

# Building Bright Tomorrows... Today

## Peter DeFazio Visits Old Mill Center

Relief Nursery parent, Emily Taylor, shared her story with Congressman Peter DeFazio and others when he made a stop at Old Mill Center on Mon, September 26. Emily shared that "a year ago I hardly spoke, or talked to anyone....thanks to the Relief Nursery I am talking to all of you. I can't believe it."

Congressman, Peter DeFazio will soon find himself the congressman for Corvallis as redistricting takes place in January, 2012. His sincere interest in the work of Old Mill and in our new Relief Nursery children was appreciated by our staff. Our "therapy" cat, Jack, was also a favorite.



See more about the Relief Nursery on page 2



**OLD MILL CENTER**  
For Children and Families

1650 SW 45th Place, Corvallis, OR 97333  
Phone 541-757-8068 Fax 541-758-1030  
[www.oldmillcenter.org](http://www.oldmillcenter.org)

## Message from the Director

Steve Golston, Phd, Executive Director...

The month of September 2011 was certainly a month of personal distinction for me. In the span of two weeks I had the opportunity to mark my personal one-year anniversary as the executive director of Old Mill Center for Children and Families and enjoyed the dubious honor of becoming eligible to join the local chapter of AARP. While the latter distinction is neither here nor there in terms of my work at Old Mill Center, it did give me pause long enough to consider the varied reasons that many people feel life gets better and better after the age of 50. What could possibly explain this perspective?

Studies of aging tell us that the basic reality is simple: It's hard to be young. The youthful stages of life have become quite a gauntlet to run to make it successfully to the more relaxing, more secure "golden years" of life. Even more troubling, the challenges of young adulthood in this day and time translate directly into a kind of double jeopardy for children during the earliest stages of life. They face an environment marked by numerous threats to their development and well-being at the same time that many of the care-giving adults they are so utterly dependent on are distracted with their own struggles and stresses.

This is where Old Mill Center aims to plug in to the picture with our mission to "help children and families thrive and be safe, supported, and successful...". At Old Mill, we are all about identifying those times, places, and situations where a little information, a little understanding, a carefully chosen resource or two, and some carefully applied professional expertise can help simplify the process of trying to grow up, or help the children in your life grow up, to be happy and successful.

I invite you to read through the rest of this newsletter to get a sense of what each of our program areas does to implement the mission of helping children and families thrive. Counselors are meeting with kids of all ages on a daily basis, both in our offices and out in the schools, helping kids solve problems, think through situations, and learn to apply new skills in their lives. Parents are meeting with staff trained in techniques to establish strong, powerful bonds of attachment between adults and children--the very foundation for effective functioning in daily life.

Highly trained and coordinated early childhood staff are planning and leading classroom experiences for children from two to seven focusing on self-regulation, getting along with others, and learning how to learn. Home visitors are going out to meet parents and children in their homes, to lend assistance with the kinds of daily family situations that often defy logic and common sense.

And all of this is made possible because our community cares and responds to these needs by supplementing the direct funding Old Mill and other agencies get to provide these services with support of all kinds, both financial and beyond.

It has been an incredibly fun and productive first year as the leader of the Old Mill effort, and I have been challenged in multiple ways as a manager and mental health professional. I am so proud and happy to be working with a staff that is incredibly smart, energetic, loyal, and compassionate. Our collegial relationships are so very important because nothing at Old Mill is run-of-the-mill or repetitive. Working with families and touching their lives like we do pretty much guarantees that the challenges we tackle on a daily basis are going to be as unique and varied as the families themselves.

Everyone at Old Mill extends our heartfelt appreciation for the opportunity to serve and the support we receive to make it happen. May you have a fantastic fall and early winter season!!



## Happiness is a Warm Quillow

These pictures say it all. For over 10 years, wonderful volunteers have been making quillows (a "fusion" of quilts and pillows) for children in Old Mill's PreK classroom. They have now added the children in the Relief Nursery therapeutic classrooms to the list of happy quillow owners.

