

# Meet The Neighbors: Embrace Kindness Bodywork

by Madison Ward

Is self-care or de-stressing part of your New Years' resolution list for 2022? Embrace Kindness Bodywork can help! Sara Tyler, the owner of this massage therapy studio, grew up right here in Albany and has returned to offer the best care she can. She welcomes anyone dealing with pain, whether chronic or not, who is looking for relief. "I'm excited to meet you!" she says.

Sara has always had a desire to care for and help others. Initially, she wanted to be a nurse, but massage therapy caught her eye because of how adaptable it is. She graduated top of her class at Everest Institute in Tigard to become an licensed massage therapist (LMT) and doesn't regret her choice one bit. Sara continues to take classes about different massage therapy techniques and practices to incorporate them into her business. "I love what I do," said Sara, "I want to learn new ways to help the people who come through my door."



Hina Sparks works at Embrace Kindness as well; she and Sara are good friends and Hina is also a LMT with many years of experience. Some of the services they provide include deep tissue and Swedish massages, hot stone, cupping and more.

What should you expect when you first walk in for your appointment? A very welcoming and relaxing atmosphere will greet you. Soft blue walls, beautiful plants and calming lights create a homey feel. In fact, many parts of the office come from Sara's family in some way, including the dark oak shelf from her uncle and the giant angel wing begonia that was grown from her great-great grandmother's plant; this studio was made with love and it shows. The shelf displays crystals and different soaps to buy. Business cards and various local artists' creations also sit on the shelves.

Sara encourages and supports small businesses by hosting their products, like earrings and metal art, for people to buy. The profit goes 100% back to the artist and is just one way that Sara likes to assist Albany residents. Giving back to the community has always been a part of Embrace Kindness' business practices.

Depending on who the appointment is with, Sara or Hina will welcome you in and begin to have a conversation with you about your concerns and goals. If it's your first appointment, feel free to come in 5-10 minutes early and get to know Sara and Hina, and become comfortable with the process. They will ask you a few questions to get to know you and your body. Understanding what muscles might be tense, where your pain is or what might have caused you aches is essential to provide you with the best care.



Photo by Marilla Kay Photography

Sara Tyler (left) and Hina Sparks

The most important thing to remember is that "your appointment is your time," Sara said. Feel free to talk, not talk, sleep or do whatever you feel comfortable doing. Scheduled a deep tissue massage but come in feeling like a relaxing Swedish massage? That is quite alright, just let them know. Communication with Hina and Sara will ensure relief and a more rewarding experience.

February 14th will be Embrace Kindness' one year anniversary. Along with this, Sara has begun taking classes to learn more about "yo-massage," a type of massage therapy that is yoga-based. It's less contact-oriented and stretch-focused, targeting muscles to release tension and de-stress at the same time.

Ready to schedule your first appointment or have a question? Call Sara at (541) 714-5550 or Hina at (541) 714-5553 or email [embracekindnessbodywork@gmail.com](mailto:embracekindnessbodywork@gmail.com). Visit [embracekindnessbodywork.com](http://embracekindnessbodywork.com) or check them out on Facebook or Instagram.

# OMS Revitalization Grant Opportunity

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The OMS Revitalization Grant application must be submitted by the Albany Downtown Association on the member's behalf. Only one applicant will be submitted for Albany for the 2022 grant cycle.

To help the ADA grant committee in selecting the project most in keeping with the grant mission and highest likelihood of winning an award and to ensure that the interested Albany Downtown Association member is properly prepared for the Oregon Main Street Application process, we are requiring a "pre-application."

Pre-applications will be reviewed and follow-up questions made by the Albany Downtown Association Economic Vitality Committee to make our final project selection. Once a project is selected, we will work together to complete the official SHPO grant application.

The pre-application can be accessed at: <https://tinyurl.com/OMSGrantPreApp2022>

## Grant Timeline:

- Jan 1 - Albany Downtown Association Pre-Application open
- Jan 10 - **POSTPONED** ADA Building & Business Owner Mixer. Staff available to answer questions.
- Jan 14 - Application workshop. Statewide zoom event hosted by Oregon Heritage & Oregon Main Street. Open to all. Registration required. <https://tinyurl.com/OMSGrantWorkshop2022>
- Jan 31 - ADA Pre-application deadline
- Feb 11 - Project winner announced and the collaboration to complete the full application begins
- Feb 28 - Project partner application completed and due to reviewing committee
- Mar 15 - Final touches on the grant application & submit to Oregon Main Street
- May 12 - Award notification
- Apr 30, 2025 - Project Completion and Final Reporting Deadline
- TBD - Project Impact Reports: At final report and one year.

