



ASTOR
SERVICES FOR
CHILDREN & FAMILIES

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IN THIS ISSUE

Donors	3
Volunteers	4
Program Update	5
Special Events	6
Employee News	7

Breaking News...

- Astor Expands its Early Childhood Programs into Red Hook, NY (Dutchess County) . . . 1
- Astor Wins the 2011 Dutchess County Economic Development Business Excellence Award 2
- Astor Family Members Remembered: Lawrence F. Hickey, Former Board Member, and Jan Weido, Recreational Director, Residential Programs Page 2 and Page 7, respectively

OUR MISSION

To provide behavioral and educational services in a caring environment where children and their families find strength, healing, hope and trust.

ASTOR

SERVICES FOR CHILDREN & FAMILIES

...Because every child deserves a childhood



The Impact

Early Childhood Programs – Services Expanded in Dutchess County

As a result of receiving \$1 million to expand our Head Start and Early Head Start Program in Dutchess County from the American Recovery and Reinvestment Act of 2009 (AARA), better known as the “Stimulus Package,” we were able to respond to the needs of children and families in the Red Hook area by opening up our Early Head Start Program, located in the Northern Dutchess Bible Church and a Head Start classroom in Mill Road Elementary School.

The need for the Early Head Start Program, for example, was great and the wait list became so long that we added another Parent Infant Educator to respond to the need. We now serve an additional 10 children and their families.

The Head Start Program at the Mill Road Elementary School has also been tremendously successful. The classroom now serves 18 additional preschool children and their families. This program has been fully enrolled since its opening.

“We know there has been a tremendous need in the Red Hook Community and we are happy we are able to provide these much needed early childhood programs to the children and their families. The families not only speak of the quality services we are able to provide for their children but the additional services we



provide for and/or connect parents to,” says, Mary Sontheimer, Assistant Executive Director, Astor’s Early Childhood Programs.

Astor serves a total of 452 children in the Head Start and 197 in the Early Head Start Programs. Please visit our website, www.astorservices.org, for additional information on our Head Start and Early Head Start Programs and a listing of our programs locations in Dutchess County.





A LETTER FROM OUR EXECUTIVE DIRECTOR/CEO:

James McGuirk, Ph.D.

I would like to thank you all for supporting the work we do at Astor on behalf of children and families! Your ongoing support and commitment makes a great difference in the lives of so many children and their families! While the economic condition throughout our country (and world) remains a challenge, we remain steadfast in providing the highest quality care possible to the children and families we serve.

Towards that end, as you read through this issue of *The Impact*, you will see that we broke ground to build new living quarters for the children in our Residential Treatment Facility Program. In addition, we were able to extend our Head Start and Early Head Start services in Dutchess County to a group of children and families in need; and provide much needed information on how to prevent youth and teen suicide to the community at large. Another highlight is a small sample of grants and volunteer

activities that are having an impact on our children and families.

A special “thank you” to our two new Board Co-Chairs: Ann K. Armater and Dr. David A. Crenshaw. Their leadership has been invaluable. I would also like to remember two members of the Astor family who passed away this year: Lawrence F. Hickey, former Board member; and Jan Weido, staff member, Residential Programs. These two individuals embodied and lived our mission and they will be deeply missed!



Photo by Gerald Peart, Photographer

I would like to encourage you to join our mailing list by going to our website at www.astorservices.org, where you will receive our electronic communication on a regular basis. In addition, please join our Facebook page at AstorServices.org.

Thanks once again for your support of our work and for helping us thrive!

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Remembering Former Board Member, Lawrence

We are saddened to announce the passing of Larry F. Hickey on Monday, March 28th. Mr. Hickey was on the Board of Directors from 1981 until 2004, and a benefactor of Astor. Mr. Hickey was instrumental in assisting Astor in acquiring the Little Red School House from the City of New York for our Early Childhood Program in the Bronx. It was named the Lawrence F. Hickey Center for Child Development in his honor. Mr. Hickey was a generous humanitarian, giving of his time and many

talents. He was committed to ensuring the world become a better place for children and their families. He received many honors throughout his life for efforts on behalf of the poor and disabled including the Serena Branson Award from Astor Services for Children & Families.

