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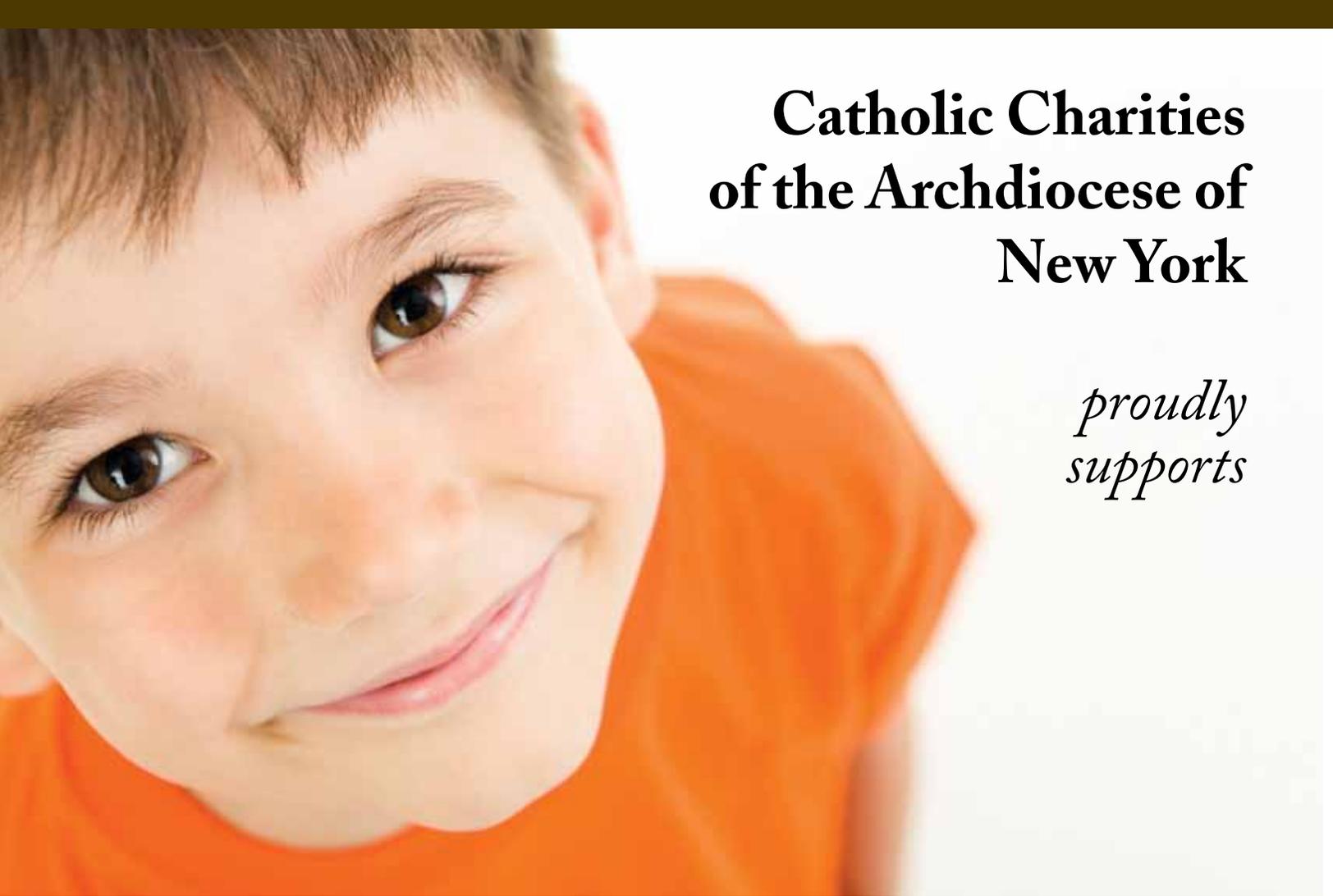
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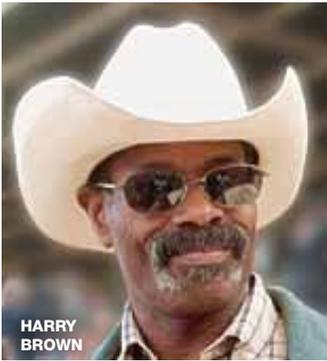


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SUMMER INTERN - CHRISTINA MONDI



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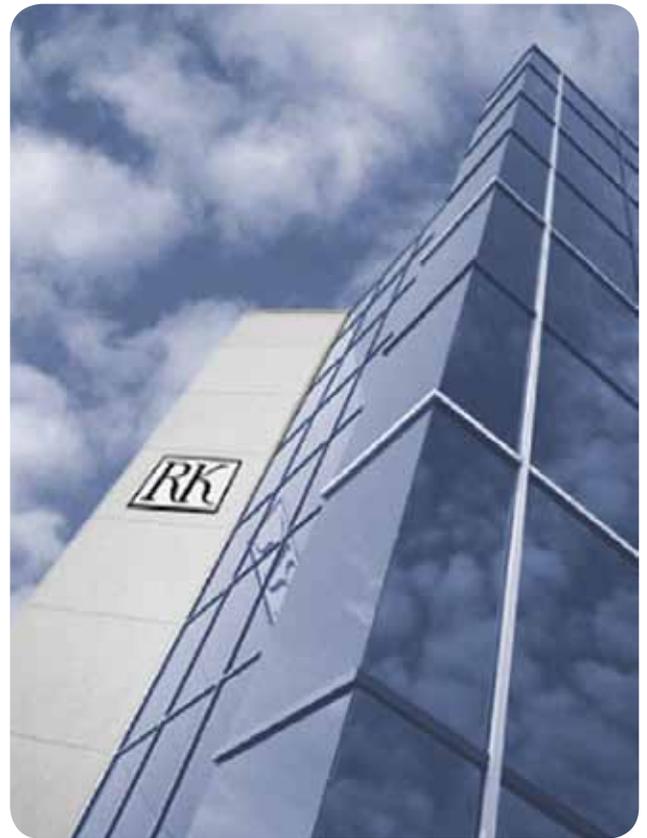
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# Welcome

**James McGuirk, Executive Director, CEO**  
Astor Services for Children & Families

It is my pleasure to welcome you to our inaugural Astor Family Magazine! This magazine is an outgrowth of feedback we received at Astor from some of our trusted donors.

