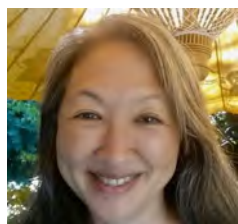




980 NW SPRUCE AVE., CORVALLIS, OR 97330 ~ OFFICE@GRACECENTER-CORVALLIS.ORG  
TEL: (541) 754-8417 FAX: (541) 757-3571 ~ WWW.GRACECENTER-CORVALLIS.ORG

## FROM THE BOARD OF DIRECTORS



**Heidi  
Igarashi,  
Board  
President**

### 2018 Highlights

We had an exciting year in 2018, and we're off to another terrific one! There's so much to share - here are just a few highlights...

We've made excellent progress with our **Here to Stay capital campaign**. We are just \$250K shy of our Phase I goal (building purchase with bridge financing from Samaritan) of one million dollars! Every contribution moves us closer to our goal. Even if you've already contributed to the capital campaign, please consider another donation to help us over the finish line. Phase II's safety renovations have been fully funded and completed. Changes include improved lighting, signage, ADA accessible sidewalks from parking area and an expanded loading zone.

An additional aspect of our fundraising is geared towards **supporting our daily programs** so we can provide the highest quality of services. In 2018, we geared these fundraising efforts towards events that support what we

know to be helpful in living well: socializing, learning, and building a sense of community. We partnered with local businesses and organizations to bring people together through activities such as dining out, bingo at the Elks, and a Family Health Fair sponsored by the OSU pharmacy students. **Look inside this newsletter for details of upcoming activities.**



**Grace Center watercolor  
rendition by Tom Allen**

The 2018 Grace Center Open House was held on National Grandparents Day to highlight our vision of intergenerational communities. We had a fun-filled afternoon of sharing what makes the Grace Center great. Community members of all ages enjoyed strawberry shortcakes, a petting zoo including our resident chickens, innovative ways to exercise, and other activities. **Save the weekend of September 7<sup>th</sup> and 8<sup>th</sup>, 2019 for Grace Center's Aging Summit and Open House.**

A new community-oriented project is the Grace Center's gift shop - **From Grace With Love**. Our Participant Advisory Council expressed a desire to have a gift store that could feature items made by participants in collaboration with staff, volunteers, and community groups (e.g. OSU Master Food Preservation, OSU Master Gardener Program, and Mary's River Quilting Guild). Next time you're shopping for a special gift, choose one of our beautiful birdhouses, potholders, or jewelry. Also, consider donating quality, hand-crafted items to be sold in our store. All proceeds go to participant-chosen activities such as their upcoming trip to the coast.



**Grace Center's "From Grace,  
With Love" Gift Shop**

*Thank you to all who make our success possible. We are so grateful to our Grace Center community of supporters!*

**BOARD OF DIRECTORS**

Marilyn Brasier  
Tom Field  
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Betty McCauley  
Raymond Morely  
Diana Parmenter  
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Sunita Vasdev

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Tera Stegner  
**Director of Community Relations**

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**Nurse**

Briana Hendricks  
**Office Coordinator**

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**Activity Coordinator**

Rulene Caspino  
Chase Knight  
Debbie Watson  
**Program Specialists**

Joe Miller  
Cat Servatius  
**Participant Specialists**

Christina Newman  
**Medication Aide**

Natalie Crevola  
Teresa Sorensen  
**Program Assistants**

JP Kaesermann  
**Dietary Aid Maintenance**

Holly Fryer  
**Support Staff**

## Grace Center Massage Therapy Program

We offer a variety of types of massage, with an emphasis on older adults, disabled adults and their caregivers. Our adjustable massage table accommodates those with limited mobility. We also can work with individuals in their own wheelchairs. Clients can choose to have a full body massage or site specific, such as head, neck, shoulders or feet. Confidentiality, respect and comfort are always honored. Our professional standards adhere to the strictest guidelines for client's privacy and personal well being. The cost for a massage continues at the discounted rate of \$30 for half-hour and \$60 for an hour.

We understand the joys and challenges of being a caregiver and to celebrate the care that is provided by hard working caregivers, Natalie, our new massage therapist (see article below) will be offering a **"Treat Yourself"** promotion for the months of May and June. Every Tuesday in the month of May and June Massage to all caregivers will be discounted to \$50 per hour. Contact Grace Center (541) 754-8417 to book an appointment. Gift certificates are available for specific individuals or to fund for Grace Center participants that are unable to afford a massage.