Married for almost 56 years, Mr. Hickey’s wife, Jean passed away in August 2007. They resided in Manhattan where he and Jean raised their four children, Elizabeth,



MAKING A DIFFERENCE

Donors

Helping Children with Emotional Problems “Transition” to Public School

Astor received a \$200,000 grant from Robin Hood of New York, NY to support our Transitions Program in the Bronx. This program helps children with serious emotional problems transition from our Lawrence F. Hickey Center for Child Development and our Day Treatment Program to public school.

The Lawrence F. Hickey Center provides early childhood and mental health services to a special group of 3-5 year old children with emotional and cognitive needs. These children display a range of behaviors that impact on their ability to develop or attain age-appropriate cognitive and social skills. Typically, they have been rejected from nursery programs and kindergarten after a few weeks of enrollment. Many of the children in this program are in kinship foster homes and have lived in impoverished environments characterized by violence, drug and alcohol abuse, domestic violence and child abuse.

Children in our Day Treatment Programs, in three locations in the Bronx, ages 5 – 12, come from the same background, with many in the foster care system living with kinship foster families or with other families in the community. The primary goal of these programs is to teach children the skills necessary so they can transition to a less restrictive public

F. Hickey

Frank, Magee and Jane; and were the proud grandparents of 11 grandchildren.

The staff and children at the Lawrence F. Hickey Center celebrated Mr. Hickey's life on Monday, April 11th. His birthday, March 31st, was declared Mr. Hickey Day and his legacy will forever live on through the children and families we serve!



Lawrence F. Hickey



Astor Wins Dutchess County Economic Development Business Excellence Award

We are proud to announce Astor was awarded the Business Excellence Award for nonprofits by the Dutchess County Economic Development Corporation during the Awards Ceremony on October 18th.

school environment. Robin Hood's overarching goal is to alleviate poverty in the New York City area, which truly aligns with our overarching goal for the children in our Bronx programs, who have severe emotional and behavioral disorders, graduate high school.

Identifying and Fulfilling Unmet Needs of Children & Families

With the Dyson Foundation's continued support of \$45,000, a Bi-Lingual Parent Infant Educator (PIE), Astor's PIE works with children zero to five years old and their families through Astor's Enhanced Childhood Coordinated Services Initiatives (ECCSI) in Dutchess County that provides coordination of services to those infants and children who are at risk of foster placement and/or abuse and maltreatment. The full-time PIE works together with families to identify unmet needs, strive to fill the needs and partners with other agencies to access necessary resources to address individual family as well as community needs.

Improving Classrooms

Countess Moira Foundation's, \$25,000 grant will allow Astor to replace the furniture in five class rooms of the Lawrence F. Hickey Center for Child Development with those that have greater safety elements and are more conducive to placement options in the classrooms. In addition, the children and the families served by the Lawrence F. Hickey Center will have the opportunity to participate in a "Holiday Family Fun Day," where everyone can have an enjoyable afternoon.

These "Family Fun Days" provide our children and their families the opportunity to have cherished memories where lives are transformed – many of these families would not have this pleasant experience without this day provided for them through the generosity of the Countess Moira Foundation.



Mitzvah Day Volunteers Dig in to Help Astor

May 15th was Mitzvah Day, which is a concerted effort on a single day to bring the entire Jewish congregation together to volunteer in the community, performing a “mitzvah” — a good deed — by helping those in need, and by helping the community at large.

A group of volunteers from the Jewish Federation of Dutchess County volunteered their services at Astor’s Residential Programs in Rhinebeck, NY, where they spent the day working on the gardens. On behalf of the children and families we work with, we want to extend our sincere appreciation to the volunteers who gave of their time and talent.