We have been producing a “Sponsorship Journal” for several years, where we highlighted our yearly sponsors and thanked them for their support. While this journal reached hundreds, we were challenged to not only to increase our reach, thereby offering our sponsors a greater opportunity for exposure, but also to include information that is beneficial to families – information they can use in their day-to-day lives. Astor Family Magazine will do just that.

We will highlight and include stories that are of interest to our community. While some of our stories will highlight the difference Astor’s programs are making on children and families, our hope is that all the stories and sections (i.e., advice, etc.), will be an inspiration to all.

For those of you who are not familiar with Astor, let me give you some quick facts. Astor has been serving children and families in the Hudson Valley and the Bronx since 1953. We serve over 6,000 children and their families each year, through our early childhood education, mental health and residential programs. Our tag line, “...**Because every child deserves a childhood,**” along with our mission to provide behavioral and education services in a caring environment where children and families find strength, healing, hope and trust, serve as our guideposts for high quality service delivery.

Enjoy!

Best regards,

*James McGuirk Ph.D.*  
Dr. James McGuirk

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by

**Dr. Suzanne Button**

## **Strive to Thrive:**



# **6 Ways To Build A Stronger Family NOW!**

**I want to talk to you about what it takes  
to be a “successful” family.**

## **1 Spend time together**

Spend as much time together as a family as you can. Did you know kids whose families eat dinner together at least four times a week do better in school? Or kids whose families do something like ride bikes or take a walk together at least once a week are healthier? It's not what the activity is that counts, it's the time together that counts. You can even spend time together getting chores done as a family. This counts as spending time together and it helps you with the next family-strength builder on the list!

## **2 Use family problems & pressures to build a team when you can**

Involve your kids in solving some of the family problems that they are old enough to handle. For example, if the family is too busy to clean up the apartment, have a race to see who can pick up the fastest. If you are all running late and trying to get dinner on the table, call

the family together and talk about your day while you work on getting the table set and the meal prepared. If you have teenagers, ask them what solutions they can offer to bigger family problems like money worries. Try to involve your kids in the teamwork of everyday life and its struggles. They will become better problem-solvers and be more loyal to the family if you do.

## **3 Express caring and support to each family member once each day**

Ask each kid about his or her interests or school activities, express appreciation for something your child did well (even if it is a little thing), or do one nice thing for your child each day. You will notice, after just a few weeks, most kids will start to do the same thing for their parents and for one another. Families whose members show interest, caring, support and appreciation for one another on a regular basis tend to be stronger than those who do not!

*Continued on page 7*



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#### **4 Celebrate your spiritual beliefs & family heritage with your children**

Share with them what you are proud about in your faith, your family background, or your cultural or ethnic background. Talk about ways your cultural group or your church has bonded together in the face of hard times and express pride and joy in being part of groups that have shown this strength. Tell stories of pride you know about your family history and share family traditions by making those traditions part of your own family's life. Families who talk about, celebrate and show pride in their culture and faith have strength of pride on their side.

#### **5 Communicate!**

As you can guess, in order to do most of the things on the list so far, families have to TALK! Communicate with your kids often. Be open. Be honest. Ask your kids what they are proud of, what they enjoy, what they worry about and tell them some of what you are thinking and feeling. All communication does not have to be serious. You can communicate while doing something fun; to figure out how to solve family problems; to express the support and interest I talked about in number 3; and to tell stories of family, cultural and spiritual pride from number 4. Families who talk often, openly and

with positive tones of respect and support are also stronger than those who do not talk, or who spend a lot of time talking negatively to one another.

#### **6 Find ways to join together to help others in need**

Families who are having a hard time in life tend to be stronger when they spend a little bit of time each month helping someone else. Kids whose families are helpers and givers grow up to be more helping and giving too. It doesn't have to be big – it really is the thought that counts! Maybe you can make an extra plate of dinner for an elderly neighbor and ask your kids to walk it over. Or you might join with your church in helping out the needy. You can even ask your kids to pick an item of clothing that is too small for them and donate it to the local clothing bank. The action of giving and the experience of being part of something bigger than yourself – helping others – is what is important.

Remember, all of us who are raising kids are busy, and it is easy to look at such a long “to do” list and feel, “How can I do ANY of this?” The great news is, you don't have to do ALL of the items. Any of the items on this list can make your family stronger. So pick one, start small, and start doing it today! Let me know how it goes!



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*In Memory of Our Friend Jan Weido*

# Children and Media

by **Joel Weisbrod**

It used to be simple to control your child's exposure to the media. "You are simply too young to watch that program" was a common phrase in most households. While many children now have unsupervised television in their room, it seems media overload in the form of iPhones, iPads, Wii, xBox, and more are fast taking the place of nightly television.

As parents who grew up without much of the technical pocket wizardry available today, we are at a loss to understand, let alone control, our child's access to this source of instant information. Controlling access to the media is no longer limited to television. Smartphones, tablets and other Internet-connected devices open up the media world through sites like Facebook, Youtube, and MySpace. Unlike television, you can use the Internet to explore, visit and watch almost anything from almost anywhere in the world – instantly.

