

News for Friends of GRACE CENTER *For Adult Day Services*

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SPRING 2013

Celebrating 30 Years - "Promoting Health with Dignity"

During February, 1982, two notable events occurred. The first event was a meeting held between Betty McCauley and Michael Beachley with Donna Nelson, a member of the Family Life Department at OSU and a member of Grace Lutheran Church. Donna addressed definitions and classifications of various day-care services for both child and elder programs. Most of the discussion focused on Adult Day Care programs. The meeting proved to be excellent in providing a framework for many of the questions to be addressed in the formation of the program. The second event was the Adult Education Forum on Day-Care held in the sanctuary of Grace Church on Sunday, February 28, 1982. The Forum was sponsored by the Church Council and was very instrumental in raising pertinent issues for consideration as well as providing the environment for congregational



proposal for a center, the task force members selected the names of eight people who were presented to the Council for the first Board of Directors. They were appointed in the fall and held their first board meeting on October 5, 1982. By-laws were drawn up, non-profit status was secured, and staff was hired: Kathy Smith as Administrator, Terri Bartell-Leo as Activity Director, and Cheri Babb, RN was paid for 2 hours weekly as a nurse consultant. Staff planned for opening, equipped an office, planned a program and services, designed a brochure, and wrote news articles. The name Grace Center for Adult Day Care was chosen and later changed to Grace Center for Adult Day Services. An open house to introduce the Center was held on September 7, 1983. One hundred people signed the guest book. On September 12th Grace Center opened with three participants. Services were provided on Monday, Wednesday, and Thursday from 9:00 am to 3:00 pm. With many offerings of support from the community alongside the work of the Board and staff, the Center grew into the only not-for-profit adult day program in the area and remains as such today.

After 22 years, Grace Center had outgrown its "birthplace" at the Grace Lutheran Church. In 2006, Grace Center took up residence in a renovated wing of what was formerly Corvallis Care Center. Samaritan Health Services, owner of the building, has leased the site to Grace Center. The new location allowed Grace Center to provide more specialized care to a larger number of participants. The Post-Rehab Program emphasizes physically and mentally challenging activities for those with physical impairment and more medically-related needs. The Dementia Care Program offers a secure environment with activities designed to maintain physical and social functioning for those with cognitive impairments due to Alzheimer's disease and related disorders. Building on its rich beginnings at Grace Church, Grace Center for Adult Day Services continues to thrive in its mission by "Promoting Health with Dignity" to seniors and disabled adults and giving family caregivers an opportunity for respite. **As we celebrate our 30th anniversary this year, we want to express our deep appreciation for all the support Grace Center has received from the community. You have helped us touch thousands of peoples' lives!**

awareness and participation. As a result of that Forum, many persons identified themselves as being interested in establishing a program.

At the Social Ministry Committee meeting of March 1, 1982, the committee formally commissioned a "Task Force on Day-Care for the Elderly", and appointed Betty McCauley as chairperson for that Task Force. Once The Grace Church Council had accepted the

10 Warning Signs That Older Adults Are Not Eating Properly

So how do you know if your senior's diet fits the bill? These 10 warning signs are red flags that may signal a potential problem:

1 Loss of appetite - If your senior has always been a hearty eater but no longer eats as he or she used to, it's time to find out why. Underlying illness could be the root cause.

2 Little to no interest in eating out - If your loved one has always loved eating out at a preferred restaurant but no longer shows interest, dig deeper to determine the problem.

3 Depression - Change in appetite is a classic sign of depression. Be sure to follow up with a physician if you suspect depression may be a problem.

4 Sudden weight fluctuation - A weight change - losing or gaining 10 pounds in six months - is another sign that something could be amiss.

5 Expired or spoiled food - Check the refrigerator for expired or spoiled food. Seniors could be "saving" food until it's no longer safe. Make sure that all food is labeled with the date in large letters and numbers.

6 Skin tone - Observe your senior's skin tone. If your loved one is eating properly, his/her skin should look healthy and well-hydrated.

