

Astor Family

Spring 2015

Vol 4 Issue 1

Beautifully
**RESTORED
FORTH
HOUSE**



PATRICK MADDEN
Paint What You Feel

Local
Hudson
Valley
Food

Glistening
HUDSON VALLEY

**Head Start
DENTAL START**

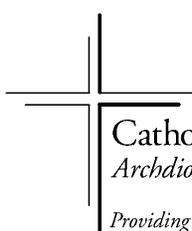


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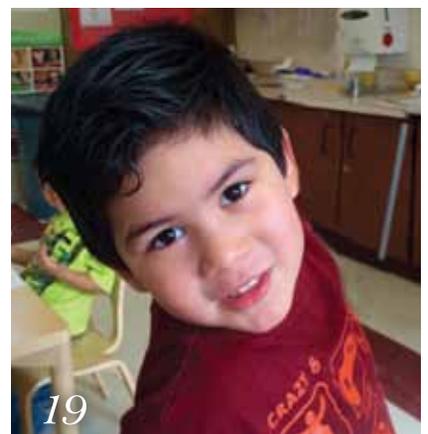
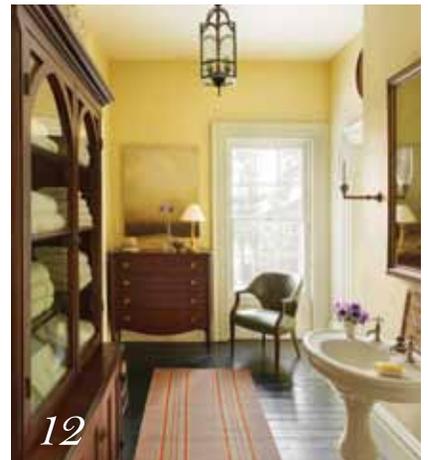
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Contributors



Pieter Estersohn

Pieter Estersohn started collecting 19th and 20th Century photographs when he was 15 years old. His first purchase was an Irving Penn from 1949. His background in the medium of photography was from a historical perspective.

At age 19, while attending Sarah Lawrence College, he began working at Interview Magazine. His interviews included legends Louise Dahl-Wolfe and Alfred Eisenstadt.

While at the Sorbonne, he started fooling around with a 35mm Nikon and did some testing in historic locations with friends who were models. Soon thereafter, he began working in London and Milan for Condé Nast.

Pieter currently lives in New York City and Red Hook, NY, and recently published the book, *“Kentucky: Historic Houses and Horse Farms of Bluegrass Country.”*



Ali Palmatier

Ali Palmatier has been an employee at Astor Services for Children & Families for the past 12 years. She is the Day Student Social Worker at the Rhinebeck site.

Ali received her BFA from the School of the Art Institute of Chicago, and her MSW from Adelphi University. She enjoys making art projects out of a variety of materials with the children.

Ali shot the photographs of Caitlin and Pat Madden for our Paint What You Feel article.

*If you would be interested in contributing to future issues of Astor Family, please contact Sonia Barnes-Moorhead – Publisher, Astor Services for Children & Families
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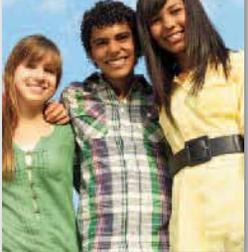
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Welcome

Theresa Dryfoos
Donor / Consultant
Astor Services for Children & Families

The Foundations of a Community: the Role of Astor Services for Children & Families

When my husband and I moved to Rhinebeck 10 years ago, we began our search for ways to become involved in the community. We've lived in a variety of places, and in each community we've lived, we try to support agencies that serve a large swath of people, paying the most attention to those most in need. We have been involved in public schools, libraries, hospitals, and environmental organizations.

We often drove by the large building on the hill just south of the village of Rhinebeck and wondered about it. I think the slogan is what caught my eye: "Every Child Deserves a Childhood." Who could disagree? I picked up the phone to find out how we could help support an organization with such a compelling mission.

My first visit to Astor left such an indelible impression that I remember it like it was yesterday. The kids' artwork showed a desire for the basic things that many of us take for granted: a room of their own, a family, a hug. I was drawn in by a strong desire to help these kids. As I began to learn more about Astor, I also learned that neighbors and friends have used Astor's services for their own children and families, whether through pre-school screening, or assistance with a variety of issues, including learning or attention deficit challenges, adolescent behavior issues, drug use, bullying, and sexual identity issues. I was learning that the underlying foundation of community services are vast here at Astor, and that the hearts of the people who work here are equally as vast. If you want to bring a smile to your face and warmth to your heart, come in for a visit and see the healthcare professionals, childcare professionals, and volunteers work with our residential children. And if you know someone who is struggling with mental health or learning difficulties, Astor is here to help.

I invite you to look through the pages of this issue of the Astor Family and learn a little bit about the important role Astor Services for Children & Families plays in our community. It illustrates the wide range of services Astor provides, and the uniqueness of our beautiful Hudson Valley.

I have chosen well in my mission to support my community – will you join me?

Theresa Dryfoos
Theresa Dryfoos

To learn more about how you can support the work of Astor, as a donor and/or volunteer, please contact Sonia Barnes-Moorhead: (845) 871-1117; smoorhead@astorservices.org.

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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 started leafing through your fall 2014 issue. Before I knew it, I had pretty much read the entire magazine. The features and photographs were interesting and appealing. I especially liked the stories on the wonderful small town

stores we have and the old homes around us.

I look forward to the next edition.

Missy Morrison

I enjoyed reading the Astor Family Magazine Fall issue. I feel it contains something of interest for everyone.

In future issues, I would like to see more articles about client success stories because they always warm my heart.

Terri L. Ferris

The Autumn 2014 issue of Family was most informative. Of particular interest was the article on Lina, the therapy dog. In the late 1960's, there was a canine that lived in the residence.

Noxie was a black, long-haired mixed breed with three legs. He could be found almost anywhere in the home or on the grounds. This gentle dog was a compassionate listener and companion for many of the residents, and a significant part of the therapeutic environment.

I believe that Noxie rests in a marked grave on the Rhinebeck campus.

Benjamin S. Hayden, Ph.D.



Noxie's headstone

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Astor Anecdotes by Lisa Flynn

Welcome to the launch of our newest magazine feature, "Astor Anecdotes." The content of these pages will be poignant or funny "feel good" tidbits, anecdotal stories, artwork, heart-warming poetry, and photos. It is an informal place for clients, caretakers, families and staff, both past and present, to share their Astor-related stories. We hope it leaves you smiling.