Children are attracted to the Internet because it is an endless source of information, fun and entertainment. It is a very popular tool for socializing. Many schools have begun using the Internet as a way of communication between students and teachers.

Our parents knew too much television time was not good and today that translates into too much Internet time is not good either. Time is valuable and the best way to spend it is having conversations with family and friends.



## What can you do?

- **Limit your child's Internet access on portable devices such as tablets and smartphones.**
- **Learn how to set password-protected settings so you can limit access to "children friendly" content.**
- **Make Internet access a topic of frequent discussion.**
- **Discuss amount of time spent each day, sites visited, things learned and any potential threats.**
- **Work with your children to develop some easy to follow rules regarding Internet use.**

**Whatever you actually decide, an open talk with your children regarding Internet use can only help!**

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by  
**Christina Mondri**  
Notre Dame University

## A Summer Intern Experience at Astor



The words on the sign outside Astor say it all: “...because every child deserves a childhood.”

**Seventy-five children between the ages of four and fifteen who call this old brick mansion home have been given back just that: their childhoods.** In the course of their short lives before Astor, most of these children suffered significant trauma. They are survivors, but not without scars. Today, many of them struggle with behavioral, emotional and mental disturbances as they begin the process of healing and growing up.

Everyone at Astor is dedicated to helping each child reach their healthiest and happiest potential. They provide children with the tools needed along the way: safe living conditions, special education and intensive mental health services. In addition, Astor is noted among other residential programs for its family-like feeling.

I first came to Astor in May 2011 as a volunteer through Notre Dame’s Summer Service Learning Program. I wanted to “make a difference” in the lives of children. In reflecting upon my service, I came to the conclusion that “as much as I gave them, they gave me so much more.” After eight weeks at Astor, I had fallen in love with the kids, and witnessing their day-to-day ups and downs had touched me. The children at Astor convinced me we are so much more than the products of our past, our environment, or our genes.

During my time at Astor, I saw much evidence of a world riddled with abuse, mental illness and pain. But many times, I saw evidence of the holiness of life. There is love and hope in almost every person’s heart no matter how the world has hurt them. Love does

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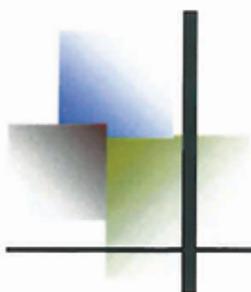


**Christina with Christopher,  
an Astor student**

not have to be dramatic and hope does not have to be out of reach. I spent my summer fishing, gardening, hiking and coloring. But the most important thing is that I spent my summer fishing, gardening, hiking and coloring with 75 boys and girls whom I came to love – and to be loved by.

Places like Astor exist to help children deal with their pasts and their problems. The people who work there do so because they care for children, and believe they deserve a childhood. I was honored to be able to share in some small part of that work during my internship.

I often wonder what will become of the children at Astor. I hope they will all be healthy and happy wherever life takes them. When they leave, other children will take their places from backgrounds and for reasons I wish were not the case. One does not need to resort to dramatic measures or efforts to bring hope to the life of a child. Sometimes, baking cookies and catching crawdads on a quiet July day is enough to remind them they are not alone.



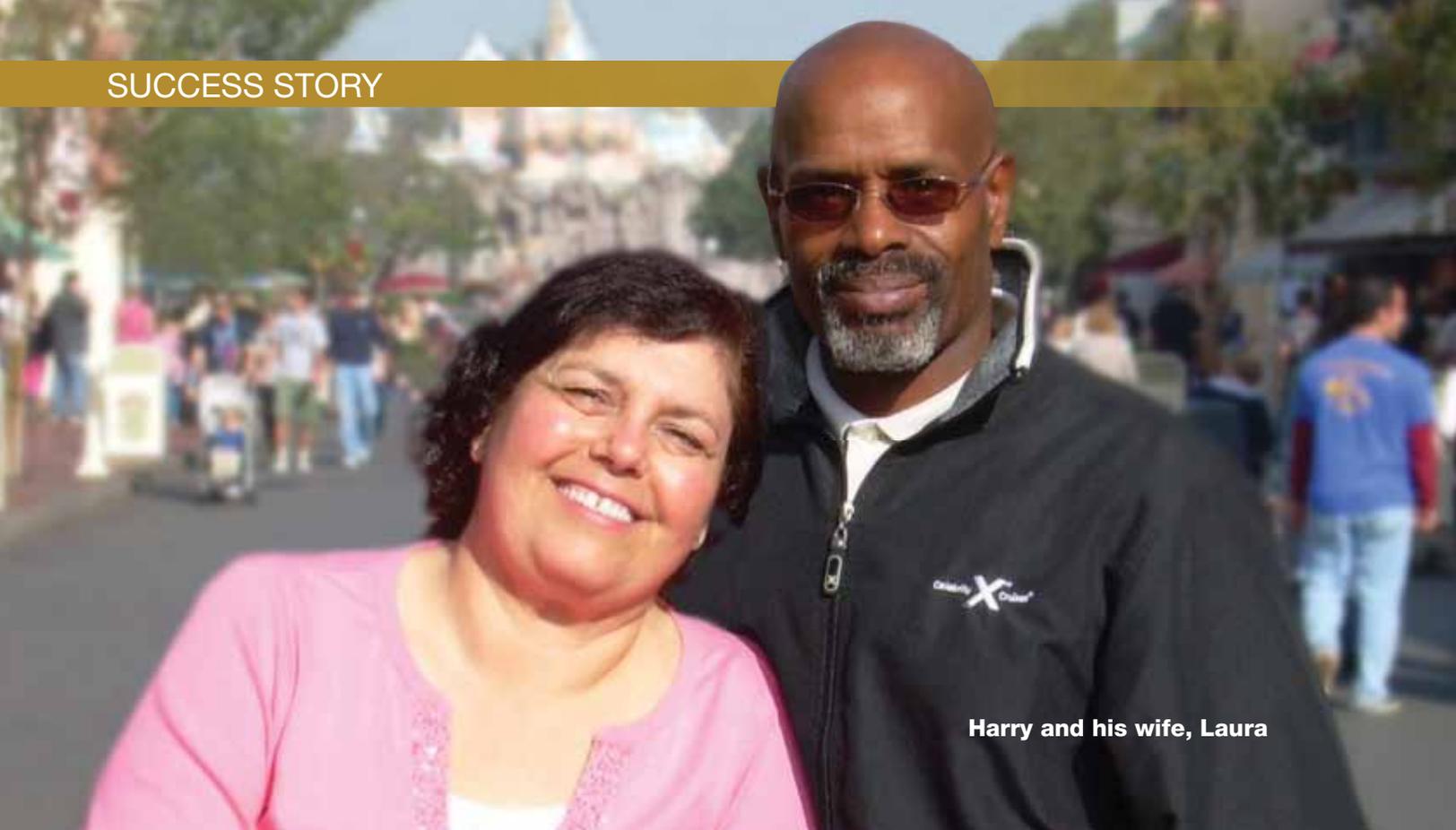
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Harry and his wife, Laura

