



## Astor News & Updates

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### Greetings!

It is incomprehensible how our world has changed so quickly, so drastically. The Covid-19 virus has upended all of our lives and the lives of all the families we serve. Even as we chart a path through these unprecedented challenges, I am extraordinarily proud, and humbled, to be a part of an organization that has delivered on its mission, unwavering, every day through countless challenges to help thousands of families through this crisis.



Astor's mission is to provide behavioral health and educational services to help children meet life's challenges, pursue their dreams and reach their full potential. This mission has never been more important than it is today. With safety nets failing and people enduring unforeseen hardships, Astor remains a bedrock for the families and communities our services support. Without the continued efforts of our dedicated staff, our many essential services would not be available to those in the greatest need. Thanks to their tireless commitment, Astor is ensuring that our important mission is being met.

Providing support and services at a distance has not been easy. Astor has needed to adapt quickly to the new world in which we now live. Throughout this transition, our staff have been able to maintain the critical relationships that provide stability in this time of uncertainty. Their dedication has enabled Astor to maintain the programs and services we offer to our communities. I recognize the tremendous effort it has taken to continue to provide Astor's highest-quality care through new communication channels and constraints. As a result of these efforts to respond to our new environment, we are still a strong, viable agency servicing the needs of our clients as they evolve and change.

Each staff member, those who provide direct services as well as all the support staff and administrators, has worked many hours beyond expectation to make sure that we have been an effective support to Astor families. Their dedication to those entrusted to their care is a wonderful expression of the core values of this organization:

- **Respect:** for all our children and families.
- **Hope:** that this crisis will not stop the growth we help our children achieve.
- **Quality:** providing continued services from a distance.
- **Partnership:** with each other as we explore new service delivery models.
- **Integrity:** by being caring individuals who place Astor families' needs as a priority in our own lives.

Words cannot express the gratitude that I feel towards our staff, donors, foundations, community partners, small businesses and the entire Astor Community, who have stepped up in order to continue to help the children and families that have been entrusted to us.

On behalf myself and the entire Board of Directors, thank you!

Sincerely,

Dr. Therese M. Lack

## Stay Informed

### Legislative Town Hall

On Friday, April 24th, our CEO, Yvette Bairan, hosted a Legislative Town Hall to share the importance of Mental Health Services for Children in the Bronx.

[Click here](#) to hear the recording.

On Friday, May 8, 2020, Yvette will have her third Town Hall meeting with staff. During that meeting, she will give organization updates, including “back to work plans,” and to answer questions they might have.



*"Appreciation is a wonderful thing:  
it makes what is excellent in others belong to us as well."*

Voltaire

### Celebrating Volunteer Week

April 20th marked the start of Volunteer Week and we couldn't be more proud of the incredibly dedicated volunteers we have here at Astor who donate their time, talents and treasures.

One such volunteer is Gerry Montesano, who is affectionately known to our children as "Bike Man". Gerry has been a volunteer for more than 20 years. His journey began in 1998, and since then, he has taught our kids about bicycle maintenance, cycling skills, and has always been a friendly ear for kids when they just needed someone to talk about life.

We are so thankful for "Bike Man" and his continued efforts to keep our kids rolling!



Interested in becoming a volunteer? [Click here](#) for more info!

### Head Start Program Delivers!

Our [Head Start Programs](#) serve some of the neediest families in our communities. We'd like to thank our Wingdale Head Start for going above and beyond for the children in their programs by distributing and delivering food, diapers, wipes, educational supply kits and tooth brush kits to ensure the children can work on developmentally appropriate activities while at home.



## Local Organizations Support Astor

With the global shortage of Personal Protective Equipment (PPE), we are truly grateful to [Christian Resource Ministry](#) and [Northern Dutchess Hospital](#) for their donations of masks for our front line staff at the Residence.

We are also thankful to [Catholic Charities of New York](#) for not only donating PPE, but for providing financial assistance to many of our clients in the Hudson Valley and the Bronx.



## Play is essential

Elena, owner of Rhinebeck toy store, [Land of Oz](#), sent the children at the Residence an assortment of amazing toys, activities, and games! There was even a Make-Your-Own Soap kit!

Land of Oz is currently making deliveries in the Hudson Valley to keep your little ones learning and playing during this challenging time.

Thank you, Land of Oz!



## Small Business, Big Donation

A special thank you to Michael Esposito at "The Old Spokes Home" for donating 30 bikes, 8 scooters, and 10 helmets to the children at the Residence. He serviced all the bicycles before they were dropped off to campus by local realtor, Peter Cantine.



## Staff Making A Difference

### Heroes at Work

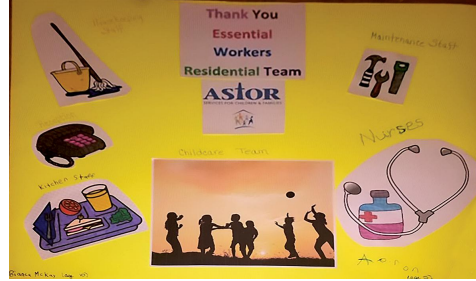
The staff at our Residential Treatment Center have been working tirelessly to ensure the health and safety of the children we serve. We think the inspirational sign at the entrance to our Rhinebeck campus, gifted to us by Astor's own Dr. Kathy Mills and her husband, Mike Mills, a [State Farm Insurance Agent](#) in Red Hook, NY, perfectly depicts how we feel about our essential workers. Thank you Mills Family!





### Our Employees Rock!

Sincere thanks to longtime Astor employee, Glenn Ninesling, for purchasing inspirational rocks to be distributed to our essential workers!



### A Thank You Treat!

Thanks to a generous donation made by Astor employee, Lisa Druckreier and family, treats were purchased for our essential staff at the Residence. Thank you, Lisa!

## Mark Your Calendar

### May is Mental Health Month

*1 in 5 people will experience a mental illness during their lifetime*

May is Mental Health Month, and due to COVID-19, it has never been more important than this year. Until now, there were still some people who believed that mental health wasn't everyone's concern. They thought that our annual mental health resources were aimed at just a small group of people – the one in five who have a mental health concern in any given year. That isn't the case today.

MAY IS 2  
MENTAL 0  
HEALTH 2  
MONTH 0

Just weeks ago, we had no idea that all our worlds were going to be turned upside down by the coronavirus. Or that the associated worry, isolation, loneliness, and anxiety would be something that literally everyone – all five in five – would experience. [Click here](#) for more info!

### May is National Foster Care Month

Invest in the capacity of parents to care for their children. Foster care can be a way to form meaningful relationships and human connections, even under less-than-ideal circumstances. [Click here](#), to learn more about Astor's Therapeutic Foster Boarding Home Program.



### Mother's Day is Sunday, May 10th

Looking for a great Mother's Day Gift? Astor has partnered with [With You Locketts](#) in the creation of an Astor Collection of lockets designed by children in Astor's [Expressive Arts Program](#)

with proceeds to benefit Astor.



## Hudson Valley Gives, May 20th!

Have you dreamed of making history? Now we have a chance to be a part of Hudson Valley's day of giving - an opportunity to unite our community around causes in which we truly believe and help nonprofit organizations connect to the larger community.

We need your help! Please join our campaign to help raise money to provide Personal Protective Equipment (PPE) to our front line staff!

[Click here](#) for more information!

