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Corvallis, Oregon 97330

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GRACECENTER@COMCAST.NET  
GRACE-ADULTDAYSERVICES.ORG

SUMMER 2010

Grace Center's mission is to promote health, dignity and independence for frail elders, disabled adults and their families.

For more information about Grace Center, visit [www.grace-adultdayservices.org](http://www.grace-adultdayservices.org) or find us on Facebook!

## Thanks to United Way, Zonta and the City of Corvallis!

Grace Center would like to extend a special thank you to these organizations for their generous grants this year. This funding helps us better serve our participants through scholarships which allow us to provide care for many adults who otherwise could not afford adult day services, and by giving their caregivers much needed respite and support. These grants also allow Grace Center to continue to offer an array of services and activities including health monitoring by a Registered Nurse, a range of exercise programs, arts and crafts, music therapy, field trips, guest entertainers and nutritious lunches served daily. Grace Center is committed to putting patient care first and these grants make it possible for us to maintain high quality care for our participants. Thank you!



## Chefs Jubilee Taste the Local Harvest!

It's time to celebrate!!!

Delicious food from Corvallis Chefs, great wine from local wineries, awesome locally roasted coffee, local musicians, and fresh locally grown produce, meat, and cheese will come together for an evening of eating, drinking, music, and fun. The Willamette Valley is an incredible place to live because of its temperate climate, access to outdoor activities, and locally produced food and spirits.



October 3  
5:30 - 8:30 pm

The Corvallis community, the heart of the valley, is always ranked high on desirable places to live in the USA. The Grace Center is a unique place within our community and the Willamette Valley. We are the only adult day center in Linn/Benton/Polk Counties. We are often the only thing between institutionalization and being able to stay home with caregivers. By having the event at the Grace Center, we can showcase our beautiful space and highlight the incredible programs that we offer.

This fundraiser supports frail elders and disabled adults, who cannot pay the full price of attendance. It is very important that this be successful.

Please join us to celebrate where we live and thank the Grace Center for being here.

## Honorariums & Gifts

MARCH 1, 2010 - JULY 30, 2010

<i>In honor of Mildred Oldfield</i> J. E. Oldfield	<i>In honor of Jane Alexander</i> Robert Hall	<i>In-kind Gifts</i> Elmer's AndersonBlues Farm Sharon Butterfield George & Ruth Chadwick Marlene Hawk Judy Jutunen Cynthia Pachne Don & Joellen Parker Evon Stevens Beck Strandberg Nancy Tolin
<i>In honor of Carl M. Fusetti</i> Lydia Fusetti	<i>In honor of Alan Wallace</i> Pat Wallace	
<i>In honor of Mike Hafner</i> Roger & Nancy Evans	<i>In honor of Carol Storm</i> Susan Dornfield	
<i>In honor of Irene Emerick</i> Mr. & Mrs. Dean Frischknecht	<i>In honor of Lu Martin</i> Kathleen Keeler	
<i>In honor of L. W. Stover</i> Jim & Pat Jackson	<i>In honor of Charlotte Decker</i> Jane Decker	
<i>In honor of Beatrice Langton</i> Ted & Willie Langton	<i>In honor of Clara B. Shoemaker</i> Robert B. Shoemaker	
<i>In honor of Lorraine Benson</i> Mr. William Benson		
<i>In honor of Fred Harem</i> Peter & Sharon Harr		

## Field Trips

This summer has been a busy one for Grace Center participants! So far, they have enjoyed trips to the Rose Garden in Avery Park, Wave Research Center at OSU, Benton County Fair, and AndersonBlues Farm to pick berries. Field trips allow participants to stay connected to the community, get exercise and learn something new. At Grace Center, we value hands-on, interactive activities that stimulate thinking and encourage socialization. Dial-A-Bus allows for safe, easy transportation and easily accommodates wheelchairs and walkers.

When asked about field trips, Ets (a participant) said, "I like to learn new things and spend time in the outdoors. I really liked going to the park to smell roses." To see photos from some of the field trips, visit us on Facebook and select the field trip album.



Redeem this coupon for  
**ONE COMPLIMENTARY DAY**  
for new clients at



This is a \$80 value, which includes:

- Lunch
- Group activities
- Exercise
- Games
- Arts & Crafts

A registered nurse is available for consultation.