7 Lethargy - If your loved one has regularly been active and enjoyed taking walks but suddenly becomes lethargic, encourage a visit to the doctor. Poor nutrition could be to blame.

8 Cognitive problems - Seniors who live alone might forget to eat. Dementia and cognitive problems can lead to nutritional deficiencies. Quick intervention is vital.

9 More than three medications - Medication can influence both appetite and weight. Check with your senior's doctor to find out if medications could be the culprit.

10 A recent illness - Illness or a hospital stay could make a senior stop eating. Keep tabs on your loved one's recovery, making sure reliable help at home is available.

From the Directors

& the Board

Like many other non-profit entities, the past few years have presented significant financial challenges, but we continue to add new participants and maintain a high quality, caring environment for participants. In keeping with fiscal responsibility and recognizing the talents of two existing staff, the Board of Directors unanimously voted in March to alter Grace Center's administrative structure by discontinuing the Executive Director position and appointing two Co-Directors from within existing staff.



Rene Knight, appointed Director of Operations, has been with Grace Center since 2007. She has 22 years of experience in human resources, finance, and operations management. Rene is a member of Dementia Care Professionals and is certified as a Dementia Care Specialist through the Alzheimer's Foundation of America. In her new role, she will be responsible for the daily operations of Grace Center.

Tera Stegner, appointed Director of Marketing, started at Grace Center in 2011. An Oregon State graduate, Tera has her Bachelors of Science in Human Development and Family Sciences with an emphasis in Gerontology. She also has Oregon State University's Certificate in Gerontology. In her new role, Tera will be conducting admissions and leading efforts toward community outreach, grant writing, and other fund raising.



Christan Norris has been hired as Office and Activities Coordinator. She is the person who will greet you when you visit Grace Center or answer the phone when you call. Other continuing staff includes Cathy Lorensen (Registered Nurse); several full-time and part-time Program Assistants who provide direct care to the participants and facilitate the daily program (Chase Andrews, TJ Bourne, Lauren Bowen, Rulene Caspino, Kristina Drollinger, Chrissy Frunzi, Misty Steele and Eva Riedlecker-Wolfe); dietary aid Carole Henry; and custodian Seth Andrews.

Mary Burke served two years as Board President and now Wayne Kradjan was voted in as Board President on March 26th. Wayne joined the Grace Center Board in 2011 and is also active at Grace Lutheran Church, volunteers at the South Corvallis Food Bank, and serves as a Medicare Advisor for the Benton County Senior Health Insurance Benefit Assistance (SHIBA) program.

Dr. Kradjan was Dean and Professor in the College of Pharmacy at Oregon State University until his retirement in September 2011. He obtained his Pharm. D. degree from the University of California San Francisco in 1970 and is a licensed pharmacist in California, Oregon and



Washington. Wayne and his wife Carolyn moved to Corvallis in 1999. Their son, Christopher, and his wife Christine live in Tacoma, Washington. They are the proud grandparents of Madlyn (age 8) and Edward (age 5.) Grace Center is delighted and very fortunate to have Wayne serving as our board president.

Employee Spotlight



Lauren Bowen started at Grace Center in December of 2012 as an Oregon State intern. She was highly recommended to us by the spouse of one of our participants who knew of Lauren's bright personality and strong work ethic through witnessing the in-home caregiving services Lauren was providing to this participant in his home. Lauren is CNA 1 and has been

working as a caregiver in various settings for two years. Originally from Kerrville, Texas, Lauren has lived in Corvallis for the last four years as an OSU student. If you stop by Grace Center in the near future, be sure to congratulate Lauren because she is graduating from OSU in June with a Bachelors of Science in Human Development and Family Services and Certificate in Gerontology!

After Lauren completed her 9 credit internship at Grace Center, we immediately hired her as a Program Assistant. She has been a fantastic employee on all points. Efficient, focused, and thorough, Lauren is also kind, compassionate, and very friendly. Our participants and staff alike appreciate and enjoy Lauren and her hard work. Lauren has bright future ahead of her in which she hopes to go to nursing school and eventually work as a Geriatric RN in a hospital setting. At this time she is awaiting the results of her nursing school applications. When the time comes for Lauren to "fly the coop" and go on to nursing school,(Cont.)