If you have a story to share, please let us know. Submissions should be less than 150 words (unless it is that important!) and should have a connection to Astor. If you have photos related to your submission, please include those as well. You may send them directly to me, Lisa Flynn, at lflynn@astorservices.org.

Happy reading!

Kids Say the Cutest Things

This adorable tidbit was submitted by **Beth Maffia**, LMHC, the Program Director for our Bridges to Health program.

When I was first working in the Poughkeepsie clinic as a clinician, I was meeting with a 5-year-old boy who was very afraid of the therapy process. He thought I was going to either put him in jail or give him a shot. Needless to say, I had to do a lot of trust building and engagement with this youngster. To that end, we carved out some session time to play a game of his choosing. Soon, he started to open up and feel more comfortable in session. One day while happily moving his Candy Land game piece around the board, he stopped abruptly, looked me dead in the eyes, and whispered (as if we were going to get in trouble) "does your boss know you play games at work?"

Donald Crews



Well-known children's book author **Donald Crews**, who was featured in our fall 2014 issue, was the 2015 medal winner of the Wilder Award.

The award goes to the author whose books have made a substantial and lasting contribution to literature for children. The award chair said, "He trusts young children to understand what his works offer."

Don is a long time resident of Germantown, where he and his late wife Ann created works of enduring value.

Food, Fun and Friends

For children who struggle with emotional or psychological problems, Astor is there, "because every child deserves a childhood."

Some of the children in our residential programs at our Rhinebeck site told us what their favorite, fun memories were, and what they enjoyed most about living at Astor.



Anthony, age 12 - The most fun at Astor is playing sports. I am in Lion's Club basketball and I like playing on the soccer field. Today we had our Chili Fest and I got to eat some free chili. That was awesome too.



Jaden, age 13 - I like our trips to the mall the best and playing little league baseball.



Sophia, age 9 - My favorite thing is playing with my friends here. I also like the arts and crafts and going to Five Below to shop.



Anastasia, age 9 - I have a lot of friends here. I like the food too. I like when we go to the Bard (College) swimming pool. That's a lot of fun. I like to swim.

Astor Anecdotes



Helping Hands

At Astor, staff and children engage in positive relationships, skill-building activities, and reflective practice to foster the skills each child needs to progress and be successful. **Karianne Bard** is an employee in the housekeeping department at Astor's residential site in Rhinebeck, New York. At age five, she showed a love for drawing. Karianne said that drawing and wood burning are the outlets she utilizes to express her creativity. Above is a beautiful drawing that Karianne created, depicting the relationship of Astor staff helping, guiding, supporting, and nurturing the children we serve. Her drawing has captured the essence of Astor.

Joan Stewart, a teaching assistant in Millerton, celebrated 26 years with Astor this past September. She has a love for stories and has a knack for making them come to life. Even the staff enjoyed hearing her read books. In December, with a heavy heart, she retired from Astor. She affected many lives during her time at Astor. Prior to Joan's retirement, she was touched to receive the following letter from a former student. It confirms the positive impact Joan has had on those she wholeheartedly served.

Dear Joan,

I wanted to take this time to express to you my gratitude for all you have done for so many of the citizens of Millerton. You were the foundation for love, education, and a belief that we could achieve anything we wanted to in the world; that the only limits were those we placed on ourselves, from the basics of how to properly brush my teeth and how to properly use the restroom, to the more important aspects of basic knowledge in the learning environment and how to interact with others.

For me, you were a second mother, even after I left the Day Care. You believed in me as an adolescent when many others thought I wasn't worth

believing in. When I think back to my childhood, you are always in my best memories. It is my great hope that you understand how important you have been to multiple generations in that town; my sisters, me, my nieces, my nephews, and so many others who can claim the same.

I wanted to let you know that because of you giving me the belief in my abilities and intelligence, and allowing me to understand that I am not defined by any youthful mistake I may have made, I am successful. I have my Master's Degree in Education Leadership. I teach middle school at the present time in Miami and I am working toward my Doctorate in Child Psychology. When my students have asked me why I became a teacher, I tell them that because when I was at my most impressionable, a wonderful woman made me believe that no matter what I came from, I could go anywhere.

Thank you again, Joan. Know that you are appreciated, remembered, and very well loved by so many of your former students. For no matter what educational background you have, you were our **FIRST TEACHER!**

As Always,
Darcy H.



HAZARDS of the Internet

I am worried about my pre-teen using Facebook and other social media sites. Is there anything I can do to limit her access?

This is one of those times where there isn't any substitution for a good, trusting, and respectful relationship with your child.

There are many ways to block access to an entire web site like Facebook or Twitter. Your home Internet provider can help you block access from home. Your cell phone provider can help with mobile devices.

If you are concerned about what is being posted, you will need to have an account for yourself and "friend" your child. However, most pre-teens today are very tech savvy, and if they think you may be prying, they can easily create an alternate account, or block your access from within the service.

My child is being harassed on the Internet by his peers. What can I do?

You can report the harasser's e-mail address or account to the service provider (Gmail, Facebook, etc.). Most service providers have an anti-harassment policy and will stop the messages from being posted; however, harassment isn't unique to the Internet. You can change e-mail addresses, and even discontinue Internet service, but this won't stop the issue, which is social in nature.

A family member has become a victim of online fraud. What should their next steps be?

Although most banks have automatic systems in place to recognize unusual spending, you should immediately report the issue to all banks and credit card companies where you have accounts. Then you need to change every password used online. The passwords must be all new – don't recycle passwords you've used somewhere else. Each password needs to be complex: at least 8 characters long, with an uppercase letter, lowercase letter, a number, and if the web site allows special characters, use those as well. Don't use one password for all web sites! If you suspect your personal information (Social Security number, date of birth, bank account numbers) has been stolen, you may also need to seek legal assistance. Seniors are usually the most vulnerable, and although we normally think of hackers as going after financial information, the new trend is stealing medical information. This can have serious ramifications, as it may even cause a person to be unable to fill a necessary prescription.

What are malware and computer worms, and when is hyperlinking dangerous?

The term malware (short for malicious software) is currently used to describe any kind of computer software that is unintentionally installed, or installs itself, without your knowledge. Malware can take several forms: classic viruses that delete files, CryptoLockers that make files inaccessible, worms that attach themselves to files, SpyWare that steals information, and hybrids that attack on multiple fronts.

Anti-virus programs are now considered mandatory on Windows systems, and the programs must be updated frequently, or even daily. Anti-virus programs are now highly recommended for Macintosh systems and smart phones.

