

# ★ Building Bright Tomorrows... Today



## Our Mission

Old Mill Center for Children and Families is a community-based, family-oriented center helping children of diverse backgrounds maximize their potential through specially designed education and therapy programs.

## Fall 2004 In this Issue

Announcements & Notices .....	2
A Parents Perspective .....	3
Thanks to Our Donors .....	4
Spotlight on Strong Families .....	5
Ask the Therapist .....	6
New Friends .....	7



**OLD MILL  
CENTER**  
For Children and Families

## A Message From the Director

...Bev Larson, PhD

"Old Mill has helped me find myself again. I don't need to hide anymore," said a 16-year-old girl at the completion of her counseling. This reflects the sentiments of many of the 1,456 children who came to Old Mill Center for services this past year.

The number of children and adolescents who have lost their way is growing-and their sense of self-as a result of abuse, domestic violence, parental drug and alcohol abuse, family discord, parental mental health problems and poverty, as well as a result of learning disabilities, sensory dysfunction, autism, and Attention Deficit Hyperactive Disorder (ADHD). The National Mental Health Association reports that one in five children and adolescents have a diagnosable mental health problem. It is estimated that two-thirds of these children do NOT receive the help they need.

Mental health services are one of the fastest growing areas at Old Mill. In 2000-01, we served 82 children with mental health issues. In 2003-04 we served 423 children. These children, some as young as three and four years old, have become lost in the pain, sadness, helplessness, anger, and loneliness that result from life experiences many of us can only imagine. Children and youth who come to Old Mill for mental health services (Sex Abuse, Divorce, ADHD and self esteem groups, medication evaluation and management, individual/family counseling, or intensive day treatment) are referred because of their troubles in school, their inability to make friends, their threats of suicide, and other traumatic behaviors.

Old Mill Center is the primary provider of services in both prevention and treatment for mental health problems. The diverse expertise of Old Mill's 35 staff members provides a unique continuum of care for children/youth who are at risk for mental health problems. Our goal is to reduce the number of children and adolescents who find themselves lost at home, in school, and in our communities.

Unfortunately, there are more children needing our services. We know, because many are on our waiting lists. Old Mill Center has the

*"Simple mathematics tells us that with more space, Old Mill can help more children"*



(continued on page 2)

# ★ 2 Old Mill Center...

*"The finest place for all children"*

## Announcements

### Beauty and the Beast

Thank you's to the Kiwanis Sunrise Club, Kiwanis Corvallis Club and the Corvallis Rotary are just not sufficient in expressing our gratitude for their on-going monumental efforts in keeping Old Mill beautified with landscaping and yard maintenance. Some members are very familiar with every rascally little weed out here. Chief volunteer groundskeeper and organizer of these regular work parties, Sid Lasswell deserves a special 'atta boy' for his efforts.

### Daytona 500

Members of Kiwanis International must have seen our classroom kids, aka Dale Earnhardt, Juniors, as they careened around our mini-Daytona track on the playground, because a delivery of 28 red, white and blue bike helmets arrived on our doorstep. Color-coded by size for easy identification with toddler sizes included, the helmets will definitely help protect our little Mario Andrettis. Now we just need shin guards for the teachers, who are often used as pit stops.

### A Friendly New Face

To the great joy of the administrative staff, a new volunteer has joined forces in the battle to slay the paperwork dragons. Irene Lilja began volunteering this summer after 17 years as a Special Education teacher at Memorial Middle School in Albany. Since moving to a newly built house in Old Mill's neighborhood, Irene felt that volunteering here would be a perfect fit. We think so too. She most enjoys working with the 'friendly and positive' staff, which obviously is a reflection of her own disposition. When not wrestling with the copy machine, Irene enjoys traveling, biking, sailing and quilting.

### Free Resource for Parents

'Growing Up Drug-Free', A Parents Guide to Prevention is a super resource and educational tool for parents to use in protecting their children in a drug culture. For a free copy, drop by Old Mill's office. Copies are limited.



## Message from the Director *(continued from page 1)*



expertise to support these children and youth in Benton County and beyond, who are currently not receiving needed services, but as we look at serving more children and families, we must also look at expanding our facility. We have used every nook and cranny possible. We have even added a trailer and a tent (fortunately only "things" are in the tent--no staff or children). It is no longer a question of *if*, but *when*. We now need to seriously move forward with our plans for an expanded facility.

Simple mathematics tells us that with more space, Old Mill can help more children and youth "find themselves" again. Young individuals, who will become empowered to play, to work, to study, and most importantly--to succeed in life--so no one needs to hide anymore.



