

Astor Family

Vol 6 Issue 2
Autumn 2017

**BENEFITS OF
TELE-PSYCHIATRY**

BACK TO
School
TIPS

Take a spin with
Rhinebeck
TOUR COMPANY



The Bronx

Blaqlist



Catholic Charities of the Archdiocese of New York

*proudly
supports*

Astor Services for Children & Families

Feeding the Hungry and Sheltering the Homeless
Strengthening Families and Resolving Crisis
Supporting the Physically and Emotionally Challenged
Welcoming and Integrating Immigrants and Refugees
Protecting and Nurturing Children and Youth



Catholic Charities
Archdiocese of New York

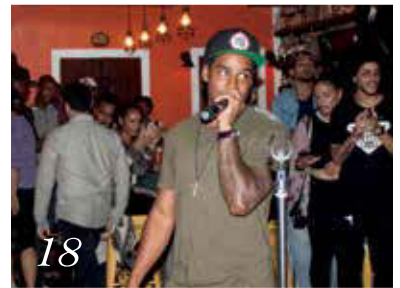
Providing Help. Creating Hope.

Monsignor Kevin Sullivan, Executive Director
The Catholic Charities of the Archdiocese of New York

For Help: (888) 744-7900
To Help: (212) 371-1000 ext. 2051
To Learn More: www.catholiccharitiesny.org

Astor Family Contents

- | | |
|--|--|
| <p>3 LETTERS
Feedback from
our community</p> <p>3 CONTRIBUTORS
Laura Malcolm, Tara Shafer,
Theresa Venticinque, LCSW
& Zory A. Wentt, LCSW-R</p> <p>5 WELCOME
Welcome from
Rod DiMotta</p> <p>7 TELE-PSYCHIATRY
High Tech Care
with Big Benefits</p> <p>10 BACK TO SCHOOL TIPS
for Parents and Guardians</p> | <p>13 THE NEW TREND
IN LODGING
Welcome to my
Bed and... Beard</p> <p>18 THE BRONX BLAQLIST
A list you'll want to be on</p> <p>21 RHINEBECK TOUR CO.
Take a spin through
time and the Village
of Rhinebeck</p> <p>24 GIVE INKIND
Connecting helping hands
to those in need</p> <p>28 POETRY
Mantra
by Sasha Smith</p> |
|--|--|



McCarthy's Pharmacy

Serving the community since 1989



Specializing in Long-Term Care Facilities

We carry a large selection of Diabetic Supplies,
Home Health Care Products, Gifts, Toys,
Greeting Cards, School Supplies & Stationery.

We accept most prescription insurance plans including,
but not limited to, Medicaid, Medicare,
CVS Caremark & Express Scripts.

We offer extremely competitive prescription pricing.

**6032 Route 82, Stanfordville, NY 12581
(845) 868-1010**

LETTERS

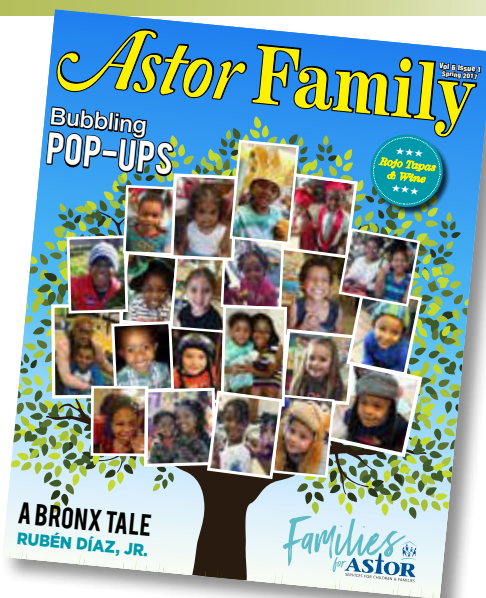
Dear Astor Family...

Thank you for your informative piece last spring titled 'Mental Health Awareness Month' by Jamila Codrington, PhD.

What captivated me about this article was that so many times we see parents and teachers dismiss risky and angsty adolescent behaviors as "just a phase" and wait until it, or if it, passes over. It's natural for us as caregivers to react to such behavior in frustration and discipline because at times, we don't know what else to do. But what we really need to give our children during these trying times is our care and compassion.

Early intervention, in my experience, has been focused on behaviors such as speech or milestones that have been missed, but if we focused on our children's mental health just as much, it would give them lifelong tools for success.

Zarina Khan



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

CONTRIBUTORS



Laura Malcolm

Laura lives in Tacoma, Washington with her family. She enjoys cooking, traveling, and exploring the great outdoors with a toddler. She recently completed a triathlon at 7 months pregnant.



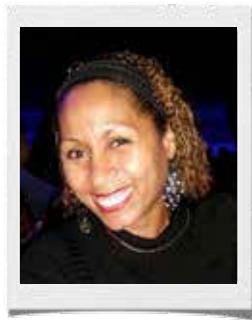
Theresa Venticinqu, LCSW

Theresa was born and raised in the Bronx, where she went to school at Fordham University and received her Masters Degree in Social Work. She has been working at Astor's Day Treatment Program for 18 years. In her free time she enjoys reading novels, writing, and spending time with her husband and Shih Tzu Oreo.



Tara Shafer

Tara lives in Rhinebeck and attempts to keep up with her kids. When she is not doing that, she is meaning to exercise and writing digital content.



Zory A. Wentt, LCSW-R

Zory is the Regional Director of Astor's OPC's for the Bronx and oversee all of its clinics and satellites. Adjacent to her Astor life, she is a wife and the mother of two beautiful girls. She also provides therapy in the homes of children who receive Early Intervention, and is currently enrolled in Marist College to obtain a second master's degree in Business Administration.

If you would be interested in contributing to future issues of Astor Family, please contact Sonia Barnes-Moorhead - Publisher, Astor Services for Children & Families. Phone: (845) 871-1117 or e-mail: smoorhead@astorservices.org

M&T Bank is proud to support Astor Services for Children & Families.

Rhinebeck Branch
6375 Mill Street
Rhinebeck, NY 12572
845-876-7041

M&T Bank
Understanding what's important®



Equal Housing Lender. ©2017 M&T Bank. Member FDIC. mtb.com



I am delighted for the opportunity to introduce the fall 2017 issue of Astor Family magazine to you!

Having spent the last 35 years providing leadership to Astor's Bronx programs, I can't begin to tell you how proud I am of the work Astor has and continues to do for the children and families we serve.

As we embark on Astor's 65th Anniversary of having a positive impact on the lives of children and families, I am especially proud that Astor continues to remain on the front line of exploring and implementing cutting-edge programs to service our clients with mental/behavioral health and education challenges. We continue to embrace the need to change with the times. The ability to innovate is the key to sustainability in any industry and this is no different for health services, which is going through its own changes.