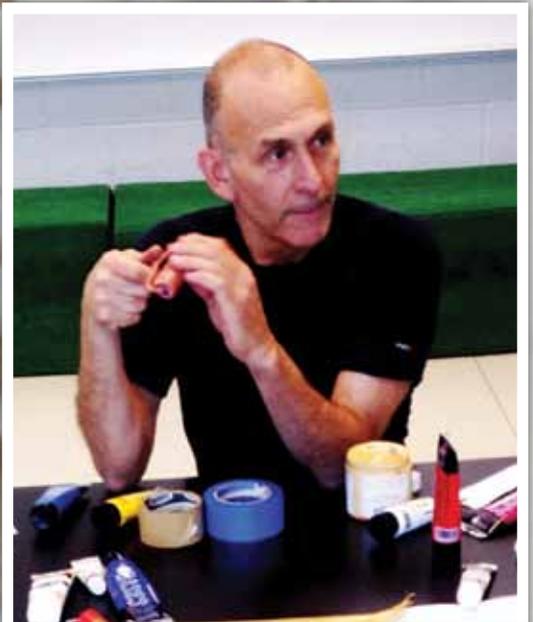
With a modern anti-virus program that has been regularly updated, malware infections are reduced, but not eliminated. Currently, the most common way for malware to infect a system is via hyperlinks in e-mails, web sites, or texts. When you click on a hyperlink, you are effectively giving permission for the malware to infect your system.

Malware creators are becoming more and more clever. Any e-mail that contains a hyperlink should be considered suspicious, and "When in Doubt, Throw it out!" Clicking on the hyperlink can cause serious damage.

What do I do when I get the message, "Ask your administrator" or any message that doesn't give me a clue? Do I just go to Google and hope for the best?

In general, a message "Ask your Administrator" implies a request for higher-level access to a resource or a file than you currently have. If you think the message is in error, I would suggest rebooting the computer before continuing any further. If the message is displayed again, it's safest to forward the message to your company's Help Desk or a computer professional. If you want to try and learn more about the message from a Web search, be cautious about the source of the information, and make sure it applies specifically to your case. The wrong solution can be more damaging to a computer than the original message.

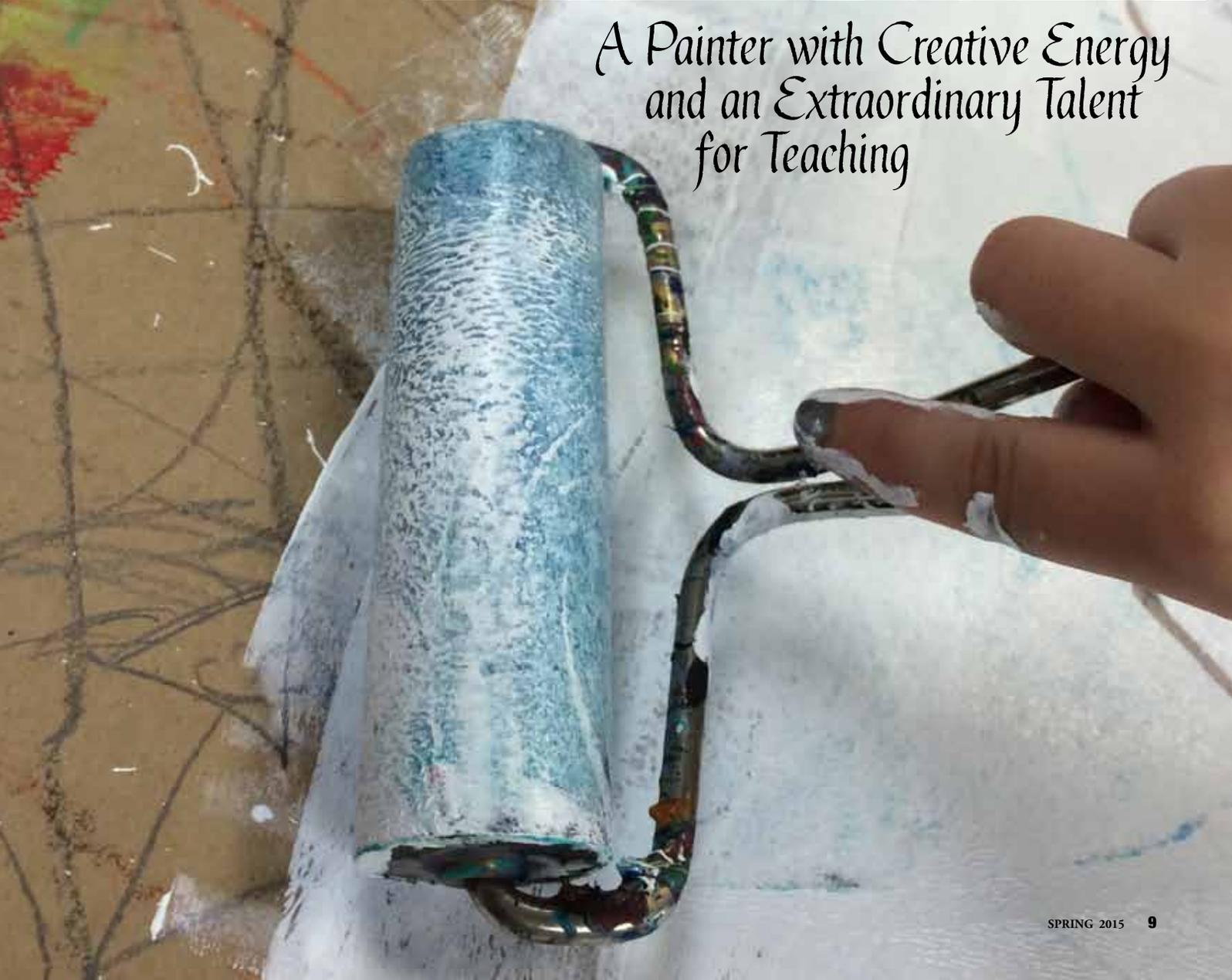
Jake Jacobsen is the director of IT for Astor Services for Children & Families. He previously worked as Hosting Manager, supporting and protecting web sites for companies such as BMW, Mercedes Benz, Pfizer Pharmaceuticals, and TJ Maxx. He has also managed data centers and computer dealerships.



Artist

PATRICK MADDEN

*A Painter with Creative Energy
and an Extraordinary Talent
for Teaching*





by **Arthur Schiff**

Paint What You Feel

In the hyper-fueled jargon of the day, words like “transformative” are clichés. But nowhere is change more dramatic than in the life of a child whose eyes have opened to the possibilities of his or her imagination.

Painting is an ideal medium for the expression of wonder. And Astor has found a match between a magical volunteer and the budding talents of the children who reside at Astor. Patrick Madden is an artist who excels at communicating the joy of painting.

