



Building Bright Tomorrows...Today

Summer 2017



The Power of Collaboration

When her partner turned violent, Becca had to protect herself and her four children. She fled her home and found herself at **CARDV**, where she and her children, ages 5, 4, 18 months, and 6 months, were safe. But the separation was traumatic. After the initial stay at CARDV, and without her own transportation or any housing in place, Becca and her children found shelter at **Community Outreach, INC (COI)**.

COI connected Becca with **Old Mill Center's Relief Nursery** program. Our staff was able to provide transportation and support as she filed documentation with the court. Becca accessed counseling for herself through the Center's **Outpatient** program. She joined the **Relief Nursery Parent Support Group**, where she tapped into a strong support network as she navigated the transition process. She also learned about sustaining healthy relationships and setting boundaries.

Becca was supported by her Relief Nursery Outreach worker to seek additional services to help her whole family. Her child who had been experiencing seizures was connected

with treatment and special education through **Early Intervention**. Her two oldest children entered **Head Start** and began building their kindergarten-readiness skills. Becca also connected with **The JOBS Program** through the Oregon Department of Human Services so she could build the skills needed to start supporting her family.

Her Old Mill Center Relief Nursery worker helped her receive a grant from **We Care** to get a functioning vehicle. Through a **HUD** application, Becca was able to move her family into a place of their own. She now has reliable transportation and safe housing.

Thanks to the support of Old Mill Center staff and the collaborative efforts of eight organizations, this family now lives free from the threat of violence. Becca is working full-time as a manager. Her four children are in day-care and successful in school.

Becca feels secure knowing she has a support network within the whole community who will work with her to help her succeed.

Straight from the Director

Summer greetings from us here at Old Mill Center. This newsletter focuses on the many ways that our community supports children and families when they are faced with adversity and particularly difficult situations. **The notion that it takes a village to raise a child and family is more important than ever today.**

We know that positive and supportive relationships provide a safety net when children and families struggle. We all need someone who believes in us and who can look beyond our behavior, to see what motivates this behavior. We need someone who doesn't judge us when we are sad, defiant, angry or quiet, but instead **asks what might have happened to us**. Having positive and trusting relationships is not easy if we don't experience a safe, trusting environment when we are young. But these relationships can be built.

When we build those relationships, we make better choices, think more clearly, and are not governed by fear. Thanks for allowing us to strengthen the children and families we serve through trusting, supportive relationships and services. **You help us invest in the future of us all and the community that raises its children together.**

—Bettina Schempf

Investing in Our Community Together

Every interaction a young child has with the world shapes their brain and thinking. Until the age of 5, children's brains develop faster than any other time of life. This development sets the stage for the rest of their lives. Early education and a healthy start is a vital component to success as an adult. At Old Mill Center, we believe in this philosophy and work in partnership with parents and many organizations in our community to help kids grow.

"The Hub and Old Mill Center work together to help set a solid foundation for children and families to thrive."—Shirley Blake,
Parent Engagement Coordinator



A crucial collaborator for Old Mill Center is the Early Learning Hub of Linn, Benton & Lincoln Counties. Established in 2014, Oregon's Early Learning Hub program is designed to promote coordinated and aligned services for families so that they can achieve kindergarten readiness for their children and stable, attached bonds within the family unit. Old Mill Center worked closely with other agencies to bring the Hub to our community.

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The Value of Community

Investing in a Strong Start for Children Makes Economic Sense

Business leaders in Oregon understand the economics of investments into prevention and early intervention.

Dick Withnell, a Salem businessman and Relief Nursery advocate, notes that locally, “The child welfare system for Oregon is obviously extremely expensive, both in terms of costs and impact on the lives of [the at-risk children] involved...”

“I’m at the age where I put party politics aside and look at the long-term impact of saving money vs. investing in the future of children and families; the transformation of individuals to be productive in their own lives and that of their children is crucial,” says Mr. Withnell. “Bottom line is if we want our communities to take on child welfare problems as their responsibility—with the government’s collaboration—we need to provide leadership in the community to step forward, both in terms of economic investments and sweat equity with the investment of our time.”

Dick Withnell’s thinking is backed up by multiple studies and papers which show substantial returns from the in-

vestment in children’s early education and family support.

