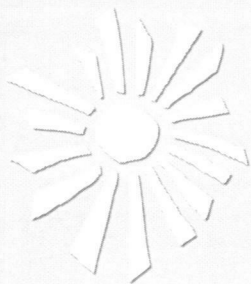


GRACE CENTER

For Adult Day Services

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News for
 Friends of
 Grace Center

April 2008

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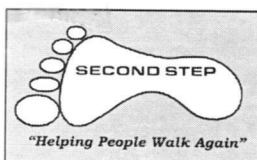


Director's Corner:

Using the "Second Step"

Challenging situations require creative solutions. The Gait Harness System from Second Step, Inc. has provided such a solution for Grace Center participants who can no longer walk. Those who were formerly confined to their wheelchairs can now be seen strolling the halls in an amazing device we simply refer to as "the ambulator". Designed by engineer David

Dubats and a research and development team in Florida, this system is being used in clinics, rehabilitation centers, hospitals, research facilities, and homes across the country. David (who is now based in Eugene) has worked closely with our staff to adjust the system to meet our participants' needs, and we have obtained a second ambulator and a customized har-



ness for a participant whose increased thigh muscle mass caused him to "outgrow" the standard harness!

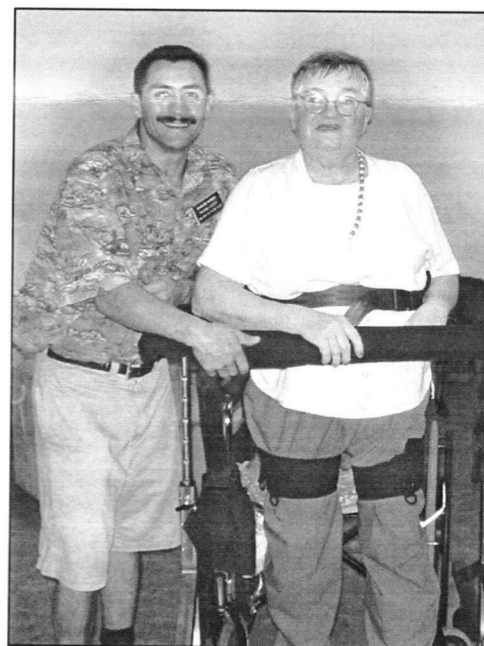
Both participants and staff are enthusiastic about our ambulators. The participant is safely secured in a harness that attaches to the frame of the ambulator, and large padded adjustable armrests provide upper body support. The participant cannot fall and can sit in the harness when rest periods are needed. The staff person providing assistance can coach the participant on walking technique and is protected from injury as well. Using the "Second Step" solution is one of the many creative ways that Grace Center helps participants lead healthier and more satisfying lives!



Check out Knutte Martensen using the Second Step at www.secondstepinc.com/videoclips



Marlene Massey uses the gait harness ambulatory to increase her strength and stamina



The Second Step provides weight bearing exercises for Mary Ann Pape