Grace Center Personnel

BOARD OF DIRECTORS

Mary Burke
Dianne Cassidy
Fran Douglas
Sharon Harr
Heidi Igarashi
Wayne Kradjan
Betty McCauley
Karen Smith
Ann Zweber

STAFF

René Knight
DIRECTOR OF OPERATIONS

Tera Stegner
DIRECTOR OF MARKETING

Cathy Lorensen, RN
NURSE

Christian Norris
OFFICE/ACTIVITY
COORDINATOR

Carole Henry
DIETARY AIDE

Chase Andrews
Tammy Jo Bourne

Lauren Bowen
Rulene Caspino

Kristina Drollinger
Chrissy Frunzi
Eva Riedlecker-Wolfe
Misty Steele
PROGRAM ASSISTANTS

Seth Andrews
CUSTODIAN

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 Christan Norris at
541-754-8417 or email
office@gracecenter-corvallis.org



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

Look for the link
on our web site:
gracecenter-corvallis.org

Network for Good

Employee Spotlight

we will certainly miss her. When asked about her time here, Lauren says, "Grace Center has made me realize how much fun work can be. There is so much love and happiness here and I feel very fortunate to have had an opportunity to be a part of the team."

Community Collaboration

Lauren isn't the only intern that we have had here at Grace Center. In fact, we have been partnering with not only local colleges, but also local high schools and middle schools throughout the years and have been involving students of all ages in our program. For the last 6 months, we've had Linus Pauling Middle School students come over with their art teacher, Claudia Hall, to work on art projects with our participants once a week. So every Wednesday you could see a troop of 10 to 15 students crossing Highland Drive and walking down Spruce Street with their teacher. It's hard to tell who enjoys these new found friendships more, the students or our participants. Come visit us and see the art projects they have made together! These fantastic works of art are proudly hung up in our hallways.

From just a town over, we have West Albany High school students coming to Grace Center in pairs a couple times a month. These students are seniors who are interested in going to college to become a health care professional. Through their health occupations class, these young men and women come to complete required observation hours. Every time these students arrive to spend the morning with us, the participants' faces light up and they happily answer any questions these eager young learners may have.

Another example is Codi Horak, an RN perusing her Bachelors in Nursing; she is one of our current interns. RN students need to complete a special project for their internships so Codi has been doing grant research for us. Come the end of the her internship, Codi's time at Grace Center will not only have provided us a great reference guide of local and national granting agencies, but will also have given her valuable work experience.

Grace Center has had a rich history of collaboration with our local schools in these last 30 years. The numerous interns who come through our doors have made a positive impact on our services and we have had the exciting opportunity to share with the next generation of professionals our unique and significant model of care.



Join us for our 30 year celebration!

When: June 21st, noon to 2pm
Where: Corvallis Elks Lodge - 1400 NW 9th St.
What: Hawaiian themed entertainment, hors d'oeuvres, and birthday cake
Who: Pu'uwai O Ke Kuawa hula dancers, The Singing Leslies, Hawaiian Elvis, & more!

All are welcome -- See you there!



12 Foods Your Senior Shouldn't Live Without

They may seem like common staples for any healthy diet, but the following 12 foods hold special nutritional value for seniors.