Children sit on them during circle times, lay on them during rest time and hug them when feeling sad. Geary Cuniff, Manager of Quiltwork Patches, selects and purchases fabrics, cuts the pieces and gives them to volunteers to sew into wonderful quillows!!

Volunteers include: Alan Sugawara, Lu Ann Kessi and the Harlan Quilters, Frieda Kessi, Betti Kessi, Margie Clark, Alice Morrow, Janice Workman and daughter Emma. Thanks to Quiltwork Patches owner, Jessey Yorgey for her generous support of Old Mill Center children.



## Thanks to our Donors

General donations June 1, 2011 – September 28, 2011  
We apologize for any error or omission in our donor list

Anonymous Donor	Bev Larson
Jayne Ackerman, MD	Sid & Judy Lasswell
All Pro Moving and Cleaning LLC	Julie Linhares
Peter Barnhisel	Sue Mariner
Chris Bell	Paul Marriott
Bill Benson	Mark McCarty
Brad Benson	Ken & Nancy Medearis
Ken & Julie Bielman	Georges Lifermann & Marilyn Miller
Larry & Carol Boersma	Bruce Moser
Fred & Mary Brauti	Mr./Ms. CV - Crescent Valley HS
Gwyneth Britton	Ron Naasko
Larry & Linda Burt	Jim Oldfield
John & Shirley Byrne	Ed & Beth Ray
Jane Capizzi	Jane Rice
Doreen Carpenter	Bob & Jane Ringo
Bruce & Diana Carsten	Jean Rosendahl
Gloria Chaves	Jack Ross
Dave & Sue Cook	Steve & Kathy Sansone
Marvin Crocker	Steve & Patrice Schuetz
Crystal Lake Public Storage	Mary Alice Seville
Carly Davis	Gloria Sica
Jay & Pat Dixon	Dr. Ryan Sparks
Keith & Joan Dunlap	Bond & Marilyn Starker
Mary Durringer	Beth Strong
Jim & Barbara Edwards	Alan Sugawara
Jim & Phyllis Eickelberg	Margaret Swan
First Alternative Co-op	Audrey Swygard
Janet Gambatese	Lee Takamori
Marjorie Goss	Marolyn Tarrant
Mary Jane Gray, MD	Cliff & Jo Anne Trow
Tom & Jeanne Griffith	Jim & Doris Van Olst
Daniel Hedrick & Leslie Clautice	Marge Vaughan
Frank Heresco	Dale & Mary Jane Weber
Emery Hildebrandt	Fred & Dian Wright
Mark Hoskins	Carl Wu
Don Klaus	Dave & Jan Zajicek
Carol Krakauer	Andy Zaremba
Brock Krizan	

## In Memory of Don B Martin

Donald Baumgartner	Estora Moe
David Brawn	Sidney Shannon
Ethel Burke	Jean Shay
Bill & Anne Harper	Tim & Karin Stewart
JJ Jones	Beverly Thompson
Barbara Lewis	Margaret Walton
Beverly Long	Louise Warner
Barbara McMinds	Len & Barbara Weber

## Foundation Gifts

Benton County Foundation  
Oregon Community Foundation  
Regence Foundation

## Community Garden, Delivering Goods All Summer Long

Next door to Old Mill Center is the SAGE Community Garden, managed by Pam DeWolfe and the Corvallis Environmental Center. Everyday throughout this beautiful summer the volunteers at SAGE brought the center over 540 lbs of produce for our staff and visitors to enjoy. Thank you to those that volunteer in the garden and made all this fresh produce possible; HP, OSU Fraternities & Sororities, Home school group and many others from the community.

## Ho, Ho, Ho for the Holidays

As is our annual tradition, Old Mill Center is asking you to help put the "ho-ho-ho" back into the holidays for our families in need. There are many ways to help with this worth-while effort, including: sponsor a family in need; offer to help provide gifts (usually an outfit and toy) for one or more children; drop new toys off at Old Mill Center; make a cash contribution to our holiday family fund. In addition, you can bring new toys to Town & Country Realty or contribute new toys at OSU Beaver home football games.

