



Established 1976
Greater Maple Valley
Community Center

The  of the Community

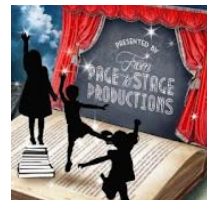
Community First

A QUARTERLY NEWSLETTER FOR FRIENDS AND SUPPORTERS OF THE
GREATER MAPLE VALLEY COMMUNITY CENTER

V8E1 Fall 2023

Program Partner Spotlight: From Page to Stage Productions

The Community Center has partnered with From Page to Stage Productions to bring a variety of art to special needs adults in our community.



From Page to Stage Productions is the brainchild of Cheri Ayres-Graves, a theater teacher and director with 30 years of experience. The mission of the program is to make theater education and performance accessible to all individuals, regardless of their ability, with the goal of all persons discovering their confidence, beauty and voice. Spurred by a request from her daughter, Dona May, Cheri began an adaptive theater program for adults with unique abilities.

And this is exactly the demographic that From Page to Stage targets at the Community Center. Branching out from theater, Cheri incorporates music, dance and crafts into her curriculum at the Center.



These types of activities are difficult to find in our area but are vitally important. According to the National Rehabilitation Information Center, *“music, art, dance, and drama or theater have therapeutic value for people with disabilities and older adults. Also known as the arts, they can be effective in improving motor function, cognitive function, and quality of life; can encourage self-discovery and emotional growth; and can provide emotional and physical integration, along with many other benefits.”*



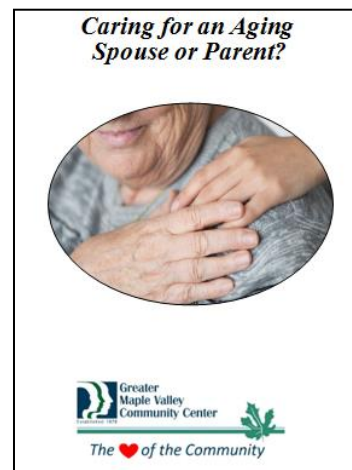
We are very lucky to have this resource in our area. For more information on Page to Stage Productions, please contact Cheri Ayres-Graves at (253) 350-8344.

Caring for an Aging Spouse or Parent

Caring for an aging spouse or parent is something that many, if not most, of us will face at some time in our lives. This can appear to be a daunting task but can be made much easier with some prior planning.

After working with people in this situation for decades (yes, decades), the Community Center has developed a booklet that helps to identify and address many of the issues that families with aging loved ones encounter.

Many of the items discussed in this booklet are as mundane as knowing where a list of current medications are kept. With the cost of assisted living exceeding \$6,000 per month, the discussion can become much more intense in a very short period of time.



For example, what level of care is needed? How is that type of care going to be paid for? Who has the final say in making those decisions? How can the family ensure that the wishes of the parent or spouse regarding their burial/cremation are respected so that family squabbles can be avoided when that time comes?



Include family, an attorney, a financial planner, and a physician in the planning conversation.

The use of this guide by an older adult, while still physically and mentally active, can be a huge gift to their partner and/or children. While no one (except maybe attorneys) likes to talk about Wills, Health Care Directives, or a Durable Power of Attorney, having these items in place Yankee great Yogi Berra is quoted as saying, “If you don’t know where you are going, you’ll end up someplace else.”

While this booklet can be a tremendous resource for people with an aging parent or spouse, the Community Center highly recommends including their family, attorney, financial planner, and physician in the conversation as they navigate through this journey.

Caring for an Aging Spouse or Parent can be found on the Community Center’s website at <https://www.maplevalleycc.org/community-resources> or can be picked up in our main office.

Save the Date

Mark Your Calendar for the Community Center’s
2024 Benefit Breakfast scheduled for

Thursday, March 21, 2024

8:15 am

2024



Benefit Breakfast