



Building Bright Tomorrows...Today

Fall/Winter 2017



Straight from the Director

Thank you for your amazing support during this last year. Local funding allows children and families in our community to access help when they need it most and it helps them build the skills, strength and resilience to live a full life.

In the midst of turbulent times, we continue our path to build strong systems of support and coalitions locally to help children and families in our community as they learn, heal and flourish. Our five main programs continue to work at full capacity, and we have been able to add some additional staff to meet the needs in the community.

The need for services continues to be driven by factors like poverty, multi-generational mental health and addiction challenges, and developmental delays. We also work with families who have experienced war, are marginalized or cope with serious mental illness. We still see how the stress that families experienced through the 2008 economic downturn and recovery has affected their children's brain and ability to regulate their emotions.

One of the most rewarding elements of our work comes when we see families flourish and experience joy and deeper connection with each other. Some of the children and adults we work with have not had that experience previously – their lives were overshadowed by daily struggles and pain. The pathway to having these moments of family joy is never easy and takes a lot of hard work and support for both the family and our staff. But it is ultimately what our mission is: improving the well-being of those we serve.

Thank you for allowing us to do this important work. Your investment in our most vulnerable children brings us joy every day as we see children and their families grow, become more resilient, and gain additional skills to participate more fully in our community.

—Bettina Schempf

Gratitude Report: A look back at 2016-2017

From time to time it is important to share the results of our work. We couldn't do the work we do without strong community support. In this issue we will share: An overview of all 5

of our programs; who we serve, how many children and families we help, the impact of our work by program; and recognizing the volunteers who help make our successes possible.

Healthy Families

- **97 Families served** • **1,392 Home Visits**
- **40 New Families Enrolled Last Year**

• Providing family support beginning prenatally and continuing through the age of 3, Healthy Families promotes and supports parenting and healthy growth and development for parents and their newly born children.

To help families become self-sustaining, home visitors meet with them weekly to coach parents on topics such as baby wellness, safety, positive and meaningful parent-child interactions, and parental stress reduction. They also provide referrals to appropriate additional support services. The Healthy Families pro-

gram nurtures child development, promotes long-term improvements in children's school performance, and helps prevent adverse childhood experiences (ACEs) such as child abuse and neglect. The positive outcomes of the Healthy Families program have been shown in rigorous studies nationwide.



Integrated Preschool

• Over the past 40 years, the Integrated Preschool has been the cornerstone of Old Mill Center.

- **35 families served**
- **An average of 19 students enrolled monthly with 40-50% needing additional support**

- **Host site for up to 8 children placed through early intervention/early childhood education services**
- **Five-star rated by the state of Oregon's early learning division**

Children's brains develop rapidly in the first five years. We help prepare children for kindergarten by providing developmentally appropriate activities that support them in learning the skills they need for success in school.

Our preschool is a unique early education program that integrates children ages 3-6 with varied abilities. We focus on family support and involvement, and providing a quality early learning program.

Program News



Relief Nursery

- 135 families served • 195 children served
- 906 home visits • 9,043 service hours

Relief Nursery is a statewide program for child abuse and neglect prevention that has served Oregon families for over 40 years. The Relief Nursery has a proven

track record of helping stabilize families, keeping children safe in their homes, and preparing children for school. Serving children birth to 6.

Our Relief Nursery continues to be a public/private partnership providing services that are designed to reduce the need and cost for more expensive family and behavioral support later in the child's life.

The Relief Nursery supports the family through the combination of therapeutic

classrooms, home visiting, parenting education and support, respite child care, resource and referral services, transportation assistance and access to basic need items.

This program continues to be highly regarded by community members, partners and legislators for its effectiveness and success.

Intensive Treatment Services

- 10 Children and their families served
- 4 Children successfully transitioned back into community settings

Our specialized psychiatric day treatment program serves up to eight

children, ages 3–7, who have emotional and behavioral challenges.

This program offers individual, group, and family mental health therapy along with education in a classroom setting. By providing these intensive interventions at a young age, children and families have stronger skills to support them on their journey.

The success of this specialized program is measured by each child being able to return to the community and participate successfully in community settings (attend school, church activities, events) and the family gaining skills to support their continued well-being.

Other Services

Grandparents as Parents Support Group

A free monthly meeting for grandparents acting as primary caregivers for their grandchildren.