What I am so excited about is that for many of the changes we are seeing in our industry, Astor not only anticipated them, but has begun to implement new and improved programs and systems to meet those changes. For example:

We have increased our work with community partners, including hospitals, as well as other behavior and health providers to meet children (and families) where they are- for instance, going into schools to provide our services. We now have expanded these services as part of the mayor's Renewal Project, where we work with children in "failing Bronx schools. This work earned us New York City's Office of School Health recognition for innovative approaches with the "Ready, Willing and Able" award.

One of the most innovative approaches that we've taken the lead role with is developing and implementing the use of tele-psychiatry. By incorporating this technology into work with our children, again, we are meeting them where they are. This service connects our psychiatrists and psychiatric nurse practitioners to our schools and satellite clinics in a much more convenient and efficient way than was possible previously. We were the first to implement this approach in the Bronx and we now share our tele-psychiatry expertise in a state-wide webinar for other interested providers. My colleague, Zory Wentt, now leads this program and has written an illuminating article about this program in this issue - it is well worth a read! Anyone who knows me, knows how excited I get when I speak about the amazing work our dedicated staff is doing and that I could go on and on about it. I do not, unfortunately, have the luxury of doing so here. What I want you to know is the gratitude I feel in being a part of this amazing work for all these years. Working with dedicated staff and seeing the transformation in our children and their families is indeed, exciting!

As you read through this issue of *Astor Family* magazine, you'll see a recurring theme throughout all these articles of "innovation." We at Astor are proud to be considered an innovator with the work we do for the children and families that we serve. Enjoy!

Rod DiMotta
Assistant Executive Director
Bronx Community-Based Mental Health & Prevention Programs

Astor Family

PUBLISHER

Sonia Barnes-Moorhead
smoorhead@astorservices.org
Astor Services for
Children & Families

EDITOR

Timothy Brown
Bloomberg LP

MANAGING EDITOR

Kimberley McGrath
kmcgrath@astorservices.org

ART & DESIGN

RH Designs

COPY EDITOR

Karen Shan
Impact Public Relations
prwithimpact.com



6339 Mill Street, P.O. Box 5005
Rhinebeck, NY 12572
(845) 871-1000 www.astorservices.org

Printed in the USA

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.

We're proud to support
Astor Services.

Thank you for all the work
you do in our community.



Local. Involved. Responsive.

www.RhinebeckBank.com



Your *Community* Bank!

Philadelphia Insurance Companies
is proud to support

THE CHILDREN'S FOUNDATION OF ASTOR

Philadelphia Insurance Companies (PHLY) supports the efforts of The Children's Foundation of Astor whose mission is to provide high quality treatment and child development services for children and their families, especially those lives marked with poverty, mental illness, or abuse.

Wishing You Continued Success Throughout 2017!



PHILADELPHIA
INSURANCE COMPANIES

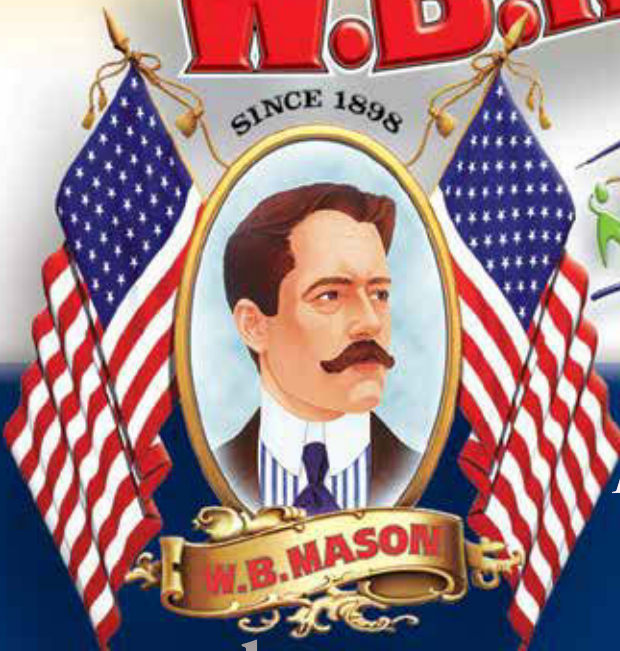
A Member of the Tokio Marine Group

800.873.4552 | **PHLY.com**

WHO BUT

W.B. MASON

SINCE 1898



supports

Astor

SERVICES FOR CHILDREN & FAMILIES

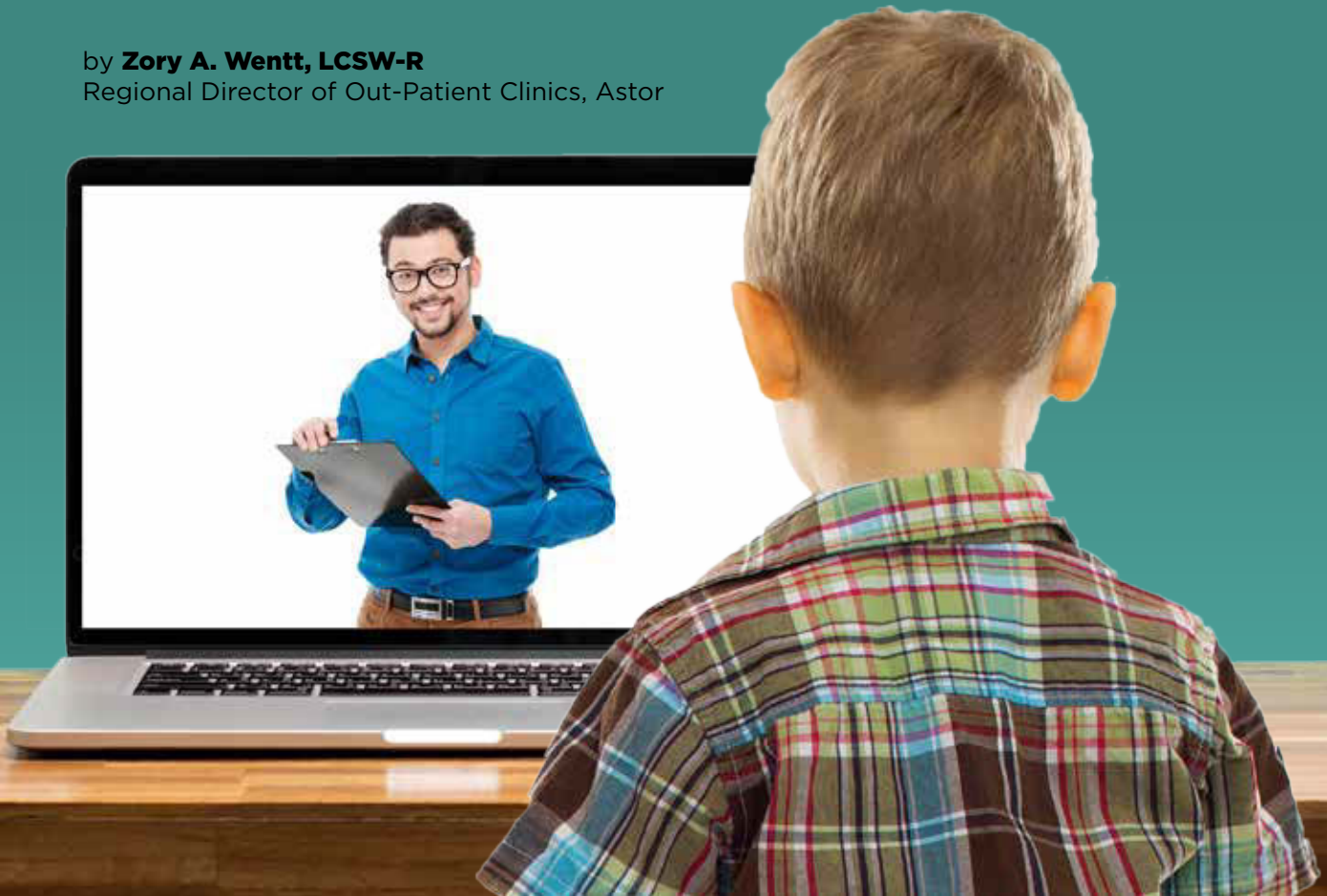
*For all of your Office Supply &
Furniture, Janitorial, Break Room,
Coffee and Foodservice needs
at Amazingly Low Prices...*

