About Us

Our core values

Honoring Our Participants:
At Marie Smith Center (MSC) and Lambert House (LH), we are dedicated to respecting the rights of our participants by providing an atmosphere that is secure, respectful, and considerate of their needs. We advocate for our folks by promoting a sense of independence and the giving them the freedom to be themselves.

Making Every Day Joyful:
We encourage participation in our activities. Music, art, and exercise classes are balanced with quiet time. There are monthly outings and celebrations. All activities provide opportunities for friendship and fellowship.

Supporting Caregivers:
We empower caregivers to provide the best care to their loved ones while maintaining their own health and wellness.

Late life is frequently associated with a sense of vulnerability because of changing functional abilities, dwindling social support networks, and an increasing reliance on community agencies for support. Despite the risks, many individuals overcome challenges and continue to live happy, productive lives.

Adult day centers are an integral part of the long-term care continuum. Involvement can reduce caregiver’s burden, improve participant’s mood and behavior, and prevent hospital stays or nursing home placements.

At Marie Smith Center and Lambert House, you’ll find structured and engaging evidence-based programs that meet the needs of functionally and/or cognitively impaired adults and seniors. We emphasize abilities and potential rather than disabilities. Our individualized services increase the well-being of participants, their families and caregivers, and even the community by keeping more of its members actively involved.

Our Team
The staff of Lambert House (above) and Marie Smith Center (below) use empathy, compassion, and humor to provide therapeutic, person-centered care for our folks.

You’ll love the way our insightful and engaging staff connect with you and every participant on an individual level. We bring back the fun and purpose to our aging population.
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*Marie Smith Center and Lambert House make every day joyful by honoring each participant and supporting their caregivers.*
BINGO

If there was an award for the most popularly attended activity at our programs, Bingo would surely win it! Participants enjoy a sense of belonging, friendly competition, achievement, and the excitement of earning points or prizes during this familiar game.

Concentration
Bingo stimulates many areas of function including attention, focus, immediate memory, visual and auditory perception, and it requires accurate motor movement to mark the numbers on the Bingo card. It is therapeutic and highly effective at enhancing cognitive function.

Inclusion
Friendships are forged during our Bingo games as participants assist those with visual, auditory, or cognitive difficulties. Some participants like to help by acting as the official Bingo caller for a game or two. By making leisure activities more visually and cognitively accessible, performance and participation in everyday activities may be meaningfully enhanced.

Connectedness
We’ve included Bingo in the Think! section, but we shouldn’t overlook the social and community interaction this session provides our participants. Even when participants are too tired to play, they still choose to sit and watch at the Bingo tables instead of retreating to the recliner room. The time is a valuable escape from self-isolation.

A 2010 AARP survey found that 35% of adults aged 45 and over were lonely and less likely to be involved in activities that build social networks. Bingo at Marie Smith and Lambert House is a valuable escape from this loneliness.

Bingo can be a therapeutic intervention for fine motor skills post-stroke as it provides a safe opportunity to practice using the weaker hand.

Faces beam with delight when concentration and persistence are rewarded.
COGNITIVE ACTIVITIES

Mental stimulation
Among elderly adults, mentally stimulating activities have been associated with preserved cognitive abilities and a reduced risk of mild cognitive impairment and dementia. In addition, mentally-stimulating activities are associated with better cognitive abilities in Parkinson’s Disease, independent of education or severity of disease.

Processing speed
Cognitive training that emphasizes speed of processing has been shown to lead to cognitive enhancement, counteract age-related decline in selective attention, and significantly reduce dementia risk. So, we challenge our participants with various games including trivia, riddles, icebreaker questions, math problems, and more to motivate them to think, speak, engage with the group, and express their thoughts. We keep it fun while encouraging participants to push themselves a little further.

THERAPEUTIC COOKING
Participants are invited into the kitchen each week to learn a new recipe and taste delicious, healthy food with the activity coordinator. Like most other activities at Marie Smith Center and Lambert House, our cooking group is a seamless blend of evidence-based therapy and good old-fashioned fun!