Co-Parenting Class: Children in Changing Families

A court-mandated class that helps parents tune into their children's emotional needs during and after divorce.

Family Grief Support Group

We are the host site for Lumina's (formerly Benton Hospice) monthly meeting for children and families who are grieving.

Pediatric Therapy Professionals

Occupational and physical therapy provided on-site

Child, Teen and Family Counseling

- 4,950 counseling sessions provided
- 396 children served through individual and family counseling • 66 parents served by the co-parenting class

Our Outpatient team offers individual and family counseling, skills training in the home and school, and group sessions for children, teens, caregivers and parents. Therapy is available in English and Spanish.

In 2016-17 we have continued our outreach programs with other agencies, including providing services directly to children and teens at the Boys & Girls Club of Corvallis and at Philomath Youth Activities Club.

Serving every age group means the whole family can heal and be strong together. Ages 2-18, and adult.



Community News

Volunteer Highlights

Old Mill Center volunteers are an invaluable part of our daily activities. We couldn't have so many successes without them. During the 2016

– 2017 year volunteers racked up over 8,153 total hours of service! Relief Nursery had 1,952 hours, while Outpatient received 1,865 hours. Volunteers gave 878 hours to the Preschool and Healthy Families received 277 hours. Our

in-house library gained 67 hours. Old Mill Center Board of Directors gave 568 hours of their time. Between the annual auction, providing administrative and development support, volunteers provided 2,546 hours of their time.

VOLUNTEERS

Individuals

Connie Adams
Azka Ahmad
Camille Ainsworth
Carla Allen
Hannah Alley
Julie Ames
Joseph Anthony Angerillo
Beye Antonsen
Mary Arthur-Young
Natalia Bailey
Ava Barr
Jasalyn Bennekin
Becky Berglund
Annie Bittner
Jeannie Bittner
Scott Bittner
Margaret Blair
Shirley Blake
Cindy Bond
Scott Bond
Sierra Boyce
Emily Boyd
Yazmin Brambila
Donna Brown
Kate Caldwell
Sara Caldwell-Kan
Spencer Calles
Margie Carlson
Lorrie Clevon
Benjamin Co
Annie Coleman
Brenda Coleman
Sue Cook
George Cuniff
Syna Daudfar
Sam Dawson
Cori Deatherage

Julia Defigueiredo
Vicki Desrosiers
Tatiana Dierwechter
Pat Dixon
Mary Dolphin
Jason Dorian
Suzannah Doyle
Jerry Duerksen
Mary Durringer
Judy English
Bronwyn Evans
Dorothy Evans
Khristopher Faiss
Stephanie Fawcett
Mary Fell
Lisa Field
Evan Finley
Katie Finley
Cyrel Gable
Pat Ghaly
Peggy Gleason
Gregg Gorthy
Becki Goslow
Terrie Graham
Matthew Gray
Kim Green
Gabriele Habarad
Mica Habarad
Matthew Hansen
Ronnie Hansen
Dennis Hanson
Jennifer Hanson
Sarah Hayes
Richard Heggen
Sue Helback
Mary Herberger
Iris Higgins
Nick Hurley
Jill Irwin
Megan Irwin
Justin Jacobs

Linda Jewett
Veronica Johnson
Michaela Judah
Kathy Kale
Noah Kanzig
Katie Keenan
Bethany Kobza
Elizabeth LaCroix
Holly Lasley
Mark Lasswell
Sid Lasswell
Aubrie Loden
Kelly Longway
Lucas Longway
Michael Lundgren
Whitney Lundgren
Jessica Magnani
Lindsay Malachowski
Sharon Marie
Alex Martino
Jacky Mathis
Alicia McWilliams
Jamie McWilliams
Emily Miller
Jeff Miller
Elizabeth Mills
Max Mirande
Nina Monstwillio
Tammy Morrison
Rachel Murray
Brenna Nally
Cheryl Narver
Matt Neely
Angie Nelson
Leah Nelson
Chris Newsham
Samantha Newton
Niels Nielsen
Karen Nousen
Rachel Olsen
Kara Olsen-Becerra