Rates of return can be as high as \$17 saved for every \$1 spent in early childhood (see references to the studies below). Early childhood education and family support helps keep down the costs of social services, health services and criminal justice services later in life.

Children, thanks to a positive start in life, can grow into self-sufficient adults with a higher quality of life.

All of us benefit from these investments by businesses, private donors, foundations and state agencies through our tax dollars.

Resources

Rolnik, Arthur J. “An Early Childhood Investment with a High Public Return.” St. Louis Federal, 10 July 2010. Web. 06 July 2017.

Heckman, James J. “The Productivity Argument for Investing in Young Children.” *NBER Working Paper Series*. *Nber.org*. National Bureau of Economic Research, Apr. 2007. Web. 7 July 2017.

Parks, Greg. “The High/Scope Perry Preschool Longitudinal Study” Office of Juvenile Justice and Delinquency Prevention (OJJDP) Justice bulletin, October 2000. Web. 7 July 2017.



EARLY CHILDHOOD IS A CRITICAL PERIOD OF DEVELOPMENT FOR CHILDREN

- From birth to 3, a child’s brain makes 1 million new neural connections every second.
- A child’s brain reaches 80% adult size by age 3 and 90% by age 5.
- Investment in high-quality early childhood education from birth to 5 has a 13% return on investment.

Credit: Oregon Parenting Education Collaborative and Dr. Shanna Tomney, Oregon State University

Some of Our Important Community Partners

Benton County Health Dept
Samaritan Health
Linn County Public Health
Lincoln County Public Health
LBCC/Pollywog Project
Parenting Education and Family Connections (LBCC)

Family Tree Relief Nursery
Strengthening Rural Families
Philomath Youth Activity Club
Benton County Health Dept
Jackson Street Youth Services
Trillium Family Services
Benton County Library
Corvallis Police Department

Vina Moses FISH Community Services Consortium
LOVE Inc
Legal Aid
Lions Club
Corvallis Parks & Recreation
Boys & Girls Club of Corvallis
Benton County Mental Health

Investing in Our Community Together *cont’d*

“Today, we continue to work closely with our Hub through all the individual work groups and as part of the Governance Board of the Hub,” says Cindy Bond, Old Mill Center’s Prevention Manager. “Our willingness to partner, collaborate and listen to the needs of the community has even enabled us to receive funding [from the Hub] for the expansion of Relief Nursery services to south Benton County. We also share a Parent Engagement Coordinator with our Hub.”

Shirley Blake, our Parent Engagement Coordinator, works with parents to make sure their families’ needs are being met. “We truly value

parents and want to know what works for them,” she says. “We know that if a child and a parent have a good start they will do well. The Hub and Old Mill Center work together to help set a solid foundation for children and families to thrive.”

The Hub strengthens relationships between service providers from different organizations. “It’s a great place to connect with other professionals who are experiencing many of the same [issues] as us, whether it be connecting with health service and school district staff or finding ways to improve upon our existing structure and services,” notes preschool teacher Alicia

McWilliams. “Having everyone at the table highlights the variety and depth of resources available in the community.”

“In addition to connecting services,” says Kim Van Horn of Old Mill Center’s Relief Nursery, “the Hub creates resources that we share with our families, such as the VROOM program, which we use to lead conversations about literacy and development.”

The Hub has been a powerful resource for service organizations like us. Our relationship with other organizations doesn’t stop here. Check out a sampling of the other organizations we work with in the inset above.

Program News & Notes

Arts and Crafts

These items are used in our children's classrooms, art therapy room, and reception area. Arts and crafts can help build fine and gross motor skills, soothe strong feelings during counseling, or help communicate complex emotions.

White & clear glue (gallon)
Googly eyes
Feathers
Good quality paint brushes
Paper: construction, water color, or fingerpaint quality
Tissue paper
Tacky glue
Jugs of bubbles
Soccer balls, basketballs
2 kids' play tunnels
Gift cards to craft stores

Wishlist!

You can donate new and gently-used items to make a difference in the lives of Old Mill Center's children and families.

Smooth Operations

Help keep our garden watered and our clients comfortable.

