

Astor Family

Autumn 2014

Vol 3 Issue 2



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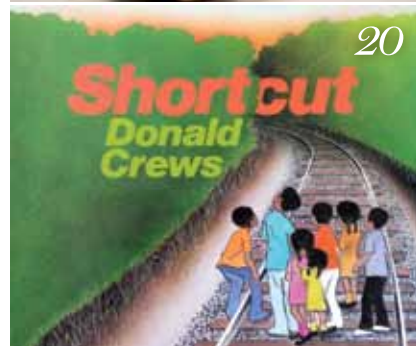
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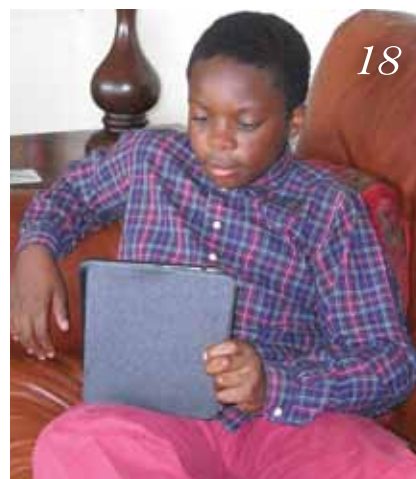
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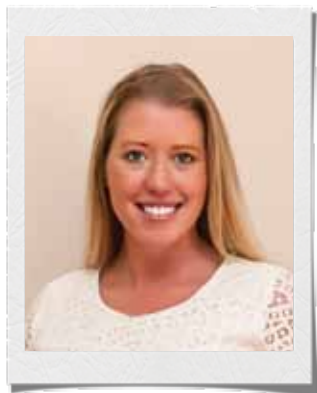


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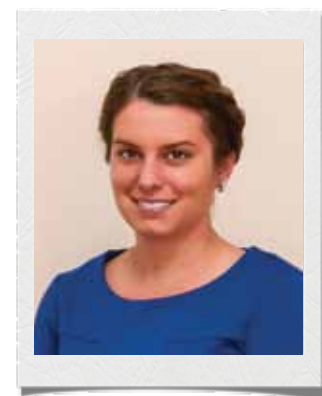
Photograph by JWArtWorks

Carly Hertica

Carly Hertica is a Development Associate at The Children's Foundation of Astor. She is a 2012 summa cum laude graduate of Manhattan College with a degree in communications. Prior to working in fundraising and development, Carly worked as a children's program coordinator for homeless children and their families in Kingston, New York.

Carly's love of writing started at an early age and she served as editor-in-chief of her high school newspaper, Highlights, and features editor of her college newspaper, The Quadrangle.

Her interests include volunteering for the Irish Cultural Center Hudson Valley, checking out the best restaurants in and around the Hudson Valley, and playing in a competitive kickball league.



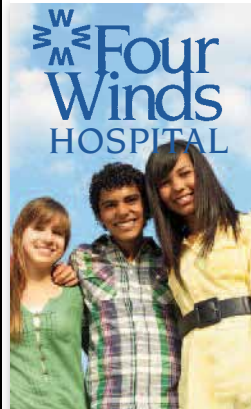
Photograph by JWArtWorks

Samantha Lowe

Samantha Lowe was born and raised in the Hudson Valley. After graduating from Franklin D. Roosevelt (FDR) High School in Hyde Park, NY, she attended Ithaca College and graduated magna cum laude in 2012 with a B.A. in Writing and Politics and minors in Classical Studies and History. While at Ithaca, Lowe was the founder of the college's annual Palestinian Film Festival as a part of their Finger Lakes Environmental Film Festival (FLEFF).


For the past two years, she has been employed by The Children's Foundation of Astor as a Program Manager. In her free time she is the varsity coach for FDR's women's volleyball team; she also plays co-ed volleyball competitively.

*If you would be interested in contributing to future issues of Astor Family, please contact
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Welcome

Lisa Flynn
Family Advocate
Astor Services for Children & Families

I am so delighted to introduce you to the fall 2014 edition of Astor Family Magazine!

I know firsthand what families go through when they are caring for children with mental and behavioral health needs. I am a grandmother with custody of my 13-year-old grandson, Freddy, who has been the recipient of the amazing services Astor provides through the Residential Programs. Now I am a Family Advocate in the same program (see my blog on the Astor web site). My experiences at Astor, as both a client and employee, have been life changing.

When my grandson was experiencing behaviors that I had not seen before, the entire family felt pain, guilt, failure and hopelessness: we did not have the tools to handle the challenges we faced. Astor not only gave Freddy tools to help him manage his behavior and help him build coping skills, but taught me, his caretaker, different ways of looking at Freddy's behavior in order to help him on his journey. It was a "win-win" for all of us! Our Family Advocate played an important role in helping us navigate the many complicated systems of care. She also helped us weather many storms.

Freddy was discharged from Astor in June 2012. While we have had our ups and downs, I am grateful for the skills the entire family learned. Freddy is now thriving. When a Family Advocate position opened up at Astor, I applied and got the job. Now I get to work with struggling families, helping them in the same way I had been helped.

As you read through this issue of the Astor Family Magazine, you will learn more about Astor's Residential Treatment Center, its impact, and the many dedicated staff members who ensure that children in the program get the best care possible.

The Hudson Valley is filled with small treasures and in this issue, we highlight some of them. There are small towns with small stores that offer a big variety. Some of our most important historic sites are in small buildings. "Small is Big" is our way of pointing out the little niceties that enrich our lives here in the Hudson Valley.

Astor has many vital programs in the Bronx, N.Y. In this issue, we feature the Arthur Avenue neighborhood, which we look at as a "small town." This neighborhood is home to some outstanding Italian food stores and we've highlighted one of the oldest in this issue.

I am delighted that you will also get to "meet" Hudson Valley resident Donald Crews, a world-renowned children's book author and illustrator, and a two-time Caldecott honoree. His work and life journey are inspirational.

In closing, I would like to take this opportunity to thank the sponsors and supporters who make it possible for us to bring this magazine to our community.

Enjoy!

To learn more about Freddy's story, read my recent blog:
www.astorservices.org/children/2014/06/family-advocates-give-back-to-astor

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ASTOR FAMILY MAGAZINE
Astor Family Magazine furthers the mission of Astor Services for Children & Families. The unique combination of services Astor provides to its clients is the basis for a publication with two goals: to use Astor's experience with children and families under stress as guidelines of benefit to all the families in the region facing the challenges of raising children; and to draw upon the great strengths and assets of the region (i.e., Hudson Valley, New York City, etc.) to help families fully realize their values and goals. This free publication is distributed throughout the Hudson Valley (Dutchess, Ulster and Orange counties) and the Bronx at thousands of locations including doctor's offices, schools, libraries, retail locations, corporations, Astor's 33 locations, etc. The magazine reaches over 10,000 each issue.

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Dear Astor Family...



I enjoy reading your magazine!

As a New York City Special Education teacher, I would like to see more articles on how other teachers deal with their students, parents, and peers. Teachers tend to feed

off each other when it comes to tips! Some specific areas include: classroom management and differentiating lesson plans. Thanks!

