



980 NW Spruce Avenue  
Corvallis, Oregon 97330

Non-Profit Org.  
US Postage  
**PAID**  
Corvallis, OR  
Permit 253



980 NW SPRUCE AVE.  
CORVALLIS, OR 97330  
(541) 754-8417  
GRACECENTER@COMCAST.NET  
GRACE-ADULTDAYSERVICES.ORG

WINTER/SPRING 2010

For more information about Grace Center, visit  
[www.grace-adultdayservices.org](http://www.grace-adultdayservices.org)

Grace Center's mission is to promote health, dignity and independence for frail elders, disabled adults and their families.

## What is Parkinson's disease?

Parkinson's disease is a brain disorder that occurs when certain nerve cells in the brain die or become impaired. Normally, these cells produce a vital chemical known as dopamine which allows for smooth and coordinated muscle movements. When approximately 80% of the dopamine-producing cells are damaged, the symptoms of Parkinson's disease appear.

What are the signs and symptoms of Parkinson's disease?

The key signs of Parkinson's disease include:

- Tremors
- Slowness of movement
- Stiffness
- Problems with balance
- Small & cramped handwriting
- Stiff facial expression
- Shuffling walk
- Mumbling speech
- Depression

Who gets Parkinson's disease?

Parkinson's disease affects both men and women equally from every ethnic background all over the world. In the United States, approximately 60,000 people are diagnosed each year. Symptoms usually begin appearing after age 65, though some are diagnosed as early as 50 years old.

Treatment Options

Currently, there are no treatments to slow or stop the progression of the disease. There are however, medications used to treat and lessen the symptoms as well as physical therapy and lifestyle changes such as rest and exercise.

Information adapted from [Parkinson.org](http://Parkinson.org)



## Thank you, Ralph Hull Foundation!

Grace Center would like to thank the Ralph Hull Foundation for its generous donation this year of a NuStep Cross Trainer, two flat screen televisions, a public address system, and a washer and dryer. With these new amenities Grace Center will be able to continue to provide a variety of activities for the participants to enjoy!

Grace Center experienced an increase in the number of participants in 2009, and expects an even greater increase in 2010. With the new equipment provided by the Ralph Hull Foundation more participants will be able to exercise at the same time and for longer periods, which is a huge bonus as the NuStep, aka Green Machine, improves strength, stamina, and range of motion in our participants. The new PA system will improve the morning and afternoon activities that are already provided as all participants will now be able to fully participate in mentally and socially stimulating activities. The new televisions will also improve the lounge time in the afternoon, which is a favorite time of day for many that come to Grace Center. So thank you, Ralph Hull Foundation, for helping Grace Center continue to provide quality services to the community.

## Honorariums & Gifts

OCTOBER 1, 2009 - FEBRUARY 28, 2010

*In honor of Jane Alexander*  
Richard & Karen Colwell

*In honor of Ruth "Jackie" Van Dyke*  
Henry Van Dyke

*In honor of Anna Ebeling*  
Linda Wagner  
Dr. Fred & Mary Brauti  
Judy Schaumburg  
Jane Plank

*In honor of Mike Hafner*  
Molly Bloomfield  
Lucille Newton  
Frank & Carroll Flaherty  
Judy & Peter List  
Ron & Mary Prevost  
Eric & Judy Blackledge  
K. Imamura  
Gary & Yvonne Thomas  
John & Nancy Dennis  
Richard & Barbara Moon  
A. Mackey

Jan Snyder  
Roger & Mary Turk  
Dr. & Mrs. Eldon Younger  
Zooney's  
Jenny Takeda  
Vern & Ruth Bowlby

*In honor of Lora Holmes*  
Zoe Ann Holmes

*In honor of Marjorie E. Joiner*  
Alfred Joiner

*In honor of Betty McCauley*  
Jane Thomas

*In honor of William F. & Louise Somppi*  
Toni Hammerquist

*In honor of Sally Sowers*  
Keith & Wanda Parrott

*In honor of Dawn Vermeulen*  
Donald & Ann Studier

*In-kind Gifts*  
Arthur Hart  
Carleen Kyle  
Lew Broxson  
Ellen Murphy  
Marcia Reeder  
Cindy Lee

No person shall be discriminated against on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. If you believe you have been discriminated against, write to the Secretary of Agriculture, Washington, D.C. 20250.

## Participant Update



Grace Center would like you to meet **Richard Gueltzow**. Richard was born in Paris, France on November 15, 1962. He is the middle child of ten brothers and sisters and lived in many countries due to his dad's military career. Richard also traveled extensively during his eight and half years in the Army. In his lifetime he has lived in France for a year, Germany for two years, and Panama for three and a half years and has been to the majority of the States. Richard is currently living in Keizer and began coming to Grace Center last May.

In late April of 2009, Richard had a brain hemorrhage and sustained some brain injuries. After being released from OHSU, Richard began coming to Grace Center and has made remarkable progress. He now comes to Grace Center three days a week. While Richard is at Grace Center he enjoys arts and crafts activities especially ceramics with Terri, who is an artist made available thru Art Centric. "I like her. She is a nice lady and I make sure to help her carry her supplies back to her car". When Richard is not busy doing the activities provided at Grace Center he can be seen being the handyman. He is frequently putting things together and enjoys helping out. Richard is a people person and enjoys the social interaction that he experiences at Grace Center and often sits and talks to the other participants. The staff is lucky to have Richard and we enjoy having him at Grace Center.

