



# GRACE CENTER

## *For Adult Day Services*

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## FROM THE DIRECTORS: WHAT'S BLOOMING AT GRACE CENTER

**"Spring is the time of plans and projects."**

**-Leo Tolstoy**

How true it is and how perfectly it describes this season for Grace Center! In the spring we all get that urge to clean, organize, and make new plans. In that same spirit, Grace Center is embarking on many new plans and projects this spring. So as flowers begin to bloom around the Willamette Valley and we start to enjoy the diversity of colorful buds bringing to mind hopefulness for approaching summer sunshine, Grace Center's program and services continue to bloom and diversify, bringing vibrancy to the community, hope to caregivers, and a comfort like sunshine to our participants.

### **Controlled Multi-Sensory Environment**

If you find yourself needing further explanation on what exactly controlled multi-sensory environment (MSE) is and how it relates to Grace Center, don't worry, I don't think you're alone. Originally developed

in the Netherlands in 1970s, MSE was used as a form of therapy for people with autism or developmental disabilities. It consists of providing the person a soothing and stimulating environment, in what's called a or MSE room. Specially designed to deliver stimuli to various senses, these rooms use lighting effects, color, sounds, music, scents, etc. to create a controlled multi-sensory environment. Over the past decade, the clinical application of MSE therapy has been extended from the field of learning disability to dementia care. The rationale for its use for dementia care lies in providing a sensory environment that places fewer demands on intellectual abilities but capitalizes on the residual sensorimotor abilities of people with dementia (sources: Wikipedia.com and Chung, Lai, Chung, & French 2002).

Studies have shown that a short session in MSE room, lasting 15 to 30 minutes, is effective in decreasing Alzheimer's patients' tendency

to wander for up to four hours afterward. A 2008 review article that summarized evidence for many



**Program Assistant Chase Knight displays the newly assembled MSE therapy equipment**

non-medication strategies in dementia found that the evidence supporting MSE therapy was as good as the evidence supporting music therapy, behavioral management therapy, and staff training/education (source: About.com).

In the fall of 2013, Grace Center sought funding through the Ralph Hull Foundation for MSE equipment. Last fall we were awarded our full asking amount and were able to

purchase several MSE devices including a projector that puts soothing colors and nature scenes on the walls and 5.5 foot tall bubble panel with changing colored lights (see photograph). We have also applied to OSU Thrift Shop grant program for funding to furnish our new MSE room, which we have set up in a vacant office at Grace Center. Once completed, we look forward to having this therapeutic space available for our participants who, at times, suffer from anxiety or restlessness due to their diagnosis of dementia or Alzheimer's disease.

### **Farewells and New Faces**

For the last year, Christian Norris wore two "hats" for Grace Center as she fulfilled the role of Office Coordinator as well as Activities Coordinator. A Program Assistant (PA) in past, Christian has been a part of the Grace Center family for many years and therefore was a great choice when we began to look for candidates for the position. Sadly we're saying goodbye

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## **FROM THE DIRECTORS (CONT.)**

to Christan but it is for a great reason as she has decided to advance her career by going back to school to study nursing. In this transition time, we decided to split the role she held into two separate part-time positions: Administrative Assistant and Activities Coordinator. We hired Madison Perkins as our new Administrative Assistant and Corrine Butzin as our Activities Coordinator. Madison, an OSU senior, was previously an intern at Grace Center and has been the perfect fit for the position! Corrine has been a PA at Grace Center in the



**Madison Perkins**

past and for many years has been a Dial-a-bus driver which often brought her here to transport our participants. Corrine brings a wonderful skill set with her as she is adept in many creative activities such as paper marbling, calligraphy, cooking, gardening, and much more! Other new faces include Tracy Manning, an on-call PA, Debbie Watson, a part-time PA, and Melissa Shadwick, our on-call Dietary Aide.

We also said farewell this year to Misty Steele, a wonderful staff member that will be much missed. She has been with Grace Center since 2008 and excelled in her role as a

PA here. We wish her all the best in her new endeavors. Additionally, we'd like to



**Corinne demonstrating  
paper marbling**

thank Dr. Mark Rampton and Fran Douglas for their service on our Board of Directors and also welcome Barbara Hansen, RN to the board. Barb has been with Samaritan Health Services for over 30 years and is currently the manager of Samaritan Evergreen Hospice and the Samaritan Lifeline program.

### **Social-Media**

The buzz word in business: social media. It's the new engine behind marketing and community relations. So to keep with the times, we have completely updated our website so that it displays clear branding, is clean and easy to navigate, and has all the features it should, such as a place to sign up for an e-newsletter (see ad box), a way to make online donations, participant/caregiver testimonials, and much more. Please visit our website and tell us what you think!