*Jennifer Young
New York, NY*

I've been receiving the Astor Family Magazine for some months, and I just had to write to tell you how good it is! I love the variety of topics in each issue and the professional look of the publication. I always find something of special interest inside its covers!

*Rosemary Molloy
Red Hook, NY*

The Magazine offers a good variety of articles on different topics. However, I would like to see more resources for parents of special needs children like recreation, parent groups, and camps.

*Jennifer Arroyo, School Psychologist
Newburgh, NY*

We would like to receive your feedback & suggestions. Please email letters to Sonia Barnes-Moorhead, Publisher, Astor Family Magazine. E-mail: smoorhead@astorservices.org

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Astor's Adopt-A-Family Program



Astor's Adopt-A-Family program matches children and families in need with volunteers that are able to buy gifts. With generous donations of time and money, Astor helps over 1,500 children and families during the holiday season.

Every child deserves to have happy memories associated with the holiday season. Astor asks you to lend your support to make their wishes come true.

"I am celebrating the love shown by the open hearts who cared enough to share the true meaning of Christmas and helped make this a wonderful and happy time for me and my grandsons. Thank you. God Bless You!" - Patti

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QUESTIONS AND ANSWERS

About Native Americans

by **V. Heather Sibbison, JD**

Are there special health and human services programs designed for tribal members and their families?

Tribal members and their families are eligible for the same services as all other citizens of New York, including child and maternal health programs, and care provided through such programs as the Affordable Care Act. Furthermore, additional health and human services and programs are provided to Native Americans through the federal Indian Health Service, the Bureau of Indian Affairs, and the Bureau of Indian Education.

Some states also provide specialized services. In New York State, the Department of Education, the Department of Health, and the Office of Children and Family Services are “charged with specific obligations to New York’s Native American population.” (See www.ocfs.ny.us/main/nas/.)

Importantly, tribal governments themselves also provide these kinds of services to their members.

Who is eligible for these services?

People who are members of federally-recognized tribes, or who otherwise meet a statutory definition of “Indian,” generally are eligible for special services and programs designed for Native Americans. Depending on the program, members of state-recognized tribes also may be eligible for these services.

Which tribes Are in New York State?

The federal government has established a formal government-to-government relationship – that is, it has “recognized” the following tribes in New York:

Cayuga Nation	Seneca Nation of Indians
Oneida Nation of New York	Shinnecock Indian Nation
Onondaga Nation	Tonawanda Band of Seneca
Saint Regis Mohawk Tribe	Tuscarora Nation

For a complete list of tribes recognized by the federal government, see www.bia.gov/WhoWeAre/BIA/OIS/TribalGovernmentServices/TribalDirectory/.

In addition, the State of New York recognizes the Unkechaug Nation of the Poospatuck Reservation.

The territories that make up these tribes’ reservations were theirs long before the State of New York existed. Indeed, the term “reservation” generally refers to land a tribe “reserved” to itself in a treaty in which the tribe ceded other of its lands to the United States. In these treaties and in other federal laws, the tribes retain various sovereign rights, including the right to self-governance.

What does it mean to be a member of a tribe?

Tribal governments are sovereign governments, and they have the right to determine who is or is not a member of the tribe. Generally, an ancestral, social or political connection to the tribe is required, but individual tribes’ membership requirements may differ.

“Indian” or “Native American”?

These terms are often used interchangeably. All of the peoples whose ancestors were native to what later became the United States are often generally referred to as “Native Americans.” These include American Indian tribes located in the lower 48 states, Alaska natives, and native Hawaiians. Each of these three over-generalized groups has a different history with the United States government and, as a result, the federal laws that govern the United States’ respective relationships with American Indians, Alaska Natives, and Native Hawaiians differ somewhat.

V. HEATHER SIBBISON, JD is the Chair of the Native American Law and Policy Group at Dentons US LLP, where she practices in the firm’s Washington, D.C. Office.

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Healthful Information About Women and Vaccinations

by **Bridget Lee, CNM**

What are Certified Nurse-Midwives?

Certified Nurse-Midwives (CNMs) are independent healthcare professionals who provide an array of services for women of all ages. While midwives are best known for attending births, they also provide gynecological examinations, family planning, prenatal care, newborn care, and menopausal management. CNMs are defined as primary care providers and are licensed to prescribe medications. The philosophy of midwifery empowers women by honoring the normalcy of their life cycle events. They believe in non-intervention in normal processes, supplemented by appropriate use of interventions and technology when health problems arise.

What is a pap test, and who should get one?

A pap test (smear) is used to screen for pre-cancerous and cancerous cells in the cervix. The test is performed during a gynecological exam by opening the vaginal canal with a speculum. Cells are collected from the outer portion of the cervix of the uterus, sent to a lab, and examined under a microscope for abnormalities. Women should have pap tests every three years from age 21 until 65. Abnormal results often require more frequent testing. The pap test is very brief and generally does not cause discomfort.

If the pap smear shows abnormal cells, HPV testing is generally performed. More than 12,000 new cases of cervical cancer are diagnosed annually in the United States. The disease claims the lives of more than 4,000 American women each year.

What is HPV?

Human papillomavirus (HPV) is a virus that causes cervical cancer and genital warts. It is spread through skin-to-skin contact. HPV also causes cancers of the vulva, vagina, anus, head, and neck, although these cancers are far less common than cervical cancer. There are as many as 100 different identified types of HPV, several of which are known to cause cervical cancer.

How can I be protected against harmful HPV?

Gardasil is a vaccine to protect against the four high-risk types of HPV (6, 11, 16, 18). It is given in a series of

three injections within six months. The second injection is given two months after the first, with the third coming four months after that. Gardasil is recommended for girls and women between the ages of 9 and 26 years. It is also recommended for boys and men between the ages of 9 and 21 years, and can be given to men up to 26 years of age. A pelvic exam or pap test is not required to receive Gardasil. Gardasil does not contain mercury and has been proven to be very effective, with no long-term side effects. Most healthcare providers offer it; ask your pediatrician, midwife, OB/GYN, or family physician. All insurances will cover it, as long as you are within the age parameters.

What immunizations are important for pregnant women?

There are two important and safe vaccines for pregnant women: Influenza and Tdap. All women who are pregnant or will be pregnant during flu season should receive the inactivated influenza vaccine as soon as it is available. Changes in the immune system make pregnant women more prone to severe illness from flu, thus increasing the risk of complications. Dehydration is of particular concern, as it can lead to preterm labor and delivery. Another benefit of being vaccinated is passing on the immunity to your baby. When a pregnant mother is vaccinated, her newborn baby will also be protected up to six months of age.

It is also crucial to get a Tdap vaccine during pregnancy. Tdap offers protection from tetanus, diphtheria, and pertussis (whooping cough). The incidence of pertussis cases has been on the rise in the United States. Infants are particularly susceptible to contracting infections, and pertussis can cause serious and sometimes life-threatening complications, especially within the first six months of life. Pregnant women should receive a single dose of Tdap at 27 to 36 weeks of each pregnancy. If not received during the pregnancy, new mothers should get Tdap, as its protection will be transmitted to the baby via breastmilk. Tdap is also recommended for all partners, family members, and caregivers of new babies.