**Natalie Crevola, LMT**  
Kindred Thai Massage and Bodywork

Hello, my name is Natalie Crevola and I am a Native Oregonian. I am a Licensed Massage Therapist and insured as a member of American Bodywork and Massage Professionals. In 2012 I graduated from East West College of the Healing Arts with 800 hours of Massage education, with a focus on Swedish, Deep Tissue, Thai and Shiatsu Massage. In 2017 I took a trip to Thailand and received an additional 150 hours of Thai Massage Training at The Fine Art of Thai Massage School near Chiang Mai. Shortly after returning from my trip to Thailand I started my own Massage Therapy Practice in Corvallis, called Kindred Thai Massage and Bodywork.

### Thai Massage is a Holistic

**Massage approach** that blends Acupressure and Assisted Yoga Style Techniques, some like to call the "Lazy Person's Yoga". In addition to Thai Massage, I offer a blend of Eastern and Western Modalities catered to your individual needs. My focus is on stress and pain management, as well as increasing flexibility and range of motion. For more information take a look at my website [www.kindredthaimassage.com](http://www.kindredthaimassage.com). I look forward to practicing with you!

### FREE class coming soon to Corvallis!

If you're caring  
for a loved one  
with dementia,  
there's help.



**May 21, 2019 – 1:00pm to 4:00pm**  
Grace Center for Adult Day Services  
980 NW Spruce Ave., Corvallis, OR 97330

#### Positive Approach to Alzheimer's and Dementia Care

Based on training materials developed by Teepa L. Snow, National Dementia Care and Training Specialist

- Learn how to determine "Normal Aging" versus "Not Normal Aging".
- Develop new skills related to approach and ability to connect with people affected by dementia.
- By focusing on a person's needs and retained abilities, learn "helping" behaviors to promote a sense of control and self-direction.
- Develop observation skills to recognize signals of "unmet needs and growing distress" in the person you care for and ways to respond that will reduce anxiety and improve quality of life.

#### Walk-ins Welcome!

Learn more and register for this free class at [www.OregonCarePartners.com](http://www.OregonCarePartners.com).  
All Oregon Care Partners classes are free thanks to funding by the State of Oregon.  
Family members, all levels of caregivers and the public are welcome.  
Free CEU's offered for professionals.



**OREGONCAREPARTNERS**  
Creating a Culture of Quality Care

[www.OregonCarePartners.com](http://www.OregonCarePartners.com)  
1-800-930-8851 • [info@oregoncarepartners.com](mailto:info@oregoncarepartners.com)





HELP SUPPORT

## GRACE CENTER FOR ADULT DAY SERVICES

**WHERE** 335 NW 4th St, Corvallis, OR 97330

**WHEN** Thurs, Jun 13th **FROM** 4:00pm - 8:00pm

Bring this flyer or show an electronic version to the cashier when you place your order and we'll donate a portion of the proceeds from your purchase.\*

Ordering Online? Try Rapid Pick-Up.

Enter "PRFUND" as your Promo Code to have a portion of your proceeds donated to your organization.

Learn more at [Fundraising.PaneraBread.com](http://Fundraising.PaneraBread.com)

\*Gift card purchases and catering orders are excluded and will not count toward the event.

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## "LET'S EAT OUT" FUNDRAISER NIGHT

JOIN US AT THE CORVALLIS  
OLD SPAGHETTI FACTORY  
WEDNESDAY, MAY 29<sup>TH</sup>, 2019  
FROM 11:30AM-9:00PM  
TO RAISE MONEY FOR  
GRACE CENTER

THE OLD SPAGHETTI FACTORY WILL DONATE  
15% OF YOUR DINNER'S PROCEEDS TO  
GRACE CENTER

WHEN YOU PRESENT THIS FLYER. ★  
JOIN US, "LET'S EAT OUT" AND  
HELP THEM RAISE MONEY!

★THIS FLYER MUST BE PRESENTED OR SHOWN ON YOUR PHONE  
DURING YOUR VISIT IN ORDER FOR GRACE CENTER TO  
RECEIVE PROCEEDS. DINE-IN ONLY. RESERVATIONS  
RECOMMENDED.

603 NW 2ND STREET • (541) 738-7877



## SAVE THE DATES!

Grace Center is partnering with four local restaurants to raise funds for our organization:

**Wednesday, May 1st** – Papa's Pizza (flyer required) 50% of food purchases & 25% of gift certificates go to Grace Center.

**Wednesday, May 29th** – The Old Spaghetti Factory (flyer required) 15% proceeds go to Grace Center.

**Thursday, June 13th**—Panera (flyer required) 20% of your food purchase goes to Grace Center.

**Saturday, July 13th** – Café Yumm (no flyer required, but supporters of Grace Center need to let the cashier know they came to provide support for Grace Center) A % of sales goes to Grace Center.



