A Message From the Director
...Bev Larson, PhD

Dear friends,

November is here and the holiday season is upon us. Fortunately we still have resilient brilliant red, yellow and orange leaves despite the wind and rain which threaten to “fall” them.

Many of us associate the holiday season with family, friends and gifts - fragrant candles, warm fireplaces, soft lighting, get-togethers and football. Out my office window, I see that many Old Mill families are fighting the winds and rain of depression, anxiety, suicidal thoughts, abuse and neglect, autism and violence. Resilience also helps them hang on each day.

The past year has been difficult and painful. Individuals, businesses, and non-profits have all struggled. Old Mill has struggled to meet payroll and has done so only because our staff have taken ten days without pay, have forgone raises, and have worked extra hard. Old Mill friends and donors have been very important to our survival and to the families who need our services and are least able to pay for them. Old Mill has also been resilient.

Even resilience wears thin. For so many Old Mill children and families, they are not just struggling to put a roof over their heads and food on their table, but they are overwhelmed by the stress, anxiety and deep sadness that seem so common to families who come to us. All parents want to be good parents and raise happy children. We see an increased number of overwhelmed parents who display immobilizing depression and anxiety, have turned to the use of drugs and alcohol, and resort to violent outbursts at their children. Without help, these parents do not know how to be "good parents" and raise happy children. With your help Old Mill will continue to be here to welcome these parents, children, and teenagers into our warm inviting facility and provide them with the gifts of support, respect, hope, a safe place to vent and explore solutions, counseling, management of medications, and resources to meet their needs with referrals to other agencies. From ten dollars to ten thousand dollars…each gift makes a difference!

Check out our new website at www.oldmillcenter.org

Fireside Recital Series

Old Mill Center for Children and Families and the OSU Piano Program once again invite you to become a part of one of the most celebrated concert series in Corvallis. The Fireside Recital Series has provided an intimate showcase for the musical genius of both locally acclaimed and internationally celebrated artists. This season will be no exception!

2009 - 2010 Recitals Dates will be:
- Saturday, December 12th, 7 pm, OMC Ramsay Room
  A Festive Evening with Jessica Lambert, violin; Rachelle McCabe, piano; and Friends
- Saturday, February 13th, 7 pm, venue tbd
  An Evening for Sweethearts with Fred Korman, oboe; Rachelle McCabe, piano; and Friends
- Sunday, April 25th, 4 pm, OMC Ramsay Room
  Around the World in 80 Minutes - an eclectic concert of fine jazz, classical and klezmer music with Mike Curtis, versatile woodwind performer and composer; Annalisa Morton, oboist; Dave Leslie and Rachelle McCabe, pianists

We would like to thank our major series sponsor Barnhisel, Willis, Barlow & Stephens, P.C., as well as sponsors, Jayne Ackerman, MD., Richard Gretz Goldsmiths and Enoteca Wine Bar.

Tickets are $150 per person with all proceeds to benefit Old Mill Center and the OSU Piano Program. To register go to our website at www.oldmillcenter.org or call 541-757-8068.
Thanks to our Donors
General donations June 15 - October 30, 2009

Carol Alley
Jeff & Debbie Andrews
Warren & Rona Baker
Meredith Baughman
Mary & Robert Becker
Chris & Liz Bell
Pat Newport & Buzz Berra
Ken & Julie Bielman
Robert & Marge Bromley
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Dave & Sue Cook
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Sara & Aaron Liston
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Ken & Nancy Medearis
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Ray & Genny Stephenson
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Alan Sugarwara
Bill & Kathy Ten Pas
Cliff & JoAnne Trow
Paul & Fran Valentl
Jim & Doris Van Olst

Help Us Put the 
"Ho-Ho-Ho" Back in the Holidays

Every year Old Mill Center helps families in need during the holiday season. As a recipient of toys from the "Touchdowns for Toys" drive, we have been able to brighten the season for many of the children we serve. Over the past few years, we have expanded this service through our “Adopt a Family” program. This year has been hard on many of our families and the need is greater than ever.

Thanks to the generosity of many of our supporters, each year the number of families we have been able to assist during the holidays has increased. Many of our donors have reached out by adopting a family in need, purchasing gifts for them. We’ve repeatedly heard from our sponsors, “We really don’t need anything. We want to help others!” If you would like to help a family in need, please call Cindy Bond at 757-8068 or email her at cindy_bond@oldmillcenter.org. You may also choose to donate cash to assist in the purchase of gifts, food, gas or payment of utility bills for families in need. Thank you for helping and putting joy and “ho-ho-ho” back in the holidays.

