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Wayne Kradjan

It is my pleasure to serve as Grace Centers' Board President for this year, a task made easier by the camaraderie of my fellow board members and the outstanding administrative and program staff of Grace. In particular, Mary Burke, the previous president for two terms, is a great mentor.

Bringing renewed enthusiasm to the Board are four new appointees, each bringing unique talents that are critical to a well-functioning board. Marilyn Brasier, a lawyer with Jeanne Smith and associates, moved to Corvallis with her family in 2011. For the previous 25 years she practiced law in Maryland and the Washington DC area. Dr. Mark Rampton, a native to Corvallis, is the senior physician at Corvallis Family Medicine. He has been active in many public service projects in Corvallis as well as a participant in medical missions

FROM THE PRESIDENT

to Haiti, Africa, and other underserved areas. Jackie Thorsness, another long time Corvallis area resident, brings a strong financial background as Director of Budget & Business Services for the Oregon University System. In addition she is a dedicated supporter of youth programs including Philomath Booster Club, Benton County and State 4-H, and the Benton County Extension Advisory Network. Finally, Ann Zweber comes to us from the OSU College of Pharmacy where she is a full time faculty member as well as having served on the Benton County Hospice Board and the Oregon State Board of Pharmacy. My thanks and appreciation also to several outgoing board members over the last year: Deborah Adams, Mary Jo Chapman, Kara Daley, Deanna Dysterhuis, Juan Guzman and Sharon Harr.

Following the excitement of celebrating our 30 year anniversary earlier this year, planning is now underway for the 7th annual Chefs' Jubilee gala to be held at Grace Center on October 6th. Once again

we will be featuring unique creations from many talented chefs using fresh ingredients donated by several local farms, as well as wine and beer from local vintners and brewers. In addition, the silent auction promises to have many items that you will want to bid on. As this is Grace Centers' major fund raiser for the year, with proceeds used to make attendance at Grace Center more affordable for participants, please mark the date on your calendar (October 6) and be ready to say "yes" when tickets are on sale. Even if you are not available to attend the Jubilee, you can make a gift to Grace Center at any time using the envelope accompanying this newsletter. My sincere thanks to all who so graciously and generously support Grace Center in a variety of ways through time, talent, and money.



Sunday, October 6th



- The best defense against heat-related illness is **PREVENTION**.
- Stay indoors if all possible and stay in an air-conditioned place.
- You should drink at least 9 cups of fluid (nonalcoholic) per day to maintain adequate hydration.
- Wear loose-fitting, light weight and light colored clothing.
- Limit outdoor activity to morning and evening hours.
- If you are outside, wear a hat, sunglasses and sunscreen that contain SPF 15 or higher.
- **NEVER** leave anyone in a closed, parked vehicle.
- **FREQUENTLY** check on high risk individuals and closely watch for signs of heat exhaustion or heat stroke.
- Stay informed. Listen to local news and weather channels for health and safety updates.

RECOGNIZING HEAT STROKE

An extremely high body temperature (above 103°F,
Red, hot and dry skin
Rapid breathing and racing heart rate
Muscle cramps or weakness,
Throbbing headache, Dizziness,
Nausea, Confusion, Unconsciousness



Cathy Cavanaugh

EMPLOYEE AND VOLUNTEER SPOTLIGHT

It takes many individuals in different roles and capacities to make up the successful Grace Center team. We would like to recognize two outstanding individuals who have been aiding Grace Center in its mission to promote health with dignity; one as a new employee, the other is a long-standing volunteer.

Cathy Cavanaugh was hired in May as an on-call Program Assistant and has certainly hit the ground running! With 13 years of experience as a caregiver and medication aide in assisted living facilities, Cathy has impressed everyone with her ability to care for our participants with skill and warmth. She fits right in with the rest of our kind and hardworking Program Assistants. Originally from Oahu, Hawaii, Cathy moved to Oregon in 1992. "I miss my beaches" she admits, when asked about her life in Hawaii. For this reason, Cathy loves going to the Oregon coast to enjoy the smell

of sea salt in the air, the feel of soft sand beneath her feet, and the sound of the crashing waves. Cathy is very vocal about her job satisfaction since working at Grace Center. "I love everything about working at Grace Center. I love the participants; I love the staff; I love what I do!"