## Astor.. Making a difference

In 1959 Harry Brown came to Astor’s Residential Program in Rhinebeck, NY. He was eight years old and thought he did not have any family. He was being sent from one foster home to another – a total of seven times prior to arriving at Astor. Harry described his years at Astor as the “best years of my life... and I did not want to leave when it was time to do so.” He found the “family” he was looking for at Astor where he received unconditional love, care, encouragement and acceptance. “Everyone involved with Astor made sure kids got to be kids.”

**“It is so important for Astor’s staff to know what they do has value...the time, energy, commitment and unconditional love they give to each child is meaningful...it helped me achieve a lot in life.”**

– Harry Brown

Harry discussed how important it was for him to have people in his life that encouraged and supported him

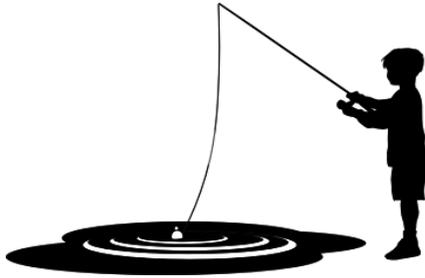
in whatever his interests were. He loved to read, listen to music, and build model airplanes, ships and cars. His teachers and counselors were all very supportive. In fact, he fondly recalled having all sorts of model airplanes and cars displayed in his room. Astor’s staff developed and encouraged Harry’s wanderlust for life. He was given a globe he kept in his room. He would read about all the places in the world he could visit some day. Over time Harry visited many of the places he read about. In 1979 Harry returned from Vietnam. He used his training as a radio technician and became

a merchant seaman for many years working on cargo

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In Memory of  
**Jan Weido**

Director of Recreation  
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## SUCCESS STORY



**Harry Brown**

lines. He saw parts of Asia, Europe, Latin America and many other places.

Harry spoke of one special therapist who first introduced him to horses by taking him to the Fairgrounds in Rhinebeck. There he spent time with the horses. He learned to groom them and how to ride. This experience influenced his love and affection for horses throughout his life. Today, he owns and trains horses where he lives in California.

Of course, there was some readjusting for Harry to do when he left Astor at age 14. He relied on the strength of his years at Astor to navigate through some of the difficult times he encountered.

Harry credits Astor for his exceptional academic training. For example, when he left Astor, he was advanced two years in the public school he attended. He went on to get an Associate Degree from Boston University. He is also a Master Radio Technician.

“It is so important for Astor’s staff to know what they do has value... the time, energy, commitment and unconditional love they give to each child is meaningful...it helped me achieve a lot in life.”

Harry and all of Astor’s former students are part of Astor’s family. Today, Harry is one of several writers who contribute to Astor’s Blog!

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**BACK to  
SCHOOL**

*Fashion Trends*





# BACK to SCHOOL *Fashions*

**When children and teens are asked what they like, some say ankle boots and jeans, and some say “cool” shirts – kids know their fashion!**

**Here are some back-to-school items featured at Kohl’s we think everyone will like.**

This is what Karen Tweedie, senior vice president for art, trend and design for Kohl’s Department Stores, says about this season’s fashion trends:

## **Boy-Meets-Girl**

“Mix boys styles and prints. For girls create menswear looks for the hottest trends. Pair blazers with denim or try a motorcycle jacket with a pleated skirt and loafers.”

## **Bold Denim**

“Try denim in bold patterns and colors for back-to-school styles at a great value.”

## **Color**

“This year muted shades, like mustard, emerald, purple and red with basic black, white, or metallic are ‘in.’ Use color as a simple and affordable way to update wardrobes.”

*Continued on page 18*



### **The Shirt**

“Silhouettes are updated with sheer fabrics and details. Find shirt styles in classic plaids, checks and feminine designs.”

### **The Ankle Boot**

“From wedge heels to western to motorcycle styles, boots continue to be a staple throughout the year. This year ankle boots are key and can be worn with anything.”

### **Packs with Personality**

“For book bags choose a style that is fashionable yet functional. Messenger and cross-body bags are popular with students.”