For more information about Oregon Heritage Grants and previous winning projects visit: <https://www.oregon.gov/oprd/OH/Pages/Grants.aspx>

In 2015, legislation established a permanent fund for the grant and provided an initial \$2.5 million of funding as part of a larger lottery bond package. In the 2017

# January/February Events

## Friday, Jan 7 - 1st Friday in Historic Downtown Albany

Mark your calendar for Albany's monthly 1st Friday celebration in Historic Downtown Albany. Look for sales, fun and music. Visit the "1st Friday in Historic Downtown Albany" Facebook page for more information.

## Wednesday, Jan 12 - History Bites - POSTPONED

Join the Albany Regional Museum for something a little different during the next History Bites. Have you ever wondered what it's like to work in a museum? Or are you curious about how they choose what is saved in the collection? Maybe you just want to know what volunteer opportunities they have. Hear those answers and more by joining Keith Lohse, the Museum's Executive Director, for some coffee & conversation. This will be light on presentation so be sure to bring plenty of questions. (rescheduled from Dec.) Noon. Free, refreshments are available. Masks are required. For details, call (541) 967-7122 or visit [www.armuseum.com](http://www.armuseum.com)

## Feb 11-13, 17-20, 24-26 - ACT presents Fly Babies

by Rusty Harding. 1943 – WWII is raging. Five young American women, all qualified pilots, lend their skills to the newly-created Women Airforce Service Pilots (WASPs): Dotty, the wide-eyed farm girl; Peggy, the spoiled heiress; Pauline, the seasoned barnstormer; Hazel, the Asian-American who has already witnessed the horrors of war; and Mazy, the African-American who is fighting her own war against prejudice. All five come together on the desolate plains of west Texas, where they experience the challenge, the triumphs, and the tragedies of serving their country on the home front. And where they quickly discover that not all battles are fought overseas. Directed by: Loren Dunn. Performances: February 11, 12, 13(m), 17, 18, 19, 20(m), 24, 25, 26. For tickets, call the ACT box office at (541) 928-4603 or visit [www.albanycivic.org](http://www.albanycivic.org).

## Feb 1-26 - Annual Big Show of Little Art

Gallery Calapooia presents the Big Show of Little Art, the Annual Community Open Exhibit of 8" x 8" artworks. The artist reception is Feb 4, 6-8 p.m. For more info, call (541) 971-5701 or visit: [www.gallerycalapooia.com](http://www.gallerycalapooia.com) See story page 1

## Friday, Feb 4 - 1st Friday in Historic Downtown Albany

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For info on these and other events, visit [AlbanyDowntown.com](http://AlbanyDowntown.com)

legislative session, an additional \$5 million was approved and was funded through the sale of the 2019 lottery bond package.

The 2021 bond sale was canceled due to the economic impact of COVID-19, but the Oregon legislature included Oregon Main Street Revitalization Grant in the bond packages slated for 2022 and 2023.

ADA's grant application committee looks forward to reading through the applications to find the best partner and project.

If you have any questions on the pre-application, please reach out to Lise Grato, Executive Director, at (541) 928-2469 or [director@albanydowntown.com](mailto:director@albanydowntown.com) or Stephanie Gutierrez, Economic Vitality Chair / ADA Board, at (541) 223-8131 or [stephanie.g@kw.com](mailto:stephanie.g@kw.com). More information is also available on our website, [www.albanydowntown.com](http://www.albanydowntown.com).



The first upgrade of the Albany Waterfront Project looks to be a parking lot improvement behind the Albany Civic Theater. This lot includes public parking and employee/resident leased spaces. The improvement will add 12 spaces to the lot for a new total of 75.

Each month ParkWise awards a month of free parking to a lease or employee permit holder.

Our January parking winner is...

*Lindsey Hart*

Linn County

**Lise Grato**  
Executive Director  
[director@albanydowntown.com](mailto:director@albanydowntown.com)

**Owen Muller**  
Front Office Assistant  
[assistant@albanydowntown.com](mailto:assistant@albanydowntown.com)

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Janet Steele - Albany Area Chamber of Commerce

## Director's Corner

The holiday season was amazing in Downtown Albany. Merchants were busy starting with Unwrapped and Small Business Saturday and continuing through the season.

Diners returned to Downtown restaurants enjoying holiday meals with family and friends.

The blanket of snow added a special charm to Christmas week. Something we haven't enjoyed for a few years.

Looking towards 2022, we are excited to have the opportunity to partner with a local building or business owner to apply for the OMS Revitalization Grant. We are optimistic we will find a great project and a grant will be awarded to Downtown Albany.

*~ Lise*



# Twice Around Parade Brings Smiles!

The 21st (almost) Annual Downtown Twice Around Christmas Parade and Community Tree Lighting was an amazing night for Albany families after missing 2020 due to Covid.

Attendance again topped previous years as folks gathered to enjoy a perfect winter evening without a cloud in the sky.