## Preventing Type 2 Diabetes Complications

This chronic disease affects 23.1% of the population over the age of 60. That is 2 out of 10 older adults affected in the US. Every year, more and more adults are diagnosed with this life long disease and many maintain good health in spite of it. In addition to maintaining blood glucose control, here are some very important reminders when caring for a loved one with diabetes mellitus.

♦ **Follow a meal plan.** One quick guide for dinner, the Idaho Plate Method, suggests filling ½ of a 9 inch plate with vegetables then ¼ of the plate with a meat or protein and the last ¼ with starch (noodles, rice, or beans).

♦ **Have a "sick day plan".** Illness can cause

significant changes in blood sugar. Prepare a "sick day plan" with the doctor. When your loved one is ill, changes will need to be made in medications, food and fluids.

♦ **See the doctor.** Your loved one needs to see the doctor managing their diabetes, at least 2x per year for a health check up. This is important in maintaining the proper diabetic medication control.

♦ **See the dentist** for regular check-ups. Diabetes increases gum disease.

♦ **See the eye doctor** every 1-2 years. Diabetic eye complications can be seen with a "dilated" eye exam and treated early.

♦ **Check their feet.** Feet need to be

examined "daily" for any wounds, red spots, or new numbness or tingling. Progressive nerve damage leads to feeling loss and poor circulation leads to infections that can not heal. Amputation risk is very high in diabetics.

♦ **Check their blood glucose** often. It is important for you as a caregiver to keep an accurate blood glucose log and understand how your loved one reacts to food, medicine, exercise, illness and stress.

♦ **Exercise.** Maintain a regular exercise plan to keep weight and blood glucose in control. Discuss limits with the physician.

More information is available at [www.diabetes.org](http://www.diabetes.org) or contact your doctor.

## Employee & Volunteer Spotlight



This past year **Cathy Lorensen** began working at Grace Center in the newly created position of half-time registered nurse when the longtime director/nurse, Cheri Babb, resigned. Cathy first demonstrated her skills in geriatric care to Cheri back in 1999 when she worked for Grace Center in a social worker position for several months. Then she went on to other agencies to use her nursing skills in long-term care administration and teaching capacities for a decade until returning to Grace Center to take this very important position as our nurse. Most everyone would agree that she has assumed her role in an exceptional way providing excellent care management to our participants. Her calm and caring manner is an integral part of the therapeutic climate that exists at Grace Center.

In her spare time Cathy enjoys walking her 14 year old canine companions, Kiwi and Twigganinabuddhasoffa, aka Nina. Cathy and her husband, Rob, have four adult children and one grandchild. They recently started riding a new tandem bicycle around town together. Cathy enjoys gardening and aspires to eventually visit all the national parks. She teaches certified nurse-aide classes for LBCC and also finds time to volunteer for the Court Appointed Special Advocate (CASA) program, which provides support for children who are involved in foster care and the court system.

Grace Center would like to introduce **Paul Wilson** who is a volunteer. Paul was born in Alsea, Oregon and has lived there most of his life. He has been married for fifty years to his wife June and is the father of two children, Bob who lives in Seattle and Mary Ruth who is a participant here at the Grace Center. Paul is a very active person and enjoys fishing and going on walks because according to him "I have to keep busy".

In 2007 Paul retired for the third time and moved to Corvallis with his wife and Mary Ruth. Paul has known about Grace Center for years and decided to

bring Mary Ruth to us. A few years later Paul decided to become a volunteer here and has been with us for the last two months. Paul said that what he likes about volunteering is "having something to do and I enjoy working with the people". Paul volunteers for the Park side of Grace Center and likes to help out in any way that he can.

Grace Center would like to thank Paul for all the time that he has put into volunteering here at Grace Center and hopes that he will continue to help out for as long as possible!



Grace Center Personnel		
<b>BOARD OF DIRECTORS</b>	<b>STAFF</b>	
Deborah Adams	John Hogan EXECUTIVE DIRECTOR	Chase Andrews
Mary Burke	René Knight OPERATIONS MANAGER	Rozeland Caspino
Dianne Cassidy	Dianne Kozak ADMISSIONS COORDINATOR	Rulene Caspino
Scott Elmshaeuser	Cathy Lorensen, RN NURSE	Jessica Dunn
Christine Hauser	Carole Henry DIETARY AIDE	Marilyn Lanterman
Joel Howe	Seth Andrews CUSTODIAN	Cathy Servatius
Sara Ingle		Nora Smith
Caron Johnson		Misty Steele
Marla Karow		Christiane Thiel Carruth
Betty McCauley		Christan VanMater PROGRAM ASSISTANTS
Mario Pastega		
Karen Smith		Fran Douglas
Dawn Vermeulen		Dallas Ridge LEAD PROGRAM ASSISTANTS

**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 René Knight at 754-8417 or email [gracecenter@comcast.net](mailto:gracecenter@comcast.net)

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

Look for the link on our web site: [grace-adultdayservices.org](http://grace-adultdayservices.org)

**MASSAGE PROGRAM FOR FRAIL AND DISABLED ADULTS AND THEIR CAREGIVERS**

MON-FRI, 8:30 AM - 4 PM

30 MIN: \$30  
60 MIN: \$60

SCHEDULE AN APPOINTMENT BY CALLING 754-8417

WHEELCHAIR ACCESSIBLE

*Wish List*

- Herbal Tea
- DVD Movies
- Bingo Prizes
- Sugar Free Snacks
- Hand Sanitizer
- Baby Wipes
- Non-Scented Lotion
- Kleenex
- Button Maker
- Colored Pencils
- Crayons
- Markers
- Cordless Drill
- Recliner Lift Chairs

Save the date:  
**October 3, 2010!**