



Grace Center

For Adult Day Services

Dear Friends of Grace Center,

Your support is vital to meet growing demands for our services. Today, the demand for Grace Center's services has never been greater, especially, with the impact of social isolation and how it has increased amongst older adults and adults with disabilities during the pandemic. The negative health consequences of social isolation include cognitive decline, a compromised immune system, and a heightened risk of chronic disease, as well as depression.



Those who engage in meaningful, productive activities with others tend to live longer, boost their mood, and have a sense of purpose. Studies show these activities seem to help maintain their well-being and may improve their cognitive function. Grace Center addresses the critical relationship between social isolation and a host of physical and behavioral health outcomes through our programs. Using these existing programs, Grace Center can easily adapt to address social isolation. Donations from community members are enabling us to help our participants avoid unnecessary cognitive and physical decline while providing respite care to family caregivers. Your donation will help us to continue addressing social isolation and providing essential services. Join Grace Center to provide a wealth of resources to our participants such as individual and group counseling, health monitoring by providing consultations with our nurse, therapeutic activities, our community outing program, and a specialized exercise program.



"In my 10 plus years of counseling, I have been counseled by many Freudians and Jungians, but Erin has a humanistic lens. She creates a positive environment. She listens deeply but she also gives insight and resources."

-Phillip Fishner

How Your Donation Makes A Difference

Support from members of our community like you are essential in helping our non-profit organization to continue providing the level of quality care that our families, friends, neighbors, and community members need and deserve. In addition to helping maintain our specialized health and social services, your tax-deductible donation, at any level, will help us make it possible to provide day services that empower people to stay in their own homes and avoid unnecessary or premature facility placement. **Here is what your gift can do:**

\$50 provides 2 participants 1 hour of an enriching activity such as art, music, woodworking, etc.

\$100 provides a participant a weekly shower for 1 month.

\$500 allows Grace Center to offer individual and group counseling as well as a caregiver support group twice a month.

\$1,000 offers 2 participants about 5 months of weekly, 1-hour exercise and therapeutic activity sessions.

It is a gift like no other, as I can see first-hand the impact our dedicated staff and vital services have on the lives of our participants and family caregivers.

Sincerely,

Denise Rattana

Denise Rattanapaibooncharoen
Outreach Coordinator

YOU CAN MAKE A DIFFERENCE

☐ \$1,000

☐ \$500

☐ \$100

☐ \$50

☐ OTHER AMOUNT \$

I would like to support Grace Center with a gift of:

☐ I authorize Grace Center to charge my credit card as follows: \$

Card #: _____

Exp. Date: _____ Security Code: _____ Signature: _____

*must provide billing address below

Please make checks payable to Grace Center for Adult Day Services and mail to 980 NW Spruce Avenue Corvallis, OR 97330

Name: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ ☐ I wish to remain anonymous. Please do not recognize me publicly.

DONATE ONLINE AT [HTTPS://GRACECENTER-CORVALLIS.ORG/GET-INVOLVED/WHY/](https://gracecenter-corvallis.org/get-involved/why/)