The entries were a fun mix of vehicles, animals, and lots of costumed participants. The OSU Equestrian Team made their second parade appearance while Caesar, The No Drama Llama, was back for his third year.

Charming, historically costumed characters, vintage cars, the Albany firetruck and Chafin Farm's horse-drawn wagon set a reminiscent tone of early days in

Historic Downtown Albany. With 25 entries, there was much to enjoy. Congratulations to the parade winners.

- 1st Place - Dave Sears Family and Friends. (18th year in the parade)
- 2nd Place - Magic School Bus Elves (School Bus Drivers of Albany)
- 3rd Place - Candyland Carousel (Albany Carousel).

Following the parade, thousands gathered at the community tree to celebrate the season, joined in singing carols and cheered on the tree lighting. Mayor Alex Johnson II and Santa lit the tree with the help of some local youth.

Photos by Hannah Bethany Darling, Parade Chair / ADA Board.



# Christmas Week Snow Drapes Historic Downtown Albany

Christmas weekend brought a blanket of crisp snow to Historic Downtown Albany. Locals and businesses took the opportunity for some fun wintry photography.

Tucked inside Casetta di Pasta, newly opened Jo Jo Mac's welcomed breakfast and lunch diners to try their southern cuisine at Two Rivers Market.



Our majestic community tree draped with fresh snow was captured in the early dawn light by Melinda Martin, City Delivery Service.

Visitors to Calapooia Brewing Co. were greeted by a fanciful snowman showing off the special of the day, a chipotle chicken burrito.



# DOWNTOWN ALBANY

January 2022

## OMS Revitalization Grant Opportunity Announced

We are very excited to announce that the Albany Downtown Association through a partnership with Oregon Main Street is making the opportunity of a Revitalization Grant available to our members!

The Oregon Main Street Revitalization Grant is a competitive grant offered by the State Historic Preservation Office (SHPO) for up to \$200,000 in matching funds for downtown revitalization efforts in communities participating in the Oregon Main Street Network such as Historic Downtown Albany. Matching funds of at least 30% of the award is required. Matching funds can be in the form of cash, in-kind donations, and/or volunteer time.

The Revitalization Grant funds may be used to acquire, rehabilitate and construct buildings on properties. Funded projects must facilitate community revitalization that will lead to private investment, job creation or retention, establishing or expanding viable businesses or creating

a stronger tax base. Projects may include façade improvement, accessibility enhancement, basic utilities, second floor renovations and more.

In 2019, the second grant cycle, SHPO awarded 30 matching grants worth \$5,244,261 to Oregon Main Street Network organizations across the state for building projects that encourage economic vitality. Projects ranged from façade improvement to housing and awards ranged from \$56,731-\$200,000. 63% of the requests were funded, with 93% going to rural communities.

"While all of the 2019 projects are not complete, we are thrilled to see the impact this grant program is having in communities that have worked hard to make downtowns a strong asset despite the pandemic," notes Sheri Stuart, Oregon Main Street Network Coordinator.

Adaptive reuse of a bank building



brought apartments to downtown Coos Bay. And structural enhances stabilized a building for retail and event space in Baker City. "We are looking forward to proposals for the new cycle," adds Stuart.

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## Gallery Calapooia "Big Show of Little Art" Call for Artists

It's almost time for The Big Show of Little Art. Gallery Calapooia is hosting their 4th annual exhibit of 8 x 8-inch art works in



February 2022, and they would love to have you join them!

Gallery Calapooia has announced its "Call to Artists." Participation in the exhibit is open to everybody: new artists, veteran artists, young and old artists, artists who are showing their work for the first time and artists who have been showing their work for years. The 8 x 8 exhibition celebrates the community and community arts. All art work must be for sale and cannot have been shown in previous Gallery Calapooia Community Exhibits.

"The space for the exhibition is small and while we will endeavor to accept as many artists' work as we can, we only have room for approximately 110 artists depending on the number of 2D and 3D entries," said Pat Spark, Gallery Calapooia.

Art work entry must be hand-delivered to Gallery Calapooia. The submission date is Sunday, January 23 from 10 am-6 pm. Entry forms are available online or at Gallery Calapooia. They must be completely filled out, signed and submitted with art work. Check the form for specific size and display criteria. Submissions are free, but limited to one entry per person.

The reception for the 8 x 8 exhibit will be Feb. 4 from 6-8 pm at Gallery Calapooia. The dates of the exhibit are Feb. 1-26. Depending on COVID restrictions, admission to the reception may be limited. Masks must be worn, and social distancing observed.

For information about the show and artist entry forms, call (541) 971-5701 or visit: Gallery Calapooia at 222 1st Ave. W or [www.gallerycalapooia.com](http://www.gallerycalapooia.com).