Patrick comes from Hudson, Ohio by way of a career in advertising, which he says left him time to paint and grow as an artist. He made his mark in San Francisco in both fields.

He found his way east, to Rhinebeck, although he is still bi-coastal. He and Megan Kent have a home in Staatsburg.

Dropping off toys at Astor one day, he wondered aloud if there was an art program on the premises. Instantly, he was shanghaied, vetted and began his work.

Pat’s inspiration for the “Paint What You Feel” program is expressionist Gerhard Richter’s squeegee paintings. Madden says, “These kids have an unlimited supply of emotional torque, or from an artist’s perspective, fuel. My job is to help them get those feelings onto the canvas. I tell the kids, ‘Don’t paint a bird, paint what it feels like to fly!’”

Dr. Jody Popple is the Astor Residential Treatment Team Leader. She is very enthusiastic. “We strive to help kids pull together their life narrative, which may be saturated with trauma storylines. It’s a great way for us to begin to re-tell and rebuild their story.”

The kids provide the energy.

Whether the feelings of joy and accomplishment are life-changing, only time will tell. But the prospects are good.

Slowly but surely, a kid named Zack began to change; the art program was a catalyst. Staff and fellow students began to see him not as an outcast, but as an artist – and a really good one at that. The emotions that were once locked inside his head became beautiful explosions of color and were hanging on the walls for all to see. If you ask Zack what he's going to be when he grows up, he responds enthusiastically, "An artist!"

For Patrick Madden, a successful professional artist, the work he is doing at Astor is reinforcing on a personal level. Astor's holistic approach to caring for kids reflects Pat's views about the meaning of life. "This agency faces many challenges, but it is an organization that should be trumpeted to the world." All parties are so pleased with the work being done that he was asked to join Astor as a consultant.

Pat is a man of prodigious vigor. His work at Astor serves to complete and complement many of his personal goals. His newest protégé at Astor is Jaden, a young man of immense potential, whose art fills Astor's halls.

Pat's unfinished work is his golf game – a sport he excelled in as a youth. Reminded that Astor sponsors an annual golf outing, The Stenberg Cup Golf Tournament, and that it would be an opportunity to play against Jim McGuirk, Astor's executive director, Pat said, "I think I might win."



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FORTH HOUSE

Restored & Refurbished



by **Kimberley McConville**

The Forth House is a historic, Greek revival-style home located in Livingston, a small town in Columbia County, New York. It was built between 1835 and 1840 for the Livingstons, a prominent New York family at the time. This incredible home was listed on the National Register of Historic Places in 2010.

The home's current owners (since 2004) are architect Jim Joseph of Hottenroth + Joseph Architects, and his partner, Broadway composer Scott Frankel. They renovated the Forth House to create a unique, expressive dwelling to call home.

When we arrived at the home on a sunny winter day, we were greeted by Jim and a very happy dog who was frolicking in the snow by the grand front area. Upon entering, the house immediately felt warm and inviting. Despite the high ceilings and grand rooms, it felt incredibly cozy. It was filled with treasures collected from their travels. The detail of the moldings and finishes, dating back to a period of true craftsmanship, was exquisite. The palatial guest bathroom was once a walk-in butler's pantry, and by today's standards was big enough to be a studio apartment!

After touring the home, we sat and chatted at the kitchen's breakfast nook. The kitchen, which once was a conservatory, was cleverly converted into a space fit for a chef! The massive island, restored cabinets, and beautiful ceiling window all contributed to creating a kitchen ideal for entertaining or just hanging out.

"The greatest and most surprising discovery was the variety and quantity of plant material as we restored the gardens. The previous owners were plant collectors as well as gardeners. It was a pleasure to carry on their work," said Joseph.

One can almost feel the footsteps of the Livingston family walking through the house's grand rooms. Yes, Forth House is unique and ever-changing with its new stamp of ownership. After more than a decade of tweaking the interior and perfecting the grounds (after all, Rome was not built in a day), Jim and Scott continue to work on restoration projects in the home.



Photos by Pieter Estersohn



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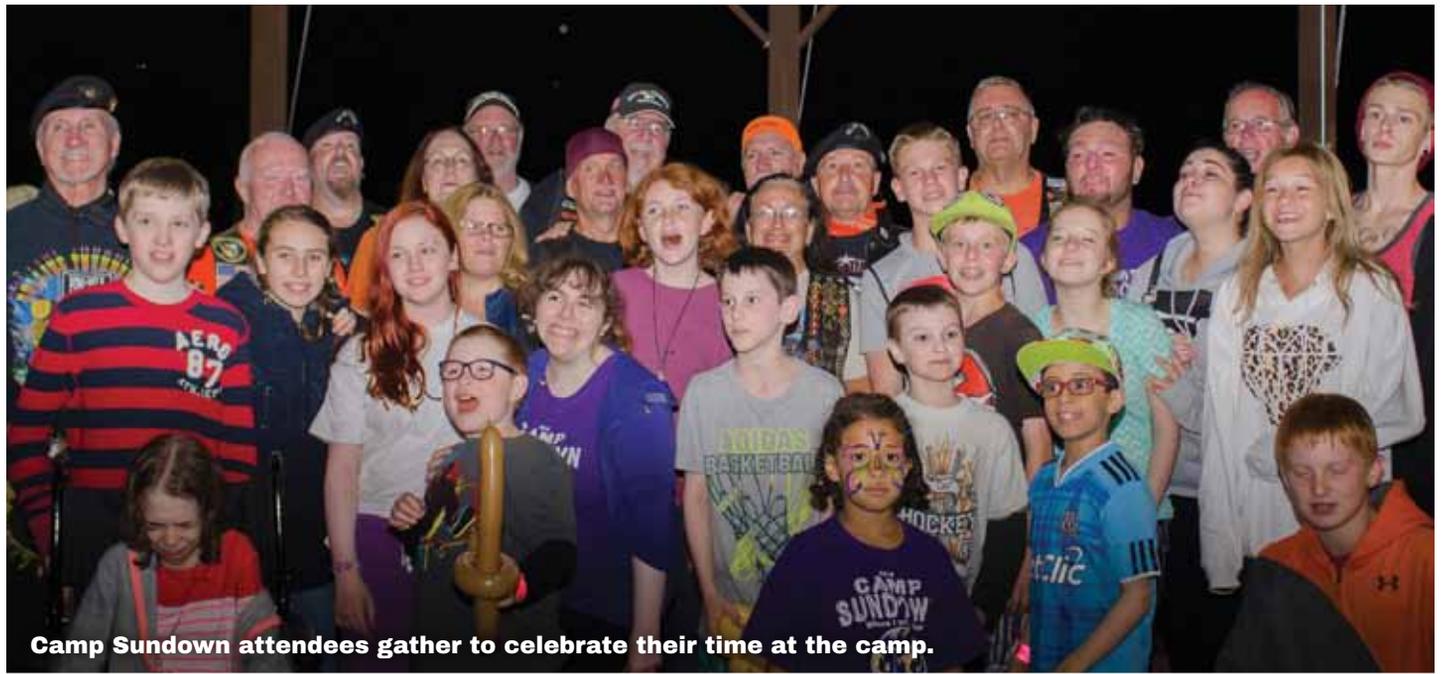
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The Forth House, a historic, Greek revival-style home built between 1835 and 1840.





