



# Building Bright Tomorrows...Today

Summer/Fall 2015



## Children in the Garden: The Joys and Benefits

It is well documented that many children spend up to 7 hours a day exploring technology rather than benefiting from digging in the dirt and getting messy outside. Getting messy outside increases happiness, reduces anxiety and enhances learning as well as benefits the heart, skin and immune system. Experts say that exposure to dirt and germs does not hurt children and may very well help them. It helps build the immune systems and reduces the chance of developing certain adulthood diseases later in life. "Children should go barefoot in the dirt, play in the dirt..." (Brody, 2009).

Remembering that a child's play is their work, children benefit greatly from growing things—especially plants like large, brightly colored flowers and vegetables that grow quickly. Gardening with children not only provides health benefits, it benefits their cognitive, gross motor and social skills as well. They build self-confidence as they use tools appropriately and see their plants grow. They learn responsibility of caring for plants. If a child has siblings or is gardening

with a group of children, he learns cooperation. Additionally, children gain interest in eating fruits and vegetables when they participate in the growing process (Pothukuchi, K. 2004).

At Old Mill Center, children have many opportunities to be gardeners. Classrooms have multiple gardening plots or raised beds in their play area and grow snack foods, such as strawberries, cherry tomatoes and peas. Toddlers grow lettuce and spinach. The Relief Nursery preschool and Intensive Treatment Services classrooms have partnered through a farm to preschool grant with the Corvallis Environmental Center engaging kids in gardening, cooking, nutrition activities and sharing harvests with families. Children also participate in activities with our neighbor, the Sage Garden. The Relief Nursery preschool also partners with the Community Services Consortium Youth Garden project. Teens from this program have engaged with our preschoolers and helped them create garden plots and plant a variety of vegetables. The preschoolers have visited their two community garden sites and have experienced the bounty that the teens have planted and harvested.

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***A lot of trees start from seeds so small. You gotta look real close. Or you can't see them at all.***

*~ Song by Tom Hunter*

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When planting with children, plant with sensory appeal; for touch, plant woolly lamb's ear, succulents, such as aloe vera, snapdragons and pumpkins/squash. For taste, plant berries—strawberries are easiest, peas, cherry tomatoes (Sungolds are so sweet), carrots and herbs, such as cilantro, basil and nasturtiums. For smell, plant sweet peas, lavender (watch out for bees), mint, scented geraniums, phlox and carnations. For bright colors, plant flowers such as dahlias and pansies and other annuals, sunflowers and rainbow chard. Finally, for sound, plant corn, bamboo and grasses that will brush against each other when the wind blows.

The love of gardening knows no bounds. It is a multi-generational activity, and just as planting a seed creates something amazing, so does planting the seed of knowledge through hands-on gardening experiences. The love of nature is something we can all appreciate, respect and enjoy.

### Straight from the Director

"It takes a village to raise a child." This is a quote we hear often and a quote that we take to heart here at Old Mill Center in our daily work. We are blessed with a community that continues to build new bridges between children, their families and the many individuals and organizations that touch each child's and family's life every day. We know that collaboration, cooperation and sharing of talents and resources are the key to providing the safety net and support many families in our community need. The past year has been an exciting year for us as we strengthened our relationships and shared services with organizations like the Boys and Girls Club, Jackson Street Youth Shelter, Community Services Consortium and SAGE garden. Together we are that village - raising our children to become healthy and strong adults, and providing support for the whole family in the process.

- Bettina Schempf



# 35th Annual Dinner and Auction - We Made Magic Happen!

## THAT OLD MILL MAGIC DINNER & AUCTION

The Annual Dinner and Auction was a great success and we have many partners to thank for their contributions. It takes quite a team to create this kind of event, and led by the volunteer auction committee, so many people offered time, collected donations, organized the operation and setup and ultimately helped us to produce a great evening of fun and fundraising.

Thank you to all those who donated items, experiences, and gift certificates for our silent and live auction. Thank you to all of our auction committee members, volunteers, and sponsors! Thank you to all those who attended and helped to make the evening a success and helped us to make magic happen for our clients. We raised over \$210,000 in support of our services and programs to help children and families in our local community. Wow! A tip of the Top Hat to all!



*Sleight of hand magicians*



*We raised over \$210,000 in support of our services and programs to help children and families in our local community. Wow! A tip of the Top Hat to all!*



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## Tips for Starting a Garden with Children:

### INVOLVE CHILDREN IN GARDEN

#### PLANNING PROCESS:

Look at flower and vegetable catalogues. Check out books from the library. Take a trip to a local nursery or farmer's market. Consider planting flowers that attract butterflies and birds.

#### MAKE GARDENING REWARDING:

Provide children with their own garden space, from a pot or planter on a patio to a garden plot in a back yard or community garden. Provide child-friendly tools.

#### KEEP IT SAFE FOR CHILDREN:

Apply sunscreen and wear a sun hat and suitable shoes and clothing. Never leave young children and toddlers unattended around buckets of water.