[www.papaspizza.net](http://www.papaspizza.net)

1030 SW 3rd  
Corvallis, OR 97333  
541-757-2727



We are hosting a PIZZA DAY at  
CORVALLIS PAPA'S PIZZA for:

### GRACE CENTER FOR ADULT DAY SERVICES

Bring this flyer into Papa's Pizza on **May 1st** and the organization will receive **50%** of the value of the food you purchase! You also have the choice of purchasing **Fundraiser Bucks** that are good for all future purchases. These Bucks will earn 25% of their value for the organization.

Please come into Papa's and help us out!

With your support on **May 1, 2019** we can have a really successful fundraiser!

Beverages and delivery orders are excluded. These flyers cannot be distributed at Papa's Pizza.

This fundraiser flyer is valid **ALL DAY**



[www.facebook.com/PapasCorvallis](https://www.facebook.com/PapasCorvallis)

Total Food Order \$ \_\_\_\_\_

All Gift Certificates Purchased 25%\$ \_\_\_\_\_



**CAFÉ  
YUMM!**

**Saturday**

**July 13, 2019**

**25% of sales**

**are donated to  
Grace Center!**

**No flyer needed  
but you must tell  
your cashier that  
you came to pro-  
vide support for  
Grace Center.**

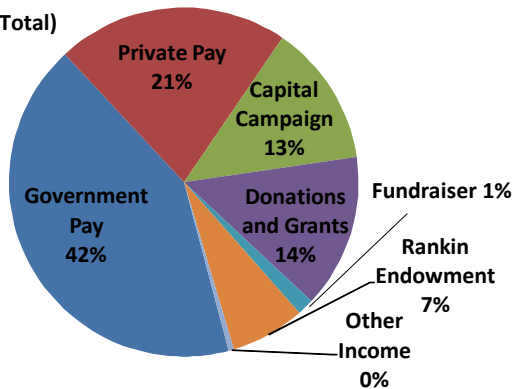


**CAFÉ  
YUMM!**

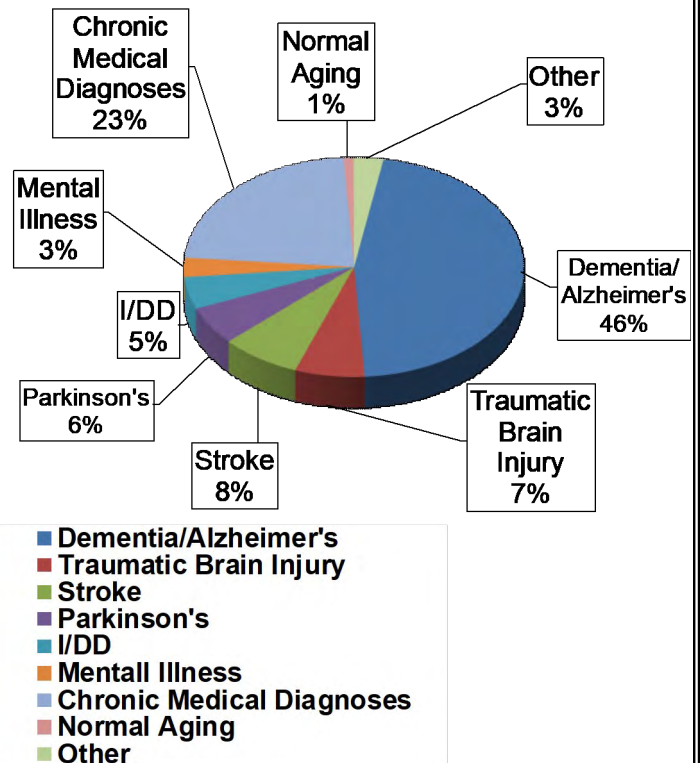
# 2018 Annual Report

## REVENUE

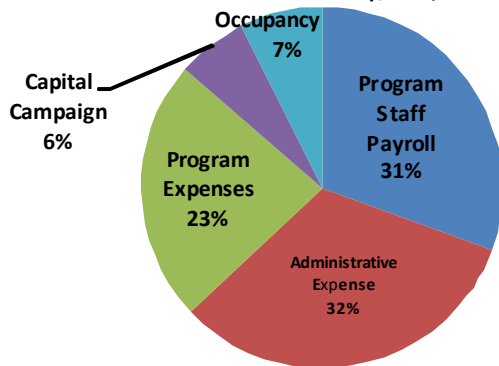
(\$791,444.59 Total)