www.wbmason.com or 888-WB-MASON

Tele-Psychiatry

High Tech Care with Big Benefits

by **Zory A. Wentt, LCSW-R**
Regional Director of Out-Patient Clinics, Astor



“The help has finally come to me,” said a parent of a child served by Astor after experiencing Astor’s tele-psychiatry service. “I could not believe that this technology was available and even more so, to me and my daughter.”

What exactly is tele-psychiatry and why is this mom so excited?

If one were to Google this concept of tele-psychiatry, the result would be things like “telehealth” and “telemedicine.”

One technical definition found through such a search was: “...tele-psychiatry is the application of telemedicine to the specialty field of psychiatry...” In modern, everyday terms, tele-psychiatry is like FaceTiming with your medical provider.

Nothing beats the intimacy of the face-to-face contact we experience when speaking with our medical providers. However, tele-psychiatry, where people see and talk with their medical provider by way of a video program, is a very close second.



Astor was the first behavioral health organization in the Bronx to begin using this service in its free-standing clinics in the Bronx, as well as certain schools in the borough in the fall of 2016 and will be expanding to its approved clinics in the Hudson Valley.

In fact, Astor was one of the first agencies within New York City's five boroughs to receive approval to use tele-psychiatry for its clients from the NYS Office of Mental Health. This is what Astor does. The organization stays ahead of the curve by keeping a keen eye on what's next and always thinking about how it can better serve and reach the children and families most in need.

It is important to note that tele-psychiatry communications are secure through the Health Insurance Portability and Accountability Act (HIPA), which provides security and privacy standards for electronic medical information exchange, including tele-psychiatry. In addition, there are a large number of HIPA-compliant

technologies available for tele-psychiatry, all of which are embedded into Astor's system. Many thanks to Astor's information technology department!

One of the drivers behind tele-psychiatry growth in the United States has been a national shortage of psychiatrists, particularly in specialty areas such as child and adolescent psychiatry. Moreover, psychiatric services are expensive and at a premium in terms of availability. In addition, the population that Astor serves (children and adolescents in underserved communities), often miss much-needed psychiatric appointments because of problems with transportation and other issues, making tele-psychiatry's an effective alternative to the continuation of care.

In addition, tele-psychiatry allows fewer doctors to serve more patients by improving the utilization of the psychiatrists' time. It can also make it easier for psychiatrists to treat patients in under-served areas by eliminating the need for either party to travel for an appointment, thereby bringing the services to the families that need them.

For example, one of Astor's single mothers of four often times misses appointments because of the high cost of transporting all five family members to the clinic. Conversely, the cost of childcare was prohibitive, so this parent claims that tele-psychiatry at school "changed her world." She said that she felt an "oasis" has opened up in her neighborhood and she is now able to access her daughter's medical needs without the stress of having to figure out how to get to the help.

So, is tele-psychiatry for every child and family? No. Access involves an initial face-to-face visit with a psychiatrist, followed by an assessment as to whether tele-psychiatry is best for the child.

For instance, for difficult cases tele-psychiatry typically is not recommended. Once a child has the "green light" to participate in the service, the medical staff consults with the school staff on the child's progress and links to the program's satellite for emergency situations. Medication management can be done from the provider's office in the clinic. It also links our satellites and

the clinic by allowing staff to obtain remote consultation. This has the potential to help reduce costs by allowing remote supervision.

Astor's decades of working with children in the Bronx have shown that better results are attained when services are brought to families as opposed to having them provided via outpatient clinics, hence, "let's face-time with our docs!"

These are very exciting times in Astor's history. I feel fortunate to have taken part in such innovation in the world of not-for-profit organizations.

For more information about Astor's Tele-Psychiatry Service and our Outpatient Clinics in the Bronx and Hudson Valley, please contact Michele Kelly, Psy.D. Highbridge OPC 718-732-7080 and Tilden OPC 718-231-3400.



BACK TO *School* TIPS FOR PARENTS AND GUARDIANS

By Theresa Venticinque, LCSW



An advertisement several years ago showed the following: a blissful scene, parents running through the aisles of their local office supply store, gathering items such as books, pencils, folders, and notebooks. They throw items into the shopping cart with huge smiles on their faces while “It’s the Most Wonderful Time of the Year” plays in the background. It can only mean one thing... Back to School!

While this may be the case for many parents and caregivers readying their young ones to go back to school, it is not the case for everybody. For many families, particularly those with children with special needs, back to school can be a time of stress and concerns about what the new school year will bring. The thoughts of early morning wake-ups, runs to make the bus in time,

and evenings and weekends full of power struggles over homework are enough to strike a sense of horror and dread in even the most calm and collected individuals.

Back to school does not have to mean doom and gloom to all. There are many different things that families can do to help make the transition smoother.

Here are some tips that may help:

Prep for school the night before. Arrange your children’s clothing, pack their school bags, and prepare lunch ahead of time. Doing all of these things in advance can help avoid some of the early morning hustle and bustle of trying to get ready and out the door in time.



Establish a bedtime and stick to it. This can be quite a challenge especially after a break from school in the summer, when bedtimes can extend several hours later. Try starting about a week or two before school starts. Gradually make your children's bedtime 10-15 minutes earlier each night until you reach the desired bedtime.

End "Screen Time," the time spent on tablets, phones, and computers, at least an hour and two before bedtime. Spending too much time on these devices right before bed can make it more challenging to fall asleep and stay asleep.