BRIDGET LEE practices Certified Nurse-Midwifery with the Mid-Hudson Medical Group seeing patients in Rhinebeck and Kingston, NY.



Photograph by JWArtWorks

Small Pets, Big Impact

Pat Cortese and Lina, the Yellow Labrador Retriever

Most Tuesdays at 4 p.m., you will see volunteer Pat Cortese and Angelina (Lina), her beautiful Labrador Retriever therapy dog, walk into Astor's Residence in Rhinebeck, ready to work with some of the children. Pat and Lina have been doing this for over eight years, beginning when Lina was only one year old!



Photograph by JWArtWorks



Photograph by JWArtWorks

PICTURED LEFT:

Pat and Lina with the children of the Vincentian unit.



Photograph by JWArtWorks

When Lina was a puppy, she exhibited wonderful, caring qualities, and Pat felt she was a natural to be a therapy dog. She contacted the The Good Dog Foundation, an organization that promotes the use of animal-assisted therapy, to get Lina certified.

Pat and Lina became involved with Astor through The Good Dog Foundation. One of Astor's psychologists contacted the Foundation, seeking a therapy dog to work in a group setting with children who have suffered multiple traumas. It was a perfect fit.

What exactly does a therapy dog like Lina do? In a nutshell, she provides comfort and a sense of safety, and helps keep the children calm. Furthermore, as Pat puts it, "The children can talk to Lina about anything!"

Dr. Jessie Giglio Alfin, a psychologist who works with the children at Astor, speaks of one child whose behavior was unpredictable. Although he was apprehensive at first to even pet Lina, now he waits every week for Lina's arrival. Lina's presence helps the children feel more relaxed and open to talking. During group sessions with Lina, staff are able to introduce and discuss topics the children can relate to, but that are not directly focused on their lives.

For example, they might discuss what it means to be a "rescued dog." According to Dr. Giglio Alfin, Pat and Lina are reliable and consistent, which has a tremendous impact on children who have suffered trauma.

Pat says that she and Lina enjoy the interaction as much as the children. She gets to teach the children how to handle and interact with Lina, and Lina loves all the attention! Pat is also happy that the work of the therapists is enhanced by Lina's presence. Pat says, "It is such a rewarding experience. This is such a tiny thing that Lina and I do to help make the children feel good."

If you stop by the Astor Residence on a Tuesday afternoon, you will see Pat and Lina walking down the hallway on their way to give children lots of love and happiness. And if you could be a fly on the wall in the living unit where they are heading, you would see children who are eagerly awaiting them!

After they've finished working with the children, Pat and Lina make one last stop. Lina insists on visiting one of her favorite people, supervisor Glenn Ninesling – perhaps because of the wonderful snacks he gives to her for a job well done!

Old Fashioned Stores



Photograph courtesy of Germantown Variety Store

Throughout the Mid-Hudson Valley and the Bronx, there are dozens, if not hundreds of merchants who defy the “big box store” mindset and have a real impact on their surrounding communities. These stores have heart, they have spirit, and they capture the essence of a real “mom and pop” store with friendly service and an atmosphere that cannot be replicated.

GERMANTOWN VARIETY STORE

Germantown Variety Store was opened by Otto Leuschel in 2012, after he opened Otto’s Market, the grocery store across the street, in 2008.

“My goal is to make it easy to get all the basic things you need on our Main Street,” Leuschel said.

Unlike many stores today, Germantown Variety is unique in the fact that about 65-75% of the current goods stocked are made in the USA. “I intend to get as close to 100% as I can over time. A lot is made in the USA. You just have to look for it and then buy it,” Leuschel said.

Another unique quality is that the store houses two cats, siblings Hansel and Gretel, who add life to the store. The brother and sister cats are now 2 1/2 years old and have grown up in the store. “They sleep in the most unlikely places. Their favorite is the counter,” Leuschel said.

“Customers have said we’re the best store they’ve ever seen. We’re a concept that does not exist anymore. It is so frustrating to go to five different box stores for errands, but here we have the best of all the chain stores: a little bit of CVS, Home Depot, Bed Bath & Beyond, Pet Smart, a dry cleaner and Target,” Leuschel said.

Germantown native Nancy Dauley said, “Germantown Variety is part of a small town and is the true definition of small business.”

THE NEST EGG COUNTRY STORE

The Nest Egg Country Store is located in the hamlet of Phoenicia in Ulster County. With a population of 309, Phoenicia has been described by Frommer’s Budget Travel Magazine as being “a town that has everything-great coffee, food with character, shop owners with purpose.”

The Nest Egg is a real old-time family general store. In fact, The Nest Egg has been in the Kirk family since Ray Kirk opened its doors in 1968. It first served as a grocery store, but now serves as a gift store. Robin Kirk remembers helping her father out



Plan Your Visit

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Germantown Variety Store (518) 537-7400
212 Main Street, Germantown, NY 12526

Saperstein’s Clothing & Footwear (518) 789-3365
41 Main Street, Millerton, NY 12546

Teitel Brothers Wholesale Grocery Company (718) 733-9400
2372 Arthur Avenue, Bronx, NY 10458

at the store with her brother, Ray J. Kirk, when they were nine and ten years old.

It has been a community cornerstone in the Catskills for nearly five decades. An array of products can be found: candles, games, books on local history and hiking, jewelry, and more.

"I've been shopping at The Nest Egg forever. It's a great staple in the community and they've really upgraded things over the past few years," said a resident, Betsy Todd.

SAPERSTEIN'S CLOTHING & FOOTWEAR

Saperstein's Clothing & Footwear is located in the village of Millerton in Dutchess County and has been around since Lew Saperstein's father, Irving, opened the original Saperstein's down the block in 1946. With a population of 958, the village's vibrant cultural community may surprise you. They have shops galore, fine and casual cuisine, independent cinemas, and Harney & Sons, which produces more than 250 varieties of high-quality tea distributed nationally.

Saperstein, born in 1947, grew up in the family store. "Being in the store all my life, I never thought I'd end up working there, but in 1977, I gave it a try and have been here since," Saperstein said.

Open daily, Saperstein's is packed to the brim with clothing essentials such as flannel shirts and work boots. Classic designer duds such as Levi's, Carhartt and Merrell line the aisles. The store sells basic merchandise for the whole family at very fair prices and special orders are always welcome at no extra charge.

During the week, the bulk of the customers are locals, but on the weekends, the New York City folk flock to Millerton and help the economy thrive.

During the holiday season, Saperstein's works with Astor's Head Start families to help them purchase gifts.

"They have always been there for our clients and their families," said Stephanie McGhee, who works at Astor's Head Start Program in Millerton.

Saperstein's does not seem to be going anywhere anytime soon. Saperstein is proud of his one-stop shop and of the employees who have worked by his side for many years.