# Easy Eggplant Parmigiana Casserole

## INGREDIENTS

1 Large Eggplant  
 2 Large Eggs  
 1 Cup Seasoned Breadcrumbs  
 ½ Cup Olive Oil  
 Olive Oil Cooking Spray  
 14oz. Jar of Marinara Sauce  
 8 oz. Shredded Mozzarella Cheese  
 Oven-Proof Casserole Dish (1 ¾ qt)

## PREPARATION:

Serves 2 | Preparation time: 30 min. | Cook time: 1 hour

Preheat oven to 325 degrees.

Peel & slice the eggplant (about ¾ inch round slices).

Beat eggs with a fork until uniform in color (use a bowl large enough to submerge the largest slice of eggplant).

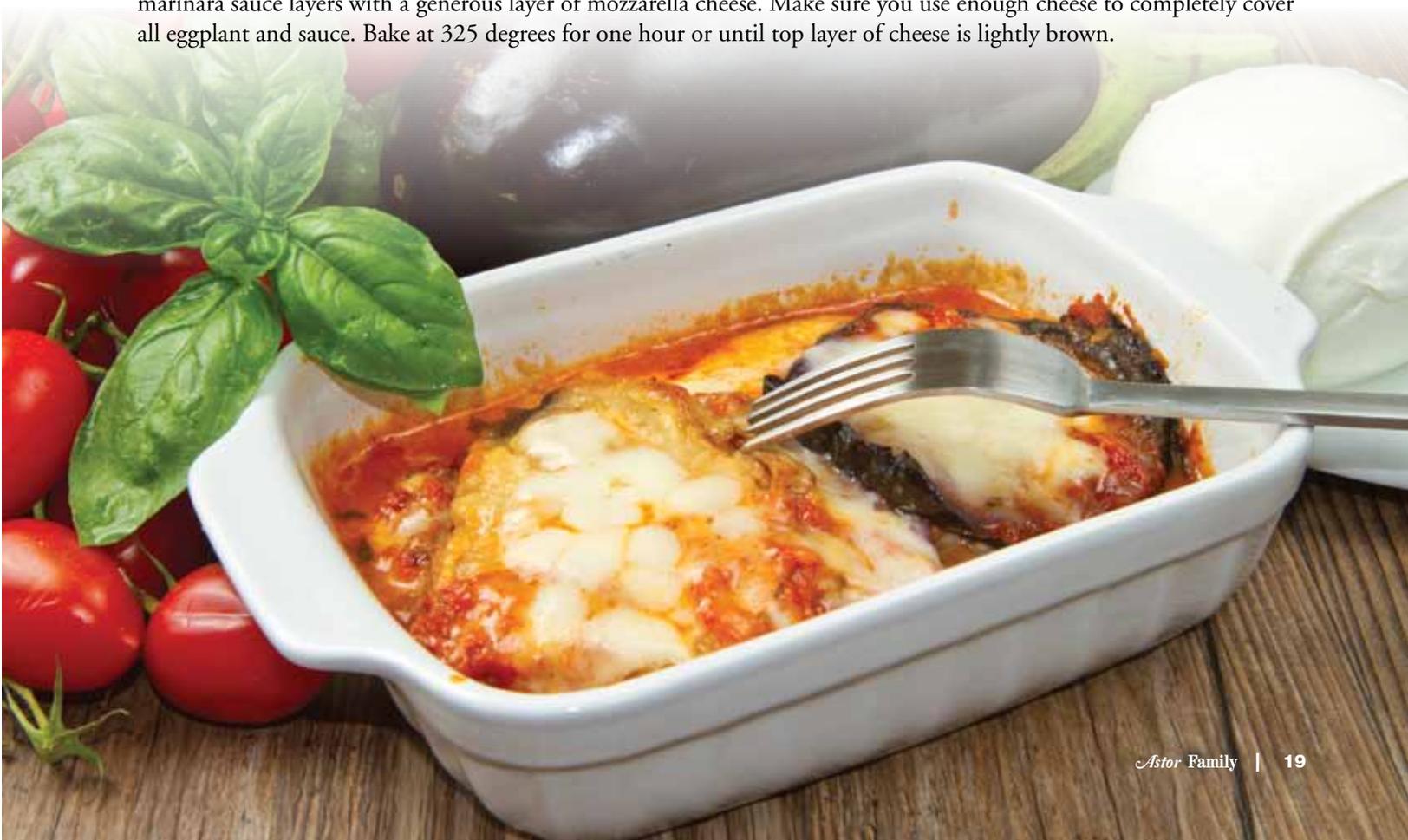
Pour a generous amount of breadcrumbs into a second bowl. Dip eggplant slices in beaten eggs and then coat with breadcrumbs.

Heat oil in frying pan. Gently place the battered eggplant in the oil & fry, turning until golden brown on both sides. Drain fried slices on a plate covered with paper towels to remove excess oil.

Spray your casserole dish with cooking spray. Cover the bottom of the casserole with fried eggplant slices. Coat the tops of all slices with marinara sauce.

## ASSEMBLE:

Cover the bottom of the casserole with fried eggplant slices. Coat the top of all slices with marinara sauce. Continue to layer eggplant slices and marinara sauce until the casserole is filled to ½ inch below the top. Cover the eggplant and marinara sauce layers with a generous layer of mozzarella cheese. Make sure you use enough cheese to completely cover all eggplant and sauce. Bake at 325 degrees for one hour or until top layer of cheese is lightly brown.