Establish an organized morning routine that works for you and your children. Only you know your children. Are they slow to wake? Do they need some TV time or even some play time before they leave? No matter what

their preferences are, try to work even a few minutes of these into your morning routine. Have your children help you create the routine and write it up together with words for children who can read and pictures for younger children. Post the routine somewhere your children can see and follow it each morning. For children who have a hard time sticking to time frames, use a phone timer to count down each part of the routine.

Concerned about how your children are doing during the day in school? Create a communication log between you and your children's teachers. This can be done digitally through daily emails or in an old-fashioned notebook that you provide to your children's teachers where they can write a sentence or two each day about your children's progress.

Start a Daily Review with your children.

Communication is a key to success. Be sure to ask your children about their day, paying attention to what they talk about as their favorite and least favorite parts of the day. You may want to make it into a game where each person shares one "high" and one "low" point. It's a good way to begin seeing possible problems such as bullying or difficulty learning certain subject matter early. It's also a good place to find out what areas to help your children continue to develop and foster. Is there a particular hobby they like? Do they always talk about a certain friend? Do they love Science, Art; are they interested in Social Studies? All of these things are good to know.

Finally, the most dreaded of topics:

Homework. Establish a routine for completing homework. Find what works best for your children. Some children want to do it right away when they get home to get it over with so they can move on to other things, and some need some time to wind down after school.

First, a snack and some play time before they get started. No matter what their preference avoid power struggles. Remember that homework is there to be a review of subject matter learned during the day.



It is NOT meant to be perfectly done. It is a way for your children's teachers to assess what they have learned from lessons taught. What do they need more help with? If your children give you an especially hard time, don't be afraid to speak to your children's teachers.

Find out what you can do to alleviate some of the stress. Some battles are just not worth the fight. Many teachers will offer that if children have too much difficulty at home, parents may contact the teacher via the communication log discussed above, and children will have to complete it in school.

You may want to try to use a Behavior chart for one of the previously-mentioned routines, bedtime, morning routine, and homework. Use stickers and small prizes to help increase compliance. For older children, help them to work towards larger prizes that they can save up for with daily points earned.

Back to school does not have to equate to doom and gloom. With a little planning and organization, you can make what can be a very stressful time more relaxed and successful for you and your children.





WELCOME

to my Bed and...

Beard

by Kimberley McGrath

Scribners Catskill Lodge -

The communal gathering room to rest your feet & beard by the fire.

It's a simple idea.

More and more, people want to feel like they never left home when they travel. Patchwork quilts, lacey canopy beds, and generic hotel art is losing favor with more modern clients. It's not clear what started this trend, but it seems to have coincided with a migration of disillusioned Brooklynites.

After years of rebuilding Brooklyn into a destination for artists, entrepreneurs and all that is cool, many of these cultural groundlings are moving on to the next new thing.

If early signs of a movement are to be correctly interpreted, it looks as if the next big thing is quietly and slowly taking place in the Catskill Mountain region of New York, where old hotels, inns, yurts, cabins and more are being reincarnated to suit their city-dwelling visitors and other guests.



Affordable land in upstate New York in the early 20th century opened the door for the settlement of Eastern European Jewish immigrants. Wealthier friends and family quickly found this new territory to be the ideal vacationing spot to escape the city.

As a result, during the region's heyday, the development of upwards of 900 resorts, hotels, inns and summer camps contributed to the Catskills' moniker as the Borscht Belt. The eventual fall of the Borscht Belt is commonly understood to be the result of things like more affordable travel abroad via air and sea, as well as modern conveniences like air conditioning in summer months.

Fast forward to the present day, where young, adventuresome couples and individuals, with some distant nostalgia of the Catskills in their history, have rediscovered the beauty, serenity and, ultimately, opportunity of this forgotten place.

While there's clearly an appreciation for the past in the recent renovations of old lodgings in this area, there is no mistaking the trademark of its new owners.

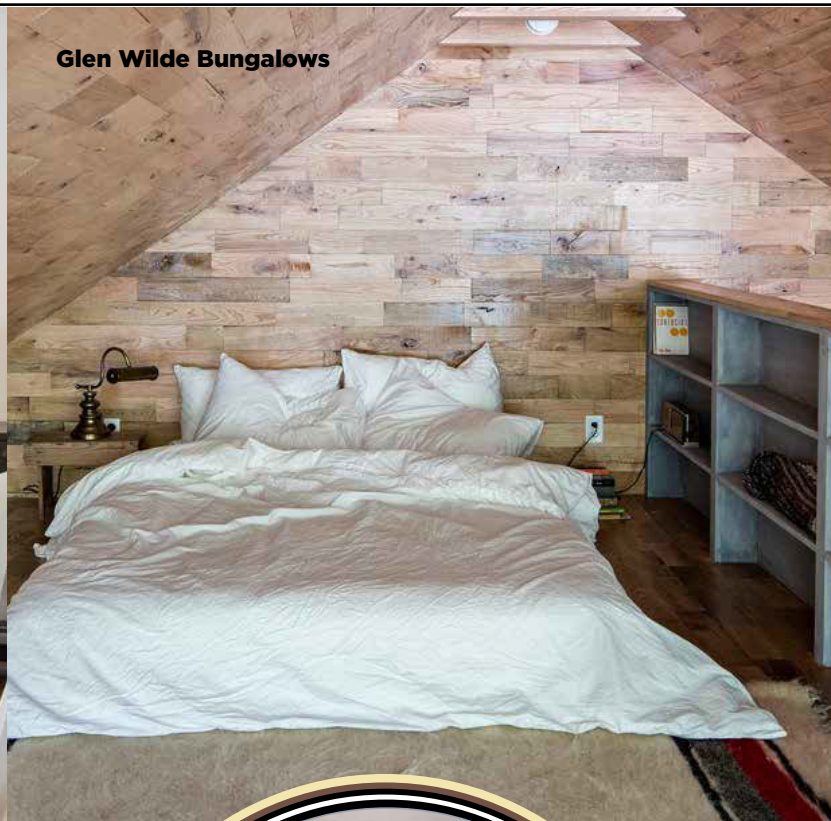
Never mind conveniences such as an elevator, indoor pool, or a valet to park their car. Most modern travelers seek other sorts of comfort. From roughly hewn barn wood on bedroom walls, to worn leather chairs in the lobby and hand-loomed Native American rugs on the floors, local artisans' work now adorns the walls of the residences, as do the heads of past hunting conquests. These are the amenities that a "hipper" visitor seeks. Perhaps it's an attempt to make every aspect of life an Instagram moment. Or maybe it's a yearning for a simpler time.

No accommodations are complete without a fire pit for communal gatherings, vintage record players, and nostalgic childhood board games. There is no shortage of taxidermy displayed on walls, nor bearskins tossed askew on sofas. These newly imagined spaces seem to be

North Branch Inn



Glen Wilde Bungalows



designed so that their guests know they have found their people-kindred souls. Even in lodgings in the remotest locations, far from civilization. Throw in some references to “locally-sourced,” “farm-to-table,” and “soy-based” and you have a blueprint for this growing list of places to escape the city grind.