Alyssa Outland
Lauren Ozdowski
Shannon Parker
Kathy Pecchioni Graham
Candy Pierson-Charlton
Lilly Price
Dale Ramsay
Lynda Rhoads
Jo Robles Odom
Andrea Rogers
Bettina Schempf
Dhara Sheth
Karen Sikich
Jacey Silk
Dani Simington
Alison Smith
Kathy Soderquist
Sarah Spangler
Valerie Stanik
Jim Starker
Kiersten Stevens
Rob Stevens
Emilie Tappe
Gretchen Thielman
Sydney Thielman
Medora Tuck Stevens
Laureen Urey
Kristina Van Nuys
Jim Van Olst
Veneta Vanguelova
Kim VanHorn
Adriana Villegas
Felipe Villegas
Eveliina Wallace
Randy Wallace
Aaima Waqas
Isna Waqas
Linda Ward
Shannon Webb
Bobbie Weber
Natalie Weber

Teresa Welch
Arlene Wheeler
Debbie Williams
Shirley Wirth
Melissa Wolfe
Dian Wright
Jan Zajicek

Groups

Boy Scout Troop #170
Hewlett Packard
Samaritan Health Services
STAR Sports

We are so grateful for our volunteers' contributions of time, talent, and heart.

Grantors

Benton Community Foundation
Cambia Health Foundation
Chambers Family Foundation
City of Corvallis
Kiwanis Club of Corvallis
Linn Benton Health Equity Alliance
OSU Folk Club Thrift Shop
Samaritan Health Services
United Way of Benton and Lincoln Counties
Zonta of Corvallis, Service Foundation



Trunk or Treat Event a Great Success for Old Mill Center

We are so thankful to Life Community Church for hosting their Trunk or Treat event again this year. More than 500 people came out to enjoy the 32 trunks decorated for Halloween

and to do some trick or treating. Admission to this event is always free, but a donation of diapers or wipes is appreciated. We were overwhelmed at the generosity of the participants.

Our diaper and wipe supply has filled our Resource Closet to the brim. Families in need of assistance will be grateful for these donations, and we are happy to have them available.

Get involved

Holiday Families Program in Full Swing



The holidays can be a stressful time for many families. For children in households struggling to maintain basic shelter, food and other necessities, holiday gifts and new clothing often are not possible. We think every child deserves a joyous holiday. A gift just for them can make the season feel extra-special.

Old Mill Center's Holiday Families "Secret Santa" gift program is 16 years old. It helps provide a sense of stability and normalcy, and most importantly, holiday magic, to the children we serve.

Would you like to help? We are connecting generous donors with more than 200 children in need through our Secret Santa program until December 12th. Contact Cindy Bond at 541-757-8068 or cindy_bond@oldmillcenter.org to become a Secret Santa for a child.

When you gift through our Secret Santa program, you make a child's holiday truly magical!

Save
the Date!!!
May 12,
2018

Celebrating
our greatest
treasures

Old Mill Center
Dinner,
Auction & Car
Raffle

Board of Directors 2017-2018

Brenda Coleman, Chair
Oregon State University

George Cuniff, Vice Chair
Quiltwork Patches

Jim Starker, Treasurer
Investments

Tammy Morrison, Secretary
Town & Country Realty

Yazmin Brambila
Casa Latinos Unidos

Katie Chambers
Stahlbush Island Farms

Tatiana Dierwechter
Benton County

Jerry Duerksen
Duerksen & Associates

Bronwyn Evans
Edward Jones Investments

Cyrel Gable
LBCC (Retired)

Nick Hurley
Corvallis Police Department

Sid Lasswell
CH2M Hill (Retired)

Lindsay Malachowski
Smith, Davison & Brasier, PC

~ ~ ~

Bettina Schempf
Executive Director



Call for superstar volunteers!

Old Mill Center runs on our dedicated and giving volunteers. Please think about joining our team. We have immediate openings for a few key positions.

- **Ms. or Mr. FixIt:** Maintenance person needed for minor building & playground repairs, paint touch-ups, gardening and more.
- **Administrative help:** Assist with filing, organization, collating information for upcoming classes and groups, and data entry projects.
- Positions are flexible; we work around your schedule and skills.

Interested? Go to oldmillcenter.org

Wishlist!

- White & clear glue (gallon)
- Good quality paint brushes
- Paper: construction, water color, or fingerprint quality
- Tissue paper
- Tacky glue
- Jugs of bubbles
- Dry-Erase Board
- Soccer balls, basketballs
- Gift cards to craft stores
- Feathers for crafting
- Googly eyes for crafting
- Buttons
- Essential oils for making playdough



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