One of our longest standing volunteers, Grace Center awarded Irene Franklin the Volunteer of the Year award at our 30th Anniversary Celebration in June. Irene has been volunteering a portion of her Wednesday afternoons every week for the last 10 years. Although she humbly refuses to record her hours on our volunteer sign in sheet that enables us to track volunteer involvement, we were still able to determine the approximate amount of time she has volunteered at Grace Center and found it to be over 3,000 hours! In regards to her impressive track record of volunteer hours, she says "I'm not counting." When her

husband was still alive, Irene brought him to Grace Center. After he passed away, she decided to volunteer at Grace Center. "It's my way of giving back." Irene is proud of her large and still growing family: she has eight children (4 boys, 4 girls), 14 grandchildren, and 2 great-grandchildren. Her hobbies are painting china, participating in yoga at the senior center, and bird watching. She also has not just one, but two green thumbs! What best sums up Irene, is this statement that she often declares: "I enjoy life and I think life is wonderful."



Irene Franklin and her granddaughter who also helps out at Grace Center.

-BOARD OF DIRECTORS-

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PROGRAM ASSISTANTS
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Grace Center needs your help!

Reap the rewards of making a difference in the lives of others.

Contact Christan Norris about **volunteering your time and talents:** 541-754-8417



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

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



eScrip

With eScrip and the power of YOU, Grace Center earns rewards when you do what you do anyway—shop!

August 14th through September 10th purchase the specially marked products at Safeway and Grace Center earns 10%.

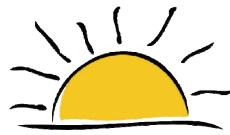
Sign up at www.escript.com with Group ID# 500042892

MEET ROBERT ROGERS



Next time you stop by Grace Center you may have the pleasure of meeting Robert. A naturally outgoing and social guy, he would give you a smile, a firm handshake, and ask you a few questions about yourself. Robert gets in a medical transport bus three times a week to make the journey from his residence in Sweet Home to Grace Center. Robert lives in an Adult Foster Care home and comes to Grace Center for additional therapy, exercise, activities, and socialization.

Having suffered from a traumatic brain injury in 2009, Robert is paralyzed on the left side of his body. He does not let this challenge discourage him from working hard to improve his strength and mobility though. Conversely, Robert is always excited to get up out of his wheelchair and do his therapy exercises every time he comes to Grace Center. He has many different interests and particularly likes our outdoor activities like gardening and our outings into the community. When asked what his favorite memory at Grace Center is, he talked about when we took an outing to a Christmas tree farm last December: "We picked out a tree, sang some songs, and just had a good time." We're so glad Robert is a part of the Grace Center family!



Summer Word Search

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

J U N E S T S S S S Y K S E U L B M
U S M E A U Y E O U H I K I N G S A
S M W E E A N L U B N W A S E Y R E
U T W I R R S G I C A B L N A R E R
N S H V M T C C L T E A U D T V L C
T Y U G I M Y S E A D B I R S S K E
A G L C I C I R N N S L R R N D N C
N R E U L F M N A U O S E A R G I I
O E A E J E R S G H S W E A B N R C
S E D A L B R E L L O R O S R I P R
C N A O F L O G T L T B T E E T S E
H G N I H S I F F A E O A E E A H C
O R C A M P I N G T W T H B Z O C C
O A C I N C I P A W A S P S E B A O
L S F L I E S K M O S Q U I T O E S
T S U G U A S I L L A B E S A B B O
G N I N E D R A G S U N S H I N E N