While some of this recent resurgence may seem a hipster cliché, in many ways it is preserving a special place, with untouched woodlands and mountains. However, this time around the hoteliers and innkeepers are restraining themselves with smaller more personal places for their guests to spend time away from home.

In fact, much of this movement is being driven by people who have a passion to provide a better, more familiar experience for the region’s visitors. One that is more suited to our society today, meaning casual and comfortable but encouraging the best of the past, when travellers interacted with one another.

The Spruceton




Clever designs and catchy names aside, these reimagined digs are being created by individuals who not only appreciate the natural beauty that surrounds them, but also are looking to invigorate an area in need of love and attention. Visitors can enjoy the area but with a modern new interpretation.



We support
**Astor Services for Children
 & Families**

people. power. possibilities.
Central Hudson
 A FORTIS COMPANY
www.CentralHudson.com



MCCABE & MACK LLP
 ATTORNEYS AT LAW
Over a Century of Service

**With Appreciation to Astor for
 its Service to Children and
 Families in our Community
 and beyond**

DAVID L. POSNER	PHILLIP SHATZ
ELLEN L. BAKER	J. JOSEPH MCGOWAN
SCOTT D. BERGIN	ALBERT M. ROSENBLATT
RICHARD R. DuVALL	RALPH A. BEISNER
LANCE N. PORTMAN	BETSY N. ABRAHAM
RICHARD J. OLSON	DANIEL C. STAFFORD
MATTHEW V. MIRABILE	CHRISTINA M. PIRACCI
KIMBERLY HUNT LEE	KYLE A. STELLER
REBECCA M. BLAHUT	ANDREA L. GELLEN
	CORY A. POOLMAN

63 Washington Street . P.O. Box 509
 Poughkeepsie, NY 12602-0509
www.mccm.com
845-486-6800

Join Our Adopt-A-Family Program

Our Adopt-A-Family Program is our annual gift-giving program where we match children and families in need with volunteers who are able to brighten their holiday by purchasing gifts from the family's wish list. Last year, through the generosity of supporters like you, we were able to provide gifts to over 1,300 individuals in our programs.

To PARTICIPATE Online:
www.astorservices.org/adopt-a-family

To DONATE By Mail:
 Astor Services for Children & Families
 6339 Mill Street, Rhinebeck, NY 12572

TO BUY GIFTS Online:
<https://amzn.com/w/24NUZCVTKP8AO>

For more info, visit www.astorservices.org
 Email kdingee@astorservices.org
 Call (845) 871-1181



Some Cool Catskill Digs

Scribners Catskill Lodge

13 Scribner Hollow Road, Hunter NY 12442
518.628.5130 | Hello@scribnerslodge.com

Original build 1966. Modern feel, firepit, Native American weavings. Locally inspired restaurant. Nestled in the mountains.

The Arnold House

839 Shandalee Road, Livingston Manor, NY 12758
845.439.5070 | info@thearnoldhouse.com

Transplants from city in 2002, but with deep roots in the community. Barnwood and fieldstone aplenty. Décor rustic with mid century modern twist. Events like Winter Ice Fishing Derby. Firepit.

North Branch Inn

869 North Branch Road, North Branch, NY 12766
845.482.2339 | info@northbranchinn.com

Sister to The Arnold House, with a similar aesthetic, but featuring a two lane bowling alley dated from the 1800s. Bonfire pit. Mid Century modern. Oodles of comfortable spaces to rest and hang out. Events include a seasonal supper club.

Glass Mountain Inn

108-110 Route 214, Phoenicia, NY 12464
glass.mountain.inn@gmail.com

Like visiting friends in the country. Laid back fun. Wiffle ball. Croquet. Hammocks. Firepit. Access to Belleayre ski resort. Laid back unfussy accommodations.

Breathe Inn

1739 Route 214, Lanesville, NY 12450
info@breathe-inn.com

Seasonal Yoga Studio. Funky décor with a clean modern twist. Original artwork on the walls. Bocce balls. Rocking chairs. Hammocks. Firepit.

The Graham & Co

80 Route 214, Phoenicia, NY 12464
845.688.7871 | info@thegrahamandco.com

Free Bikes for riding, Firepit, Tivoli radios in every room.

Stickett Inn

3380 Route 97, Barryville, NY 12719
845.557.0913 | info@stickettinn.com

Best name for an inn award. On-premises store serving up local eats & hip gear.

The Spruceton Inn

2080 Spruceton Road, West Kill, NY 12492
518.989.6404

Bed & Bar says it all. Mid century motel design completely revamped. Claim to fame previous owners the Schwarzenegger's Sunshine Valley House.



The Bronx

B

laqlist

By Tim W. Brown

A list you'll want to be on.



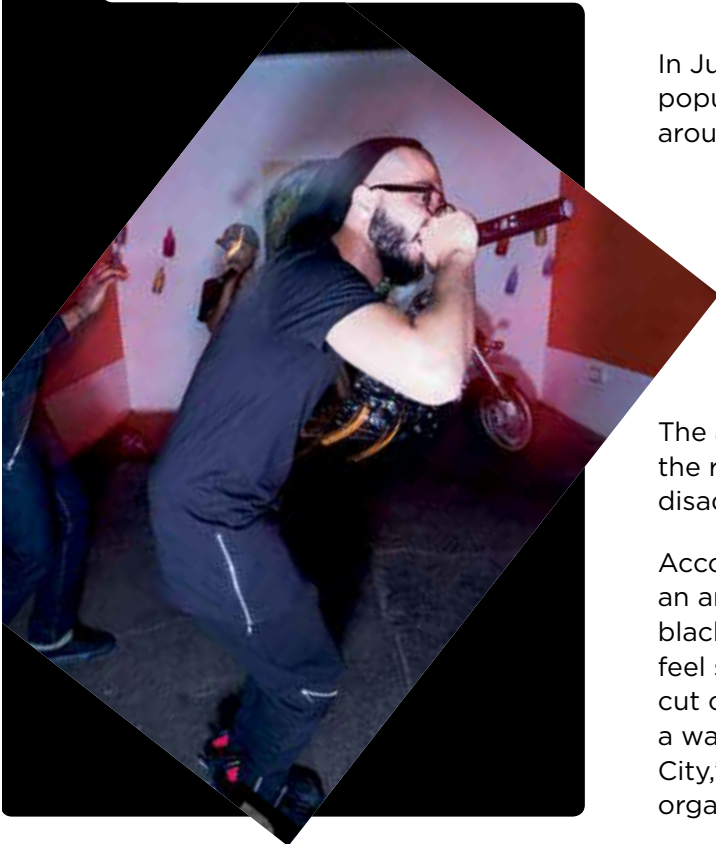
In July 2014 the founders of the Bronx Blaqlist, a population of creative people living in the Bronx, looked around the borough and saw a huge cultural void.