These toys will be distributed to Old Mill Center and other programs serving children in our community as a part of the Touchdowns for Toys Drive. For more information on how you can brighten the holidays for our children, call Cindy Bond, 541-757-8068 or email her at [cindy\\_bond@oldmillcenter.org](mailto:cindy_bond@oldmillcenter.org).

## A Message from our New Board President

by Janet Gambatese...

My interest in community service grew after completing the Leadership Corvallis program in 2009. After learning more about the community during that year-long program, I wanted to give back through volunteer service. I knew I wanted to help children and families, since I feel so fortunate and blessed with my own family and children.

As I began to explore my options for volunteer service, a co-worker and mentor suggested that I contact Bev Larson at Old Mill. During the meeting I told her about my job at Samaritan doing contracting, and Bev mentioned that Old Mill could use some help with its own insurance contracts. There was also an opportunity to serve as a board member, and it seemed like a natural fit for me. I also remembered that in the past, I had attended some fundraising events for Old Mill and I was impressed with their mission. I liked the idea of being able to volunteer my time to help children and families in need.

I have been on the board a little over year now, and currently serve as board chair. I feel immense gratitude to be involved with improving the lives of the children and families Old Mill touches each day. Our mission is to "help children thrive," and that is important and rewarding work.



## Dream Realized In Old Mill Center Relief Nursery

"This is the first time in 10 years I have not gotten wasted on my birthday. Without Relief Nursery I would have done it again!" reported a 20 year old mother of two young children, ages 5 months and 2 ½ years, who had been in the Toddler Therapeutic classroom and who had been participating in the mental health support group and in the parent education classes.

Now, after a decade of working with community partners to bring a Relief Nursery to Benton County, it is a REALITY!! Benton County was officially certified in May as the 15th official Relief Nursery in the State of Oregon.

Services currently include: two-day therapeutic classrooms for children two to three and three to five years of age. These nurturing classrooms have small enrollment and focus on resiliency, attachment and the social-emotional development of children. Home visits, parent education, developmental screenings and resource and referral are all part of the services provided by staff in these classrooms. There is no waiting list for Relief Nursery (RN) services. Any family who does not have a child in a therapeutic classroom receives Outreach services, including home visits, parenting education, developmental screenings and resource and referral services. All RN parents are able to participate in Parent Support Groups, with three groups running this fall. Groups are a combination of mental health (focusing on all the complex feelings involved in parenting) and parenting education (focusing on the skills needed to parent children at each developmental stage.) RN provides child care and meals for parents and children during group times. Families also receive transportation assistance as needed. Families may access the Resource Closet, offering clothing for children birth to size 7, emergency food items and items that cannot be purchased with food stamps, such as diapers, wipes, personal hygiene, laundry and cleaning supplies.

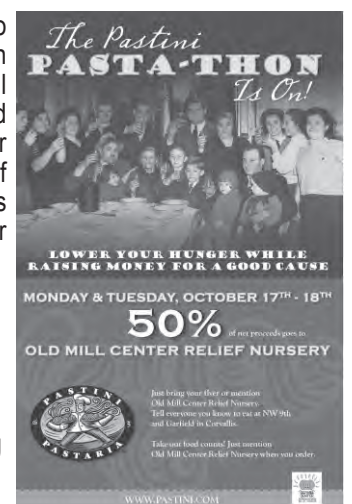
Research shows the tremendous impact Relief Nurseries have on reducing child abuse and neglect and keeping children out of foster care. Consequently the Benton County Commission on Children and Families (BCCCF) Early Childhood Committee worked collaboratively to establish a Relief Nursery with active partners including LBCC parent education, Corvallis Benton County Library Youth Services, Benton County Health Dept, PEP, Kidco Head Start, DHS Children's Services and Good Samaritan Hospital. With the hard work and dedication of these partners, the Benton County Relief Nursery has now become a reality.....a source of tremendous support to the most vulnerable families in our County.

Referrals for RN services come from many sources, including self-referral, community agencies, physicians, family members and friends. For more information about Relief Nursery or to make a referral, please contact Cindy Bond, 541-757-8068 or email her at [cindy\\_bond@oldmillcenter.org](mailto:cindy_bond@oldmillcenter.org).