TEITEL BROTHERS WHOLESALE GROCERY COMPANY

Teitel Brothers Wholesale Grocery Company, located on Arthur Avenue in the Bronx, was established in 1915 by Austrian immigrants, Jacob and Morris Teitel.

Now in its 4th generation, Teitel Brothers is an authentic Italian grocer serving Italian specialty products. Think chunks of Parmigiano-Reggiano; pounds of imported meats; slabs of dried fish; shelves stacked high with tomato sauce; jarred goods of many colors, shapes and sizes; all found in one place.

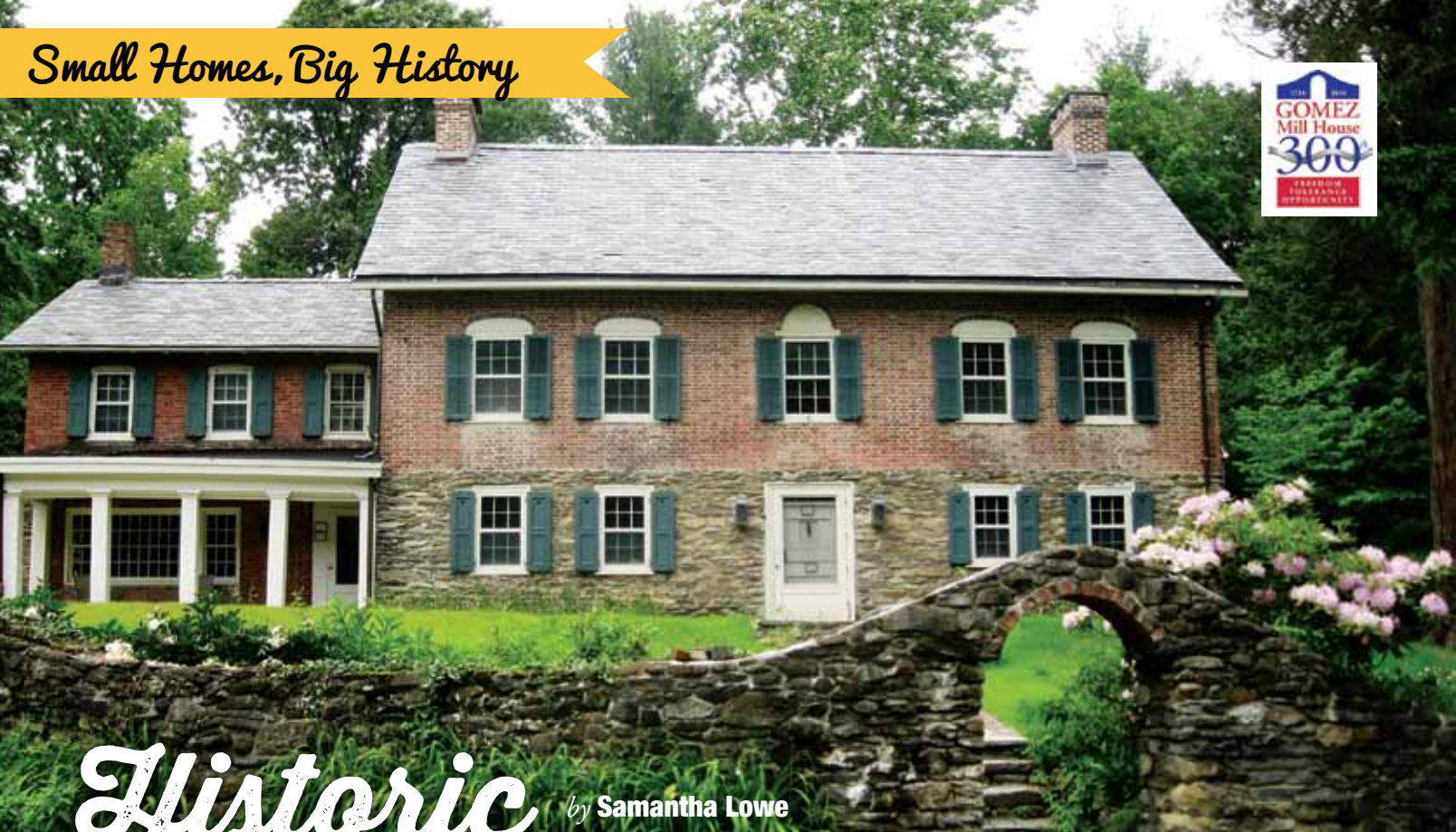
Although you may not necessarily think of the Bronx as a small town, when you step onto Arthur Avenue, you feel like you have stepped back in time. Arthur Avenue is home to some of America's best Italian-American foods, dining, housewares, and other goods. Those who grow up there call it "the neighborhood," and it has continued to hold on to a small-town feel generation after generation.

Teitel Brothers boasts that they carry the lowest retail and wholesale prices. In addition to their storefront on Arthur Avenue, they also service some of the finest restaurants throughout the country. Teitel Brothers has exclusive rights to sell Don Luigi Sicilian Extra Virgin Olive Oil, a wonderful, unfiltered olive oil produced near the Mediterranean coast in Agrigento.

For more than 30 years, Myles Weintraub has traveled to Teitel Brothers twice a year from his upstate home just to buy a case of this great olive oil. "It is worth the time and effort," Weintraub says.

Although the Teitel family is not Italian by blood, they feel at home in the mostly Italian neighborhood where their family's store has operated for the past 99 years.





Historic by Samantha Lowe HUDSON VALLEY HOMES

Photograph courtesy of Gomez Foundation for Mill House

The Hudson Valley is the site of homes of Gilded Age tycoons and of presidents. Other homes are often overlooked; homes in which visionaries and revolutionaries lived. Here are three homes that are well worth a visit. They prove that small homes do indeed make big history.

Gomez Mill House

There is nothing striking about the Gomez Mill House in Marlboro. Its half brick, half stone, three-foot thick edifice, mismatched green shutters, and small Tolkien-esque mill make it similar to the many Georgian farmhouses scattered throughout the Hudson Valley. However, once visitors get past the building's unassuming exterior and enter the small entrance way, they are thrown into the center of a story that far exceeds its original 6,500 acre boundary.

The Mill House's history begins in 1714 with Luis Moses Gomez, a Sephardic Jewish trader, who emigrated from England to Orange County by way of New York City. For 30 years, Gomez and his son operated a prosperous fur trading post out of their newly-constructed home before heading south to Manhattan to help fund the construction of the Mill

St. Synagogue—the first synagogue of the Shearith Israel Congregation.

Gomez was the first of many fascinating characters who would occupy the Gomez Mill House. Other inhabitants included: Wolfert Ackert, a local minuteman and revolutionary; William Henry Armstrong, conservationist and gentleman farmer; David Hunter, one of the key players in the unheard of Arts & Crafts movement of the late 1800s; and Martha Gruening, a social activist who made a failed attempt to turn the House into a libertarian school in the early half of the 1900s. You could say this structure was the epicenter of social progress in the old days of Orange County.

Today, visitors can take a guided tour of the Gomez Mill House and its grounds, which showcase the different time periods of its inhabitants. What

makes the Gomez Mill House grand and appealing to visitors is not its size, but rather the impact its inhabitants had on society.