Said co-founder Rosaly Ruiz,

“No other borough has been ostracized more so than the Bronx.”

The access to culture and opportunities for artists that the residents of other boroughs enjoy, even the most disadvantaged, was missing.

According to Ruiz, being a creative Bronxite; that is an artist living in the Bronx, is synonymous with being blacklisted. The borough's artists, musicians, and writers feel segregated and culturally underserved, as well as cut off from the "art and trends that have long been a way of life for those living in the rest of New York City," said Ruiz. In reaction to this state of affairs, the organization proudly adopted the name "Bronx Blaqlist."



Despite being one of the poorest counties in the United States, “the Bronx has proven itself as a mecca of modern music and fashion,” said Ruiz.

“It’s rich not only in colorful people, but in passion and significant cultural contributions.”

The Bronx Blaqlist is dedicated to “bringing focus to the spirit we helped create here in the Bronx, through creative endeavors, social events, and community activism,” she said. “The stigma against the Bronx and what we, as a borough, can contribute to this city ends with us.”

A major objective of the Bronx Blaqlist is to bring exposure to artistic talent and local businesses. “It’s integral that small businesses learn to embrace and cater to the creatives in their community, because most often they have great insight into what the neighborhood needs,” said Ruiz.

By exposure, she meant public events that feature homegrown talent. “The Blaqlist is a Bronx-born and bred initiative,” said Ruiz.

The artists involved represent different mediums and demographics.” The organization regularly hosts events in the borough. “Our showcase emphasizes the pillars of hip-hop,” she said. “We try to intertwine poets with the energy of the musical guests for the evening.”

Such events have included a monthly performance night at Port Morris Distillery, which features hip-hop artists, poets, and an open mic. Located in the South Bronx, Port Morris Distillery, the maker of Pitorro, a traditional Puerto Rican liquor, is an example of a business that recently chose to set up shop in the borough. Benefits run both ways; Bronx Blaqlist performers receive exposure at a popular nightclub, and Port Morris gains customers from the Blaqlist’s audience.

The Bronx Blaqlist’s reach has extended to the borough’s cultural institutions. The organization hosted in June 2017 the “All Ladies Revue,” which highlighted the women of street art in New York City, hosted at the Bronx Academy of Arts and Dance (BAAD). In September 2017 Ruiz and Rob Roman, a fellow Blaqlist member, performed at “Boogie on the Boulevard,” an all-ages event sponsored by the Bronx Museum of the Arts.





The Bronx Blaqlist has set an ambitious agenda. The organization hopes to establish B.Y.O.B., which is a book club and reading series where participants bring their own books to read aloud while on stage or in group discussions. Another planned event is Sole Train, a monthly dance that pays tribute to urban line dancing of the 1970s, 80s, and 90s while also encouraging participants to donate sneakers so aspiring dancers can get their start. The organization also plans more youth outreach to give the borough's youngest content creators a platform to share their work.

“We hope to eventually become a cultural institution on par with the Nuyorican Poets Cafe, or even the New York Public Library,”
said Ruiz.

She would love to see the Bronx Blaqlist's brand of culture, which bubbles up from the community, spread citywide. Ruiz foresees a time in the not-too-distant future when organizations with an aesthetic similar to the Bronx Blaqlist arise in Brooklyn and Queens, enabling inter-borough cross-connections. “The Blaqlist is looking to cater to New York City one neighborhood at a time,” she said.

“For years we have been dependent on Manhattan, and now Brooklyn, to meet our nightlife and interactive needs,” said Ruiz. “Now, we don't.”

For more information on the Bronx Blaqlist, including information on its upcoming events and future initiatives, visit the following online resources:

thebxblaqlist.com
facebook.com/thebxblaqlist
Twitter/Instagram: thebxblaqlist

*Take a spin
through time...*

and the Village of
Rhinebeck with

Rhinebeck

TOUR COMPANY

by Kimberley McGrath



Rhinebeck, the Violet capital
of the USA.

Village Scene. Whites Corner,
now Fosters Parking Lot.

Opening of Post Office by
Franklin Delano Roosevelt 1939.

One day, while coming to work, I ran in to Keith Mulhern, who was weeding the gardens at Astor's entry with the back end of a hammer.

I asked why he wasn't using a proper garden tool, at which time he explained that after working with a woman knighted in France for her work in botany, he had learned of this effective but unorthodox choice for removing tough weeds. His answer told me there was more to Keith than he let on. Clearly, his gardening expertise was impressive, but when I recently learned about his sideline position as a historical tour guide through the streets of the Village of Rhinebeck, I had to learn more about his latest venture, and the man behind it.

Tracking Keith down in the hallways and gardens of Rhinebeck was no small feat, but I caught up with him eventually and learned more about his love of all things Rhinebeck. Keith Mulhern was born in the Bronx and moved to Rhinebeck in 1975. As he grew up in a cottage on the same property that he now works, his love of the public parks, Catskills' sunsets, bucolic setting, and deep history in Rhinebeck seeped in to his consciousness.

Local streets and buildings were named after people he knew, all providing connections that seemed much more tangible than the facts he read about in history class. His interest in the heritage of this area grew with each passing year as he read more and attended meetings at the Home of Franklin D. Roosevelt National Historic Site in Hyde Park and the local historical society.



Keith Mulhern leads the tour through Rhinebeck to Foster's Coach House Tavern.

"I learned that a road I walked down each day was actually connected to an event in history," said Keith.

"Or a building was named after the family of someone I went to school with. It became tangible," Keith continued.





As his knowledge grew so did his desire to share the facts and fables of his hometown. The outgrowth of his curiosity eventually materialized into the **Rhinebeck Tour Company**, a venture he started a year ago with a friend Christian Woods and his wife, Christina.

Now in its second year, the Rhinebeck Tour Company offers strolling tours through the Village of Rhinebeck with Keith in the lead, pausing at various points of historical significance and interest. As Keith begins his tour, a physical transformation takes place. Instead of the mild-mannered disposition of a 10-year veteran of Operations at Astor, Keith takes on a certain confidence and excitement, which can only come from one who loves what he does.

At its outset, the tour is put into perspective as Keith tutors his listeners about the history of the Hudson Valley. His excitement draws tourists in as he explains about prominent Dutch landowning families that settled along the Hudson with familiar local names like Roosevelt, Beekman, and Livingston, to name a few.

Our guide explains the curious fact that those landowners, were enamored of their titles as Lords of the Manor, a vestige of European flair that gave them an added element of prestige and a connection to the civility of the old world.

Keith's compelling storytelling includes both odd little details along with broad strokes of information about the lives of the Hudson Valley's forefathers. One bit of trivia he shares is how the Lords of the Manor parceled off their land to indentured servants or those who were indebted to them for the cost of their journey to America. For generations these farmers were instructed to pay their rent at the local mill. The

clever lords were assured their rental income, as their renters needed a place to mill their crops, so they could not evade the rental payment.