The Mid-Hudson Valley Notre Dame Alumni Club Sponsored Seven Astor Kids for “Sisters Under Sail”

The Mid-Hudson Valley Notre Dame Alumni Club raised funds to help seven Astor girls participate in an “outward bound” experience with Sisters Under Sail Corp. Six girls participated in a one-day sail beginning at West Point Military Academy; and one girl participated in a six-day sail beginning at Liberty Landing in Jersey City to West Point. This was a wonderful opportunity for our girls — many of whom have had challenges in their lives whether through mental health, behavioral and/or educational issues. Thanks to the Mid-Hudson Notre Dame Club and Sisters Under Sail as well as the U.S. Military Academy for the amazing opportunity they offered our girls and for broadening their vision of what is possible!!



Astor student, Olivia, who participated in the week-long sail.

MAKING A DIFFERENCE

Volunteers

Notre Dame Alumni Club of the Mid-Hudson Valley Hesburgh Day of Service

On April 30th, six members of the Notre Dame Alumni Club of the Mid-Hudson Valley volunteered at our Residential Facilities in Rhinebeck, NY where they spent the day readying the facility for the summer. They worked extremely hard, always with smiles on their faces, as they raked and cleaned up the pool area. They also sealed the benches; trimmed trees; weeded the garden; and installed a growing box and fence to keep the deer out.

The Notre Dame Alumni Club has worked



Volunteers from the Notre Dame Club

on several projects with us at various Astor locations over the years and we are continually thankful for all they do for us!

The Annual Hesburgh Month of Service began in 2007, aiming to honor Father Hesburgh’s 90th birthday with 90 Notre Dame Clubs hosting volunteer projects in collaboration with the Alumni Association.

New York Road Runners Club Sponsors Astor Mighty Milers

A group of Astor’s students and staff from the Shakespeare School/PS199x in the Bronx have been participating in the Mighty Milers Program sponsored by the New York Road Runners Club. For 15 minutes a day, Mighty Milers give kids the opportunity and encouragement to get moving, release energy, improve their fitness and health, set and strive for individual goals, and bond with their schoolmates.

On Sunday, May 15th, a group of Astor’s Mighty Milers were invited to the New York Road Runners Youth Jamboree at the Icahn Stadium on Randall’s Island. Rain or shine, the team put forth their best efforts! Two team members won second place ribbons in the 200 and 100 meter dash, and one



Astor children and staff

Mighty Miler earned first and second place ribbons in the 100 & 200 meter dash. Everyone received ribbons for participating and completing their race.

Many parents came to support their Astor Mighty Milers and everyone showed support for each other during all of the races. It was an awesome opportunity for everyone who attended.



PROGRAMS

Meeting the Needs of our Children and Families

Provide Information to Families on Youth and Teen Suicide Prevention

Astor is committed to make people realize emotional struggles are not to be judged; families and kids are to be helped and supported. Drs. McGuirk, Suzanne Button, Alice Linder and Paul Bulman have been offering crucial information on the subject of Youth and Teen Suicide Prevention that all adults (not just parents!) should know. In the last months, several media outlets have interviewed them on this very important topic. Drs. Suzanne Button, Alice Linder and Paul Bulman wrote about this issue in the May 5th *Poughkeepsie Journal* entitled, "Youth Suicide Prevention Needs Added Awareness." On this topic they stress the notion that everyone can make an important difference in the life of a young person struggling with emotional problems. They highlight risk factors for youth and teen suicide that adults should be aware of, including:

- Children who are at increased risk for suicide include children with a diagnosed behavioral disturbance, depression, anxiety, oppositional and/or aggressive behaviors, substance abuse problems. Kids who are being bullied, kids experiencing extremely serious peer conflict, kids reacting to being humiliated, youth whose families are in a difficult situation or conflict like divorce or job loss.
 - Suicide is currently the fourth leading cause of death for adolescents and the third leading cause of death for youth a little younger than adolescence.
 - 5,000 teenagers a year commit suicide in our country.
 - A youth suicide impacts roughly nine other people on average.
 - Suicidal behavior can be 'contagious.'
- There is still a stigma attached to suicide and to mental health needs in general.