Camp Sundown attendees gather to celebrate their time at the camp.

Photo by Gramm Photography

Special Camps for Special Kids

by **Samantha Lowe**

There are hundreds of summer camps throughout the Hudson Valley and in New York City for parents to choose from for their kids. For children interested in athletics, most colleges offer a myriad of sports camps. Most YMCAs offer adventure and leadership camps.

But what about special needs children?

When a parent wants to offer their child the same summer experience as the child's classmates, where can they send them for a nurturing, safe, and educational experience?

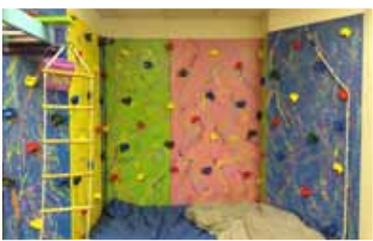


Photo by Gramm Photography

Camp Ramapo – Rhinebeck, NY

“Good morning, Ramapo.”

The same three words resonate every morning on the 250-acre campus of Camp Ramapo—an upstate New York residential summer camp for children and adolescents with social, emotional, and learning disabilities.

“Over the summer, we serve more than 500 children ages 6 to 16 with various degrees of special needs, and we have a staff of more than 500,” said Inga McCay, Coordinator of Community, Parent & Alumni Support.

Camp Ramapo offers its clients an environment that fosters peer relationships, independence, and improved communications skills. Using team-building challenges and structured independent activities, the camp helps bridge the gap between developmental growth and fun.

Parents also don't have to worry about their child getting lost in the everyday shuffle of camp life. Ramapo has a 1:1 ratio policy: for every 500 campers it takes in, there are 500 staff members to ensure they have an amazing time.

Offering swimming, boating, sports, hiking, crafts, music, drama, dance, rope courses, and a plethora of other fun-filled activities, Camp Ramapo offers a structured residential camp for special needs children.

But in addition to all the fun activities, students must remember to keep their bunks and beds cleaned if they want to take an extra swim in the lake before bedtime.

Camp Sundown – Craryville, NY

After all the campers have gone to sleep in Camp Ramapo, one can travel forty-five minutes north and witness a spectacular sight: children who are allergic to the sun playing outside.

Founded in 1996 in Poughkeepsie, NY by Dan and Caren Mahar, Camp Sundown is an offshoot of the Xeroderma Pigmentosum Society. Now located in Craryville, Camp Sundown offers the small population of individuals suffering from Xeroderma Pigmentosum the same opportunity that Camp Ramapo provides their children, but under the safety net of darkness.

Xeroderma Pigmentosum is a genetic disorder that causes serious skin problems from exposure to sunlight. When the sun becomes deadliest during the summer months, Camp Sundown opens its doors to people from all over the world so they can enjoy the typical camp experience.

Sundown doesn't charge fees to those attending the camp. And during its last two summer sessions, Sundown also holds lectures, therapy sessions, and round table discussions for children, parents, and scientists.



Camp Contact Info

Camp Ramapo

P.O. Box 266, Rt. 52 / Salisbury Turnpike
Rhinebeck, NY 12572 • (845) 876-8403

office@ramapoforchildren.org

www.ramapoforchildren.org

Camp Period: 6/21 – 8/22

Four two-week sessions

Five, eight and nine week also offered.

Apply online.

Camp Sundown

437 Snyderstown Road, Craryville, NY 12521

(518) 851-3466

Xeroderma Pigmentosum Society, Inc.

xps@xpa.org

<http://xps.org/wordpress/camp-sundown>

July 6-12 and 15-19. Call for more information.

Theraplay

251 E 77th Street, Lower Level

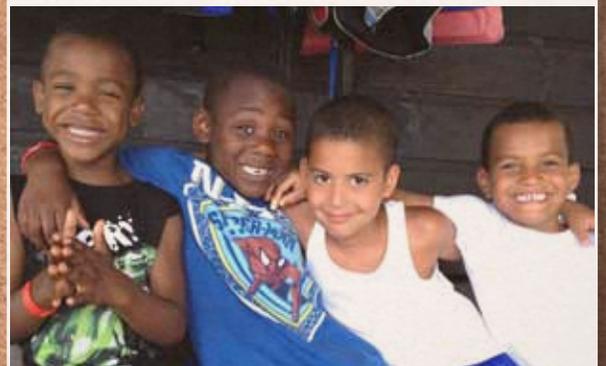
New York, NY 10075 • (212) 288-1450

office@theraplaynyc.com

<http://theraplaynyc.com/services>

6 Week Camp, Monday-Friday 9 a.m. - 12 p.m.

Call or email to sign up.





Beyond the summer months, Camp Sundown also offers a fall weekend session where children attend a Halloween Party, carve pumpkins, and go on hayrides.

Theraplay – New York, New York

When many think of occupational therapy, they think of the rehabilitation of the elderly or those who have

suffered from a stroke and need to relearn basic functions. What they don't think of is the uses of occupational therapy in a camp setting to help preschoolers in New York City succeed at home and in the community.

Theraplay NYC offers a six week, half day summer camp for children aged 3-5 at a toddler gym on the Upper East Side of New York City. They offer occupational and physical therapy, speech pathology, play therapy, and counseling.

Through the combined talents of speech, physical, and occupational therapists, the camp uses arts and crafts, music, and sensory play to foster developmental growth in children.

If a parent does not want to send their child to the full camp, they can also opt to enroll their child in specific educational courses. Yoga for Tots helps strengthen the child's core, allowing for better balance and flexibility. In a more educational light, Get Ready to Write is a forty-five minute comprehensive introductory writing and motor function course, which helps prepare children for kindergarten.

While Theraplay understands the importance of early childhood screening, they also understand how to bridge traditional therapy with fun and innovative "play techniques," such as jungle gyms, ziplines, and obstacle courses.