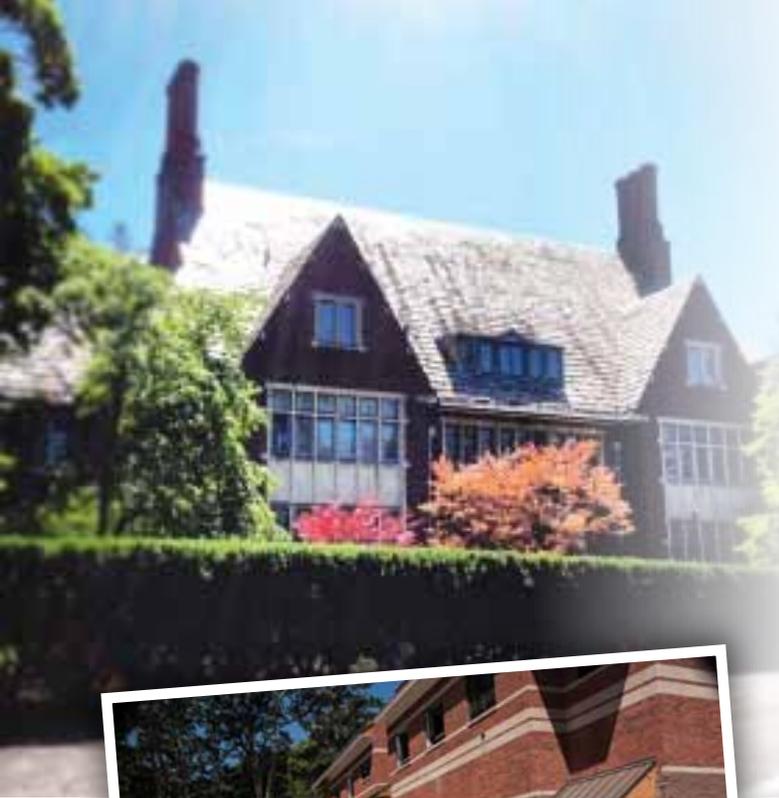
# Your First Day on the Job



It is important to make the right impression from the very first day. Everything is new to you. It may be difficult to know what to do.

## Here are seven tips to help you through the first day:

- 1. First impressions can last forever.** Make sure you make a good one. Before your first day, find out if there is a dress code (rules about what you can wear to work). If so, follow it. Always be neat and clean.
- 2. Get to work on time.** Employers value those who come to work right on time. Give yourself an extra 15 minutes to make sure you arrive on time.
- 3. Pay attention to introductions.** Because your co-workers are important, remember their names. They are the ones to answer your questions when the boss is not around.
- 4. Ask plenty of questions.** Make sure you understand your job duties. If your supervisor has not told you the job duties, ask for a list.
- 5. Do not make personal phone calls or send personal emails.** You should never use company time for personal business unless it is an emergency.
- 6. Never be the first one to leave.** See what your co-workers do around quitting time. It does not look good for you to be eager to leave.
- 7. Most important, people will offer you advice or sometimes criticize your work. Do not lose your temper!** Listen carefully to what people say. Always believe it is for your own good. Strive to make your work superior.



# Astor Upgrades: Improved Living Quarters For Our Children

**Everyone at Astor knows the environment increases the effectiveness of our staff. It makes it easier to work with kids and families.**

When Astor moved one of its school programs to Mount Carmel School, the result was immediate and significant. This was the first time the kids and staff no longer shared space with other programs. It was “their own school.” The school made the children and families feel better about themselves.

Knowing this, Astor’s Board committed itself to improving other program sites. Its first target was the Residential Treatment Facility in Rhinebeck. Astor got an \$8.5 million loan from New York State. It is now building new living quarters for the children.

In less than a year, the project went from planning to building. It is 18,000 square feet, with private



*Continued on page 22*

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bedrooms for all the kids. There are activity rooms and places for quiet and comfort. Its design makes it easier to supervise all the children.

The project will be completed in 2012. The Astor staff is busy thinking about how it will improve care and treatment. We are delighted with this new space for our children, families and staff.

## Make a difference... Support Astor Services for Children & Families

Donations are used to benefit children & families in our various programs.

To contribute, contact  
Dana Valdez at (845) 871-1171  
or [dvaldez@astorservices.org](mailto:dvaldez@astorservices.org)



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## LOCAL TRIPS

# Fall is here...

## Things to do this fall in the Hudson Valley

Autumn is a perfect time of year to explore the beauty of the Hudson Valley and to enjoy the many activities the region offers during this time of year! Fall is a perfect time to engage in activities with the family. Here are a few ideas for a fall foliage gateways: Fall Activities, Fairs and Festivals:

### September 2012

- 1: Belleayre Music Festival**  
[www.belleayremusic.org](http://www.belleayremusic.org)
- 1-2: Hudson Valley Shakespeare Festival**  
[www.hvshakespeare.org](http://www.hvshakespeare.org)
- 1-3: Woodstock-New Paltz Arts & Crafts Fair**  
[www.quailhollow.com](http://www.quailhollow.com)
- 1-3: Columbia County Fair**  
[www.columbiafair.com](http://www.columbiafair.com)
- 1-8: Kingston Film Festival**  
[kingstonfilmfestival.org](http://kingstonfilmfestival.org)
- 22-23: New York Renaissance Faire**  
[renfair.com/ny](http://renfair.com/ny)
- 22-23: Benmarl's Annual Harvest Grape Stomping Festival**  
[benmarl.com/events](http://benmarl.com/events)
- 29-30: Hudson Valley Garlic Festival**  
[www.hudsonvalleygarlic.com](http://www.hudsonvalleygarlic.com)
- 29-30: Oktoberfest**  
[www.huntermtn.com/huntermtn/festivals/summer-festivals-oktoberfest.aspx](http://www.huntermtn.com/huntermtn/festivals/summer-festivals-oktoberfest.aspx)