Edgar Allan Poe Cottage

Tucked on the crossroads between Kingsbridge Road and the Grand Concourse in the Bronx stands a small, two-story 19th century farmhouse. It is a home that once boasted views of sprawling hills and the Long Island Sound. It was the home of Edgar Allan Poe from 1846 until his mysterious death in 1849.

This house wrought much sorrow for the Poe family. In the first floor bedroom, visitors can see the bed in which his wife, Virginia, died of tuberculosis shortly after the family moved into the area. Just a few years later, after Poe died during a visit to Baltimore, his mother-in-law was left to take care of the home by herself. She would later live with family in Brooklyn.

However, in the short time that Poe called this small structure home, he penned a few of his most famous works: “Annabel Lee,” “The Bells,” and “Eureka.” It is even believed that his final work, “Londor’s Cottage,” was inspired by this home.

After much renovation, The Historic House Trust of New York City reopened the home with contemporary 19th century furnishings, items owned by the Poes, and realistic replications of items used in their daily life. After a guided tour and formal documentary presentation, visitors come to understand why this building is a very important part of Bronx history. Besides having housed a famous inhabitant, the Cottage adequately demonstrates the quality of living of impoverished families of the 1800s.

Madam Brett Homestead

If you have lived in Southern Dutchess County long enough, you have probably driven down Teller



Photograph courtesy of The Bronx County Historical Collection

Avenue, a small connector road between Route 52 and 9D in the city of Beacon. Most of the people driving through this neighborhood may not realize that more than 300 years ago, this was a cow path on a local farm—the Hudson Valley’s very first produce cooperative.

Most people have also probably never heard of Catheryna Rombout Brett. However, her father, Francis Rombout, was the mayor of New York City from 1679 to 1680. He most famously partnered with Stephanus Van Cortland to barter 85,000 acres of land (most of Southern Dutchess County) from the native Indian population. The land was valued at \$1,250. On this land, Madam Brett constructed her home in 1709, becoming the first non-indigenous settler of Beacon.

Today, only 18 acres of her father’s land still bear the Rombout name. Six belong to the Homestead, a small beige farmhouse with hand-hewn scalloped cedar shingles, Dutch doors, and the original stone foundation. The other 12 are marked as the Madam Brett Park.

Visitors can now take a tour of the home, enjoy a picnic in the park, and take leisurely walks around the home’s manicured grounds.

Hours & Locations

Edgar Allen Poe Cottage (718) 881-8900
2640 Grand Concourse, Bronx, NY 10458-4968
Hours: Saturdays 10 AM-4 PM; Sundays 1-5 PM.
Admission: \$5 per adult

Gomez Mill House (845) 236-3126
11 Mill House Rd., Marlboro, NY 12542
Open Wednesday through Sunday from April to November.
Hours: Tours begin at 10:30 AM, 1:15 PM and 2:45 PM.
Admission: \$10 per adult

Madam Brett Homestead (845) 831-6533
50 Van Nydeck Ave., Beacon, NY 12508
Hours: April - December;
Second Saturday of Every Month (1 PM-4 PM)
Admission: \$5 per adult, \$2 per student





PICTURED:

At left, a bedroom in the new, state-of-the-art Residential Treatment Facility. Below is a smaller and older bedroom in the Residential Treatment Center.



ASTOR RESIDENTIAL PROGRAMS

by **Virginia Hayes Sibbison**

At Astor, we have heard parents say, “There are no words to explain the depth of pain, guilt, failure and hopelessness you feel when you have to leave your child in a building full of strangers.” Parents lament the long chain of events that bring their children to Astor residences.

In 1953, the NYS Department of Mental Hygiene was intent on reducing the number of children entering psychiatric hospitals. The agency asked Astor to create a children’s residential program.

Sixty-one years later, Astor continues to provide parents and family members with services for children who are seriously damaged by life experiences. The Residential Programs include the Residential Treatment Facility (RTF), which is financially supported by the New York State Office of Mental Health; and the Residential Treatment Center (RTC), which is financed by the State Office of Children and Family Services. There are a total of 64 children in these programs, who range in age from 5 to 13 years and stay an average of 18 months. Children come from all over New York State. Most of the children are boys and some have come from foster care placements. The children live in two

different buildings; where they reside is determined by the source of funding and the source of the referral.

All the children in the RTF and RTC exhibit severe behavioral and mental health issues, including post-traumatic stress disorder (PTSD), depression, anxiety, fire setting behaviors, and problematic sexual behaviors.

Children and families in these programs typically have traveled a long road that has included school problems, special education placement, the presence of Child Protective Services, hospitalization, case management, intensive case management, and waiver services (the highest form of services available before residential placement).

The failure of earlier interventions leaves children and families distrustful. It is too late for prevention; the solution is crisis intervention treatment, usually coupled with medication. At Astor, the child’s room becomes his/her “home” away from home.

A Home for Children Living Away from Home

Astor’s approach to care is based on the principles of trauma-informed care. It provides a place where children and families who have been injured by

trauma and/or chronic stress can flourish. The goals are to help children and families develop positive relationships, manage emotions, develop coping skills and strengthen attachments. The Residential Programs use the Therapeutic Crisis Intervention program (TCI), and the CARE model (Children in Residential Experiences), both of which were developed by Cornell University's College of Human Ecology.

Astor teaches children and their families skills that help them understand the distressing, traumatic events that have occurred in their lives; this provides hope and facilitates change for the future.

The Residential Programs provide a home-like environment while prioritizing the child's need to stay connected with the family. Parents are encouraged to keep in daily contact with their children and to visit them in the living quarters. Twice monthly, transportation is provided for families so that youngsters can spend weekends and vacation time with family and loved ones.

Family Advocates are staff members with close and supportive relationships with families. They assist the children by helping them cope effectively with their environment. They provide support for families and help them connect with local resources. One parent says, "The staff at Astor were totally amazing when I was going through my struggles with my child." She and her husband learned "all the things to avoid... things we were currently doing. It was such a different approach."

Living Quarters – RTF and RTC

While all services provided to the RTF and RTC children are the same, due to the differences in funding, it becomes a "tale of two cities" when it comes to how the children are housed. Astor built a brand new RTF building using state bonds two years ago. It is state-of-the-art and provides 20 children with the physical space that we know directly and positively impacts care. On the other hand, the 44 children in the RTC live in smaller and older units.

While the RTC is brightened by the work of dedicated staff and children who take pride in their rooms and units, the space

is simply not sufficient. Although many of the rooms and facilities in the 100-year-old building have been retrofitted, more work needs to be done. We know that the stability and security of a child's sleep and play spaces are essential to the child's sense of well-being; therefore, Astor will need to explore options for possibly renovating the RTC.

However, as NYS considers changing guidelines for residential programs (in an effort to focus attention on shorter residential stays), the type of renovation, if viable, will certainly be impacted. The good news is that Astor's vast experience makes it well-suited for the challenges ahead.