Youth suicides are preventable but it takes everyone in the community working together – to be vigilant – to watch out for the "warning signs, risk factors and to get help!" stresses Dr. Button. At Astor, we have "Open Access" in all our clinics (Hudson Valley and the Bronx). A family who needs help can walk into any of our clinics for an immediate evaluation (between 10a – 2p, Monday - Thursday). In addition, our clinicians receive annual training specifically geared towards identifying the warning signs and risk factors.

Astor is committed to preventing youth and teen suicide and will continue to educate and inform the community at-large.

New Living Quarters – Residential Treatment Facility Program

Astor broke ground on September 13th to replace the current living quarters for the children in the Residential Treatment Program (RTF). During the ceremony, there were representatives from the local legislators, New York State Office of Mental Health, Department of Mental Hygiene, Astor Board members, staff, children from the RTF Program and Kirchhoff-Consigli Construction Management of Pleasant Valley, the construction manager of the project. Greg Burns, the President of



photo ©Joel Weisbrod

L-R: Ann K. Armater, Board Co-Chair; Board Members Scott D. Bergin, Msgr. Kevin Sullivan, J. Joseph McGowan, Julie H. Krieger, Susan J. Ragusa, Virginia H. Sibbison, Dr. Jim McGuirk, CEO/Executive Director and Charles R. Daniels, III.

Kirchhoff-Consigli said, "We are excited to work with Astor on this valuable project, which will provide over 200 construction jobs. We have always been committed to work with the various non-profit and charitable organiza-

tions in the area. Our local employees are excited about working on this historic facility."

The target date for the completion of the project is September 2012.



Photo by Joel Weisbord

Magee Hickey & Jane Hickey Sexton

Magee Hickey, News Reporter, Hosted a Cabaret to Benefit Astor's Lawrence F. Hickey Center (Bronx)

On Saturday, May 14th at the Convent of the Sacred Heart School, NY, Magee Hickey, daughter of the late Lawrence F. Hickey, and former reporter for CBS 2 News (now with PIX 11), along with her newscaster colleagues from New York's television stations sang in a Cabaret to raise funds for the Lawrence F. Hickey Center for Child Development in the Bronx. Talented performers included: John Elliott CBS 2; Sarah Wallace ABC 7; Harry Martin MY9; Hazel Sanchez CBS 2; Andrew Siff; NBC 4; Alexis Christoforous CBS 2; Denise Richardson; Kirstin Cole. Special appearances by: Dana Tyler, Maurice DuBois, Kristine Johnson, Cindy Hsu, Otis Livingston, Lonnie Quinn, Marvin Scott, Pablo Guzman, Lynda Baquero, Rob Morrison, Jane Hickey Sexton, Frank Hickey, Director Collette Black and Musical Director, David Lewis.

It was an enjoyable afternoon! Be on the look out for the Second Annual Cabaret to be hosted by Magee Hickey!

Special Events

Proceeds from the, Hudson Valley Reception and Annual Stenberg Cup Golf Tournament will go toward supporting the children's Art and Music Programs (Residential Programs).



L-R: Dr. David Crenshaw, Board Co-Chair; Ms. Ann K. Armater, Board Co-Chair; Assemblyman Marcus Molinaro; Dr. Jim McGuirk, CEO/Executive Director

Hudson Valley Reception, Rhinebeck, NY.

Astor held its fundraising reception: "Swing Into Spring," on Thursday, May 5th at the Millbrook Winery in Millbrook, NY, where Assemblyman Marcus Molinaro was honored with the Louise Marillac Public Service Award, an award named for a woman who spent much of her life serving the public.