## Notice Board

### Fireside Recitals

Lights. Curtains. Action. All is ready to announce the 2004-2005 Fireside Recital Series, which benefits Old Mill Center and the OSU Piano Program. The finest national and international musicians have shared their passion with our grateful members for well over a decade. Membership letters will soon be mailed to our faithful aficionados. If you have not been a member, please call 757-8068 for your invitation. Seating is limited.



### With Friends Like These

Engineering a summer day camp with over 150 campers takes some major maneuvering and generous partners. Many community friends contributed supplies and materials to our successful camp, which was successful in part to their contributions. Camper handshakes to Peoria Gardens, Grass Roots, Shirt Circuit, Bark Place, Timber Supply Company and Chuck Kingsley.

### TOGA! TOGA! TOGA!

Reserve this date for the next great Old Mill Auction  
 March 12, 2005  
 With a name like this, you know it's going to be fun!



### Wish List

- Desktop copy machine
- Cordless phone headsets
- Computer monitor privacy screens
- Bean bag pillows
- Old tennis balls



# A Parent's Perspective

...Angela Meyer, Old Mill Center Staff and Client

My daughter Hannah was an easy child when she was born. She was small and petite, and a very happy baby. As the months went by, she seemed to be developing pretty typically until she turned two. It soon became apparent to my husband and myself that Hannah's constant screaming, her lack of any communications or babbling sounds, and her inability to even mimic sounds didn't seem normal.

Fortunately, after Hannah's birth, I was hired as the Billing Specialist at Old Mill Center. I enjoyed working with the staff and over time had learned many things from the therapists and teachers at Old Mill, so I decided it was time for me to ask the experts if the issues my daughter was having were considered to be typical development. Joy Hylton, Old Mill's Speech Therapist, recognized that Hannah's speech was not typical for a 2 ½ year old. She referred me to Early Intervention, who conducted a full occupational and speech therapy evaluation of Hannah. The assessment showed that she did have some developmental delays.

Working in tandem with *Early Intervention*<sup>1</sup> and Old Mill Center, it was determined that the screaming may be due to her inability to communicate. She also exhibited high sensory defensiveness characteristics (*Sensory Sensitivity*<sup>2</sup>). I enrolled Hannah in Old Mill's preschool program a year ago where the staff has been wonderful in teaching her better ways to communicate. They have been patient with her every step of the way, even though I know their eardrums were near to bursting. They taught Hannah and myself sign language and picture cues to help her communicate better at school and home. When we started the preschool program, Hannah was recommended for work in the Monkey Room (the children's name for the occupational and physical therapy room because they get to swing and climb like monkeys) for her sensory needs. There she receives the *Deep Pressure Protocol* and the *Listening Program*<sup>3</sup> therapy. All of these treatments have increased Hannah's communications skills where she can now tell me what she wants with her words! As her language skills improve, her frustration decreases, and I hardly ever hear her scream any more. All of this has improved her behavior too.

It has been a blessing to have a support system like Old Mill Center. I am so grateful for the Occupational, Physical, and Speech Therapy Departments for their support and input. I am also grateful for the wonderful teachers in Hannah's preschool classroom, Cindy, Kate, and Phil, and the many wonderful interns for the patience, love and understanding they have given Hannah and myself. They have all supported and worked with me every step of the way. Hannah continues to improve every day, but she couldn't have gotten where she is today without all the wonderful caregivers here at Old Mill Center.

<sup>1</sup> *LBL ESD Early Intervention Program* provides special education services in Linn, Benton and Lincoln counties to children under age five experiencing delays in their development.

<sup>2</sup> *Sensory Sensitivity* refers to a child's ability or inability to interact with his environment, especially touch, sound, light, movement, taste and smell.

<sup>3</sup> *Deep Pressure Protocol and the Listening Program* are both techniques used by occupational therapists for children with sensory processing difficulties. The deep pressure protocol specifically addresses 'sensory defensiveness' issues while the listening program treats children with sensory integration difficulties.



## Friends of Old Mill Board Members

President:	Mindi Rich
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OMCCF Rep:	Cindy Bond
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## Be a Hero, Volunteer!

Join the fun and be a hero, by sharing your talents and time with Friends of Old Mill. Call 757-8068 to get involved.

## Old Mill Center...

"We're here for you"



For more information on Sensory Sensitivity, see "Ask the Therapist", on page 6.