While there are hundreds of traditional camps all over the Hudson Valley, there are also many unique and amazing camps designed for children with special needs.

Following is a link to a comprehensive list of special needs summer camps in NY: www.veryspecialcamps.com/New-York/Special-Needs-Summer-Camps.shtml



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Head Start - Dental Start Two Programs Join to Make a Difference

Dental care for children could not be more important. From massaging the gums of infants to regular check-ups for toddlers, the investment in oral health pays off through a lifetime.

Astor's Early Head Start and Head Start programs in Poughkeepsie collaborate with New York University College of Dentistry (NYUCD) to provide dental care to children in these programs. The NYUCD/Henry Schein Cares Global Student Outreach Program of the College furnished the funding and staffing for this collaboration.

Astor's Early Head Start and Head Start Programs provide early childhood services to more than 1,000 children from lower-income families in Dutchess County (see the following page for additional information about these programs). Services begin at birth and continue until 5 years of age.

The level of need for dental services is particularly high in Dutchess County, because there is no fluoride in the county water supply. Mary

Sontheimer, Assistant Executive Director of Astor's Early Childhood Programs, commented, "We know the damage dental problems can do and the impact it can have on learning and long-term health, so this service, offered by the dental college, is vital."

Rachel Hill, Director of Global Outreach and International Initiatives, NYUCD, said, "We are here for the kids and families who do not have dentists."

Each child in the Early Head Start and Head Start programs is assessed to determine if they are in need of a dental examination. If the child does not have a dentist, NYUCD pediatric dental residents, under the supervision of licensed faculty, provide the necessary dental care. In addition, NYUCD identifies local dentists who may serve as a "permanent dental home" and connects families accordingly.



NYUCD pediatric dental resident performs an examination on a Head Start student.

NYUCD dentists have screened 386 children in the Early Head Start and Head Start programs. Nearly a quarter of those screened had untreated dental cavities.

The long-range goals of this collaboration are to establish positive relationships between dentists and families, and to establish a “permanent dental home” for children and families.

Sherema Tatum-Finch, whose four-year-old son, Clifton, has been involved in the Head Start program for two years, spoke highly of the dental program. “Clifton was nervous at first but he was excited when they showed him how to practice brushing his teeth. He still practices all the time.”

Jill B. Fernandez is Clinical Associate Professor, Department of Pediatrics, New York University College of Dentistry.

*Early Head Start gets infants and their families going in the right direction. The key is supporting the process of attachment. It is the work of establishing daily routines, creating a healthy and safe home environment, emphasizing literacy and language development, and getting kids into medical and dental programs. It is working with parents and children, mindful of the needs of both.

Head Start is a child development program for kids from the ages of 3 to 5. Its value in preparing children for life ahead has been demonstrated repeatedly. Recently, the Astor program has emphasized the role of fathers and other males in the life of the family.

Checklist for Parents

INFANCY (Birth to 12 months)

Clean your infant’s gums and teeth with a washcloth or soft infant brush at least two times a day. Switch to an infant brush when molars (back teeth) erupt.

Using the bottle as a pacifier can lead to tooth decay – milk and juices contain sugar. Do not put your child down to sleep or a nap with anything but water.

Teething: From 6 months to age three, your child may have sore gums when teeth erupt. Try non-medical methods first, such as using a clean, chilled teething ring; a cool spoon; or a cold, wet washcloth.

Sucking on a thumb or pacifier are natural habits and newborns derive satisfaction from them. During the first year of life, these behaviors do not require intervention.

During the first year of life, children should not be given fruit drinks; up to ½ cup of 100% fruit juice per day may be given.

TODDLER (1 to 3 years)

You should take your child to the dentist soon after the first tooth erupts, but no later than one year of age.

Clean your child’s gums and teeth with a soft toothbrush using a tiny amount of fluoridated toothpaste in the morning and before bedtime.

PRE-SCHOOL (3 to 6 years)

At age 3, you should continue to brush for your child and begin to use a small (pea-sized) amount of fluoride toothpaste. You should not allow your child to swallow the toothpaste.

Injuries to primary (baby) teeth can affect the development of permanent (adult) teeth. If an injury occurs, contact your dentist right away.

Limit the total number of times per day that your child eats and drinks. Limit sugary foods like soda, fruit juice and sweetened cereals. Encourage snacks such as fruits and vegetables, low-fat yogurt, or whole grains.

Use positive reinforcement to help your child discontinue pacifier/thumb sucking habits.

Those interested in learning more about the Astor Early Head Start and Head Start programs are encouraged to contact Mary Sontheimer, Assistant Executive Director, Astor Early Childhood Programs. She can be reached by phone at 845-452-4167, or by e-mail at msonthei@astorservices.org.



How the Hudson Valley

Glitters

by **Kimberley McConville**



Part of the charm of the Hudson Valley, aside from the beautiful scenery, is the large number of one-of-a-kind, “mom and pop” businesses that grace the landscape. This month we are featuring two local, unique shops that add to the character and charm of our area – Tivoli Mercantile and Tess & James.

Tivoli Mercantile is a woman-owned gem of a shop that sells vintage, one-of-a-kind blankets from India, hand-woven bags from Peru, hand-sewn leather bags from Guatemala, vintage wool rugs from Bolivia, and handmade moccasins from Mexico City. Hand-dipped candles from Vermont in ten fantastic colors are a top seller, and only cost \$5 each. Mixed in with these eclectic items are classics, such as Duralex glasses from France and hand-blown Chemex coffee makers. There is also a well-curated selection of women’s clothing, jewelry, and shoes. Baggu, CP Shades, Sven, and Scosha are some of the popular brands available.

There is also a kid’s shop, stocked with classic toys and books, plus other specialty items. Rubber playground balls and beautiful stuffed animals from Germany are among the shop’s most popular items for children.

Jill Cornillon started Tivoli Mercantile so that she could bring her youngest child with her to work. Jill hadn’t worked when her other three children were young, but when it became necessary for her to get a job, she didn’t want to give up those first special years with her daughter.

Jill buys what she likes – what she or her family would use or wear – for the shop. Items might be influenced by a trip she has taken or a movie that she has seen. Jill realizes that not all of her customers have the same taste she does, but she finds that when she stays true to herself, items sell.

She has had many people walk through the door, look at her and ask, “What are you? What type of store is this?” That question always strikes her as funny. She guesses some people feel the need to put a label on the shop. Jill always answers that it is a mix of things she loves, so that she can be surrounded by her favorite things every day. If she had to put a label on the store, she says she would probably call it a gift shop. In her opinion, however, that doesn’t sound very appealing. She prefers to say it’s an “eclectic shop with something for everyone.”