Professional, comfortable seating for our therapy clients (seeking 4 loveseats, 3 upholstered chairs)
50-foot garden hoses (3-4)
No-slip mats for our classroom sink areas
Pyrex/glass microwave-safe food storage containers in a variety of sizes

Comfortable, Safe & Dry

Safety and security is vital to a child's best start in life. Food, clothing that fits, physical safety, and basic hygiene care are a critical part of family support.

Diapers & pull-ups sizes 4-6
Scent-free diaper wipes
Car seat mirrors
Boys underwear sizes 6-12
Gender neutral shorts sizes 6-12
Gender neutral rain pants sizes 8-14
Gender neutral rain boots sizes 7 & 8
Legal consultation assistance for families

A Break for the Fireside Recital Series

After 30 years of providing wonderful recitals for the Old Mill family, the Fireside Series will take a break for the balance of 2017 and early 2018.

Our musical partner, Rachelle McCabe, Artistic Director of Corvallis-OSU Piano International, will be on sabbatical for the next school year.



*Artistic Director of
Corvallis-OSU Piano Int'l,
Rachelle McCabe*

This program has been a wonderful collaboration between the piano program and Old Mill Center and has brought countless hours of fantastic musical offerings. We anticipate announcing a date for the next concert in the summer of 2018. We welcome suggestions as to the content and format.

Our deepest appreciation goes to Rachelle for her dedication and creativity in presenting meaningful and diverse musical interludes over many years. We wish her the best in her sabbatical journey and look forward to more concerts in the future.

Introducing the Pollywog Project

The recently developed Pollywog Project assists families in signing up for prenatal and parenting classes, accessing parenting support, and getting referrals to appropriate primary health care, child development, and early learning opportunities.

This "one-stop shopping" helps parents navigate the services their families need. It is an exciting resource that helps families access a wealth of local resources.

The Pollywog Project was developed to align health care, parenting education, and early childhood services for children, prenatal to age 5, and their families in Linn, Benton, and Lincoln counties.

Initially funded by IHN-CCO through the Early Learning Hub, the project partners with five local hospitals, social service organizations, public health and education, 211 Info and builds on our local parenting education collaborative, the Parenting Success Network.

Families can access the Pollywog Project online at www.pollywogfamily.org, by phone at (541) 917-4884, or in person at any Pollywog Project partner organization. Old Mill Center is a proud partner of the Pollywog Project.



Partner Organizations:

Pollywog is a partnership between LBCC Family Connections, IHN-CCO, Samaritan Health Services, and the Early Learning Hub of Linn, Benton & Lincoln Counties.

Are You Handy? We Would Love Your Help!



Old Mill Center is in search of Mr. (or Ms.) FixIt!

Our building and grounds need regular TLC. We are seeking a volunteer who could take on peeling paint, cobwebby eaves, play area maintenance, garden bed construction, and more! This volunteer position is flexible and could be project-based or on a consistent schedule.

Interested? **Contact Alex at (541) 757-8068 or alex_solla@oldmillcenter.org**

Thanks to the Community

Toyota General Manager Chip Edwards and Jerry Duerksen of Duerksen & Associates presented winner Ken Haines with keys to his new car.



Congrats to Car Raffle Winner Ken Haines!

We are pleased to announce that Ken Haines of Corvallis is the lucky winner of our raffle!

His winning ticket was drawn at the auction on May 6th. Ken had the option of either a 2017 Subaru Forester or a Toyota Rav4. Ken went with the Rav4, upgrading it to the Hybrid Limited.

Congrats Ken! That new car looks great on you!

TOYOTA SUBARU of CORVALLIS Presents

THE BIG GIVE SALES EVENT!

JULY 28-31

Over 400 New and Pre-Owned Vehicles ALL ON SALE!

0% On 15 Different Models!

\$3000 Rebate on Select Models!

Donations Will Be Made To

BOYS & GIRLS CLUB & OLD MILL CENTER

For Every Vehicle We Sell!

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Lindsay Malachowski
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Bettina Schempff
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40 Years of Old Mill Magic

Thanks to everyone who made magic with us at our Annual Dinner & Auction on May 6th!

It was a wonderful night!

Thank You! PLATINUM SPONSOR

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