# Special Thanks to Our 8th Annual Cloudburst Golf Classic Supporters

## Major Donors:

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Jon Michaelson	Steve Bouchard	Bryan Curtis	Ranta, Dennis
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Highland Bowl	Zoey's
Inkwell Home Store	



## OLD MILL CENTER

For Children and Families

More than a preschool since 1977

**"A Very Special Place for ALL Children"**

We meet the needs of children and families through specially designed education and therapy programs:

\*Programs to meet the unique needs of all children

\*Extended & Half-day Pre-school for ages 3-6

\*Occupational, Physical and Speech Therapy for ages 2-18

\*Individual and Group Counseling

\*Parent Support and Education

**"Building Bright Tomorrows...Today"**

## Thanks to All of Our Recent Donors!

Albertson's  
 Steve & Dyna Besse  
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 World Reach, Inc.

# Spotlight on the Strong Families Program

...Anmarie O'Daniel, Program Coordinator

Is your family a "strong" family? Do your children feel safe, respected and loved? Do you as a parent know what to expect from your infant, two year old or pre-adolescent? Does your family know where to find the services you may need for those answers?

The Benton County Strong Families Program is an integrated prevention, intervention and treatment program for families with children birth to eight living in Benton County. This bilingual program supports families who may be experiencing family relationship difficulties, mental health issues, concerns at school, domestic violence, substance abuse or homelessness.

The new program at Old Mill Center is here to provide services that some families have difficulty accessing due to lack of insurance, unstable housing, language barriers or other issues. Among the services available are the following:

- screening, assessment, case management and referral for children identified with social, emotional and behavioral risk factors
- family support and counseling
- physical and occupational counseling
- substance abuse counseling
- educational groups for children and parents
- medication assessment and management
- literacy education for toddlers
- home visits for parent training
- training for childcare providers to identify children at risk



The goal of the Strong Families Program is to support families in accessing the services they need to improve their confidence, health and well-being, enhance their parenting skills to promote bonding and attachment, and support an optimum environment for children's social and emotional growth.

Strong Families is funded by the Oregon Children's Plan and Benton County Mental Health. For information, contact Anmarie O'Daniel, Program Coordinator at Old Mill Center, 757-8068 ext. 210.



## Outpatient Counseling Schedule

Old Mill Center offers a variety of counseling programs to support youth and their families. For registration, fees, and further information, contact Lizabeth Eller (757-8068) or the listed program coordinator. Most insurances are accepted; sliding fee scale and scholarships are available for families in need. Fall session groups include:

**Divorce:** An 8-week group for children healing from parental separation or divorce. A parent group is offered in conjunction to help parents better understand their children and provide helpful responses. Tues. from 4:30-5:30, starting 10/12.

**Safe Families:** An ongoing therapeutic group for families recovering from traumatic experiences using play, art, stories, and talk. Group times and locations to be announced.

**Parenting by Intent:** An ongoing group for parents seeking to understand how their beliefs and automatic responses affect their parenting style. Social skills groups and childcare available. Thursdays from 5:00-6:30, starting 10/14.

**ADD/ADHD:** A comprehensive program focusing on accurate assessment, individual, group and medication therapies for children as well as on-going parent education and support seminars. Monthly seminars will be announced.

**Kinship Care:** A free ongoing information and support group to assist grandparents and other family relatives in their role as

*(continued on page 7)*

## Strong Families Summer Day Camp

Children and families in Old Mill Center's counseling programs got to enjoy summer, sunshine and outdoor fun while spending valuable time together as a family at the first Strong Families Summer Day Camp. Our therapists wanted to provide a dynamic, unique environment for our families while meeting their critical counseling needs.

Families were encouraged to attend together, although children were welcomed to attend individually. Moms, Dads and Grandparents joined their children with over 160 individuals representing 50 plus families attending the seven-week camp. Six tents circled the south field, therapists in bright blue and mentors in vibrant lime green dotted the landscape, walkie-talkies crackled with directions, and ice chests overflowed with tasty snacks for hungry campers.

Each tent represented a different activity to encourage family unity and communications. From sand castle

building to puppet shows, activities were designed for families to play together. After a morning of being "dressed-up" in the costume tent by his three adopted children, one father said, "This is the most fun we have had as a family in a very long time. Thank you."

Many of our teen clients, who have been in individual counseling, had a chance to participate in a leadership role as mentors. Their assistance was invaluable, while proving a unique opportunity for

their own personal growth and insight. As campers shared their stories, the spark of recognition by mentors, who could identify with similar challenges in their own lives, generated a new sense of belonging, a feeling of "just maybe I'm not so different after all".

Incredible growth of the children was evident this past summer and plans are afoot already to repeat the experience next year.