Memorial & Celebratory Donations
Whitney & Jane Ball in memory of Walt Reeder
Ken & Julie Bielman in memory of Bill "Dip" Sinclair
Ken & Julie Bielman in memory of Mike Regan
Ken & Julie Bielman in memory of Ralph Peterson
Ken & Julie Bielman in memory of Fred Harem
John & Alice Block in memory of Walt Reeder
Corvallis Lions Club in memory of Gracie Shannon
Eleanor Ewalt in memory of Walt Reeder
Cynthia Spencer & Patrick Hadlock in memory of Walt Reeder
Walter & Virginia Held in memory of Walt Reeder
Alvah Hinton in memory of Josie Stevens
Mary Ann & Virgil Jackson in memory of Josie Stevens
Bill McNelly in memory of Josie Stevens
Bruce & Melissa Moser in memory of Rheta Katrenics
Cindy & Jeff Olson in celebration of Mark & Michelle Elton's marriage
Cliff & JoAnne Trow in memory of Walt Reeder
Deanna Watkins in memory of Josie Stevens
Virginia Wold in memory of Walt Reeder

A Wonderful Literacy Event

The staff, children and families of Old Mill Center would like to extend its appreciation and thanks to the Corvallis Public Library and Grass Roots Book Store for bringing Alexandra Day and "Carl" to Benton County. What a wonderful way of sharing one of our best northwest children's authors with our community! We'd also like to thank the teachers, parents and children in the kindergarten and first grade classrooms from Ashbrook Independent School for joining us for our meet and greet session with Alexandra and Carl. It was wonderfully entertaining and a delightful time was had by all!
Communication Corner

... by Melinda Croft, MA, CCC-SLP

Did you know children are communicating long before they start to talk? When a child is exhibiting delayed speech and language, we look to see if the building blocks of communication are present. Some of these pre-linguistic behaviors are:

Eye Contact - A very important skill that is foundational to social-emotional development as well as communication.

Turn-taking - seen in synchronized eye contact and body movements between the child and caregiver.

Attention - Briefly attending to things and people in their environment, children need different levels of external reinforcement to maintain attention, some very little and some a lot.

Problem Solving - A child learns that their behavior effects change around them ("I cry and I get milk"). This is a powerful lesson in cause and effect.

Communicative Intent - A child may cry, point, reach, gesture or use another behavior to signify an intent to: answer, acknowledge, seek attention, comment, request objects or actions, protest, or greet.

Long before a child utters their first word, they have been communicating! If you have any concerns about your child’s speech and language development, give our Speech Pathologist, Melinda Croft, a call at 757-8068 x148.

Harvest Music Festival

Old Mill Center for Children and Families and the Corvallis-OSU Symphony Orchestra regretfully decided not to host the Harvest Music Festival this fall. An event of this caliber requires significant charitable sponsorships, generous donations from restaurants, caterers, wineries/breweries, and gifts of time from talented musicians. These have been difficult times to ask for such generosity.

Please help us support these donors who have given so generously to make the Harvest Music Festivals very special events: Airlie Winery; Big River; Bridgeport Brewing; Corvallis Country Club; Fireworks; Greengable Gardens; Harris Bridge Winery; Harry & Annette’s Fish; Iovino’s; John Landers Salmon; Le Bistro; Le Patisserie; Magenta; Marjorie Lumm’s Wine Glasses; McMenamins; Mexico Lindo; OSU Catering; Pheasant Court Winery; Sam Verdugo; Spice Islands Catering; Spindrift Cellars; Tye Winery; and Valley Catering. Plans are being made for next year’s event and thank you in advance for your continued support!

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Skinny Pig Out

Old Mill Center for Children & Families thanks everyone who made the 2nd Annual Skinny Pig Out sponsored by Starker Forests, Crystal Lake Public Storage and Bamhisel, Willis, Barlow & Stephens such a success. The event combined music by Ray Brassfield and the Lerts, food and beer by Block 15, wines by Airlie, and quilt raffle with a piece donated by Kate Vosburg, on a beautiful August evening for OMC friends to connect with each other and celebrate the important work that we do.

Old Mill honored our 08-09 Volunteers: Student Volunteer, Caleb Beckham; Parent Volunteer, Kristen Hiner; Friend of the Children, Ron Naasko; Business Sponsor, Starker Forests; and Skinny Awards, Jeff McCubbin and Dale Ramosay.

Thanks again from Old Mill Center – because of you this was our most successful Skinny Pig Out yet. We sincerely appreciate your kindness and generosity and hope to make it bigger and better next year.

