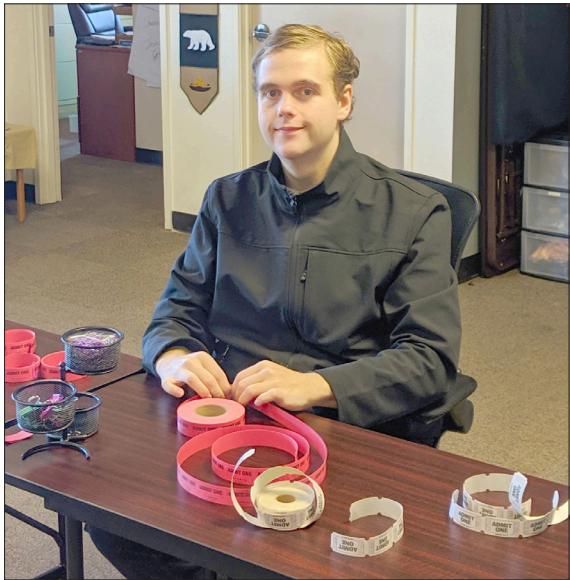
Laura Bacheller
Steven Magurno

Campout Event Support

Joseph Hatfield

LEAP Support

Austin Kapalo



(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.



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Ilama, 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.

SUMMER HAPPENINGS



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.



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."