



ASTOR
SERVICES FOR CHILDREN & FAMILIES

Newsletter

Mental health is essential to everyone's overall health and well-being.

So much of what we do physically impacts us mentally. It's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness.



Mental Health AWARENESS MONTH

May marks the **70th Anniversary of Mental Health Awareness Month**. This year, Astor and the entire mental health community are expanding upon last year's theme of **#4Mind4Body** and exploring topics such as animal companionship, spirituality, recreation and social connections as ways to boost mental health and wellness. Astor is proud to have been employing some of these methods of healing for decades through our **Expressive Arts Program**, which promotes health, wellness, community development, service to others and social transformation through music, visual arts, theater and dance.

DONATE TODAY!

Lifestyle factors impact the health of the mind and body. You can improve your mental health by adding the following to your life:



Work/Life Balance

Finding the balance between work and play, can help you on the path toward focusing both **#4Mind4Body**. Finding humor in a situation can lift moods and help people to better deal with and overcome difficult experiences.



Animal Companions

The company of animals can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives.



Spirituality

Whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

Words from An Astor Therapeutic Foster parent



In honor of National Foster Care month, we would like to share this testimonial from Shareem, an Astor Therapeutic Foster Parent:

Becoming a foster parent has allowed me to bring joy into the lives of children who want what every child deserves – a nurturing, loving and secure home. It has also enabled me to embrace my purpose and accept the calling in my life.

I will not say that being a foster parent is easy, because it comes with many challenges, but patience, dedication and communication will get one through the obstacles that may occur. My life has been enriched by joining this unique community and I am humbled to be of service.

Click [here](#) to learn more about Astor's Therapeutic Foster Care Program.



Congratulations Carley!

Congratulations to Astor's own Carley Andrews who was presented with a 2019 **Forty Under 40 Mover & Shaker Award** by the Dutchess County Regional Chamber of Commerce. The awards are bestowed annually to 40 individuals under the age of 40 who have shown a strong commitment to the Hudson Valley. Carley is a Recruiter in Astor's Therapeutic Foster Care Program.



Welcome Kathryn!

We would like to spotlight **Kathryn Ornstein**, one of our volunteers who has made the transition from volunteer to employee! Kathryn came to Astor as a volunteer for the renovation of our residential units.

We are thrilled to announce that Kathryn has joined Astor as a staff member and we are honored to have her join the Astor family!

In support of Mental Health Awareness Month,
Astor Services for Children & Families
cordially invites you to our

Spring Cocktail Reception

Thursday, May 16



Spring Cocktail Reception

Get your tickets today for Astor's Spring Cocktail Reception on **Thurs., May 16** at the Mutual of America Building in NYC. In honor of Mental Health Awareness Month, we will be hosting an evening of networking, top shelf open bar, hot & cold hors d'oeuvres, and silent auction. This event is generously sponsored by **Mutual of America**.

Tickets on sale now!

TWENTY-FIRST ANNUAL STENBERG

Golf Tournament

JUNE 10 | POWELTON CLUB
NEWBURGH, NY

NEW!
GOLF
CLINIC



Join Astor for a round of golf!

Save the Date for Astor's **21st Annual Stenberg Golf Tournament** on **Monday, June 10** in Newburgh. We will be hosting a new golf clinic this year. Tournament includes breakfast, lunch, and heavy hors d'oeuvres during the awards ceremony.

Tickets on sale now!

Sponsorship opportunities available.

MAY IS 2019
MENTAL HEALTH MONTH
#4MIND4BODY



LEARN ABOUT HEALTH - 4MIND4BODY
at bit.ly/MayMH.

SHARE WHAT YOU DO TO STAY WELL
by posting with #4Mind4Body.

SEE WHAT OTHERS ARE DOING
at bit.ly/4Mind4Body.

DONATE



Adams Fairacre Farms | Catholic Charities | M&T Bank | Protiviti | Rose & Kiernan | McCarthy's Pharmacy | Mutual of America