The new, state-of-the-art RESIDENTIAL TREATMENT FACILITY (RTF)



The living room in the RTF



The dining room in the RTF

The older and smaller RESIDENTIAL TREATMENT CENTER (RTC)



The living room in the RTC



The dining room in the RTC

SAVVY PUPILS

Lead the Way with High Tech Learning

by Kim McConville

As time continues to fly by, it's hard to believe we have begun another school year. As I recall, it was exciting to move forward into a new grade and to have interesting classes, and it was dreadful realizing that I wouldn't be able to sleep in and enjoy lazy summer days anymore.



Portia



Dahlia



Molly



Mom and I would hit the department stores for back-to-school clothes shopping. It is amazing to remember that every year, I would outgrow my clothes from the previous year. We followed the 3-3-3 rule: 3 pairs of jeans, 3 shirts, 3 sweaters and one pair each of school shoes, tennis shoes and dress-up shoes. We'd follow up shopping by going out to lunch with the money left over.

Now kids dress as mini-me's to their fashionista moms and dads. Outfitted head-to-toe in the latest styles, girls wear leggings and tunics, mini denim jackets, skirts, skinny jeans, shrug sweaters, and faux-fur wraps. Boys wear polo shirts, leather jackets, relaxed fit jeans, and cable sweaters. One can find these styles at reasonable prices in stores or online.

More than ever, parents find it easier to shop online for school clothes. You can now shop without leaving your home or office! Many stores offer online incentives such as discounts and free shipping as early as July to entice buyers to their sites. Many online vendors create "complete outfits" to make shopping less stressful and a value-added experience.

Back in the early 70's, I remember going back-to-school shopping and buying my school supplies. These items might include a box of #2 Ticonderoga pencils, folders, writing tablets, glue, scissors, Crayola crayons, and a box of tissues. Computers were non-existent on our school list – they were the size of our garage and not for home use.

Also, an essential item these days is hand sanitizer – something not yet invented in my day!

Wow! How times have changed! The school supplies list has been replaced with a syllabus from the teacher sent via a laptop: no #2 pencils needed here! Long gone for many kids today are the traditions of studying in a library, at home at a desk, or at a kitchen table. Kids today are voracious on their laptops and can study anywhere and anytime. Their foundation in learning is still based on the fundamentals of the 3 R's: Reading, Writing, and Arithmetic... but now they're just wireless!

The many forms of gadgets kids use as learning tools include a laptops, tablets, Kindles, E-Readers and Smartphones. The challenge, though, is carving out time to "hit the books." Children today face many obstacles to learning: overscheduled after-school activities, both parents working, learning issues, insufficient sleep, and lack of proper nutrition, just to name a few.

Check out the latest fashions on our hip models hitting electronic books with their hi-tech gadgets!

Dahlia is wearing a gray zipper sweater, aqua tank top, and black 5-pocket straight-leg pants from RUUM American Kid's Wear.

Marshall is wearing a blue and white striped polo shirt with khaki pleated shorts from Target.

Maxwell is wearing a Gap sweatshirt with camouflage shorts from Levi's; his fedora was purchased from Overstock.com.

Molly is wearing a pink polo shirt and green plaid skirt from Target.

Portia is wearing a cream swing cardigan, light summer scarf, gray 5-pocket straight leg pants and fringe moccasin boots from RUUM American Kid's Wear.



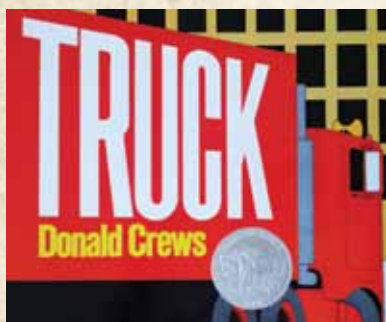
by **Arthur Schiff**



Photograph by Amy Crews

A HUDSON VALLEY

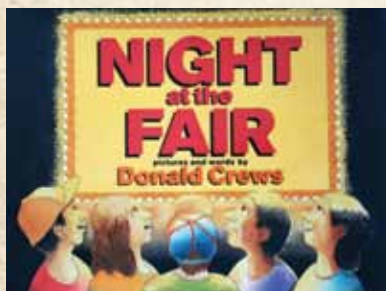
Weaver of Tales for Children



When Donald Crews – a two-time Caldecott Honoree – describes what he does, he says simply (in a loud, staccato voice), “I use words and pictures to tell a story.”

Rejecting the lexicon of the art world and the literati, he describes his life’s work as a way to make a living at something he does well. He is not the only one in his family to forge new paths in children’s books. His late wife, Ann Jonas, and his daughter, Nina, are both renowned children’s book authors.

Caldecott Honors are the Oscars of the world of children’s books. Crews won his first for “Freight Train” in 1979. He won his second for “Truck” in 1980. These books, along with others written by his wife and daughter, have long legs. An exhibit of their work was assembled by the National Center for Children’s Illustrated Literature. It started in 2002, in Abilene, Texas, and traveled around the country for five years.



PICTURED (l-r):

Nina Crews, Donald Crews, and Ann Jonas standing by the Brooklyn Bridge.



What makes a great children's book? Mostly, it is its ability to reach children – to engage them first and then to hold their interest. To do that, the stories must be entertaining and accessible to young minds. Crews has worked long and hard honing his skills to do good work. He doesn't like to think the crass world of the market is the ultimate judge of value. He does like the fact that his books are popular and still selling.

Says Crews, "When children read the books, they can tell if they have skipped a page, even after a first reading. They know that something is out of order. The graphics I use and the themes I have chosen are integrated well enough to produce reasonably intense reading." He believes that when good graphic design

is coupled with interesting stories, communication and clarity are enhanced. The result is more than "just reading."

Crews' themes often center on transportation (trains, buses, planes), a subject of enduring interest to children. His advice to parents is not surprising: read to your children and get them reading. It's that simple.

Don and Ann met when both were students at Cooper Union in New York City. After graduating, he was drafted and sent to Germany. Ann followed and they married in Frankfurt in 1963.

Daughter Nina was born in Germany. Daughter Amy was born in New York City.

Back in the U.S., the two young graphic artists looked to make a living. They started a studio and

Continued on next page

**"I use words
and pictures to
tell a story."**

– DON CREWS

sought work. They quickly realized that they liked being independent, even though finding assignments was not quite as easy as getting a regular paycheck. They encouraged each other. They never criticized each other. They persevered.

A book-publishing colleague, Elizabeth Schub, asked Don if he had ever thought about doing a children's book. He said, "I already had a mock-up from a book I did while in the service." After seeing it, she said she had been waiting for something like this. For the first time, Don realized he could make a living as an independent artist. His career was off and running, and Ann's good fortune followed. Don states that she was very talented, while he is just a craftsman plying his trade.

They were a young, bi-racial couple in the mid-sixties, living in downtown New York City with two young daughters. It sounds challenging. But to hear Don tell it, their collective lives were like those of many others. There were days when there was not enough money. They stuck to their guns. When the fruits of their labor paid off, years of good fortune followed.

Their daughters flourished, with both attending the High School of Music and Art in New York City, and then Yale University. Nina follows in her parents' footsteps, using photography instead of drawings. Amy is a successful landscape architect. Both daughters live in Brooklyn and are married with children of their own.