**Call Grace Center at  
(541) 754-8417  
to schedule your special day!**

No person shall be discriminated against on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. If you believe you have been discriminated against, write to the Secretary of Agriculture, Washington, D.C. 20250.



Chefs Jubilee is proudly sponsored by

# Meet Mary Ruth



Mary Ruth Wilson has been a participant at Grace Center since 2007. She grew up in Alsea, Oregon with her brother Bob and parents Paul and June Wilson. Although Mary Ruth has Down Syndrome her parents say that never stopped her from having a good attitude and pursuing her career goals through Open Door (now Work Unlimited) where she worked on a cleaning crew for city buildings. When Mary Ruth had a stroke in 1997, she sustained major brain injuries that impaired her ability to talk and walk. Her parents were seeking affordable rehabilitation for her impairments and brought her to Grace Center after being referred by a case manager in 2007.

Since then, Mary Ruth has made remarkable progress in both her physical and mental functioning. She is no longer confined to a wheelchair and can walk independently. Her father Paul, a loyal volunteer at Grace Center, attributes her walking to the exercise and rehab regimen she does here. Her cognitive functioning is also improving. She uses some sign language and occasionally whispers words to communicate. The staff engages her in activities that stimulate cognition such as puzzles and card games. Grace Center and Paul and June Wilson have high hopes for Mary Ruth to regain some ability to speak. Mary Ruth has made friendships with many of the staff members and participants. Her favorite things are arts and crafts and doing her walking exercises. She has recently enjoyed herself on field trips and looks forward to going on more. The staff is lucky to have Mary Ruth and enjoy having her at Grace Center!

# Preventing Depression

The challenges that seniors and disabled adults face such as medical complications, new medications, loss of a loved one and poor physical functioning can lead to depression. Those without strong support systems are especially vulnerable. It can be easy for seniors with dwindling social circles and disabled adults with decreased mobility to become isolated and lonely. Changes in an individual's social life can lead to a feeling of reduced purpose and depression.

Some indicators of depression in older adults include but are not limited to:

- ✦ Sadness
- ✦ Loss of appetite

- ✦ Losing interest in hobbies
- ✦ Difficulty sleeping
- ✦ Fatigue
- ✦ Loss of self esteem
- ✦ Anxiety and worries
- ✦ Irritability

Depression is not an inevitable side effect of aging and there are measures that can be taken to avoid it. The vital role of socialization and maintaining relationships significantly reduces one's risk of becoming depressed. Attending an adult day service center, going to church, or volunteering are all great ways for seniors and disabled adults to stay social and maintain a sense of purpose.

At Grace Center we strive to coordinate activities that encourage socialization among the participants. Gardening, board games, and relaxing in the lounge are all ways we facilitate discussion between participants. As well as their physical health, the participant's mental health is very important to us. We engage the participants in activities that challenge them as well as are fun for them so they can maintain a sense of pride, purpose and satisfaction. Grace Center views our participants as integral members of the community and keeping them involved, informed and active helps them combat isolation and loneliness.

# Volunteer Success



Grace Center has experienced a huge increase in volunteer help this year! Out of the 71 volunteers that came to Grace Center since last August, a

good number of them are students enrolled at OSU or LBCC seeking to gain experience in a health care setting. Other volunteers donate their time to help out with arts and crafts, musical performances, gardening and landscaping and general office and program support. **Paul Wilson**, our volunteer of the year is father to Mary Ruth, who is a participant here. Grace Center is so appreciative for the 355 hours Paul has donated! To thank the hard working volunteers, Grace Center

held an appreciation party that featured a musical performance by Ancient Ways, a Zimbabwean inspired marimba ensemble. The volunteers joined the participants in enjoying the live musical performance as well as refreshments. The participants always love to see new volunteers and appreciate all the extra help that allows them to have more fun at Grace Center! Thanks again to all the volunteers and to Ancient Ways for their exciting performance!