- **Oatmeal** - A great source of soluble fiber, shown to help lower blood cholesterol and may reduce the risk of heart disease and stroke.
- **Eggs** - With only 75 calories per serving, eggs contain 13 essential vitamins and minerals.
- **Yogurt** - Rich in calcium, yogurt can contribute to the calcium requirement needed to prevent osteoporosis.
- **Blueberries** - Top fruit for antioxidants. Blueberries may also improve memory and coordination.
- **Apples** - Lowers the body's need for insulin and may help in the management of diabetes.
- **Fish** - Bluefish, mackerel, salmon, sardines, trout and tuna (bluefin and albacore) are a low-fat, high-protein source of nutrients
- **Chicken** - Poultry is an excellent source of protein that contains less fat than most meats, which possess cancer fighting properties.
- **Broccoli** - Broccoli has been found to protect against cancer, heart disease, stroke and macular degeneration.
- **Soy (Edamame)** - Nutritionists recommend consuming up to one serving a day of soy as a replacement for foods high in saturated fats.
- **Sweet Potatoes & Squash** - Promote healthy skin, hair and eyesight. Squash is a good source of beta carotene and vitamin C.
- **Rice** - Rice contains only a trace of fat, no cholesterol and is gluten free, so it's suitable for people with celiac disease.
- **Dark Chocolate** - Consumed in moderation, may contribute to health benefits such as boosting HDL cholesterol and lowering blood pressure.

Please note: Always consult a doctor before beginning any diet or nutrition program.

** A dining companion is the icing on the cake for an older adult who may eat meals alone....*



Volunteer Spotlight



Grace Center would like to acknowledge one of our wonderful volunteers, Jody Parker! Jody comes to Grace Center every Tuesday to help with the knitting club and specializes in knitting, cross stitch, and embroidery. The

Tuesday knitting club started over two years ago, but Jody has been volunteering even before that. She volunteered for one year in 1985, helping with the craft group. Jody volunteered again from 2002 to 2006, helping with crafts, games, music, and field trips. She came back in 2009 and has been volunteering weekly since.

Originally from Michigan, Jody moved to Corvallis with her family when she was 9. She went to U of O for five years, graduating with a degree in German language and literature. She ran on the Duck's track and cross country teams, focusing on the 3,000m and 5,000m races. She was very successful in her running and placed 3rd at Nationals in the 5,000m her junior year!

In her spare time, she enjoys knitting, quilting, and playing par three golf. When asked why she chooses to volunteer at Grace Center, Jody said, "I just really like it because the participants are fun and knitting is so social and engaging. I know the participants so well now that we joke and laugh together a lot. Also, the workers here are nice and they are really, really good with the participants. Anyone considering bringing their family member here should because it is a great place!"

Grace Center Volunteers are sparkling gems who take time from their busy lives to make a difference in the quality of life of our senior and disabled participants.

Your enthusiastic personality, thoughtful and patient ways inspire those around you and brighten their day.

We would like to give you a special thank you for your commitment to our program.

Please remember, wherever you go, we always appreciate and admire the caring and understanding you give our participants at Grace Center. Thank You



Spring Cleaning



Not sure what to do with unwanted items? Use the enclosed stickers (**40 Grace Center Day Services**) and donate items to The Arc Thrift Shop for consignment, 50% of sales will be donated to the Grace Center. Visit Grace Center at www.gracecenter-corvallis.org/donate or contact us at 541-754-8417 for a list of items The Arc welcomes for consignment.



3 Easy Ways to Earn for Grace Center

1. Add Cards
2. eScrip online mall
3. eScrip dining by rewards network

With eScrip and the power of YOU, Grace Center earns cash rewards when you do what you do anyway – shop! It's free, it's easy, and it's rewarding! Sign up now at: www.escrip.com with Group ID #: 500042892

Wish List

Musical Instruments	Cranberry Juice
IPad or Tablet	Herbal Decaf Teas
Giant Playing Cards	Sugar Free Snacks
Card Holders	Baby Wipes
Gardening Gloves	Kleenex
Plants, Flowers	Incontinence Supplies
Cordless Drill	Hand Sanitizer
Wood Working Tools	Non-Scented Lotion
Giant Beach Balls	DVD Movies
Picnic Supplies	Button Maker
Party Supplies	Bingo Prizes
Paper Plates	Water Can
Paper Cups	Recliner Lift Chair
Plastic Cutlery	Recliner Couch
Napkins	Wingback Chair
Straws	Piano player from 11:30 - 12:30
Apple Juice	

Documents You'll Need to Manage Your Care Recipient's Finances:

Family caregivers are often called on to manage a loved-one's finances and/or adjust to reduced income and increased expenses in their own household. One of the most important things you can do once you've taken on this role is to get organized and make sure you have access to the following important documents.