A brief biography does not really capture Don Crews and his life. An aspiring working-class family



in Newark raised him. His siblings are professionals. Don himself is somewhat like a civil rights firebrand. He is iconoclastic, curmudgeonly, loud, and fearless in attacking just about everything that comes into his line of sight.

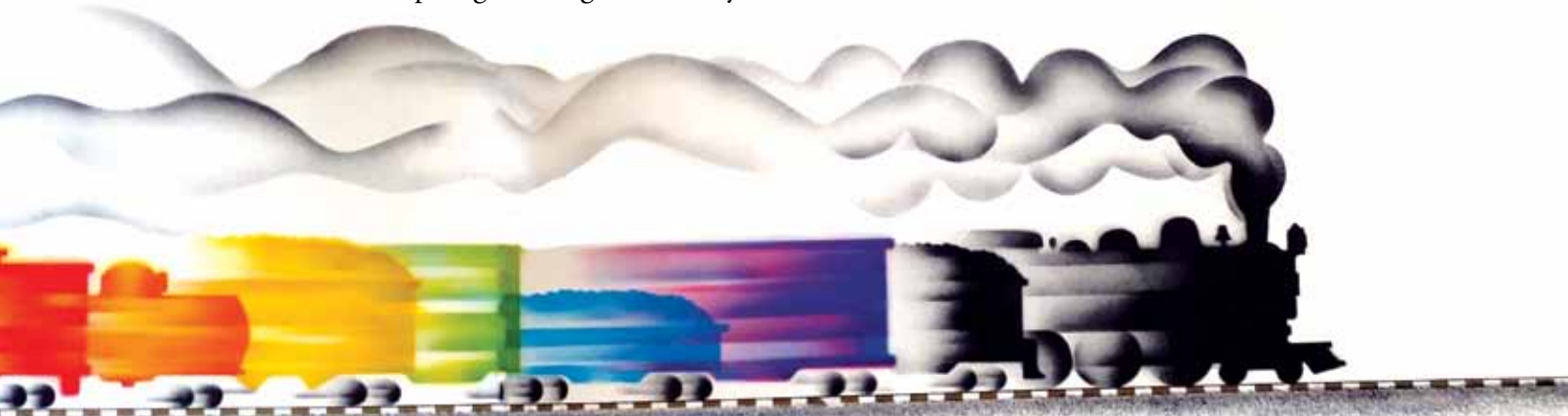
Don's long time publisher at Greenwillow Books, Susan Hirschman, says, "No one should have to grow up without Freight Train and the other Crews picture books. They are unique--and the best." Long time art director Ava Weiss captures Don: "A multi-faceted man - a wonderful artist and a very special friend."

It seems his greatest joy is in talking himself into trouble. He has spent a lifetime looking for it, but has not succeeded much in finding it. As he puts it, he, Ann and the children explored the U.S., including the South, through the turbulence of the last century, and encountered few obstacles or incidents in their pursuit of happiness.

Don is a long-time Germantown resident. He sits on his porch overlooking the Hudson River. He misses his wife, who died a year ago after 51 years of marriage. He is crusty, but well attended to by his daughters. After a martini, he is reflective on his life.

Of the Hudson Valley, Don says their home, its surroundings, and the people they've met have contributed to his sense of well-being and productivity. "I miss New York City a little," he says, "but I mainly go back to visit the grandchildren."

His and Ann's lives cannot be treated as anything less than a story of success, with a strong family, hard work, and creative skills at its core. For Don, it has been, and continues to be, a life well lived.





INGREDIENTS

Crust

8 oz. cookie crumbs
3 tbs. granulated sugar
3.5 oz. unsalted butter

Filling

4 8 oz. pkgs. of cream cheese
at room temperature
2 tbs. all-purpose flour
1 1/4 cups granulated sugar
1 tbs. pure vanilla extract
4 large eggs at room temperature

Mini Cheesecakes

The perfect little dessert for your next occasion

Crust

Preheat the oven to 375 degrees. In a mixing bowl, stir the cookie crumbs and sugar. Add in the melted butter and mix until the crumbs are evenly moist. Divide the crust mix evenly amongst 12 cupcake cups (we recommend using silicone cupcake holders). Bake until the crust is fragrant and slightly darkened. Cooking time: 9 to 12 minutes.

Filling

Lower oven to 325 degrees. In a mixer, beat the cream cheese, flour and salt on medium speed

until smooth. There should be no lumps in the mixture. Add the sugar and continue beating until well blended. Mix in the vanilla. Add the eggs one at a time, beating until blended. Once blended, fill cupcake holders with filling. Bake for 50 minutes in a 1 inch water bath until center jiggles like Jell-O. The cheesecake will be slightly puffed around the edges. The center will look moist. Chill cheesecake for 8 hours.

Top with favorite fruit.

If you are having a function and do not have the time to bake, feel free to contact Lenn Monteleone at It Takes the Cake: Monte8718@gmail.com



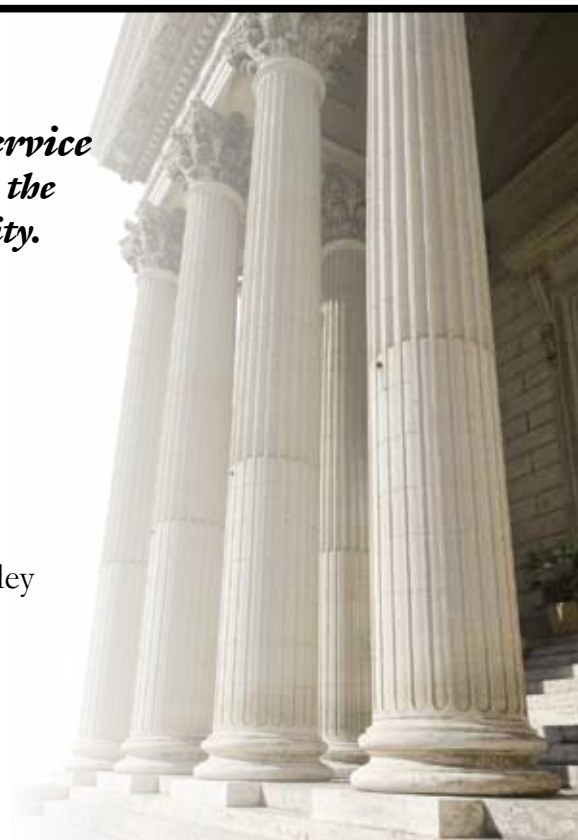
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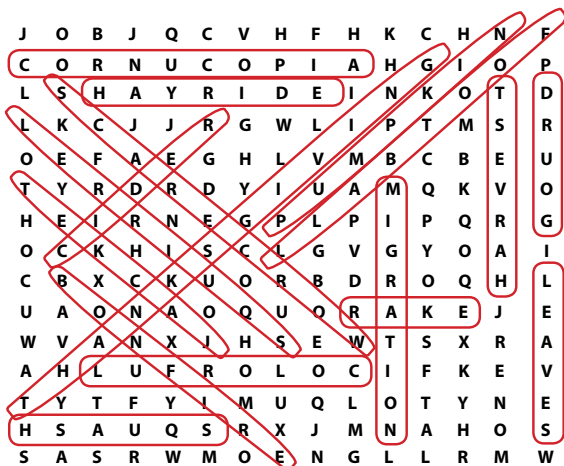
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**Word Find
Answers**

Puzzle on page 25



In Loving Memory



Edward Adams
1918-2014

We miss you!