### October 2012

- 6: Wine Festival at Bethel Woods**  
[www.bethelwoodscenter.org/bwevents/eventdetail.aspx?id=33](http://www.bethelwoodscenter.org/bwevents/eventdetail.aspx?id=33)
- 6-7: Rhinebeck Antiques Fair**  
[www.rhinebeckantiquesfair.com/](http://www.rhinebeckantiquesfair.com/)
- 6-7: Oktoberfest**  
[www.huntermtn.com/huntermtn/festivals/summer-festivals-oktoberfest.aspx](http://www.huntermtn.com/huntermtn/festivals/summer-festivals-oktoberfest.aspx)
- 7: Autumn in Austerlitz Festival**  
[www.oldausterlitz.org/events](http://www.oldausterlitz.org/events)
- 10-14: Woodstock Film Festival**  
[www.woodstockfilmfestival.com/](http://www.woodstockfilmfestival.com/)
- 13: Wine & Brew Festival**  
[www.huntermtn.com/huntermtn/festivals/summer-festivals-microbrew.aspx](http://www.huntermtn.com/huntermtn/festivals/summer-festivals-microbrew.aspx)
- 14: Warwick Apple Fest**  
[www.warwickapplefest.com/](http://www.warwickapplefest.com/)
- 14: Pumpkin Festival**  
[www.beaconsloopclub.org/Festivals.html](http://www.beaconsloopclub.org/Festivals.html)
- 20-21: Sheep & Wool Festival**  
[www.sheepandwool.com/general-information/index.asp](http://www.sheepandwool.com/general-information/index.asp)
- 20-21: Johnny Appleseed Cider Fest**  
[prospecthillorchards.com/](http://prospecthillorchards.com/)





# CrossFit:

Changing the idea  
of what it means  
to be fit

**Anna Jenkins** | *CF-L1 Trainer*

CROSSFIT POUGHKEEPSIE  
HUDSON VALLEY CROSSFIT



Many of you may have a gym membership in a large fitness chain or a local gym. Most gyms are filled with machines and stationary bikes. You show up, put your headphones on and go faithfully to your treadmill to burn calories. Sound familiar to you?

## Time to try something new!

### Have you heard the term CrossFit? What is the difference?

The difference is working harder by using a variety of programs to become fit. Lifting bigger and finishing faster is always on our mind. People enjoy competition, with themselves and others. We are performance-based athletes with a passion for fitness and health. When CrossFit is used responsibly it can increase health, longevity and the overall quality of life for anyone.

The program consists of movements, such as the squat, combined with gymnastics, weight lifting and endurance. The trainers are certified. Classes are generally smaller than the typical group fitness class. Individuals are given a lot of attention. The team

atmosphere is supportive and ideal for learning.

Workouts are short, intense and “constantly varied.” We like to tell new members that “it doesn’t get easier – you get better.” Our fitness is measured in increased work capacity. The goal is to become very good at everything. Workouts are performed for time or for total number of repetitions. While the weights or movements vary, the intensity remains consistent.

We like to brag about our oldest 68-year-old member being able to keep up with some of the Division 1 athletes from the local university.

 **Virgo** – If you are feeling a little confused with a partner or dear friend Virgo, don't worry -- things are about to get better. The first half of the year might have been a little rocky socially for you but it gave you the time to look within and make some major personal discoveries. The second half of the year you are able to take some time off from the job or at least spend more time recreationally - this allows you to mend a broken friendship, tend to matters with a significant other, or invest more in personal matters.

 **Libra** – 2012 has gotten off to an introspective start for you Libra, you have grown immensely over the last few months, which have given you the opportunity to regroup. Now is the time to start planning for the future. Financially you may find yourself feeling more stable, you could be in a good position now to restructure spending and start paying off debts. You are guaranteed to see payback from these efforts some time in the future, possibly as early as the first quarter of 2013.

 **Scorpio** – Scorpio, in general you are finding more happiness in others and relationships, you are feeling confident as they are more responsive to your needs. Enjoy it while it lasts as the last portion of 2012 you will find yourself called upon by increasing personal responsibility and long term goals that you have made. Not to worry, nothing you can't handle. Your confidence and power of persuasion run high through the new year.

 **Sagittarius** – Lucky for you Sagittarius, 2012 has been a breeze so far, life in general seems to be more stable these days. Partnerships flourish this year while more casual relationships seem to take the back seat. You find yourself trying to please others more and looking to the past mid year - or perhaps the past comes looking for you. You could feel distracted through the last quarter of the year but do what you can to focus on your short term professional goals - big gains are in your sights for 2013!

 **Capricorn** – 2012 has been a busy year for you Capricorn - your hard work is about to pay off. You may be experiencing a sense of accomplishment at work, a raise or promotion could be in your near future. As 2013 approaches take more time for yourself and focus on family and friendships. Romance takes the back burner as you find yourself investing in a personal goal or long time dream perhaps in partnership with a family member or friend.

 **Aquarius** – You may find your focus is shifting from personal matters to professional Aquarius. Jupiter brought growth to your inner world in some way the first half of 2012, you may have welcomed a new member to your family or met a new significant other. A new project or opportunity at work is likely to take up a lot of your attention now and through 2013 you may find yourself restructuring career plans.

 **Pisces** – Pisces, 2012 so far has been a year of personal growth for you. Family and home life flourishes as you are embracing domestic life. The beginning of the year has also been strong for work in teams and for cementing friendships. Saturn continues to bring some structure and possibly restrictions to financial matters, as you approach the fourth quarter you may need to restructure a savings plan or budget, shared finances could need an adjustment.

 **Aries** – Aries, the first half of 2012 has been transitional for you - idle relationships or professional situations and have been transforming into more suitable ones. Change is good! You have been given an opportunity to look within and analyze personal goals for the first time in a long while and your confidence is running high. New attractive projects may arise on the job or in a partnership. You may find yourself questioning a financial opportunity - you will need to make use of some resources you might not know you have, take a leap of faith!