## SAGE and Old Mill Center have teamed up!

SAGE and Old Mill Center have partnered to provide cooking classes to the local community! Open to everyone, these classes focus on simple, healthy meals using seasonal produce. Participants receive resources, recipes, and fresh produce to take home, along with samples on which to munch! Childcare is provided at OMC classes, helping to make this experience more accessible to families. Interested in attending? We would love to see you! For more information go to the Corvallis Parks and Rec registration link:

[www.corvallisenvironmentalcenter.org/eci/sage/familyfood](http://www.corvallisenvironmentalcenter.org/eci/sage/familyfood)



Wednesday night cooking class

*Check out our new video highlighting all 5 of our programs at [oldmillcenter.org](http://oldmillcenter.org)*

## Engaged in Education All Year Long

### Summer Preschool:

June 29- Aug 21: 8am-12pm  
Two or three days per week. Weekly themes include Math, Life Sciences, Engineering, Writing & more.

### Therapeutic Summer Day Camps:

July 13-24: Ages 5-8  
Aug 10-21: Ages 8-11  
8:30am-12:30pm

### Fall Preschool:

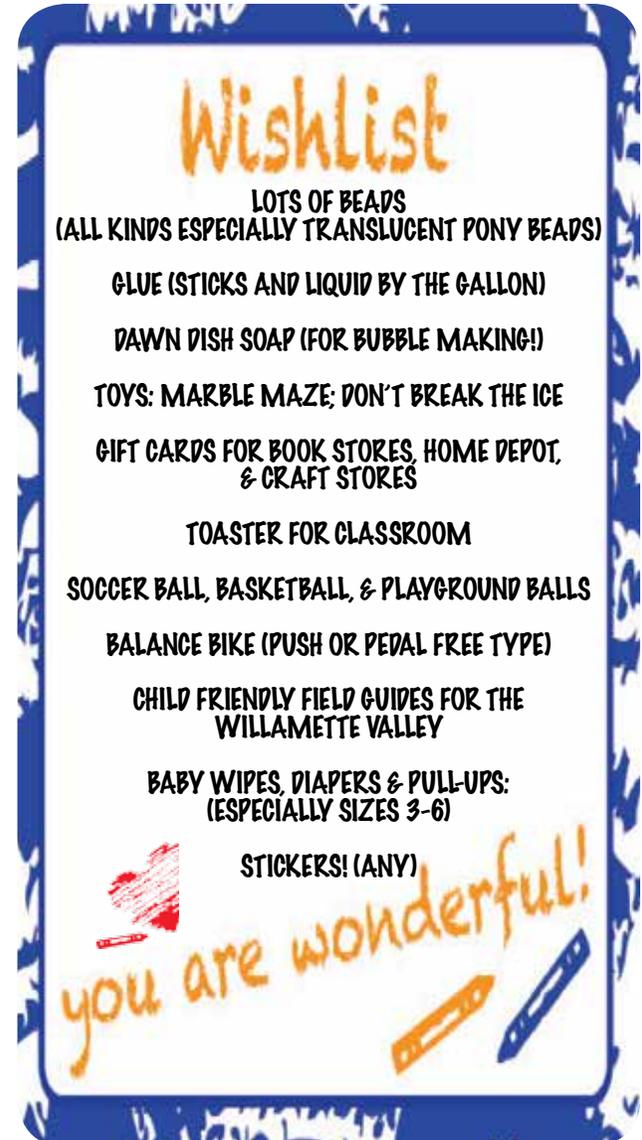
Classes begin September 8th.  
Scholarships available. Details and registration at [oldmillcenter.org](http://oldmillcenter.org)

## Save the Date

Oct 4, 2015: Skinny Pig Out

Early Dec: Holiday Families Giving Campaign

May 7, 2016: 36th Annual Dinner & Auction



**Thank you for supporting Old Mill Center!**

## Old Mill Relief Nursery is tooling around in style

Thanks to the generosity of several organizations, our Relief Nursery has been able to purchase a much needed van to transport children and parents! We are so grateful to the Lamb Foundation for a generous grant, and to Pacific Power for a contribution toward the purchase, as well as to Toyota of Corvallis for their support to make it happen! We hope that the community will notice our van which now sports beautiful graphics noting their generosity. Those graphics are courtesy of R3 Engraving & Signs. We are honored to have so much community support for our Relief Nursery program and a very safe way to transport our kids and their families around the county.

## Quilts from Caring Hands

There are few things more comforting than wrapping yourself or your child in a quilt made with love. Quilts from Caring Hands (QCH) is striving to bring this feeling to children in need in Oregon's Willamette Valley area. We are honored to have been chosen as one of the agencies serving children to receive these beautiful quilts for the 2015-16 year. QCH has been providing quilts to needy children since 1990 and this year will distribute their 9000th quilt. Our kids love them!



*Join our team! We are always looking for volunteers to join our team. We especially have needs in our Preschool right now on Thursdays. Applications at [oldmillcenter.org](http://oldmillcenter.org)*

## 2015 Fireside Recital Series was well received!

It's a wrap for the 28th Annual Fireside Recital Series. This wonderful musical series is presented in collaboration with the OSU Piano Program, headed by Rachelle McCabe. All three recitals were fabulous examples of the local talent and experience complemented by the mentoring of Professor McCabe and her musical genius. Our guests enjoyed three distinct programs including the beautiful romantic music of Rachmaninoff on Valentine's Day; a Spring Soiree' featuring Judy Walls Freeman; and, Talent Galore with some of the town's brightest young musicians. The Fireside Recital Series has a long, warm tradition of innovative musical performances in an intimate setting and always includes a time of reflection and discussion with the performers and many Old Mill supporters. Thanks to Dr. Jayne Ackerman for underwriting the series. We look forward to continuing this tradition in 2016. More details to come!

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