United Way Day-of-Caring

September 25th was United Way’s “Day of Caring” and early that morning a work group from Fiserv made its way down the bike path from it’s building on Technology Loop to Old Mill Center for Children and Families. They eagerly and enthusiastically set about the tasks assigned to them - sealing the wooden play structure and planting shrubs. Volunteering is at the very core of community strength and vitality and we appreciate the commitment and the generous support Fiserv has shown in assisting local nonprofits and community programs, including Old Mill. As one of the children said, "Thanks for making our playground safe again.” To borrow from State Farm Insurance, "Like a good neighbor, Fiserv was there!” So our heartfelt thanks go out to Kim Clark, Janice French, Traci Gay, Gilda Gier, Felicia Green, Eric Lindren, Helen Thaler, Bryan Tilley and Kelly Wright.

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Old Mill Staff List

Carol Alley  AS, Office Specialist  Olga Alvarez  BS, Healthy Start Family Support Worker
Malia Arenth  MS, Child & Family Therapist  Cindy Bond  MS, Director of Educational Programs
Donna Brown  BS, Preschool Teacher  Eveliina Calder  Billing Specialist
Jessica Carroll  BS, Medication Case Manager  Erica Crimp  MA, Child & Family Therapist
Melinda Croft  MA, CCC-SLP, Speech Pathologist  Heather Fredericks  Classroom Aide/Facilities
Jason Haas  BS, Preschool Teacher  Lee Harrington  MD, Medical Director
Jill Irwin  MS, ITS Co-Coordinator  Monika Jakubkova  ITS Program Assistant/Nutritionist
Keli Kuykendall  MA, Director of Finance  Bev Larson  PhD, Executive Director
Celeste Lopez  Billing Specialist  Ben Meade  MSW, Child & Family Therapist
Kendra Moser  Childcare Provider  Melissa Moser  MS, LPC, Director of Clinical Programs
Kirk Newburgh  MBA, Director of Operations  Annmarie O’Daniel  MS, LPC, Child & Family Therapist
Lin Parkison  Development Assistant  Lisa Penter  Director of Development
Nate Perry  BA, ITS Program Assistant  Kati Queener  MA, Healthy Start Family Support Worker
DeAnna Roberts  MS, LPC, Outpatient Coordinator  Amy Rowland  MS, LPC ITS Co-Coordinator
Tiffany Sauls  MD, Child & Adolescent Psychiatrist  Sadaf Siala  BS, ITS Program Assistant II
Makiko Suezumi  MEd, Child & Family Therapist  Kerrie Tarkinton  Support Services Coordinator
Tim Taylor  PMHNP, Psychiatric Nurse Practitioner  Medora Tuck  MS, Healthy Start Coordinator
Jian Wang  BS, Accounting & Billing Coordinator  Paul Winningham  IT Network Support

Creative and Artistic Expression for Moms

Do you have an interest in exploring your creative and artistic side? Are you looking for inspiration to increase your ability to nurture yourself and your family? Old Mill Center is teaming up with Christine Young to offer you a chance to:
• explore your creative and artistic side
• increase your self-awareness
• practice self-reflection
• learn about using different art media
• connect with other women and moms
• nurture yourself while your children are in school!
Instructor/Intern Christine Young has taught for 12 years in Waldorf Schools and is now studying Art Therapy Counseling and Nurturing Arts. Starting November 9th, Monday mornings 9:30 am-11:30 am 5 Week Session ends December 7th at Old Mill Center
This is a FREE service to the community.
Space is limited
Call DeAnna Roberts at 757-8068 ext. 144 to sign-up!

Beaver Raffle

OMC is thrilled to be raffling off a 4’ tall waterproof fiberglass beaver painted by renowned local artist, Yuji Hiratsuka. The graphic work of Yuji Hiratsuka is a witty and original synthesis of Old Japanese ukiyo-e tradition and modern Western elements and has not only conquered numerous awards in national and international competitions, but also the hearts of an international community of collectors. Yuji was born in Osaka, Japan. In 1978 he graduated with a BS in Art Education from Tokyo Gakugei University. Since 1992 he has been an Associate Professor at the Department of Art at OSU. This amazing and unique work of art could be yours!!! Look for him around Corvallis or purchase tickets online at www.oldmillcenter.org.
$5 each or 5 tickets for $20 - Drawing May 8th, 2010

“Being a child is a hard job,” said Joey, 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___________________________
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Mail to: Old Mill Center for Children and Families, 4515 SW Country Club Drive, Corvallis, OR 97333

“Building Bright Tomorrows...Today”