ANTS FISHING JULY SUNBURN
AUGUST FLIES JUNE SUNGLASSES
BARBECUE FLOWERS MOSQUITOES SUNSCREEN
BASEBALL GARDENING NO SCHOOL SUNSHINE
BEACH GOLF PICNIC SUNTAN
BEES GREEN GRASS ROLLER BLADES SWEAT
BICYCLE HAT SANDALS SWIMMING
BLUE SKY HIKING SKATEBOARD UV RAYS
BOATING HOLIDAYS SOCCER WASPS
BREEZE HOT SOLSTICE WATER FIGHTS
CAMPING ICE CREAM SPRINKLERS WATERMELON



*For him in vain the envious seasons roll,
Who bears eternal summer in his soul.*

-William Carlos Williams

Wish List

Musical Instruments	Incontinence Supplies
Giant Playing Cards	Non-Scented Lotion
Card Holders	Button Maker
Plants	Bingo Prizes
Giant Beach Balls	Water Can
Picnic Supplies	Recliner Lift Chair
Party Supplies	Recliner Couch
Paper Plates/Cups	Wingback Chair
Plastic Cutlery	Cardstock
Napkins	Watercolor Paper
Straws	Board Games
Juice	Intercom System
Herbal Decaf Teas	Piano player from 11:30 - 12:30
Sugar Free Snacks	
Kleenex	

Join us for



To benefit Alzheimer's Network of Oregon.

**Saturday, September 21st
Riverfront Park in Salem
Registration begins 9am**

Or support our team by making a donation! See our website for the link.

**Want to support Grace Center
AND get something nice for
yourself at the same time?**



**Buy a Grace Center T-Shirt
for \$20 and the majority of
the profits go directly to
Grace Center! Available
from 8/23 to 9/12 only.**

For more information
contact (541) 754-8417

CHARITY EVENTS FOR GRACE CENTER

COUPON NEEDED

ENJOY A MEAL WITH US AND WE'LL GIVE BACK.

Ruby Tuesday

COMMUNITY GiveBack PROGRAM

100% OF THE GIVEBACK AMOUNT IS DONATED DIRECTLY TO THE ORGANIZATION.

Ruby Tuesday is extremely proud to be part of your hometown and believes in giving back. As a fellow member of the community, we invite you to participate in...

Ruby Tuesday's Community GiveBack Program.

Grab your family and friends and join us at the 1895 N.W. 9TH STREET location on the dates listed below. Please present this flyer to your server, and we will give back 20% of your purchase to the organization.

HOW IT WORKS

(We apologize but we cannot accommodate coupon usage or other discounts in conjunction with our GiveBack Program.)



To make a reservation, call us at 541-752-9899 or visit us online at rubytuesday.com

Organization's Name: GRACE CENTER FOR ADULT DAY SERVICES

Event Name: GRAZING FOR GRACE CENTER

Date(s) of Visit: 8/23/2013 8/24/2013 8/25/2013

For directions to the restaurant or a peek at the menu, visit rubytuesday.com

Ruby Tuesday

1895 N.W. 9TH STREET,
CORVALLIS OR

COUPON NEEDED

Please indicate the number of tickets you wish to purchase:

NUMBER	TICKETS	TOTAL
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Adult admission \$50 each = _____

I am unable to attend, please accept my tax deductible contribution of \$ _____

Name _____

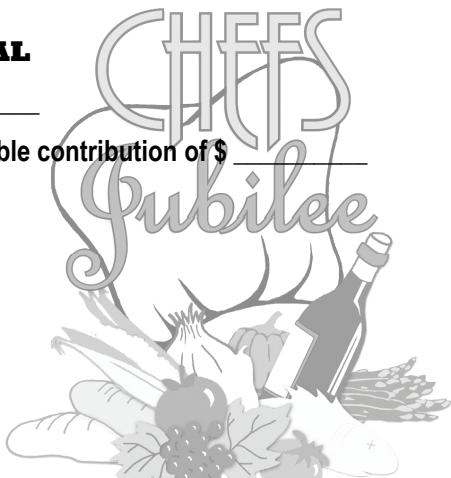
Address _____

Complete form, make checks payable to Grace Center, & mail back in the enclosed envelope. Reservations will be held at the door.

