

**This issue:**

Big News	1
Volunteer Celebration	2
Service Information	3
Fish Fry Friday	4
Staff Spotlight	5
Colon Cancer	6
Recipe Maintain your Brain	7

## Adult Day Center: 5 Days a Week!



Hands of Grace has consolidated the Wauseon Adult Day Center into the Delta Adult Day Center and are now open 5 days a week at the Delta location. We have exciting new programming and events planned for 2011 and would love for you to be a part of it. Volunteers are needed to assist at the Adult Day Center and there is space available for those in need of utilizing the Adult Day Center Services.

The Hands of Grace Adult Day Center is located at the Delta United Methodist Church at 101 Northwood Drive in Delta. The Center is open Monday-Friday from 9 am—3 pm and transportation may be available. There is a nominal fee to attend our Center of \$25 for a full day and \$15 for a half day. Transportation may also be available for a cost of \$5 for a round trip and \$3 for a one-way trip. Please use the coupon below to attend our Center or pass it along to someone that you may know that could benefit from this service.



*Hands of Grace Faith in Action*  
 Adult Day Center...Fulton County's Best Kept Secret  
 \$25.00 Gift Certificate

This certificate entitles bearer to **ONE FREE DAY** at one of the  
 Hands of Grace Adult Day Center

Expiration Date: 12/31/2011  
**Delta United Methodist Church**

Mon-Tues-Wed-Thurs-Fri (9-3)

Please call the Hands of Grace Faith in Action office at 419-822-3556 for more information or to schedule a **FREE DAY** at our Adult Day Center. Participants in the Adult Day Center must be 18 years of age or older. Expiration Date: 12-31-11

# Volunteers Spread Blessings

You are invited to be our guest at a **Volunteer Celebration** to share in the blessings of friendship, food and music. Hands of Grace feels blessed to have you be a part of our Volunteer Family and we want to give back to you by hosting a small celebration in your honor.

Please join us at:  
Delta United Methodist Church  
101 Northwood Drive  
Delta, Ohio 43515

**On April 16, 2011 from 9-11 a.m.**

We will have our famous breakfast buffet, musical entertainment and fellowship time with the Staff, Board and Volunteers of Hands of Grace.

---

Please complete this form and return to RSVP for the Celebration.

Hands of Grace Faith in Action  
104 Monroe Street Suite 2  
Delta, Ohio 43515  
No later than April 1, 2011

\_\_\_\_\_ Yes, I will be attending the Volunteer Celebration

\_\_\_\_\_ No, I am sorry that I am unable to attend

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

## Hands of Grace Services

Hands of Grace offers the following services for Fulton County Residents who are elderly and/or disabled:

**Transportation**

**Respite for Caregivers**

**Minor Home Repairs**

**TLC Phone Calls**

**Temporary Meal Preparation**

**Temporary Light Housework**

**Friendly Visits**

**Yard Work**

**Shopping**

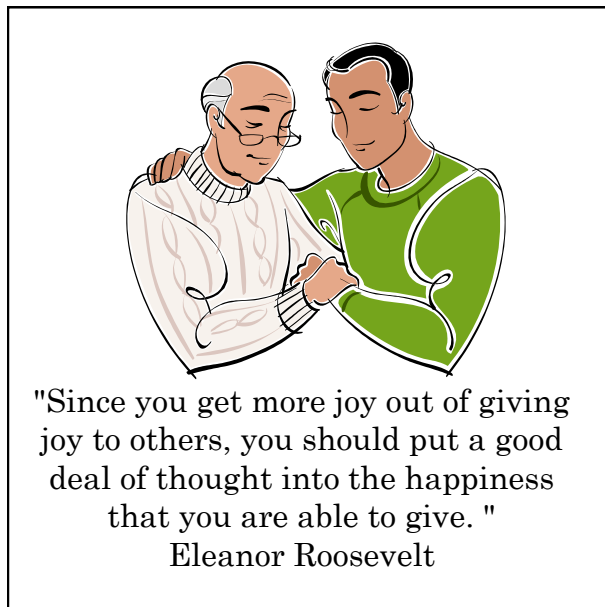
**Errand Service**

**Personal Business Work**

**Grooming/Dressing Assistance**

**Laundry/Linen Washing**

**Transportation in the Handicapped Accessible Vehicle (fees apply)**



### Record of Services for 2010

In **2010**, Hands of Grace Volunteers provided **9,747 Hours** of services to the elderly and disabled. Volunteers drove **70,511 miles** to provide services in Fulton County.