## Old Mill Staff List

- |                    |  |
|--------------------|--|
| Olga Alvarez       | BS, Healthy Start FSW/FAW                                    |
| Geri Aman          | MA, OT/R, Occupational Therapist                             |
| Phil Bauer         | AA, Preschool Teacher  |
| Jeff Bode          | MEd, MFT, Outpatient Therapist                               |
| Elizabeth Bolte    | PT, Physical Therapist                                       |
| Cindy Bond         | MS, Preschool Lead Teacher                                   |
| Janelle Bosco      | SLP, Speech/Language Pathologist                             |
| Jessica Carroll    | BS, ITS Teacher  |
| Caitlin Chisholm   | LCSW, Outpatient Therapist                                   |
| Joan Clapper       | MA, OT/R, Occupational Therapist                             |
| Erica Crimp        | MA, Outpatient Therapist                                     |
| Katie Cuniff       | Administrative Treatment Assistant                           |
| Graciela M. Dacker | LCSW, Even Start   |
| Carla Denner       | MSW, LCSW, Healthy Start Coordinator                         |
| Kate Edson         | BS, Preschool Teacher  |
| Lizabeth Eller     | MSW, LCSW, Treatment Coordinator                             |
| Erin Elyea         | OT Assitant  |
| Judy English       | MA, OTR, Occupational Therapist                              |
| Heather Fredericks | Classroom Aide   |
| Renee Gammon       | BS, ITS Program Assistant                                    |
| Elsie Grimler      | MS, LPC, ChildSafe Coordinator & 509J Outpatient Therapist   |
| Lee Harrington     | MD, Medical Director   |
| Josh James         | Computer Network Support                                     |
| Francie Karr       | Support Services Coordinator                                 |
| Angee Langevin     | Healthy Start FSW/FAW  |
| Bev Larson         | PhD, Executive Director                                      |
| Skinny Larson      | Bookkeeper   |
| Amy Luhn           | MS, Education Coordinator & ITS Lead Teacher                 |
| Deb Lyman          | MSW Outpatient Therapist                                     |
| Angela Meyer       | Billing Specialist   |
| Melissa Moser      | MS, LPC, Preschool Counselor, & ITS Child & Family Therapist |
| Dulcy Neeley       | BS, Healthy Start FSW/FAW                                    |
| Annamarie O'Daniel | MS, Strong Families Program Coordinator                      |
| Lisa Rae Penter    | Support Services Specialist                                  |
| Kati Queener       | BS, Office Specialist  |
| Diedre Quinn       | BS, Preschool Teacher  |
| Rebecca Sario      | BS, Development Coordinator                                  |
| Tim Taylor         | PMHNP, Psychiatric Nurse                                     |
| Jacquie Volkers    | BS, Community Safety Net Coordinator & Outreach Consultant   |
| Jian Wang          | BA, Accounting Tech  |

# Ask the Therapist...

...Geri Aman, Occupational Therapist

Question: My child doesn't like to be touched, cuddled or hugged. He will strike out at anyone, even the kids at school, if they get too close to him. Why does he act this way and what should I do?

Children act and react so differently to so many different situations that it can be difficult to determine the difference between behavior typical for most children and symptoms that signify the need for professional advice. Regardless of the eventual diagnosis, there are certain behaviors every parent should be aware of that could signal a potential challenge. One area of diagnosis, *Sensory Integration Dysfunction*, is receiving a closer look in explaining childhood behaviors and refers to a child's ability or inability to interact with his environment. Previously, children who had delays with motor, social, learning or communication skills were diagnosed with any number of disorders. Many of these children were actually experiencing a problem where the messages from the senses were not being correctly processed by the central nervous system. A picky eater may be experiencing oral sensitivity; a child who does not like the physical aspects of playground equipment may suffer from vestibular sensitivities; and a child who is described as a behavior problem because he pushes and shoves other children may really be exhibiting tactile sensitivities. Common symptoms associated with Sensory Integration Dysfunction revolve around the five senses plus movement and body positions, and are frequently exhibited through either oversensitive or undersensitive behaviors (see table below).

Educators, physicians and parents are becoming more aware that sensory integration issues may be the underlying cause for certain behaviors. With a comprehensive assessment by trained personnel and an appropriate therapy program, every child can learn to adapt better to his environment.

For more information about sensory integration issues, call Geri Aman, OTR/L, Therapy Coordinator at 757-8068 ext. 208.