 **Taurus** – This year started off with a bang for you Taurus! You came into 2012 determined to leave a better person. You have been hard at work building foundations and improving work-in-progress relationships. As 2012 progresses professional opportunities seem to pop up frequently but beware conflict can arise just as sudden! As the new year approaches be weary of the risk involved with financial investment and growth - as always Taurus "if it sounds too good to be true..."

 **Gemini** – With Jupiter transiting your sign, Gemini, others are attracted to your positive vibes. You are confident and your ability to attract who and what you want into your life is strong. Others seem more supportive of you and your efforts of self-improvement and personal growth. Friendships may seem slightly unstable as 2012 comes to an end however romance becomes routine. Single Gemini's may meet someone significant during this time who could be a new best friend or significant other.

 **Cancer** – Cancer while the beginning of 2012 may have been a bit stressful for you the last quarter of the year is a breeze! This is a good time for you to try new things and make new acquaintances both through hobbies and at work. Keep your eye out for a ghost from the past - or perhaps a past love. You may be able to make a positive professional connection through someone you once new very well.

 **Leo** – Jupiter visits you in 2012 Leo and does wonders for your house of dreams and hopes. Friendships blossom and relationships grow. Your sense of connectivity with the world expands and (as usual) you really enjoy the attention from new acquaintances! Keep your eye on matters at home – a family member may need your help more than they lead you to believe. In return for your attention to the matter you this family member may turn around introduce you to someone that will prove to be influential to your professional career or financially.

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## Astor's Relationship to THE Astors...

### Did You Know...

- **In August 1914**, Astor's main building at 6339 Mill Street in Rhinebeck was built by Vincent Astor in memory of his father, John Jacob Astor. It opened as Holiday Farm, Inc., a convalescent home for children.
- **In 1940** the convalescent home temporarily closed and the facility was given to the Archbishopric of New York.
- **On May 1946**, the facility reopened as the Colonel John Jacob Astor Convalescent Home for Children, under the auspices of Catholic Charities of the Archdiocese of New York staffed by the Sisters of St. Dominic of Blauvelt; and it was dedicated on October 5, 1946.
- **On December 1, 1952**, The Astor Home for Children opened at the request of the New York State Department of Mental Hygiene as one of three pilot projects in the State to develop techniques of residential treatment for emotionally disturbed children.
- **On January 5, 1953**, four Daughters of Charity and three New York City boys arrived to begin the first Residential Treatment Center under Catholic auspices. By April 1953, 23 boys were in residential treatment and there was a need to expand the facility.
- **Astor now serves over 6,000 children** and families in the Hudson Valley and the Bronx through residential, early childhood and mental health programs.

# Healthy Families Puzzle

**FIND THE FOLLOWING WORDS:**

- Healthy
- Families
- Exercise
- Veggies
- Fruit
- Children
- Love
- Encouragement
- Happiness
- Wellness
- Confidence
- Parents
- Playtime
- Homework
- Teens
- Toddlers
- Motherhood
- Safety
- Mom
- Dad

S	M	X	N	K	V	D	T	E	Y	V	I	T	H	F
S	Z	O	M	E	S	F	M	O	E	T	N	M	A	H
E	D	I	T	N	R	I	U	G	D	E	E	M	O	M
N	A	H	E	H	T	D	G	X	M	D	I	F	J	M
L	D	E	G	Y	E	I	L	E	I	L	L	A	A	N
L	T	A	A	S	E	R	G	I	I	S	W	E	C	S
E	S	L	O	S	C	A	H	E	H	H	T	H	R	U
W	P	T	F	Q	R	Y	S	O	X	C	E	A	H	S
O	M	H	H	U	L	O	V	E	O	J	E	P	K	L
K	Y	Y	O	W	I	H	Z	W	F	D	H	P	T	I
Z	T	C	O	N	F	I	D	E	N	C	E	I	I	K
V	N	D	H	E	S	I	C	R	E	X	E	N	U	X
E	M	D	S	T	N	E	R	A	P	Y	F	E	R	U
H	O	M	E	W	O	R	K	T	Q	X	T	S	F	R
O	F	T	J	T	I	V	G	C	L	E	G	S	F	V



**ANSWER KEY:**

S M + N + + + T E Y V + T + F  
 S + O + E S + M O E T N M A +  
 E D + T N R I + G D E E M O +  
 N A H E H T D G + M D I F + M  
 L D E + Y E I L E + L L + A +  
 L T A A + E R G I I + + E + S  
 E + L + S + A H E H + + H R +  
 W P T + + R + S O + C + A + S  
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 H O M E W O R K + + + + S F +  
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## *Upcoming Astor Events*



### **ST. NICHOLAS DAY CRAFT FAIR**

**Sunday, December 2, 2012** 9am - 3pm

Astor Home, 6339 Mill Street, Rhinebeck, NY



### **THIRD ANNUAL CABARET**

**Saturday, February 9, 2013** 1 - 5 pm

Sacred Heart School, NYC



### **ASTOR'S 2ND ANNUAL ANTIQUÉ APPRAISAL EVENT**

**Sunday, April 14, 2013** 1 - 4 pm

Vassar Alumnae House, Poughkeepsie, NY



### **NOTRE DAME CHOIR PERFORMANCE**

**Friday, May 31, 2013** 6 - 9 pm

Saint Kateri Church, LaGrangeville, NY



### **15TH ANNUAL STENBERG CUP GOLF TOURNAMENT**

**Monday, June 10, 2013** 8 am - 5 pm

Trump National Golf Club - Hudson Valley