Engagement in mental stimulation such as cooking is related to preservation of cognitive performance, and therapeutic cooking groups like this one have been shown to reduce agitation and passivity among those with dementia.

For some, handling kitchen tools, seeing colorful ingredients, smelling spices, and tasting their own food creation only happens at Marie Smith Center. Along with feeling capable and independent, the sensory experience of the cooking process often sparks memories of family dinners or favorite meals. This event is that is looked forward to.

BRAIN GAMES ARE MORE THAN JUST FUN

Frequent engagement in mentally stimulating activities is beneficial to brain health for people at risk of mild cognitive impairment, dementia, or Parkinson’s Disease.
Licensed therapists from Earthtones Northwest join us every week to facilitate dynamic musical gatherings. Music therapy is known to reduce agitation, disruptiveness, and prevent medication increases in people with dementia.

Individual preference of music is preserved throughout the aging process, so sustaining musical and personal connectedness helps to maintain a person’s quality of life. More than that, music taps into an individual’s sense of self, helping to explore one’s personal preferences and life history and supporting a wider appreciation of life.

In other words, we jam!

Therapists lead participants through a variety of therapeutic music experiences including instrument playing, songwriting, singing, performance, listening, dancing, interpretative movement, and musical improvisation. Participants typically respond to familiar music by tapping their feet, clapping their hands, humming, singing along, or dancing. We collaborate, connect, laugh, and have fun!

On a day like today, I want to sing with you
So, let’s sing and play on a day like today

—opening lyrics of the MSC “Hello” song

Our watercolor painting session, based on the Alzheimer’s Association’s Memories in the Making® fine arts program, encourages creativity driven by one’s own precious memories. Reminiscence is effective in improving mood and cognition, so we’ll use photos and collage to reignite old memories and inspire artwork and conversation.

No artistic skill or creative talent required! Individuals with dementia have shown improvement in self-expression, communication, pleasure, and enjoyment by engaging in artistic and creative therapy. Arts-based approaches are also highly therapeutic for persons living with comorbid agitation and behavior challenges. Perhaps Dad loved to work on cars when he was younger? Did your loved one play an instrument in school? Let’s bring those memories out and share them with the canvas and our peers.
Horticultural Therapy

Did you know that just touching a plant will produce a calming effect? It’s true! And, that’s not all. Horticultural therapy is also shown to increase positive emotions, enhance engagement, and boost self-esteem.

These therapy sessions transport elements of the great outdoors to the indoors and place it within our reach, allowing us to relish in the beauty and healing powers of nature. Certified horticultural therapists from Earhtones Northwest use a sensory-oriented plant selection focused on color, texture, and fragrance as they guide participants through a project in incremental steps. This group provides an opportunity for participants to socialize with peers, connect with nature, and learn through action. Through interacting and working with the natural world, individuals with varying abilities can reintroduce purpose into their lives.

Relish in the beauty and healing powers of nature...
PET THERAPY

Certified pet therapy animals and their handlers regularly bring smiles, laughter, conversation, and joy to Marie Smith Center and Lambert House participants. Pets are a wonderful anxiety reduction tool as well as a catalyst for social connection. Not only do animals keep people company, but they also enhance our health status, provide sensory stimulation and emotional support, and a sense of physical and psychological well-being. Pets increase our self-control, play an “emotional mediator” role, and serve as social facilitators and catalysts for social interaction. Pet therapy has a positive influence on depressive symptoms, both in otherwise healthy elderly individuals and in those with chronic age-related disabilities.

GARDEN TIME

Exposure to natural environments facilitates recovery from physiological stress and mental fatigue, so we reserve space in the Marie Smith Center activity schedule for outdoor time as often as the weather allows. The warmer months find Marie Smith Center and Lambert House’s therapeutic gardens in full, fragrant bloom. The air buzzes with bees, birds, butterflies, and our own excitement for the blessed Pacific Northwest sunshine!