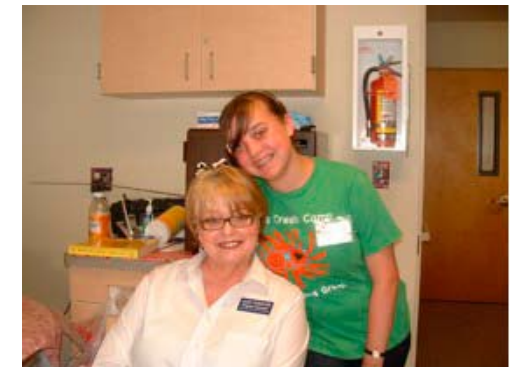
# Employee/Volunteer Spotlight

Meet Cathy and Abbey! **Cathy Servatius** is a program assistant in Grace Center's memory care unit; her granddaughter **Abbey Martin** is a loyal volunteer. Cathy came to work for Grace Center two years ago after visiting the facility. She was curious about Adult Day Care and wanted to see if there was any way she could get involved. She had previous experience working for adults with special needs and enjoyed the personal satisfaction she got from helping people. Cathy first worked as a part time on-call program assistant and eventually transitioned to a full time employee. Prior to working for Grace Center

she worked in law enforcement and in engineering. Cathy says the best part of her job is motivating and encouraging the participants to meet their goals and to complete projects and activities.

Abbey—our 2009 volunteer of the year, and an incoming freshman at Crescent Valley High School—has volunteered 306 hours at Grace Center this year! Along with volunteering for Grace Center, she also peer tutors special needs students in math. She enjoys working with her grandma in the memory care unit and says her favorite thing is seeing the participants enjoy themselves and have fun during activities. Abbey aspires to be

a doctor one day and says her experience at Grace Center has taught her a lot about patient care and the aging process. Grace Center is proud to have Cathy and Abbey and values the enthusiasm they put into their hard work.



*Grace Center Personnel*

<p><b>BOARD OF DIRECTORS</b></p> <p>Deborah Adams Mary Burke Dianne Cassidy Scott Elmshaeuser Christine Hauser Joel Howe Sara Ingle Caron Johnson Marla Karow Betty McCauley Mario Pastega Karen Smith Dawn Vermeulen</p>	<p><b>STAFF</b></p> <p>John Hogan EXECUTIVE DIRECTOR</p> <p>René Knight OPERATIONS MANAGER</p> <p>Dianne Kozak ADMISSIONS COORDINATOR</p> <p>Fran Douglas ACTIVITIES COORDINATOR</p> <p>Cathy Lorensen, RN NURSE</p> <p>Carole Henry DIETARY AIDE</p>	<p>Chase Andrews Tammy Jo Bourne Rozeland Caspino Rulene Caspino Dallas Ridge Cathy Servatius Nora Smith Misty Steele Christan VanMater PROGRAM ASSISTANTS</p> <p>Seth Andrews CUSTODIAN</p>
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**Grace Center needs your help!**

Reap the rewards of making a difference in the lives of others by **volunteering your time and talents** to Grace Center.

Contact René Knight at 754-8417 or email [gracecenter@comcast.net](mailto:gracecenter@comcast.net)

We're now able to accept credit card donations through **Network for Good.**

Look for the link on our web site: [grace-adultdayservices.org](http://grace-adultdayservices.org)

**MASSAGE PROGRAM FOR FRAIL AND DISABLED ADULTS AND THEIR CAREGIVERS**

MON-FRI, 8:30 AM - 4 PM

30 MIN: \$30  
60 MIN: \$60

SCHEDULE AN APPOINTMENT BY CALLING 754-8417

WHEELCHAIR ACCESSIBLE

*Wish List*

Cordless Drill	Baby Wipes
Wood Working Tools	Kleenex
Giant Beach Balls	Incontinence Supplies
Picnic Supplies	Hand Sanitizer
Party Supplies	Non-Scented Lotion
Paper Plates	DVD Movies
Paper Cups	Button Maker
Plastic Spoons & Forks	Bingo Prizes
Straws	Water Can
Apple Juice	Recliner Lift Chair
Cranberry Juice	Recliner Couch
Herbal Decaf Teas	Wingback Chair
Sugar Free Snacks	10 Gallon Complete Fish Tank
Piano player from 11:30 - 12:30	

**HELP US OUT ON AUGUST 30TH BY GOING OUT FOR PIZZA!**

**50% of the proceeds benefit Grace Center if you bring in this ad or print the flyer from Papa's Pizza website.**