Important legal documents

- * Power of attorney

- * Living will

- * Will

- * Trust documents

Important financial documents

- * Bills

- * Utilities

- * Household maintenance payments

- * Medical fees

- * Other recurring expenses

- * Deeds

- * Mortgage papers and ownership statements

- * Loan agreements

- * Stock and bond certificates and statements

- * Pension, 401(k) and other retirement benefit statements

- * Bank and brokerage account information

- * Insurance policies

- * Long-term disability

- * Healthcare

- * Home

- * Auto, etc.

- * Social Security payment information if Social Security or Social Security disability already has been secured

- * Pay stubs if the individual was working prior to the impairment

- * State and federal income tax returns

- * Medical records

Sudoku Puzzle

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

Exercise...keeps our bodies Strong...and our minds Alive...



A Day In the Life of Grace Center

By Chase Andrews - Program Assistant



SAVE THE DATE!

2013 Chefs Jubilee

Tastes of the Local Harvest

Sunday, October 6, 2013



Offers a sampling of delectable creations by some of our area's best chefs, farmers, and vintners, while viewing Grace Center's facility. This event is our one annual fundraiser.

For more information about Grace Center, visit

www.gracecenter-corvallis.org

or find us on Facebook!

Honorariums & Gifts

APRIL 2012 – APRIL 2013

In Honor of Gelda Matheson
Adams, Barbara

In Honor of Karen Guzman
Beedle, Charlene
Bervin, Art & Marilyn
Boersma, Larry and Carole
Borden, Susan
Chambers, Norman & Barbara
Deskines, Carol
Farnsworth, Kathy
Hinds, Edie
Keller, Edward and Karen
Kersey, Eugene & Joanne
Kinch, Mr. & Mrs. Michael
Larson, Mr. & Mrs. Milton
Marquering, Dennis & Louise
Magee, John and Rosemary
Miller, Don
Moody, Norma
Nelson, Mr. & Mrs. Lewis

Niess, David and Maggie
Nordmark, Kathleen
OSU Federal Credit Union
Ratsch, Hilman & Dee
Renshaw, Marna and Terry
Smith, Linda Varsell & Courtland
Stetz, Al & Elin
Stevens, Vicki
Sugawara, Alan
Trapp, Iona
Trejo, David & Vicci
Vander Heide, Tony & Susan
Vohland, Kathy
Walsh, Ron & Marilyn
Weber, Dale & Mary Jane
Werth, Gloria
In Honor of Keith Parrott
Arnold, Roy & Jane
Cook, Cathy
Kradjan, Wayne & Carolyn

Matzke, Gordon and Mary Ann
Miles, Stanley & Dorothy
Mukatis, Alfred & Susan
Murphy, Rochelle
Nelson, Mr. & Mrs. Lewis
Schultz, Edna
Stennett, Douglass & Diana
Woosley, Chuck & Gail

In Honor of Richard Itami
Staton, Maryanne

In Honor of Robert and Cosima Rankin
Vitus, Jim & Nancy

In Honor of Troy Juntunen
McCauley, Betty

In Honor of James M. Bochner
Bochner, Donna
Schafer, Bill & Jeanette

In Kind Gifts
Barrett, Richard & Bernadette
Bervin, Art & Marilyn
Bochner, Donna
Churchill, Coralynn
Cole, Cindy
Davis, Carol Williams & Al
Detlut, Polly
Guzman, Mr. Juan
Harrod, Allen & Judy
Harvey, Isabel
Home Life
Koch, Barbara
Komar, Paul and Janet
McCluskey, Becky
Norby, Allan
Reeder, Marcia
Strandberg, Rebeca
Wolfenbarger, Lynda
Corvallis Elks