

NEWS FOR THE FRIENDS OF Grace Center

For Adult Day Services



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Grace Center Resumes Standard Services

Grace Center is happy to announce we have re-opened! As of July 1st, Grace Center has been approved to resume standard services, allowing more participants to come to the center. As Grace Center welcomes back many of our participants and those new to Grace Center, we have been very busy with live music performances, drumming, ceramics, flower arranging, exercising, and many more activities!

Wellness Group & Counseling Services

Erin Mitchell will be re-joining us in September as a Professional Counselor Associate. Similar to her previous work at Grace Center, she will be facilitating the Wellness Group and meeting with individuals for private counseling sessions. The Wellness Group is open to all participants to join. Erin's work is client-centered. The overarching goal of Erin's efforts is to encourage a meaningful sense of self that is in line with the clients' personal needs. She uses a humanistic lens, with attention to existential themes, mindfulness, and somatic opportunities, to scaffold her work. The Wellness Group will meet twice a week, offering a space for participants to share, listen, support others, and be supported. Erin has an MPH, MCoun, and PhD.

Family Caregiver Support Group

The Grace Center Family Caregiver Support Group will be held in person at Grace Center starting in October and will be facilitated by Erin as well. This support group is open to all family caregivers. Please email us at office@gracecenter-corvallis.org or call Grace Center's main office at 541-754-8417 to RSVP or ask any questions.

Grace Center's Internship Program

Grace Center has had a tremendous amount of success through our internship program. Grace Center partners with Oregon State University, Western Oregon University, and Linn-Benton Community College to offer internships to college students from a variety of programs. This includes Human Development and Family Sciences, Public Health, Gerontology, Kinesiology, Pre-Nursing, Psychology, Masters of Counseling, and others.

WHERE ARE THEY NOW

Grace Center provided me with a valuable career experience that was truly unmatched to any internship or job I had before. Throughout my time at Grace Center, the incredible staff taught me skills of patience, compassion, and leadership that helped me obtain and fill my current career role as a Behavioral Intervention Specialist. The way the staff interacts with and cares for the participants in such a welcoming and inclusive way is unlike anything I have experienced in prior jobs or internships. During my time at Grace Center, with the help of the staff and participants, I found my passion for working in this career field and gained the confidence I needed to move forward and pursue a career as a Behavioral Intervention Specialist. My time spent with the participants will forever have a place in my heart and I will always be grateful to the amazing staff for the skills they taught me.

-Jenna Murren
Past Intern through
OSU Human Development and Family sciences



I loved getting to know each and everyone of the participants at Grace Center. I enjoyed building relationships with the participants and their families. It was amazing to see how Grace Center positively impacted participants by providing direct care and integration into their community. I honestly don't think I would be in the career field I'm in if it wasn't for my experience at Grace Center. Since leaving Grace Center, I've been working as an Intellectual and Developmental Disabilities Service Coordinator in the Hood River and Wasco counties. I mainly work with Spanish speaking adults and families in accessing state funded services.

-Lucy Gutierrez
Past Intern through
OSU Human Development and Family sciences

During my senior year, I was able to complete my internship at Grace Center. Through my internship, I was able to observe different areas and gained an overview of the program. I was able to learn different skill sets, apply my education to grow both technically and interpersonally. I thoroughly enjoyed my internship and quickly became attached to all the participants. One of my most valuable experiences I had during my internship was after hosting a caregiver event for my final project. Through that, I was able to learn the impact Grace Center had on the community and what a valuable resource the center was. Upon completion of the program, I was fortunate to be able to continue to work at Grace Center as a Program Assistant then my next position as a Medication Aide. I had an opportunity to grow into my current position as an Outreach Coordinator. The developmental opportunities have allowed me to obtain invaluable work experiences.

-Denise Rattanapaibooncharoen
Outreach Coordinator
Past intern through
WOU Public Health

I began my internship at Grace Center in my final term at Oregon State University. Although I was almost finished with my degree, I was unsure what population I wanted to work with, but I knew I wanted to have a career that supported people in my community. My internship changed the trajectory of my life as I found I was passionate about supporting seniors and adults with disabilities. I was able to shadow the staff and all aspects of the program during my internship. Being a part of a program focused on positivity, finding meaning at all stages in life, strengthening participant's abilities, and providing them with supportive care while providing respite for family caregivers changed my views on life and aging. I was blessed to be able to return to Grace Center a year after I graduated as the Office Coordinator, and I have been here ever since!