As Keith tells it, farmers would oversee the grinding of their wheat or oats by putting their faces close to the grinding stones and sniff them to detect if their product was burning. Lore has it that that's where the phrase "Put your nose to the Grindstone" came from. This is the sort of detail that makes for a lively tour.

While the Rhinebeck Tour Company begins the tour with a wide net, it later hones in close to home with fascinating stories about Alexander Hamilton's mortal duel, anecdotes from the Astor Family, persistent rumors of where Captain Kidd's loot was buried, important Franklin Roosevelt revelations, and a stroll through a cemetery filled with historical illuminati.

Whether you're a 5th generation Rhinebeck resident, a weekend history buff or a recent transplant yearning to learn more about the streets and buildings of your new home, this tour has a little something for everyone.

With Keith Mulhern as the guide, you are in good hands; the same hands that you can find digging up weeds with a hammer in Astor's gardens in Rhinebeck.

**To book your tour visit:
Rhinebeck Tour Company
on Facebook, Viator, Travelocity, Google Maps**



Give InKind connects helping hands to those in need

Laura Malcolm is the founder of Give InKind, a website and marketplace dedicated to helping people connect and coordinate during times of need. Having spent the last 10 years working in technology, Malcolm launched Give InKind to change the way individuals or organizations facing any transition or challenge are supported. Give InKind has been recognized in *Forbes*, *Paste Magazine*, *The Seattle Times*, *Cool Mom Tech* and *Geekwire*.

Give InKind offers the only streamlined and fully customizable digital platform for individuals and organizations in various circumstances, from birth and adoption to medical treatments and senior care, and everything in between. In addition, it is a tool for organizations to manage calls for in-kind goods and services.

Tara Shafer is a Families for Astor member and Editor-in-Chief of Give InKind, ensuring that it's a comprehensive resource anytime it's needed. By sharing first-person stories and how-to guides that support life's potentially confusing situations, Tara helps those in transition. Tara's work has been featured in the *Huffington Post*, *Mashable*, *Psychology Today*, *New York Times*, and *Babycenter*.

Tara and Laura sat down together recently to discuss the evolution of Give InKind, how it helps individuals and organizations, and the greater impact they hope to make on giving support in the future.

Tara: Would you share with us how Give InKind was launched and developed?

Laura: My first baby, my daughter Layla, was stillborn in 2013 when I was in my eighth month of pregnancy. It was completely unexpected and baby loss was a foreign concept to me; a language I didn't yet speak. My father had died suddenly when I was a young adult, but with unexpected deaths like that, most of us have some capacity for understanding. The loss of a child is something no parent is prepared for.

In the days that followed our empty-handed return from the hospital, our family and friends from around the country scrambled to support us. Flowers streamed in. Meals were organized for drop-off. But it wasn't easy. We lived in Los Angeles, and those who wanted to help didn't know what restaurants or grocery stores to order from. Our loved ones kept us fed for a month, as it took us time to get back into the routine of daily life. As we took steps forward, we kept thinking of how much work our supporters went through to make sure we were taken care of. We knew there had to be a better way to coordinate help. Or know what to send. Or say. For any of these situations that happen in life.

My husband is a graphic designer, and I'd spent the last 10 years at a product manager at different tech companies, so it made sense that we'd start putting pen to paper in thinking about how we could make something like Give

Help for those in need



InKind possible. It took another few years (and the birth of our second child) for us to start development, but in April 2016 we took the plunge and invested our life into bringing Give InKind to the world.

Tara: What did you want to do differently from the other sites that give support? Why not just start a GoFundMe?

Laura: That's a great question, because sites like GoFundMe are incredibly popular in times of need, but they're not always the most helpful or appropriate. In our case, we didn't need money. We needed help. We needed dinner to arrive at our door. We needed someone to take out our garbage and do our laundry. These times when everything else goes by the wayside – and there are many throughout life – money isn't always the answer.

And when someone you care about needs an extra hand but lives far away, it can leave you feeling helpless especially if

you want to take the person to dinner, or out for a cup of coffee, or watch your friend's kids for an hour so he or she can go to a doctor's appointment. We knew we had to help make it easier for people to participate in that level of support from anywhere, honestly, sometimes that means something as simple as sending a gift card for a local coffee shop or babysitting service.

Tara, now it's my turn to ask you a question. What is it about what Give InKind does that you think is special? What made you want to be a part of it?

Tara: The thing about your approach that is so unique and important is that it starts conversations, rather than inadvertently stifling them. By that I mean that when someone is in need and a person takes advantage of an option to give money to help, that impulse to help is so generous and so lovely. But once money is given, often, people can be shy

Continued on next page



Financial Solutions For Your Life's Journey



**Free Checking
Savings
Mortgages
Loans
And Much More!**

We want to help guide you through all of your most important financial moments. We will listen to your story and then look at the whole picture, because you're more than just a credit score! Call us today.

TEG is open to all those who live, work, worship or attend school in Dutchess, Orange or Ulster County with a \$5 initial deposit.

www.tegfcu.com • (845) 452-7323



*In Memory
of our
friend
Jan Weido*



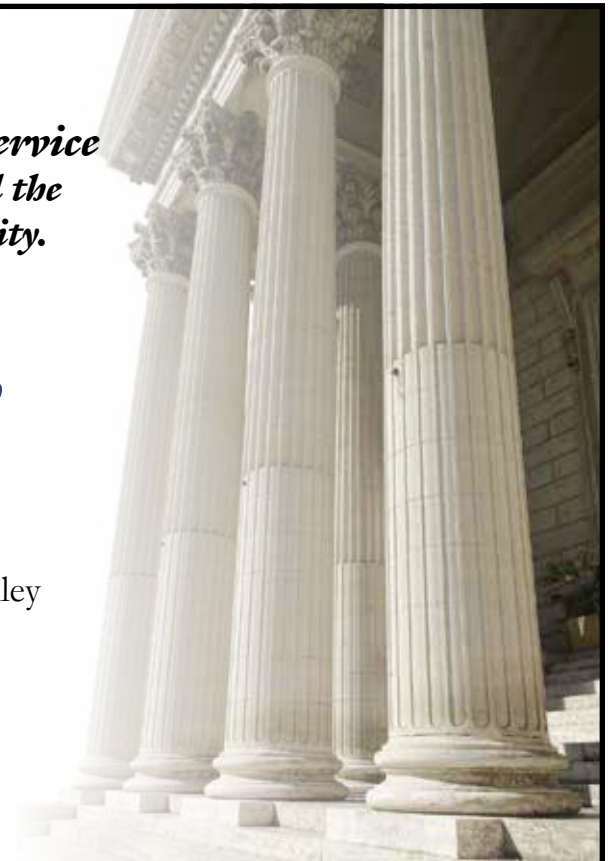
*We proudly support
Astor's outstanding service
to children, families and the
Hudson Valley community.*

Thomas, Drohan, Waxman, Petigrow & Mayle, LLP

Providing Legal Services to Educational
and Municipal Clients Throughout the Hudson Valley

2517 Route 52
Hopewell Junction, NY 12533
Phone: (845) 592-7000
Fax: (845) 592-7020

700 White Plains Road
Scarsdale, NY 10583
Phone: (914) 725-7893
Fax: (914) 472-1840





about continuing to explore ways to help. That can accidentally strand people that need help – even those with support circles – in a sea of not knowing how to convey what they really need. I have a friend who had a child with a serious medical situation. What my friend needed was visitors and a portable air conditioner for her daughter during treatment. I love that Give InKind can help in specific situations like that. Directed giving enables, cultivates and deepens friendships. It uses digital technology to allow conversations around things that can feel overwhelming and scary. But so many things are easier to face when we face them together.