## PRIMARY DIAGNOSES OF GRACE CENTER PARTICIPANTS



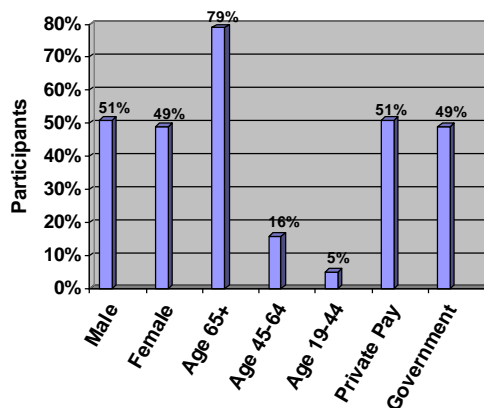
## EXPENDITURES (\$695,423.07 Total)



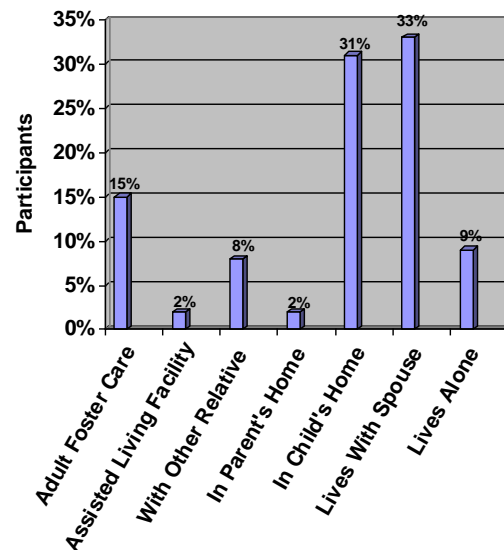
**Total number of participants served: 106**

Services	Actual	Budgeted
Average # of participants served per day	24.17	25.00
private pay	7.8	8.00
government funded	16.37	17.00

## Grace Center Participant Demographics



## Living Situation of Participants



**Grace Center's mission is to provide day services that optimize the cognitive and physical abilities of seniors and adults with disabilities so they can remain as independent as possible and in their homes.**

## The Many Ways to Support Grace Center...

In this day and age, there are so many creative ways to support your favorite non-profits! Here are just a few ways (some of them brand new!) you can support Grace Center:



**Sign up for Amazon Smile!**

The Amazon Smile Foundation will donate 0.5% of the purchase price of eligible products to Grace Center! Go to [smile.amazon.com](https://smile.amazon.com) to learn more.

**Pick up bottle bags from Grace Center & all your recyclable bottle & can proceeds will go to us!**



**BottleDrop<sup>®</sup>  
EXPRESS**

Learn more at [bottledropcenters.com](https://bottledropcenters.com)

**Rate Grace Center & write a review!**

**facebook**

**yelp**

**Google**

**If Grace Center has touched your life or the life of someone you know, or if you just think we're awesome, take a few minutes and rate Grace Center on the above platforms and write a quick review!**

**Host a Facebook Birthday Fundraiser!**

**Many people are choosing to host fundraisers through Facebook for their favorite non-profits. On your next birthday, you can have your friends can make donations to Grace Center in lieu of getting you a gift.**



**Just search for "Grace Center for Adult Day Services" when you set it up & make sure it says "Corvallis."**

**Become a regular giver! You will see on the enclosed envelope that there is an option to sign up for annual or monthly giving. If you plan to give regularly, let us know and we can make that even easier for you!**

**Buy a personalized paver! For \$150, you can have a message inscribed on a beautiful bluestone paver to honor or remember a family member or friend. Pavers are on display in our Memorial Courtyard.**



**Funds raised by the pavers goes to Grace Center's *Here to Stay* capital campaign.**





980 NW Spruce Ave  
Corvallis, Oregon 97330  
541-754-8417

[www.gracecenter-corvallis.org](http://www.gracecenter-corvallis.org)

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Starting **Monday May 6th**, Amy Ruth Crevola, LCSW, will begin offering emergent and long-term care consultation at Grace Center on **Monday afternoons 3:00-6:00pm**. Amy has been our caregiver support group facilitator since October. She specializes in older adult mental and emotional health, and person-centered planning.

SAVE THE  
DATE:

# Grace Center Open House

On National Grandparents Day!

Sunday  
September 8th  
2019

SAVE THE DATE

Grace Center for Adult Day Services

# AGING SUMMIT

Saturday  
September 7th  
2019



Like us on Facebook!

[www.facebook.com/  
GraceCenterForAdultDayServices](https://www.facebook.com/GraceCenterForAdultDayServices)