-Briana Hendricks
Office Administrator
Past intern through
OSU Human Development and Family sciences



Grace Center

For Adult Day Services

4th Annual Aging Summit

JOIN US VIRTUALLY!

SATURDAY, SEPTEMBER 25TH, 2021

9:00am - 12:30pm PST

Please register at

www.gracecenter-corvallis.org/events/agingsummit/

There is no charge for admissions as we want all community members to have the ability to attend. We hope to provide attendees with an opportunity to join the event, learn about aging and support Grace Center by donating if they wish to. Therefore, this event is primarily for education, outreach, and community benefit.

GUEST SPEAKERS



Dr. Arbore, Ed.D., Founder and Director, Center for Elderly Suicide Prevention and Grief Related Services, Institute on Aging, San Francisco

"The Impact of Loneliness on the Physical and Mental Health of Older Adults"

Dr. Patrick Arbore, Ed.D., a nationally recognized expert in the field of elderly suicide prevention and grief services has devoted his life to increasing awareness of isolation, loneliness, and depression in older adults. Dr. Arbore's presentations promote better-informed and healthier communities whose members have increased understanding of the issues of aging, inner loneliness, sorrow, stress, and anxiety, and reach out to listen, make connections, and support each other as we adjust to the experiences of older age.



Barbara Hansen, MA, RN:
Barb has an extensive background in end-of-life care. She has served in many roles, including Home Health and Hospice Nurse Case Manager, Clinical Coordinator, Home Care Surveyor for the Joint Commission; Wound, Ostomy, Continence RN, and Director of a Hospice, a Hospice Inpatient Unit and a Home Health program. Currently, Barb serves as the CEO of the Oregon Hospice and Palliative Care Association and Executive Director of the Washington State Hospice & Palliative Care Organization.

"Advanced Care Planning for End of Life: What May Be Covered and Who's Going to Pay?"

Description: Trying to match future care needs with care that is both available and covered is often another challenge. What is "Palliative Care" and how is it different from "Serious Illness Care", "Supportive Care" or Hospice care? Once a care option is found, how does one determine whether that care will also be covered? We'll explore care options while also discussing the limitations of our current payment systems in planning to meet end-of-life care needs.



PANELISTS

Alicia Lucke

Melissa Cannon

Angie Siegenthaler

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Search: Grace Center
for Adult Day Services



Ways to Support Grace Center

BottleDrop

Pick up blue bottle drop bags from Grace Center, fill them with your recyclable bottles, drop them off at BottleDrop locations and the proceeds will go to help support Grace Center! Call 541-754-8417 or email office@gracecenter-corvallis.org to arrange a time to pick up the blue bottle drop bags.

Personalized Paver

You can have a message engraved on a beautiful bluestone paver to honor or remember a family member or friend. Pavers are displayed in our Memorial Courtyard. Funds raised by the pavers go straight to Grace Center's *Here to Stay Capital Campaign*. Head to the Grace Center website to learn more!

Amazon Smile and Wish List

Consider using the Amazon Smile site so a portion of your purchase will be donated to the Grace Center by Amazon.

Amazon Wish List

We have a few items on our wish list this year that will benefit our programs and facilities. Help us by purchasing directly from Amazon. Head to the Grace Center website to learn more!

Donate Today

Now more than ever, community support enables Grace Center to meet our mission. It is generous donors like you who are the key to our success and make it possible for Grace Center for Adult Day Services to provide individuals and families in need with critical services.

Make a donation through the enclosed envelope, online at www.gracecenter-corvallis.org or scan this QR code below with your smart phone camera. Then click the link that pops up!

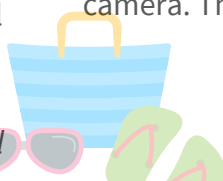


Apply to become a Volunteer

Individuals and groups with talents in music, art, theater, dance, or other activities are invited to assist or lead such activities on any weekday. Presentations are also welcome with themes such as culture, travel, nature, history, etc. Volunteers can assist with exercise activities, games & discussions, one-on-one companionship, or general support.

Email office@gracecenter-corvallis.org to learn how you can make an impact!

**Email us at office@gracecenter-corvallis.org or
call Grace Center's main office at 541-754-8417**





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