Laura, how did you decide to offer Give InKind as a free service to organizations?

Laura: The use of Give InKind for organizational wishlists grew so organically that it was easy to see we had created something unique to help non-profits and others wanting to do good. In one instance, someone

created a Give InKind page to collect donations for a group of midwives she was working with through a tense situation. She was trying to juggle multiple lists of items that were needed, where people could ship them, how they could donate, and when they could volunteer time. Instead, by putting all of her needs on a single Give InKind page, she collected hundreds of donations in a few days, without needing to reply to each person to coordinate. We knew her need for building a comprehensive, online wishlist of items available for purchase online was not unique. Food pantries, shelters, residential homes could all benefit. In-kind donations have always been a bit tricky to communicate effectively, but there is more money for programs when markers or diapers or pantry staples can be donated. At Give InKind we love building completely custom pages for organizations. We can list anything that is needed by working with our partners and we often take an organization's list straight

from an email or a pdf file to ensure all the group's needs are reflected on its donation page.

Tara: What is the most specific request you have accommodated?

Laura: Probably types of screws for building projects.

Tara Shafer: Is there anything you couldn't load?

Laura: Very little. We are partners with Lowes, Amazon, Target, Hotels.com, and many other entities. Boxed is also a partner and great for organizations because bulk items can be loaded easily. Once, we couldn't find a boomer ball for a gorilla in a zoo. But it's on the list!

Tara, what are some of the special situations that you have come across where Give InKind has been helpful?

Tara: Given my experience working with Astor, I've come to fully recognize how important the special work of foster and adopted families is. There are unique needs there, and a special relationship that should be honored and especially supported. I love that we call attention to how people can come together and help through all of these important life events.

Laura: Thank you so much for all you do for Astor and Give InKind, Tara. It is such an honor to work with you on bringing this shared vision of truly being able to support anyone, through anything, from anywhere, to life.



Mantra

by Sasha Smith

You and I
are worth all turning seasons,
every shifting avalanche,
every yellowing and browning
of leaves. We are worth all/each
single leaf shedding
its green glamorous shield
for gold, for auburn, for brown,
for flakes.

You and I
are worth the knighting ceremony
of the sun,
the yellow, pale rays on our shoulders,
hitting blades of bones with
blades of heat
is an act, a session of honor.

You and I
are worth the whistling
kisses of wind,
the swooshing
disturbance of air —
that magnetic space —
and smell
that grounds us like grounded
cinnamon and nutmeg,
like cloves,
but all grounded/they grind
to waste and mist and air
that blesses lungs.

You and I
are worth the mud-thick earth,
the sand-like pool of salamander pits —
black, brown, yellow, red,
orange, gray —
clay on skin, to cool skin,
to hide skin in houses of
earth-skin. You and I
are worthy of the earth's skin.

You and I
are worth the rainfall that fakes
the fall of virtues over vice,
that washes over, floods over,
spits on man-made paths —
not to curse but to bless.
We are a blessing.
We are blessings.

You and I
are worth the cosmos.
You and I are worth the stars.
You and I
are worth the blank black space,
the vacant, packed place of creation.

You and I
are irreplaceable, are precious,
are invaluable —
and worth the cosmos.
And worth it all.

*Our community
involvement
is local...*

*Serving communities
throughout New York
and Connecticut...*

Protecting clients
around the world.



OFFICES LOCATED IN

Fishkill • East Greenbush • Glens Falls

Kingston • Pawling • Plattsburgh • Port Henry

Potsdam • Rochester • Watertown, NY and Danbury, CT



ROSE & KIERNAN, INC.

50 Merritt Blvd, Fishkill, NY 12524

Telephone (845) 350-3800 • Fax (845) 350-3901



6339 MILL STREET, RHINEBECK, NY 12572
(845) 871-1000 • www.astorservices.org

NON-PROFIT ORG
U.S. POSTAGE PAID
CRST.NET
12550

Support Astor at the following upcoming events

Families
ASTOR
SERVICES FOR CHILDREN & FAMILIES

IN COLLABORATION WITH THE RICHARD B. FISHER
CENTER FOR THE PERFORMING ARTS INVITES YOU TO
THE 2ND ANNUAL

GHOST STORIES

HOSTED BY
HILARIE BURTON & JEFFREY DEAN MORGAN AND FRIENDS

NOVEMBER 4 AT 6 P.M.

Doors open at 5 p.m. with a Silent Auction & an opportunity to read onstage with Hilarie & Jeffrey
AT THE RICHARD B. FISHER CENTER FOR THE PERFORMING ARTS
BARD COLLEGE, ANNANDALE-ON-HUDSON, NEW YORK

Tickets on sale now!
<http://fishercenter.bard.edu/calendar/event.php?eid=133469>

The proceeds from this event will benefit the children of Astor Services for Children & Families

Join Astor's Adopt-A-Family Program

To PARTICIPATE Online:
www.astorservices.org/adopt-a-family

To DONATE By Mail:
Astor Services for Children & Families
6339 Mill Street, Rhinebeck, NY 12572

TO BUY GIFTS Online:
<https://amzn.com/w/24NUZCVTKP8AO>

*For more info, visit www.astorservices.org
Email kdingee@astorservices.org
Call (845) 871-1181*



ASTOR'S BOARD OF DIRECTORS
INVITE YOU TO CELEBRATE THE SEASON
AT OUR ANNUAL

Holiday Festival

FUNDRAISER

FRIDAY, DECEMBER 1
AT 6 P.M. AT 6339 MILL STREET, RHINEBECK, NY

Join us as we kick off our 65th Anniversary
with Cocktails & Hors d'oeuvres

Enjoy Children's **Expressive Art:**
Painting, Singing & Music

For tickets or information:
www.astorservices.org • Info (845) 871-1117

 The Children's Foundation of
ASTOR

Join Astor as we celebrate our upcoming

65th Anniversary

of giving children the childhood they deserve

Visit www.astorservices.org

for more information on any of our upcoming events. To reserve tickets, call (845) 871-1171.