



# Building Bright Tomorrows...Today

Fall/Winter 2015



## We Change Lives When We Change Perspective

How might a five year old react when she is having a conflict with another child over Lego pieces and we say to her, "Stop doing this! What's wrong with you?" Would that conversation be different if we said, "I am seeing that you took a Lego piece from A. Let's talk about why you did that and what might be bothering you." With the first conversation we might stop the conflict but we didn't address the behavior. With the second approach, we can discover that the child is having trouble making friends because she has a speech impediment that makes her hard to understand. She was trying to get attention from the other child by taking one of the Lego pieces when they were playing in the same area. With this knowledge we can then talk about positive ways to make friends, practice little steps to achieve her goal, and make a plan for what she could do differently next time.

One of Old Mill Center's counselors witnessed this scenario while working at the Boys and Girls Club of Corvallis. Since June 2015, our staff has been working alongside Boys & Girls Club staff at the club helping when kids struggle and need an additional ear to help

resolve issues; want to talk about difficult emotions; or just need individual attention. Their work also includes training and modeling strategies for staff to diffuse difficult situations and work through them positively. Recently we added parent drop-in office hours and social skills groups.

***We know that language, perspective, and approach make a big difference in how we resolve issues and how we help children and families be successful.***

For many years social service providers like us have focused on risk factors that increase the possibility of child abuse, result in sub-standard academic performance, or result in children and families not living up to their potential. Risk factors can include poverty, a family history of drug and/or alcohol abuse, single parenthood, parental mental illness, low educational achievement, and many more.

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Risk Factors	Protective Factors (Examples)
<b>Poverty</b>	<ul style="list-style-type: none"><li>➤ Connect families to support services like SNAP (food stamps) and WIC</li><li>➤ Assistance with transportation costs</li></ul>
<b>Poor family functioning/ Conflicts in family</b>	<ul style="list-style-type: none"><li>➤ Social skills development</li><li>➤ Collaborative Problem Solving skills training and modeling</li><li>➤ Learn to understand grief</li><li>➤ Active listening skills modeling</li><li>➤ Parent Education</li><li>➤ Understand trauma and its effect on the young brain: change interventions to reflect this knowledge</li></ul>
<b>Lack of parenting skills, education and positive role models</b>	<ul style="list-style-type: none"><li>➤ Parent Education</li><li>➤ One on one parent coaching in the home</li><li>➤ Parent Support groups</li></ul>
<b>Parental substance abuse</b>	<ul style="list-style-type: none"><li>➤ Connect parents to mental health and substance abuse support programs</li></ul>
<b>Developmental delays</b>	<ul style="list-style-type: none"><li>➤ Provide additional services like speech therapy and occupational therapy</li></ul>

## Straight from the Director

A community that cares about its children and families wants to help them in ways that work.

This can take many forms:

- Teaching skills and introducing resources to help parents find living wage jobs that allow families to thrive without worry about choosing between food and medical care
- Providing quality affordable childcare and early learning support close to or in the home
- Having after school activities that support the development of children, including their social skills and physical and mental well-being
- Offering parenting education and support that positively works with the many challenges of raising children, whether 'normal' or with additional needs.

I could list many more. Old Mill Center's staff and programs are important resources for families. We provide the welcoming space for learning, healing, and skill building. Our work to help kids and parents successfully navigate everyday challenges takes place in family homes, in the community, as well as at our main center. The generous support of volunteers, donors and grantors allows us to provide services that focus on prevention and resilience, as much as healing and recovery. We truly believe that each child is entitled to the best start in life, even if their family is struggling with poverty, trauma, divorce, illness or other challenges. We want to make our community a place where everyone can live up to their potential. Thank you to everyone who partners with us in making this a great place to grow up.

~ Bettina Schempf, Executive Director

# How To Give with Lasting Impact

## A Long-Time Supporter Leaves a Legacy Gift

Our beloved supporter and consummate volunteer, Dr. Alan I Sugawara passed away in July. His energy, heart and devotion to Old Mill will never be forgotten and we miss him dearly. His lasting expression of commitment and caring however came upon his passing when Old Mill learned that he had left his home to Old Mill Center as an endowment. Income from the endowment will help fund the work he so loved and cherished. Alan always found many ways to contribute, and our community is a better place because of it. Alan's final gift is a reflection of his early planning and thoughtfulness and an example of one of the ways that one can support an organization with creativity and lasting impact.

A child in the Preschool class where Alan volunteered each week wrote "Dear people in Heaven that are taking care of Alan, I like him so much and he used to come to my preschool and he used to catch the bus. I hope you are playing puzzles." There are people watching over Alan, while he watches over us.