Participants enjoy this sensory experience as they socialize outdoors, get their hands dirty in the garden beds while caring for plants, and soak up fresh air and sunshine. Outdoor time has a direct relationship with depression, so why not take that coffee break outside? We’ll provide the hats, coffee, games, conversation, and ice water; you bring your smile and sunglasses!
Creativity combined with accessible projects and group process with staff-participant engagement ensures successful and therapeutic creative expression during each arts & crafts session, affectionately known as “crafty hour.” A study found that group process positively influences participant affect, while the combination of all three traits has direct effects on the level of participant engagement with staff. Creative expression has also been associated with increased psychological well-being and positive health outcomes.

Marie Smith Center staff members encourage participants to use their imaginations while creating something new and valuable during these structured sessions. While creating together and expressing ourselves, we share stories from our past, tell jokes, and support each other. Some techniques utilized include paper cutting, coloring, stamping, braiding, weaving, collage-making, and knitting.

Marie Smith Center’s female participants look forward to coming together each Thursday morning to share concerns, problem-solve, exchange information and resources, and provide one another emotional support in a safe environment. Discussion groups like this one result in decreased depressive symptoms, increased self-rated health, and increased autonomy.

A friendly shoulder to cry on or a listening ear is more than helpful; it’s vital. The influence of social relationships is so important, in fact, that researchers rank it even higher than physical activity for living a long and healthy life. If that wasn’t a good enough reason to join our conversations, researchers have demonstrated that we can also reduce our cognitive age by up to 9.5 years when we socialize in groups! But even without all the research behind it, the companionship, acceptance, and belonging experienced in women’s group just feels good.
EXERCISE

Changes in physical functioning that can accompany illness, injury, or old age often lead to an increased fear of falling and a decrease in physical activity. Fortunately, even a small amount of regular exercise can minimize the physiological effects of an otherwise sedentary lifestyle and, moreover, increase active life expectancy.

Join us for our morning fitness session to stretch and strengthen your body, improve your blood flow, and boost awareness of how your body moves through space. These workouts, which are modeled after a program developed by the Department of Veteran Affairs, cater to participants who prefer slow physical movements.

Tai Chi movements are incorporated for their effectiveness at improving cognitive performance, balance, and muscle strength while decreasing hypertension, falls, pain, and depression. Our focus is on injury-free exercise, mindfulness practice, and teaching that physical exercise is accessible to all levels of fitness and mobility.

MEDICAL PROGRAM

Marie Smith Center and Lambert House have the distinct advantage of having licensed nurses on staff. The registered nurse (RN) and the licensed practical nurse (LPN) are responsible for overseeing our medication program, as well as training and delegating our staff for medication administration. We can administer insulin and provide safe medication administration for participants who may need to take medications during their visits.

Medical Monitoring and Counseling

By having nurses on board, we can provide the best possible care for participants that have medically complex needs. We can monitor the health of our folks, coordinate with their primary care provider, and provide medical consultation/advice for participants that may have health concerns. You can feel secure knowing that our nurses and staff are trained to effectively respond to any medical event that may occur at our centers.
Testimonials

“I’m treated as a human being. They take a special interest in each one of us. Caring people, good activities.” – Beemer, participant

“It’s a nice place to visit. The people are so friendly. The medical assistance you get here, and the social support, is all great and so convenient.” – Ed, participant

“This program saved my life! You take care of my brother which gives me a break. Your team is my brother’s world, and I cannot thank you enough.” Lynette, family caregiver

“I chose this program the minute I walked in and felt the calm, but lively atmosphere. Some of my mom’s best days are at Lambert House. My only regret is not finding it sooner.” Donna, family caregiver

“Before I came here, I was not forming bonds and new friendships. This place pushes me to think about doing new things. I now look at other people for who they are and not what they are diagnosed with. It’s how I want people to see me, and now I am doing the same thing. This is a new lesson for me and I like it.” Anita, participant

Contact Us

Lambert House
2600 SE 170th Avenue (at Division) Portland, OR 97236
Phone (503) 760-2075
Hours: MWF 7:30 am - 4:30 pm T TH 7:30 am to 3:00 pm

Marie Smith Center
4616 N. Albina Street Portland, OR 97217
Phone: (503) 335-9980
Hours: M-F 7:30 am - 5:00 pm

Volunteers of America Oregon
3910 SE Stark Street Portland, OR 97214
(503) 235-8655
www.voaor.org

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