These figures are a wonderful testimony to the dedication and commitment that our Staff, Volunteers and Board of Trustees have to reach out to those with needs in our county.

***Volunteers, thank you for your dedication and hard work on behalf of the elderly and disabled in Fulton County!***

### Donations are Welcome

Remember Hands of Grace Faith in Action for Memorial Donations, In Honor of Donations and other occasions where a donation seems appropriate.

Holiday and Birthday Gift Giving Times are a great occasion to make a donation in that hard to buy for person's name.

All donations stay in Fulton County and help us to continue our work to assist the elderly and disabled remain independent and in their own homes.

# FISH FRY FRIDAY

**MARCH 4, 2011**

**5:00 – 7:00 p.m.**

**BENEFIT HOSTED BY AND HELD AT:**

**DELTA UNITED METHODIST CHURCH**

**101 Northwood Drive ~ Delta, Ohio**

## **MENU:**

### **ALL-YOU-CAN-EAT FISH**

Red Skin Potatoes, French Fries, Onion Rings,  
Cole Slaw, Apple Sauce, Dessert  
Drink (Coffee, Iced Tea or Punch)

**This is a fundraiser for Hands of Grace Faith in Action and  
donations will be accepted at the door.**

<http://www.metalink.net/~handsgrace>

Follow us on Facebook.



If you are not able to attend and would like  
to support this fundraiser, please send a  
check to:

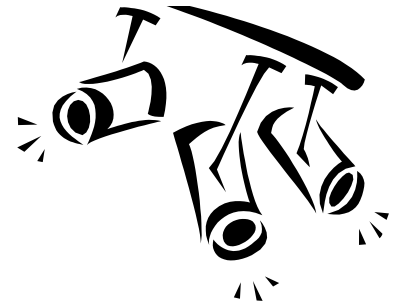
**Hands of Grace Faith in Action**

**104 Monroe Street Suite 2**

**Delta, OH 43515**

**419-822-3556**

## Staff Spotlight



**Brad Chapman**  
**Handicapped Accessible**  
**Vehicle Driver**

After 33 years with Ford Motor Company, Brad was surprised to find himself retired at the tender age of 52. So far life has been kind to him. He can still run faster and jump higher than his grandson (4 yrs. old). We will have to see how long that will last! Meanwhile, Brad feels fortunate to have the opportunity to help the community as a driver for Hands of Grace.

Bonita was born and raised in Pennsylvania, inner city of Allentown, just north of Philadelphia. She moved here 10 years ago and lives in the country with her husband, Carl, in Grand Rapids. She loves the flat land of Ohio because, "You can see so much more sky than I am used to seeing in the inner city." Together they have 7 children and 16 grandchildren, all of which are long distance. Before moving to Ohio, Bonita helped in the care of a friend's mother who suffered from Alzheimer's, as well as caring for a 92 year old neighbor for several months. Bonita enjoys meeting the needs of the older generation. She was first introduced to Hands of Grace

by Lynn Buchele 8 years ago and started out volunteering in the office. When the time came to hire another staff person Bonita was hired. Hers is the voice that you will usually hear when you call the office. She enjoys reading as well as talking with her grandchildren on the telephone. Bonita works hard at meeting the needs of the elderly and disabled that we serve.



**Bonita Jackson**  
**Office Coordinator**



## Colon Cancer

### Colon cancer: What you should know, how to prevent it or find it early, and where to turn for help

**Colon cancer** is the third leading cause of cancer death among men and women in the US – yet it can sometimes be prevented or detected when it is small and treatment is highly effective. March is Colorectal Cancer Awareness Month, so learn the facts and get tested. It could save your life.

**About 49,920** people are estimated to have died from colorectal cancer, commonly called colon cancer, this past year. That's a number the American Cancer Society is working to reduce. The Society recommends adults age 50 and older get tested for the disease. People with colon cancer in their families may need to start getting tested when they are younger.