*A financial endowment is a donation of money or property to a nonprofit organization for the ongoing support of that organization. Usually the endowment is structured so that the principal amount is kept intact while all or part of the investment income is available for use, which allows for the gift to have an impact over a longer period than if it were available all at once.*

## Charitable Planning

*Have you thought about including Old Mill Center for Children and Families or another qualified charity in your estate plan?*

One alternative to the more traditional ways of giving upon your death (via a will or revocable living trust) is to designate a qualified nonprofit organization like Old Mill Center as a beneficiary on your retirement accounts, such as Traditional IRA accounts or 401(k) plans. Since Old Mill Center is a qualified charity, the monies in those retirement accounts will pass tax-free to Old Mill Center, thereby allowing you to make a gift of 100% of the funds in those accounts. In contrast, if you designated individuals as beneficiaries on those types of retirement accounts, the individual beneficiary's withdrawals from such accounts would be subject to income taxes. One way to avoid (or reduce) those tax consequences is to name a qualified charity as a beneficiary of that retirement account (or a percentage of that retirement account). Additionally, since the charity would be designated as a direct beneficiary on the account, the monies would pass directly to the nonprofit upon your death and avoid the probate process through the court system. Designating a charity as a beneficiary of your taxable retirement accounts then allows you to designate family members or other individuals as beneficiaries of your nontaxable assets.

For more information on retirement plan beneficiary designations, contact your attorney, financial advisor, or Certified Public Accountant.

*Lindsay N. Malachowski is a Member of the Board of Directors at Old Mill Center for Children and Families. She is also an estate-planning attorney at Smith, Davison & Brasier, PC in Corvallis, Oregon. This article is not intended as, nor should it be construed as, legal advice, and you should contact your attorney before making any decisions or changes regarding your estate plan.*

## Different Ways to Give:

### ONLINE OPTIONS:



### OTHER:

**Monthly or regular giving**

**Give to a specific program**

**Tribute gifts**

**Legacy giving**

**Give stock**

**Give through work with or without**

**a company match**

**Retail Store give back programs**

## WishList

**Baby wipes, Diapers & Pull-ups**  
(especially sizes 3-6)

**Any stickers!**

**Glue**

(sticks and liquid by the gallon!)

**Dawn dish soap**  
(for bubble making!)

**Gift cards**

(For book stores, Home Depot, & craft stores)

**Balls**

(Soccer, basketball & playground)

*you are wonderful!*

***Join our team! We are always looking for volunteers. We especially have needs in our Preschool. Your time is valuable. Applications are at [oldmillcenter.org/get-involved/volunteer](http://oldmillcenter.org/get-involved/volunteer)***



## Program Updates

### A Chance to Thrive

Alisa started as a Healthy Families client when she was six months pregnant. Referred from a prenatal clinic, she had recently left an abusive partner and was struggling with the unexpected pregnancy, health issues and homelessness. A legacy of childhood trauma made her scared and uncertain about her ability to parent.

Her Healthy Families home visitor initially focused on support and referrals. Alisa now qualifies for financial assistance, secured an apartment, and is receiving regular health care through a local clinic. Her home visitor also helped connect her with the Center Against Rape and Domestic Violence and she started the legal process so that she and her child will be safe.

Along the way, Alisa gained confidence in her ability to perform basic parenting tasks by practicing diapering and burping, learning about car seat safety and most importantly, learning how to connect with and comfort her daughter. They are both doing well and continue to receive Healthy Families' services. They enjoy weekly visits which focus on child safety, child development, a strong connection between mother and daughter, and activities to help her daughter grow, learn and stay healthy. Alisa now has the strength and confidence to help end the intergenerational trauma that has plagued her family for so long. Her young child will have a chance to thrive in a happy, healthy family setting.

***Healthy Families is a free and voluntary program offering support for parents of newborns. Call 541-757-8068 or visit [oldmillcenter.org](http://oldmillcenter.org) for info.***

### Change Perspective

*(continued from front page)*

The realization that we can't quickly change or eliminate many of these risk factors for children led to a change in approach and language. We started to focus on protective factors instead. With a protective factors approach, we can give children and families the skills and support they need to mitigate the risks of negative outcomes. At the same time they increase their resilience to the stresses of life. We can teach a child how to work through conflicts and how to express their needs in a way that is heard; we can teach a teenager how to calm down when they are overcome by anxiety and to recognize their triggers for becoming anxious; we can teach a young mom how to look after her newborn (even if she did not have a good role model in her family); we can teach parents, caregivers, and the community how to interpret children's behavior with a lens that assumes they will do the best they can in their circumstances. We can inquire before we impose consequences. We can connect a single mom to self-sufficiency resources with the Department of Human Services to help her set goals and take steps towards success. We can enroll a four year old into our therapeutic classroom in the Relief Nursery where he will learn to express his feelings of frustration safely and participate in educational activities that help him learn. Focusing on protective factors empowers families to help themselves and learn the skills to live with difficult circumstances or the consequences of multi-generational challenges. It also aims to break the cycle so that children can live up to their potential. Our community is fortunate to have many organizations that work together to make families stronger and support kids as they grow to be our future leaders.