Tivoli Mercantile is located at 5 East Market Street, Red Hook, NY.



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Wishing you continued success throughout 2015!



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TESS & JAMES PHOTO CREDITS BRIAN DEL PIZZO

Jessica Van Wormer and Angela Basile of Tess & James

Other women who have turned their unique passion into a business are Jessica Van Wormer and her business partner, Angela Basile, of **Tess & James**, a small-batch, Hudson Valley production company specializing in feel-good products. All of their items are free of artificial colors, artificial flavors, and preservatives. Products include bath salts, lip balms, bath porridges, and candles.

I had a chance to sit down with Jessica and Angela recently to get the scoop.

What made you start your own business?

We are two moms and friends who lived across the street from each other in Rhinebeck. We stumbled into this business back in September of 2013, by way of an oatmeal bath. Jess's children both suffer from eczema and she had been making them an organic oatmeal bath as an alternative to "big name" brands that tend to have unnecessary preservatives or fillers. She also made it for friends, moms, and families simply because it is that good. I stopped by one morning while Jess was making a batch, and suggested that she try selling it. In time, oatmeal bath became Bath Porridge, and along with its "invention" came the birth of Tess & James. With a lot of local support and a ridiculous amount of determination, Tess & James started to grow. In April of 2014, we became an LLC with the State of New York. We are now in 12 retail stores, operate a successful ecommerce site (www.tessandjames.com) and have participated in four local fairs.

What drew you to the products you carry?

The somewhat encumbered field of "all-natural" and "organic" can be very confusing and misleading, and when it comes to cost, well, a bit idealistic too, but we are driven by the idea that goodness makes a difference. We make the products that we want to use, and that we want our friends and family to use, at the most

affordable prices possible: bath soaks, lip balms, mud masks, candles...they're the products that make us feel good. It's nice to fill your home with aromatherapy products and it's nice to take time to celebrate yourself. An all-day spa treatment isn't exactly an option when you have little kids, but taking twenty minutes to soak in your own tub, in a warm bath of organic green tea and orange peel, is!

What do you think makes you unique?

We are not reinventing the wheel by any stretch, but we are contributing to something that perhaps is. Ours is a homegrown business model that prides itself on small-batch production, handmade and handcrafted specialty items (made by a few sets of hands), careful sourcing of both of our materials and our packaging, and using ingredients that you can actually pronounce! We share a sense of pride for the Hudson Valley. We believe in supporting local businesses, eating food from our neighboring farms, and contributing to our communities.

Any funny moments to share?

The funny moments are mostly inspired by balancing motherhood with running a business. There are the always entertaining sales trips with Angela's 2-year-old (who has a knack for re-merchandising stores), the urgent work calls that take place during story time and parent teacher meetings, and trying to get ready for fairs while our kids hang on our legs, demanding our undivided attention. There are also failed attempts at new products that offer unrelenting amusement. Sometimes, we are like full-on mad scientists trying to figure out what combination of essential oils work best in certain products, or the perfect consistency of a lip balm, or the type of jar for a candle. Sometimes we fall flat and just need to go have a glass of wine and laugh at ourselves.



TESS & JAMES
MADE IN THE HUDSON VALLEY, RHINEBECK, NY

Tess & James products are available at Get Juiced in Red Hook, and at Cabin Fever, Paper Trail, and Rhinebeck Pilates in Rhinebeck.

Making and Enjoying Hudson Valley Fare at Home

by Carly Hertica

Laura Pensiero is the founder, owner, and creative force behind Gigi Hudson Valley in Rhinebeck.

This past November, Pensiero was recognized in Hudson Valley Magazine as being “arguably the single most influential person in creating the Hudson Valley ‘brand.’” Her approach to sourcing local, healthy, and flavorful food was an immediate hit in the Rhinebeck community. Hudson Valley produce, poultry, fish, cheese, spirits, brews, and desserts line her menu. Local vendors include, but are not limited to: Hearty Roots Farm, Starling Yards Farm, Mead Orchards, Pampered Cow, Falanga Dairy, Keegan Ales, and Tuthilltown Spirits.



Photo by Jennifer May

The recipe below is adapted from *Hudson Valley Mediterranean: The Gigi Good Food Cookbook*. (HarperCollins/Pensiero 2009)

Gigi’s uses this delicious jam on their local and imported cheese plate and as the base for the ever-popular Bianca Skizza.

DIRECTIONS: Sauté the shallots in the olive oil over medium-high heat until softened, about 3 minutes. Add the rosemary and figs and cook another 3 minutes, until the figs soften slightly. Add the wine and 4 cups of water and bring to boil. Reduce the heat and simmer until the figs are very soft, about 30 minutes. Remove from the heat and let cool. Puree the mixture in a food processor until smooth. Season with salt and pepper. Store, covered and refrigerated, for up to 1 week.

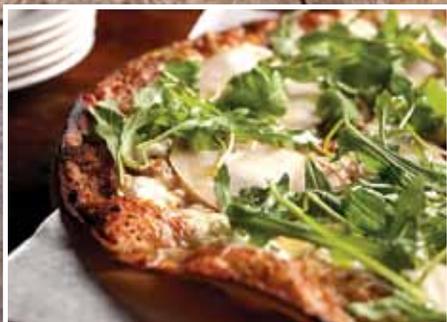


Photo by Jennifer May





The Hudson Valley

A MARRIAGE OF FERTILE LAND AND FINE FARMERS

The Hudson Valley has become a mecca for a growing band of people who recognize the dazzling fertility of the land and the profound importance of building our local food resources.

Behind the movement is a group called Hudson Valley Bounty. On their web site, hudsonvalleybounty.com, one can find information on locally-sourced foods throughout the Hudson Valley. The listings, which include 229 farms, 251 restaurants, and 29 markets, will take you to all the places that give the Hudson Valley its unique place in the new world of local agriculture.

Laura Pensiero's recipe is a peek into how she uses locally-sourced food for Gigi Hudson Valley. Laura makes great use of produce from nearby farms, many of which sell directly to consumers through farm stands, stores, or by subscription.

Guide to some of Gigi's sources of food

Hearty Roots Community Farm in Germantown, NY. Hearty Roots is a family farm using sustainable practices to grow fresh, healthy, and tasty food. The farm is part of the Community Supported Agriculture (CSA) movement. Members pick up their food in Clermont, Woodstock, Kingston, or locations in New York City. The farm sells vegetables, eggs, and pork.

