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Greetings,

November 2017

Our community members provide countless, unpaid hours of **supportive care** to their **family and friends**. Through their committed efforts, they **help** their family and friends remain in their homes and **communities** rather than being placed in an institution such as a nursing home.

According to the AARP, Oregon has an estimated 469,000 family caregivers who provide about 437 million hours of unpaid care each year. This has an estimated value of \$5.7 billion!

Who are these dedicated individuals? They are care-partners and family caregivers - the people who are truly the backbone of long-term care. These individuals are the unsung heroes of our community and **need our support**.

Join the Grace Center in **helping** our community caregivers by supporting our programs. Your contribution will give caregivers much-needed respite so they can do things that are important to them, and reduce the stresses of caregiving. While respite helps to **improve the well-being of caregivers**, the Grace Center's programs enrich the lives of our participants through activities, exercise, and opportunities for socialization.

Linda currently uses Grace Center's respite services while she cares for her husband who has younger-onset Alzheimer's disease:

I am really grateful that he can come here. For one, it gives me a break from caregiving and secondly, it keeps him out of a memory care facility.

I could write a novel about how important respite is to me! It's important to me to have time to myself so I can do what I need and want to do, and therefore it helps me be a more patient and compassionate caregiver for my husband.

The perception is that Alzheimer's disease only happens to old people but my husband showed signs at 63 and was diagnosed at 65.

As you celebrate the holiday season with family and friends, please remember those in our community who are in need. **Together we can make a difference** by keeping families together and our communities intergenerational.

We hope you'll join us in our mission through your generous financial contribution. Thank you!

Warm wishes,

Heidi Igarashi

Rene Knight

Tera Stegner

P.S. If you'd like to make an electronic donation, log on to www.gracecenter-covallis.org and make a difference today!

Board Members

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