In addition to updating our website, we have been increasing our Facebook involvement by posting more pictures, writing updates about all the happenings here, and even having contests where friends of our page can

win prizes! If you have a Facebook, please "like" us at [www.facebook.com/GraceCenterforAdultDay-Services](http://www.facebook.com/GraceCenterforAdultDay-Services)

### **Against the Odds**

With the ever growing number of worthy non-profits both in our community and nation-wide, many granting agencies are finding themselves unable to award funding to everyone that they would like to. With limited funds available, the acquisition of local and national grants has become increasingly challenging for non-profits everywhere. Despite the odds, Grace Center has continued to find success in acquiring grants in this highly competitive field. Recent awards include funding from the Ralph Hull Foundation, Kiwanis Foundation, Corvallis Odd Fellows, Cohen Foundation, and the Alzheimer's Foundation of America (AFA). Grace Center was awarded two separate grants from AFA one of which provides scholarship money to pay for low-income participants with a diagnosis of dementia or Alzheimer's disease to come to Grace Center and benefit from our services.

The second AFA grant Grace Center received is a regional grant for the State of Oregon, of which only two were awarded in the entire state. These grants along with generous gifts from supporters like you are what are making it possible for Grace Center to continue to carry out its mission. **THANK YOU**, and happy spring everyone!

## MEET MARY



“Toot, toot! Woman driver coming through!” says a small but spunky voice. Around the corner, Mary Allan appears in the Grace Center entry way dressed completely in pink, wearing large, white-framed sun glasses. She stands about 5 feet tall and pushes a four wheeled walker that is covered in decorative tinsel. Her snow white hair is curled perfectly and almost glows in the light. A Program Assistant walks up to greet her and Mary gives a thumbs up, a wink, and a crooked smile with the tip of her tongue sticking out the corner of her mouth. “Howdy-do-dee!” she says with a giggle. Her afternoon at Grace Center will likely include at least one of

her favorite activities such as playing cards (she beats everyone in poker!), listening to live music, or visiting with therapy dogs. She moves about independently and only needs minimal queuing from staff to help her navigate the center. Oh, and did I mention she’s 104 years old?

Mary was born in her parents’ home in Hamilton, Ohio on September 19, 1909. To pay the doctor for her delivery, Mary’s parents gave him \$3 and a French Poodle. Mary grew up with her broth-



Mary’s birthday party at Grace Center

er William in Cleveland Ohio. A hard working and ambitious woman, Mary graduated from high school in 1928 and began working as a drafter. She was the only

woman drawing for the company. She met Robert Allan at church and they dated on and off. Finally, after 7 years, she proposed to him. The story goes that she brought out a calendar and said to Robert, “When are we going to get married?” He said, “Oh, I thought you’d never ask.” They were wed on March 19, 1932, and remained so for 65 years until Robert passed away.

Mary now lives in Corvallis with her son Robert. She comes to Grace Center two afternoons a week to socialize and participate in activities. Her time at the center also provides respite for her son and grandson, Robbie, who are her primary caregivers. Her vivacity and good health are an inspiration to all who know her, especially her fellow participants at Grace Center. Perpetually positive, you will always hear an encouraging word or a witty joke from Mary when you talk to her. When asked what her secret is to her long life,

she starts telling you about how much fun she has had. She talks about her handsome husband, time at the golf course clubhouse, playing tennis, and hosting parties for their friends. Healthy aging is



Enjoying an outdoor BBQ at Grace Center

on the minds of many these days and most often when we think of healthy aging, we focus on nutrition and exercise. Those are, no doubt, very important but maybe we forget another important component – enjoying life! Mary’s story shows us the importance of having a variety of fun, fulfilling activities in our life in addition to healthy choices. One of her favorite sayings is, “Been there, done that!” You can’t really argue with that.

### SAVE THE DATE!



Sunday, October 5th  
5:00pm—7:30pm

### Sign up for E-newsletter!

If you would like to start receiving an electronic newsletter, please go to our website:

[GraceCenter-Corvallis.org](http://GraceCenter-Corvallis.org)

And enter your email address in the box at the bottom of the page.



### Grace Center Gear for Sale

T-shirts

Sweatshirts

Re-usable shopping bags

Insulated lunch bags

Stop in during business hours to purchase yours!



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*Thank you to all  
our 2013 donors!*

To see the entire list of  
honorariums and gifts,  
please see our website:

[www.GraceCenter-Corvallis.org](http://www.GraceCenter-Corvallis.org)



Grace Center is hosting the 2014 Corvallis  
Rose Festival June 7th & 8th. Come enjoy  
the roses and take a tour of our center!

## New Research Found Crossword Puzzles Are Not as Good As Sudoku Puzzles for Exercising the Brain

6			1	8	2		3
	2			4			9
8		3			5	4	
5		4	6		7		9
	3						5
7			8		3	1	2
		1	7			9	6
	8			3			2
3		2	9		4		5

Sudoku puzzles exercise attention and concentration and research shows that exercising those abilities are the most likely to generalize or transfer to the things middle age and older adults need to do in order to maximize their ability to make new memories.

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# Clodfelter's

## Sunday Spaghetti Fundraiser

Every Sunday in March:  
2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>

Buy a spaghetti dinner for \$8.50 and 35%  
of the proceeds go directly to Grace Cen-  
ter. Free refill of spaghetti is included!!

1pm to 8pm @ Clodfelters  
1501 NW Monroe

No flyer needed