For more information call 541-754-8417



Tastes of the local harvest



Mark your calendar August 23rd thru the 25th and support "Grazing for Grace Center". This event is part of the community give back program, sponsored by Ruby Tuesday. Redeem the attached coupon and enjoy a delicious meal and 20% of your purchase will go to Grace Center.

Save the date October 6th from 5pm to 7:30pm for the **7th Annual Chefs Jubilee** located at Grace Center. Indulge in delectable creations which also include a variety of beer and wine from some of our area's best chefs, breweries and vineyards. Bid on one or more of the assorted silent auction items, or purchase a ticket for a chance to win the 50/50 raffle.

*Please join us for
a delicious and
memorable
evening!*

GARDEN THYME

Have you taken a walk in the Grace Center garden lately?

You'll find that a lot of good things have been going on out there in 2013. In April, a crew from Hewlett-Packard spent a Friday afternoon building a raised bed beside the South patio, using



materials provided by Benton County Master Gardeners Association (BCMGA). With this bed, we now have the ability to raise vegetables that don't grow so well in our shallower table beds. Here you will find tomatoes, peppers, cucumbers, and basil, growing happily and filling this garden bed to overflowing. As our harvest increases, vegetables can sometimes go home with participants or can be given to BCMGA's "Plant a Row for the Hungry" program.



While they were here, the HP team moved the tool shed from the North end to the middle of the garden, where it gets a lot more use. Finally, they created a low bed on the far side of the patio where we will plant several types of berries, also known as "garden candy", for all to enjoy. In July, a group made up of Grace Center staff, board members, and family and friends, spent a Saturday morning pulling

A LOT of weeds, then were rewarded with a delicious lunch served up by Grace Center. A good time was had by all, and our landscape has never looked better!



With such a beautiful landscape and the wonderful weather we've been having, it's not unusual to find Grace Center participants, staff and garden volunteers outside, tending to our flowers and vegetables, pulling a weed now and then, or just relaxing together in the fresh air. Come, take a stroll. You'll see why the Grace Center garden is the place to be!





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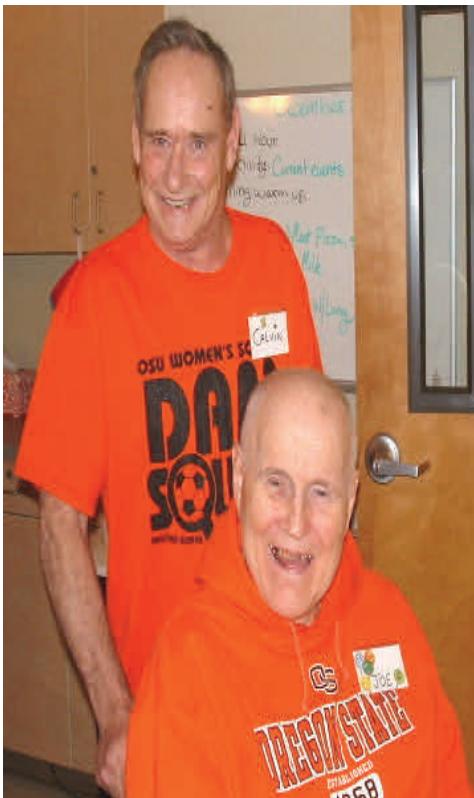
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Put it on your calendar!

- **August 23rd - September 12th:** Grace Center T-shirts available for purchase
- **August 23rd - 25th:** Bring the flyer into Ruby Tuesday and Grace Center gets 20% of the cost your meal
- **August 14th - September 10th:** Grace Center earns 10% of specially marked products at Safeway through eScript
- **September 21st:** Walk to Remember at Riverfront Park in Salem
- **October 6th:** 7th Annual Chefs Jubilee at Grace Center tickets on sale now!

See inside of newsletter for more details

Summer shines at Grace Center!



A smile is a curve that sets everything straight