## Big Thanks

A big thank you to all who attended the Skinny Pig Out on August 7th. It was a beautiful afternoon with great friends and supporters of Old Mill Center for Children and Families Relief Nursery. The following sponsors are greatly appreciated for your donation:

Bond & Marilyn Starker  
Crystal Lake Storage  
Dr. Ryan Sparks  
Heresco Chiropractic & Associates  
All Pro Moving and Cleaning  
Paul R. Marriott  
The Lerts Band



## Sad Farewell to a Good Friend...Ron Naasko

by Cindy Bond  
Relief Nursery Co-Manager...

Ron Naasko was a kind and generous man. If he heard anyone talking about him like this, however, he'd deny it. He didn't like attention. Sometimes, I'd see him down at the Farmer's Market or if he'd stop by for a visit and tell me, "Guess who I saw? I saw one of our old preschoolers, and he remembered me! Imagine that!" Then we'd laugh, because a man in a wheel chair without legs is very memorable. But that's not what he meant. He had no idea of the great contribution he made throughout the years in the lives of young children at Old Mill Center.



Ron volunteered for over 15 years in the preschool classrooms. Each time he thought he'd stop volunteering, I'd invite him in to meet the current kids. After watching him make connections with some of the children who really needed that little extra TLC the most, we'd chat, and he'd say, "These kids just have a way of weaving and worming their way into my heart! And you knew that if I just spent a few minutes with them, I'd be hooked!" Yes, indeed. That was Ron. If a child was having a difficult time with a transition, he'd invite the child to go for a ride on his lap in his wheelchair. If a child needed a lap at circle, Ron got out of his chair and offered it to the child. Ron was there, ready to give that little extra care and attention that sometimes teachers didn't have time to give. Ron was amazing!

Many of the children would ask "what happened to your legs"; he said "they got broken off during the war". Twice during his volunteer time he felt children needed to hear his story, and I had the privilege of hearing him gently, yet matter-of-factly tell the story, showing pictures of him in his army uniform with legs, pictures of him in the hospital, and then pictures of him later in life. Ron encouraged children to ask questions, he didn't want them to be afraid.

Ron volunteered throughout the community, making an impact and leaving his mark on staff and children alike, from Old Mill Center to Mari's Place at Community Outreach, Inc. to the SMART Program, reading weekly to children. You were wrong, Ron. You were very special and will be sorely missed!

A flag dedication ceremony will be held in celebration of Ron in October at Old Mill Center with Full Color Guard (date TBD, please call 541.757.8068 for more information). All of Ron's friends and family are invited to attend.



## Family Feature

by Medora Tuck Stevens  
Healthy Start Program Coordinator...

"We're still learning" said Tammy McGinnis, mother of 15-month old Mason Sanders, when asked about the family experience of receiving home visits from Healthy Start of Benton County. Tammy and her husband-to-be, Arthur Sanders have been receiving weekly home visits from Healthy Start since baby Mason was a newborn. Thinking back to those first few visits, Tammy shared that "at first we were concerned about a lot of things with having a new baby, but Healthy Start taught us what's good for Mason. Like, we didn't know anything about tummy time and how important it is before having home visits."

Although most weekly visits take place with Tammy and Mason, Dad (Arthur) is often included as well when he calls in to say hello during his break time from his job at Goodwill in Corvallis. Tammy also often takes photos and short videos of Mason's activities during home visits to keep Arthur included in as much as possible. In conjunction with Healthy Start, the family receives services from WIC, Benton County Health Department and Developmental Disabilities, Partnerships in Community Living (PCL), and Self-Sufficiency.

When asked about what she likes best about Healthy Start, Tammy said, "helping us know what comes next in his growing stages



and making sure he's doing what he should be, so we know what we can work on.... We always enjoy the visits and seeing what Mason can do!"