It was a wonderful evening with great food (catered by Gigi Hudson Valley), live jazz music (Jazz Musician Tony Smith), and an auction that included selections of children's art in various media (i.e., ceramics, photographs and paintings) as well as dinner to local restaurants and many other items!



Winning Team: Mike Eidel, Garry Gyscek, Bill O'Neil, Mike Antalek with Executive Director/CEO Dr. Jim McGuirk

Golf Tournament

Astor's 13th Annual Stenberg Cup Golf Tournament was held on Monday, June 13, 2011 at Trump National Golf Club, Hudson Valley, in Hopewell Junction.

It was a wonderful day! We were delighted to have several children from our Residential Programs, who have been taking golf lessons from Ivar Zirnis, PGA Teaching Professional, come out to hit some balls during the Tournament!

They had a great day helping with the putting contest and practicing on the driving range.



Astor Students on the golf course

Photos by Joel Weisbord

Employees' Impact



Jan Weido

Remembering Jan Weido

On October 1st, Astor lost a very valuable member of the Astor family, Jan Weido. Jan, known by many as Weido, was the Recreational Director for our Residential Programs and a 25-year Astor employee. Jan, like all our staff, lived the Astor mission. His focus was always

about building strengths and, thereby, providing hope for the children that they will grow up to be competent, caring adults. Astor's tag line, "...because every child deserves a childhood," was more than a saying for Jan – it was the reason he came to work. He was going to make sure the children who lived at Astor were able to acquire the happy memories so important to having the kind of childhood we want for all of our kids. Jan created partnerships within the local community (i.e., colleges/universities, artists,

little leagues, etc.) and recruited experts in the field as volunteers to work with our children. In addition, Jan introduced the children to one of his passions, fishing. While this is a new sport for many of our children, Jan's enthusiasm and love for it rubbed off on them. Each spring, they looked forward to the stream being stock with trout so they could go fishing.

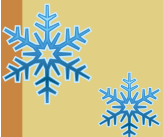
In remembering Jan, what the Astor community will cherish is his clear love and passion for the children and his work with them. His ability to energize staff and the community to support the children will be missed. His impact on the children, programs and staff will be forever embedded in our fabric. As Dr. Jim McGuirk, Executive Director/CEO of Astor said, "Jan will be remembered with joy for the many things he accomplished with the children. His wonderful spirit will remain with us for many years to come!"

2011 HOLIDAY ADOPT-A-FAMILY PROGRAM

YOU CAN HELP THIS HOLIDAY SEASON!



We need your help to donate gifts to the children and families in our programs. Our Adopt-A-Family Program matches children and families in need with volunteers able to buy gifts. Many of the children we help need basic goods and toys, such as: Winter Clothing, Hats and Mittens, Books, Board Games, Arts & Craft Supplies, Sports Supplies, Stuffed Animals and/or Gift Certificates.



**Every child deserves to have happy memories of the Christmas Season.
Please lend your support to make this wish come true.**

Call Dana Valdez at (845) 871-1171 or email: dvaldez@astorservices.org to learn more about how you can help this Christmas Season with gifts to families in need, or visit us online at www.astorservices.org.

Thank you for your support!



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St. Nick's Craft Fair Sunday, Dec. 4

9:30am – 4:00pm
6339 Mill Street, Rhinebeck, NY

2nd Annual "Cabaret" April 14, 2012

Save the Date!

14th Annual Stenberg Cup Golf Tournament

Monday, June 11, 2012
Trump National Golf Club – Hudson Valley

Hudson Valley Reception

May, 2012

DID YOU KNOW...

- Astor serves over 6,000 children, adolescents and their families each year in 25 locations in the Hudson Valley and in the Bronx, NY.
- Astor is a trusted provider of quality children's services for over 55 years.
- Astor is accredited by the Joint Commission since 1974.
- Astor is recognized as a National School of Excellence by the US Department of Education.