Jim, Beth & Sean McGuirk

Crisp, Beautiful Autumn

J	O	B	J	Q	C	V	H	F	H	K	C	H	N	F
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BONFIRE
COLORFUL
GOURD
JACKET
PUMPKIN
SQUASH

CHILLY
CORNUCOPIA
HARVEST
LEAVES
RAKE
SQUIRREL

CIDER
FOOTBALL
HAYRIDE
MIGRATION
SCARECROW
THANKSGIVING

Test Your Grandparenting Skills



1. **Your grandson is very picky about what he will or won't eat, and most of what he will eat (cake, cookies, candy bars, etc.) isn't very good for him. You:**
 - A. Explain that he can have some of his favorite food but only if he eats the same amount of "good" food.
 - B. Ignore what his parents said and fix him anything he is willing to eat.
 - C. Tell him to leave the table and don't come back until he is ready to eat all of the food on his plate.
2. **Your granddaughter insists that her parents let her stay up later at night than her parents told you. You:**
 - A. Tell her it doesn't matter what time she goes to bed at home. It only matters what time you say she has to go to bed at your house.
 - B. Accuse her of fibbing and threaten to call her parents to check out her story.
 - C. Tell her that you know spending time with grandparents is a "special time" and agree to let her stay up an extra half-hour so you can read a story together.
3. **Your daughter tells you that your grandson isn't doing his homework and his test scores have dropped. You:**
 - A. Suggest to your daughter that she cut down on the amount of time your grandson is spending on electronic gadgets and television viewing until his test scores get better.
 - B. Offer to give your grandson money if his test scores get better.
 - C. Offer to pay for a tutor to work with your grandson on his homework and test preparation activities.
4. **Your son calls to say that he and his wife would really like to take a two-week vacation without your grandson. You:**
 - A. Offer to have your grandson come to stay in your home with you while the parents are away.
 - B. Offer to go to your grandson's home and stay with him while the parents are away.
 - C. Offer to pay for someone else to stay with your grandson in his own home.
5. **Your granddaughter is in her mid-teens. She is about to have a birthday. You want to give her a present. You:**
 - A. Ask her parents what they think she would like.
 - B. Find a valuable family antique in your home to give to her.
 - C. Send her a gift certificate from her favorite store.

SCORE YOURSELF

My Score:

1. A=10	B=6	C=2	_____
2. A=6	B=2	C=10	_____
3. A=10	B=2	C=6	_____
4. A=10	B=6	C=2	_____
5. A=6	B=2	C=10	_____

Total Score: _____

If you scored 10 to 18:

Remember the concept of "positive reinforcement"? Give it a shot.

If you scored 19 to 30:

You are doing a good job, but there is always room for improvement.

If you scored 31 to 50:

Your grandchild is lucky to have you.

Horoscopes

ARIES – Home, family and domestic concerns will demand your attention. There will be some solid positive changes on your home/emotions/beliefs front and you'll feel good about it. You are now making some life-changing personal and emotional decisions.

TAURUS – You will feel more determined than ever as you achieve success in all your endeavors. You will also attain a respectable position in society. Keep yourself level-headed so that nothing stands in your way to success.

GEMINI – Recent challenges suddenly seem less difficult, and you're more interested in enjoying the moment than looking to the past for answers or for happiness. Work matters tend to straighten out, whether it's because responsibilities are clearer or you have a stronger sense of where you're headed.

CANCER – You are beginning a year-long trend that can bring financial gain, deepened relationships, more joy in your intimate life, and generally more support from others, dear Cancer. The last week of the month can push you in this general direction.

LEO – Financial and emotional success will come about due to your efforts. Love and romance may come into your life and your existing relationships are revitalized with warmth, sharing and caring. There will be plenty of socializing opportunities.

VIRGO – Health is likely to improve in the year ahead. You might especially enjoy helping and supporting others who often turn to you for advice. Playing a supportive role can be draining if taken to an extreme, but if you draw your boundaries and don't overdo it, your reward will be a strong sense of feeling needed.

LIBRA – The North Node of the Moon is putting emphasis on partnering with your friends. You're being directed to put more energy into understanding the dynamics that help create more balance with friends, colleagues and allies. Less energy will be spent focused on romantic desires and problems.

SCORPIO – Your personal charm levels are stronger than ever, dear Scorpio. Tricky problems and indecision about career and long-term goals are clearing up and becoming a thing of the past. In many ways, you feel that you're moving forward.

SAGITTARIUS – You are beginning a year-long trend in which opportunities to study, travel, and otherwise expand your personal horizons present themselves. Traveling, promotional activities, teaching, writing, publishing, and legal matters are all especially favored in the period ahead.

CAPRICORN – Now is a good time for putting your ego aside, lowering your defenses, and simply enjoying people. It's also a good time for networking and settling disputes if there are differences to iron out with friends. Cooperation comes easily, and warm friendships can be made during this cycle.

AQUARIUS – You'll tend to prioritize everything and as a result will be highly efficient and productive in your work. Your truthfulness and power of judgment is admired and respected by everyone.

PISCES – The period ahead is a very good time for repairing and enhancing family relationships, for moving or renovating, and for improving your feelings of safety and comfort.



The Moon Now Rises to Her Absolute Rule

By Henry David Thoreau

The moon now rises to her absolute rule,
 And the husbandman and hunter
 Acknowledge her for their mistress.
 Asters and golden reign in the fields
 And the life everlasting withers not.
 The fields are reaped and shorn of their pride
 But an inward verdure still crowns them;
 The thistle scatters its down on the pool
 And yellow leaves clothe the river—
 And nought disturbs the serious life of men.
 But behind the sheaves and under the sod
 There lurks a ripe fruit which the reapers have not gathered,
 The true harvest of the year—the boreal fruit
 Which it bears forever,
 With fondness annually watering and maturing it.
 But man never severs the stalk
 Which bears this palatable fruit.

Charles Geiger

Charles Geiger's paintings use quasi-botanical forms as a grammar set within dreamlike interstitial landscapes. His approach centers on the belief that from its very beginnings, painting has a unique ability to heal and rejuvenate. He lives and works in his studio in Poughkeepsie, NY.

www.charlesgeiger.com

Henry David Thoreau

Henry David Thoreau (born July 12, 1817, Concord, Massachusetts – died May 6, 1862, Concord), American essayist, poet, and practical philosopher, renowned for having lived the doctrines of Transcendentalism as recorded in his masterwork, *Walden* (1854), and for having been a vigorous advocate of civil liberties, as evidenced in the essay "Civil Disobedience" (1849).

Source: Encyclopedia Britannica

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