\*Healthy Start is a statewide program offering intensive home visiting and parental support to first-time parents who indicate interest in the program and who qualify for services based on a wide range of risk factors and family challenges. Healthy Start is a completely voluntary program, and services are free of charge to all families. If you are interested in learning more about Healthy Start of Benton County, please contact Program Coordinator, Medora Tuck Stevens, at 541-757-8068 ext. 117.

## Fireside Recitals 25th Series Begins

As the leaves change color it is time to prepare for the 25th Fireside Recital Series. The often heard "Wow, this was the best program ever" is certain to be heard again this season. Rachele McCabe has lined up brilliant musicians for our enjoyment. The most exciting of these is Robin McCabe, Rachele's sister, acclaimed international pianist, who chairs the University of Washington Music Department. No doubt you have all heard Robin in one of her Corvallis performances. Her only performance in Corvallis this year will be as part of our Fireside Series.

In addition to the musical entrees, wine and other beverages as well as appetizers or desserts will be served while you visit with fellow music lovers, treasured friends, and the artists themselves. Tickets are \$150 per person for the season, with all proceeds to benefit Old Mill Center and the OSU Piano Program. Please join us!

### 2011-2012 Recitals Schedule

**Friday, December 9, 7:00 PM**  
The OSU Chamber Music Project

**Sunday, January 15, 4:00 PM**  
Robin McCabe, internationally renowned pianist, will perform

**Saturday, May 19, 7:00 PM**  
Program to be announced

Special Thanks to our Sponsors:  
Barnhisel Willis Barlow and Stephens LC  
Jayne Ackerman, MD  
Jack Enbom, MD  
Broadley Vineyards  
Korvis Automation  
Catherine Mater



## Wish List

- 4 automobile fire extinguishers
- 4 automobile first aid kits
- 6 jewelers loupes (magnifiers) 5x magnification
- 6 small back packs
- Any type of guitar or percussive instruments
- Construction paper - all colors
- Duct tape - all colors
- Fine paint brushes
- Gallons of glue      Glitter
- Gift cards to purchase books and materials
- High quality water colors (6 sets)
- New electronic medical system
- Plant stands      Puppets
- Raw potters clay
- Sewing machine thread - all colors.
- Silica sand - 10 lbs
- Special paper - shiny, colors, textures      Steno pads
- Stickers with nature themes      White poster board

## Board of Directors

- |                      |                                   |
|----------------------|-----------------------------------|
| Meredith Baughman    | Town & Country Realty             |
| Linda Burt           | Oregon State University (Retired) |
| Alissa Craft, - DO   | Samaritan Health Services         |
| Patricia Dixon       | Community Representative          |
| Janet Gambatese, MPA | Samaritan Health Services         |
| Karen Misfeldt, Atty | Heilig, Misfeldt & Armstrong      |
| Pat Newport          | Oregon State University, Retired  |
| Dale Ramsay          | Contractor, Retired               |
| Meg Swan             | Oregon State University (Retired) |
| Tammy Thompson       | Campbell's Cleaners               |
| Bobbie Weber, PhD    | Oregon State University           |

## Old Mill Center...

"We're here for you"

### Relief Nursery Wish List

Photo paper

Item for the Relief Nursery Resource Closet including:

All new or gently used children's clothing, sizes Newborn-sz.7

Urgently needing new or gently used children's clothing Newborn-4T girls; 2-4T boys

Diapers & wipes, all sizes

Laundry detergent/fabric softener

Paper products (toilet paper, paper towels, tissue, napkins)

Personal hygiene (tampons, pads, shaving needs)

Cleaning supplies (dish soap, kitchen/bathroom cleaners)

Infant/toddler push/pull toys

Children's stickers

Scrapbooking supplies

Powdered infant formula



### United Way Day of Caring

Hewlett Packard (HP) comes through again, sending a crew of employees to Old Mill for the United Way Day of Caring. They spread 25 yards of bark dust and trimmed bushes and trees...all in a record 4 hours. An amazing, generous and energetic group. Thanks, too, to Sid Lasswell who volunteered his time to help Kerrie Tarkinton, OMC Operations Manager make it all happen. THANK YOU HP AND UNITED WAY!!!! Together We Can



## Save the Date

Old Mill Center for Children and Families

Relief Nursery

33<sup>rd</sup> Annual Auction

Saturday, May 5<sup>th</sup>, 2012

Support OUR Community



### New Staff Join Old Mill

September sees several new professionals joining the Old Mill Center staff. Pictured above, Gretchen Thielman, MS (Relief Nursery Lead Teacher - Preschool); Tess Buchheister, MA (PreK Integrated Classroom Manager); Jodi Warne, MSW (Relief Nursery CoManager/Outreach); David Carter, LCSW (Co-Clinical Manager); Jerilyn Opoien, BS (Assistant Director of Development).

