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/Live 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 Omstein, 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!
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!

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.

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