**Both** men and women are at risk, and 90 percent of cases are diagnosed in people older than 50. Many people may be afraid of getting tested – yet the test can save your life. There are several different screening tests available. Some tests can find both cancer and polyps, which are small growths on the lining of the colon or rectum that could lead to cancer. Finding and removing polyps before they become cancerous can stop colon cancer before it starts. For this reason, these tests are preferred if they are available to you and you're willing to have them. These tests include colonoscopy, flexible sigmoidoscopy, double-contrast barium enema, and CT colonography (also called virtual colonoscopy).

**Other** colon cancer tests are less invasive and easier to have done than the ones listed above, but they mainly find cancer and are less likely to find polyps. These involve testing the stool (feces) for blood or other signs that cancer may be present. They include a fecal occult blood test, fecal immunochemical test, and the stool DNA test. If something abnormal is found during one of these tests, you will need a colonoscopy to check it out. Talk to your doctor about which test is right for you. Anyone who is at increased risk for colon cancer should talk with a doctor about more frequent testing.

**If colon cancer** is found early, the survival rate is 90 percent. Yet only 40 percent of colon cancers are found at an early stage. For colon cancer found later, the five-year survival rate is much lower. Don't wait for signs or symptoms to go to the doctor – get tested today and help prevent colon cancer before it starts.

## Recipe

You can reduce your risk of colon cancer by maintaining a healthy body weight, eating lots of fruits and vegetables, and limiting the consumption of red and processed meats. This recipe will help you kick start a healthy March, which is National Colon Cancer Awareness Month!

### Apple and Cranberry Acorn Squash

4 small acorn squash  
 2 medium apples, unpeeled and chopped  
 1/2 cup fresh cranberries  
 1/4 cup light brown sugar, packed  
 2 tablespoons almonds, chopped  
 1 tablespoon fresh orange juice  
 1 tablespoon corn oil margarine, melted

Preheat oven to 375 degrees. Cut squash lengthwise into halves and discard seeds. Arrange squash cut side down in a baking dish and add 1/2 inch water. Bake for 40 minutes. Combine apples, cranberries, brown sugar, almonds, orange juice, and margarine in a bowl and mix well. Turn squash cut side up and spoon apple mixture into squash cavities. Bake for 30 minutes.

Approximate per serving: 129 calories | 3 grams of fat

Reprinted, with permission, from the American Cancer Society. *The American Cancer Society's Healthy Eating Cookbook*, 3rd Edition (Atlanta, GA: American Cancer Society, 2005), p. 178.

### Contact Information

For more information about colon cancer, call the American Cancer Society at 1-800-227-2345 or visit [cancer.org](http://cancer.org). They are there 24 hours a day with information and support. The American Cancer Society wants to help you stay well.

**MAINTAIN YOUR BRAIN**

**MARCH 18, 2011 at 2:00 pm**

**Hands of Grace Adult Day Center**

**Delta United Methodist Church**

**101 Northwood Drive**

**Delta, OH 43515**

Educational session by the Alzheimer's Association. Public is invited.

**Prayerfully serving  
God's people with  
passion and love.**



If you would like to be removed from our mailing list, please contact us through the above address, phone number or through e-mail.  
Thank you!

### **Hands of Grace Faith in Action Office**

104 Monroe Street, Suite 2

Delta, Ohio 43515

Phone: 419-822-3556

Fax: 419-822-3924

E-Mail: [handsgrace@fulton-net.com](mailto:handsgrace@fulton-net.com)

Hours: Monday through Friday 9-12 and 1-3

### **Hands of Grace Faith in Action**

#### **Adult Day Center**

DELTA: Delta United Methodist Church

101 Northwood Drive-Delta

9-3

**Monday, Tuesday, Wednesday, Thursday and Friday**

Web-Site: <http://www.metalink.net/~handsgrace>

Follow us on Facebook.

---

Hands of Grace Faith in Action

104 Monroe Street, Suite 2

Delta, Ohio 43515-1149

Mark your calendars  
events inside this  
issue!



***Hands of Grace Faith in Action***

***news you can use.***

***1st Quarter 2011***