### Old Mill Staff

	Carol Alley AS, Office Specialist	
	Malia Areth MS, NCC, Child & Family Therapist	
	Cindy Bond MS, Relief Nursery Co-Manager	
	Donna Brown BS, Lead Preschool Teacher	
	Tess Buchheister MS, Pre-K Program Manager	
	Eveliina Calder Billing Specialist	
	David Carter LCSW, Co-Clinical Manager	
	Erica Crimp MA, Child & Family Therapist	
	Melinda Croft MA, CCC-SLP, Speech-Language Pathologist	
	Cori Deatherage Relief Nursery Child Care Worker	
	Todd Embree LPC, Child & Family Therapist	
	Stephanie Fawcett BA, Office Specialist	
	Heather Fredricks Facilities Tech	
	Steve Golston PhD, MBA, Executive Director	
	Lee Harrington MD, Medical Consultant	
	Jill Irwin MS, Intensive Treatment Services Education Manager	
	Megan Irwin BS, Relief Nursery Therapeutic Toddler Classroom Lead Teacher/Home Visitor	
	Ernst Laemmert MS, Intake & Medical Coordinator	
	Alicia Larson BS, Relief Nursery/Therapeutic Preschool & Integrated Preschool Assistant Teacher	
	Bev Larson PhD, Director of Development	
	Olga Martinez-Alvarez BA, Healthy Start FSW	
	Michele McClarnan AA, Billing Specialist	
	Ben Meade MSW, Child and Family Therapist	
	Jerilyn Opoien BS, Assistant Director of Development	
	Nate Perry BA, QMHA, Intensive Treatment Services Program Assistant	
	Lynda Rhoads BS, Relief Nursery Assistant Teacher	
	Sadaf Siala BS, QMHA, Intensive Treatment Services Program Assistant	
	Medora Tuck Stevens MS, Healthy Start Coordinator	
	Kerrie Tarkinton Operations Director	
	Tim Taylor PMHNP, Psychiatric Mental Health Nurse Practitioner	
	Gretchen Thielman MS, Relief Nursery Therapeutic Preschool Classroom Teacher/Home Visitor	
	Jian Wang BS, Accounting Technician	
	Jodi Warne MSW, Relief Nursery Outreach/Co Manager	
	Aubrey Wyant BS, Relief Nursery Childcare Infant/Wobbler Lead	
	Michelle Wyant BS, Relief Nursery Therapeutic Childcare 2-6 Lead	
	Mary Arthur-Young MSW, Healthy Start FSW	

"Being a child is a hard job," said Chloe, age 4.  
"I don't know how to do it."

Please take this opportunity to make a difference in the life of a child like Joey  
...to help make being a child a little easier.

- Yes! I will help make a difference.  
 \$25    \$50    \$75    \$100  
 \$250    \$500    Other \$\_\_\_\_\_



Please select a payment option:

- MasterCard    VISA    Check (Payable to Old Mill)    Bill Me Monthly \_\_\_\_\_  
 Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
 Contact me at the address below regarding a stock donation  
 In celebration of \_\_\_\_\_?    In memory of \_\_\_\_\_?

Signature \_\_\_\_\_  
 Print name \_\_\_\_\_  
 My email address \_\_\_\_\_ Phone \_\_\_\_\_  
 My home address \_\_\_\_\_

Mail to: Old Mill Center for Children and Families, 1650 SW 45th Place, Corvallis, OR 97333

"Building Bright Tomorrows... Today"