### Healthy Families Picnics

What did you do this summer? If you're a Healthy Families participant, you probably came to a Summer Picnic! Over forty families with kids ranging from newborns to toddlers and beyond attended monthly picnics in local parks. July's "Campout" themed picnic proved very popular, with s'mores, a pizza dinner sponsored by Papa's Pizza, and the Corvallis Public Library's Bookmobile! Families reported that they greatly enjoyed the chance to socialize with other families, eat great food, and have fun. Socialization events are a good way for families to reduce stress and isolation, make social connections, and find peer support. Upcoming Healthy Families socialization events include the Annual Harvest Party and the Annual Valentine's Day Party.



### Holiday Families Gift Drive Now Underway

A new pair of jammies or even one toy can make a kid's holiday season. You can make that happen! Our annual Holiday Families Gift Drive began Nov 1st. If you would like to be a "Secret Santa" for one of our kids, contact: Cindy Bond at 541-757-8068 or [cindy\\_bond@oldmillcenter.org](mailto:cindy_bond@oldmillcenter.org). The deadline for delivering wrapped presents is Dec 16th. There's plenty of opportunity to help, we have over 200 children who need your support. Please help us bring the joy of the holiday season to all of our families.

*Gift ideas: boys and girls clothing, dolls, trucks, children's books, and board games*

**Please help fill the wagon by Dec 16th.**



## Special Events

### 29<sup>th</sup> Annual Fireside Recital Series

Plans are underway for the 29th Annual Fireside Recital Series! This wonderful musical series is presented in collaboration with the OSU Piano Program, headed by Rachelle McCabe. Local talent and experience complemented by the mentoring of Professor McCabe and her musical genius are combined to offer an exciting recital series. 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.



*The 2016 Fireside recital series schedule will be posted soon at [oldmillcenter.org](http://oldmillcenter.org)*

### Volunteers and Supporters Applauded at Annual Skinny Pig Out Luncheon

Early in October we honored the volunteers and supporters who have given time, talent, and funding to our efforts over the last year. In the tradition of our No. 1 volunteer, Skinny Larson, these folks have given so much to help us provide services and resources to the many families we serve, we could not do our work without them. As our guests mingled and chatted with friends, they were serenaded by the McNary Orchestra Ensemble from Salem who played a variety of musical genres, providing a lovely acoustic background and great entertainment.

The Corvallis Market of Choice and 2 Towns Cider helped us honor our guests with their donation of food and drink. We thank them for their generous contributions. While this annual event is in honor of Skinny Larson, founder Bev Larson's mother, we took a special moment to recognize a 37 year volunteer and supporter, Dr. Alan I Sugawara, for his incredible devotion to Old Mill Center, the children we serve and his commitment to excellence in early education.

*From the bottom of our hearts, we thank all of our volunteers and supporters. You make a difference in this community!*

**OLD MILL CENTER FOR CHILDREN & FAMILIES**  
**Pictures with Santa!**  
 Benefiting Old Mill Center's Relief Nursery

Create holiday memories as a gift for loved ones **and** contribute to the Relief Nursery.

**Saturday Nov. 21st, 2015**  
**8:30AM - 3PM**

Old Mill Center  
 1650 SW 45th Pl  
 Corvallis, OR

Haugen's Galleri is bringing the studio to Old Mill Center! Picture packages range from \$19 - \$149.

Contact Old Mill Center for an appointment.  
 541.757.8068  
[cindy\\_bond@oldmillcenter.org](mailto:cindy_bond@oldmillcenter.org)

**Call or visit [www.OldMillCenter.org](http://www.OldMillCenter.org) for more info!**

**SAVE**  
 THE  
**DATE**  
**05.07.2016**

**OLD MILL**

**DINNER & AUCTION**

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2015-2016

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☎ 541.757.8068 🌐 [www.oldmillcenter.org](http://www.oldmillcenter.org) 📱 📺 📷  
 📍 1650 SW 45th Place Corvallis, OR 97333