1830 Route 9 Germantown, NY
farm@heartyroots.com (845) 943-8699

Starling Yards (CSA) in Red Hook, NY. Starling Yards is a family-owned farm. Its shareholders have access to more than 100 varieties of vegetables and flowers, including their popular heirloom tomatoes. They also sell at Milan Farmers Market at Milan Town Hall on Fridays from 3pm to 7pm. (The farm is not usually open to the public.)

81 Echo Valley Road (off of route 199) Red Hook, NY
Thad@starlingyards.com (646) 831-8311

Mead Orchards in Tivoli, NY. A family-owned business since 1916, Mead Orchards is a pick-your-own farm that sells fruits and vegetables through its farm stand and through winter indoor markets in Ossining and Pleasantville, NY. They grow nearly 40 varieties of apples, as well as peaches, pears, plums, cherries, berries, greens, summer vegetables, winter squashes, and pumpkins. They also sell their own honey, apple cider, jam, and tomato sauce.

15 Scism Road, Tivoli, NY
meadorchards@yahoo.com (845) 756-5641

The Creamery at Twin Maple Farm/Pampered Cow in Ghent, NY. The farm is dedicated to preserving farmland by making the finest and most memorable artisan cheeses in America. Among their outstanding cheeses are Hudson Red and Hudson Gold. They have a self-serve cheese shop.

416 Schnackenburg Road, Ghent, NY (201) 370-2301

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Rosemary McGuirk

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Jim, Beth & Sean McGuirk

ARE YOU SMART PARENTS?



1. Dad has lost his job at the factory. You:

- A. Don't tell the children because you do not want to worry them.
- B. Sit down with the most responsible child and ask for her help in telling the other kids how to cope with the challenge.
- C. Tell the kids they will have to cut down on spending and get jobs.

2. You and your spouse are arguing a lot and the children know it. You:

- A. Tell the children that it is their behavior causing the problem.
- B. Tell them not to worry; arguing is normal.
- C. Work your problems out; go out with the kids and have good time.

3. Your teen-age boys are fighting all the time. You:

- A. Work with them to teach them how to handle disagreements with one another without fighting.
- B. Take sides, pointing out who you think is right.
- C. Tell them they will lose their allowances as punishment if they keep fighting with one another.

4. You want to go to the mountains, but the kids want to go to the beach. You:

- A. Go to the beach for two weeks. What's the point of being a parent?
- B. Spend one week at the beach, one week in the mountains.
- C. Stay home.

5. You have to break it to your kids that you are moving. You:

- A. Tell the kids as soon as possible and help them learn all about where you are moving.
- B. Avoid upsetting them. Just tell them when you have to.
- C. Ask them where they would like to live and then tell them where you are moving.

SCORE YOURSELF

My Score:

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

Total Score: _____

Explanation of the score:

10 to 18

You should see a family therapist!

19 to 30

Have more confidence in your children!

31 to 50

Perhaps you should begin a second career as a parent educator!



Double Vision - Elisa Pritzker

MARSHLANDS

by Emily Pauline Johnson

A thin wet sky, that yellows at the rim,
And meets with sun-lost lip the marsh's brim.

The pools low lying, dank with moss and mould,
Glint through their mildews like large cups of gold.

Among the wild rice in the still lagoon,
In monotone the lizard shrills his tune.

The wild goose, homing, seeks a sheltering,
Where rushes grow, and oozing lichens cling.

Late cranes with heavy wing, and lazy flight,
Sail up the silence with the nearing night.

And like a spirit, swathed in some soft veil,
Steals twilight and its shadows o'er the swale.

Hushed lie the sedges, and the vapours creep,
Thick, grey and humid, while the marshes sleep.

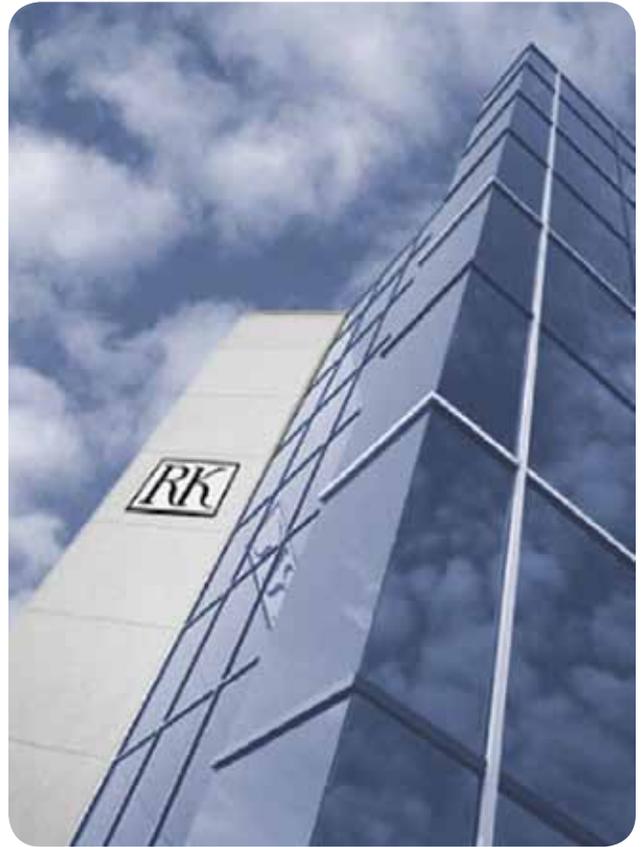
Emily Pauline Johnson – poet and performer, was born in 1861 on the Six Nations Reserve, Upper Canada. Her father was Mohawk and her mother was English. She grew up in comfort, straddling vibrant cultural worlds: Native American and European. Johnson began writing and performing to support herself after the sudden death of her father. Her work evokes an authenticity but also plays with stereotypes. She performed to acclaim throughout Canada and England. She died in 1913.

Elisa Pritzker was born in Argentina, but has made the Hudson Valley her home. Her influences include Pablo Picasso, Hieronymus Bosch, Louise Bougeois, and Frida Kahlo. She works in a variety of media: photography, sculpture, collage, and installation art. There is a wonderful sense of play in her work, which is tempered by darker emotions and isolation. Pritzker is very active in the regional art scene. Learn more about Pritzker at elisapritzker.com. The piece shown here is *Double Vision*, 2014: mixed media photography on cotton paper, edition of 1, 20x20 inches. It is part of her Zipper series.

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Monday, June 8

8:00 AM to 5:00 PM

*Visit www.astorservices.org for more information.
To reserve tickets, please call (845) 871-1171.*

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May is Mental Health Awareness Month. For more information go to: www.astorservices.org and check out our mental health blogs by Dr. Suzanne Button: www.astorservices.org/children/author/suzanne-button