## Sensory Integration Dysfunction

The Oversensitive Child Seeks Less Stimulation	Sensations	The Undersensitive Child Seeks More Stimulation
The child avoids touching or being touched by people or objects and is uncomfortable with certain textures of clothing and food.	Touch	The child may be unaware of pain, temperature or how objects feel, loves touching, rubbing and bumping into walls, people and toys.
The child avoids movement and likes to keep his feet on the ground--may feel seasick in cars and elevators.	Movement	The child may crave fast and spinning movement, like swinging, rocking, twirling, and riding merry-go-rounds without getting dizzy.
The child may be rigid, tense, stiff and uncoordinated and avoid activities that need good coordination.	Body Position	The child may slump, slouch be clumsy, inaccurate and bump into objects.
The child may become overexcited or distracted when there is too much to look at or overreact to bright lights.	Sights	The child will touch everything to learn about it and miss important visual clues in visual expressions and directions.
The child may cover his ears or complain about loud sounds, voices and noises that don't bother others.	Sounds	The child may ignore voices and have difficulty following directions, speak in a loud voice, and want TV and radio to be loud.
The child may dislike certain odors that others do not notice.	Smell	The child may ignore unpleasant odors and may sniff food, objects and people.
The child may strongly object to certain textures and temperatures of food and gag when he eats.	Taste	The child may prefer spicy or hot foods and like to taste inedible objects like toys and clothes.



# Making Friends in the Neighborhood

Just how lucky can a kid get? Play dates at Stoneybrook Assisted Living once a month to play with new friends, bake cookies and create crafts. Stoneybrook residents were looking for an intergenerational volunteer opportunity while Old Mill was



itching to get acquainted with our neighbors. Thanks to Leah Hall, the energetic activity director at Stoneybrook, the two ideas collided in a wonderful synchronicity of activity. It's yet to be decided who enjoys the

visits the most, but we all agree—our neighborhood just got friendlier.



Old Mill Center invites you to join us for a

## Walkabout

(that's Aussie for Grand Tour)

We don't have crocodiles, dingoes or Tasmanian devils. All of our kangaroos are stuffed and our 'outback' is full of trikes, bikes, and giggling tykes. Old Mill is busier than a ballroom full of waltzing Matildas.

So pick a Wednesday morning and hop on over for a 'cuppa' tea and biscuits. We'll share our vision of Old Mill Center with you.

Please RSVP to Old Mill, 757-8068 with your Walkabout tour date. All tours begin at 10 AM in the lobby at OMCCF and last less than an hour!

### G'day, Mate!



2003-2004

## Board of Directors



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Meredith Baughman	Town and Country Realty
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Carol Lee Woodstock	Woodstock's Pizza



### (Outpatient Counseling continued)

primary caretakers. Social skills groups and childcare available. Thursdays from 6:30-8:00, starting 10/14.

**Social Skills:** Psycho-educational children's groups offered in 8 week cycles designed to support positive social relationships. Thursdays 5:00-6:30 & 6:30-8:00, starting 10/14.

**Finding Your Compass:** A therapy group for parents using exercises, role-play and interactive techniques to strengthen the inner sense of direction. Childcare available. Thursdays starting 10/14. Contact Erica Crimp at 757-8068.

**ChildSafe:** Free ongoing group counseling for child victims of sexual assault and their non-offending family members. Childcare available. Wednesdays from 6:00-7:30, starting 10/13. Contact Elsie Grimler at 757-8068.

**Teen Touchstone:** An 8-week support group for teen-aged adolescents. Wednesdays from 5:30-7:00 PM, starting 10/13.

**Women's Group:** A therapy group for women. Wednesdays from 10:00-11:30 AM, starting 10/13.

**Early Outreach Literacy Groups:** Two literacy-based groups for new parents and their children aged birth to one year. Free to Benton County parents. Contact Dulcy Neely at 757-8068, ext. 115.

**Outreach and Community Safety Net Programs:** Provide outreach and flexible services for families or caregivers with children at risk. Services include assessment to identify family strengths/needs, short-term counseling, education, or case management with links to community support programs. Contact Jacquie Volkers at 757-8068, ext. 214.

*"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 \$\_\_\_\_\_

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 Contact me at the address below regarding a stock donation  
 In celebration of \_\_\_\_\_ ?    In memory of \_\_\_\_\_ ?

Signature \_\_\_\_\_  
Print name \_\_\_\_\_  
My email address \_\_\_\_\_ Phone \_\_\_\_\_  
My home address \_\_\_\_\_

Mail to: Old Mill Center for Children and Families, 4515 SW Country Club Drive, Corvallis, OR 97333

***"Building Bright Tomorrows...Today"***



**OLD MILL  
CENTER**

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