

Astor

...Because every child deserves a childhood • VOL 10, ISSUE 1 - 2022



Astor Spotlight:

Family-
Driven Care

Zero Suicide
Mission

Out on the Town

The Healing Power of Pets

THE PERFECT
COMPANIONS

Hip Hop Returns to the Bronx

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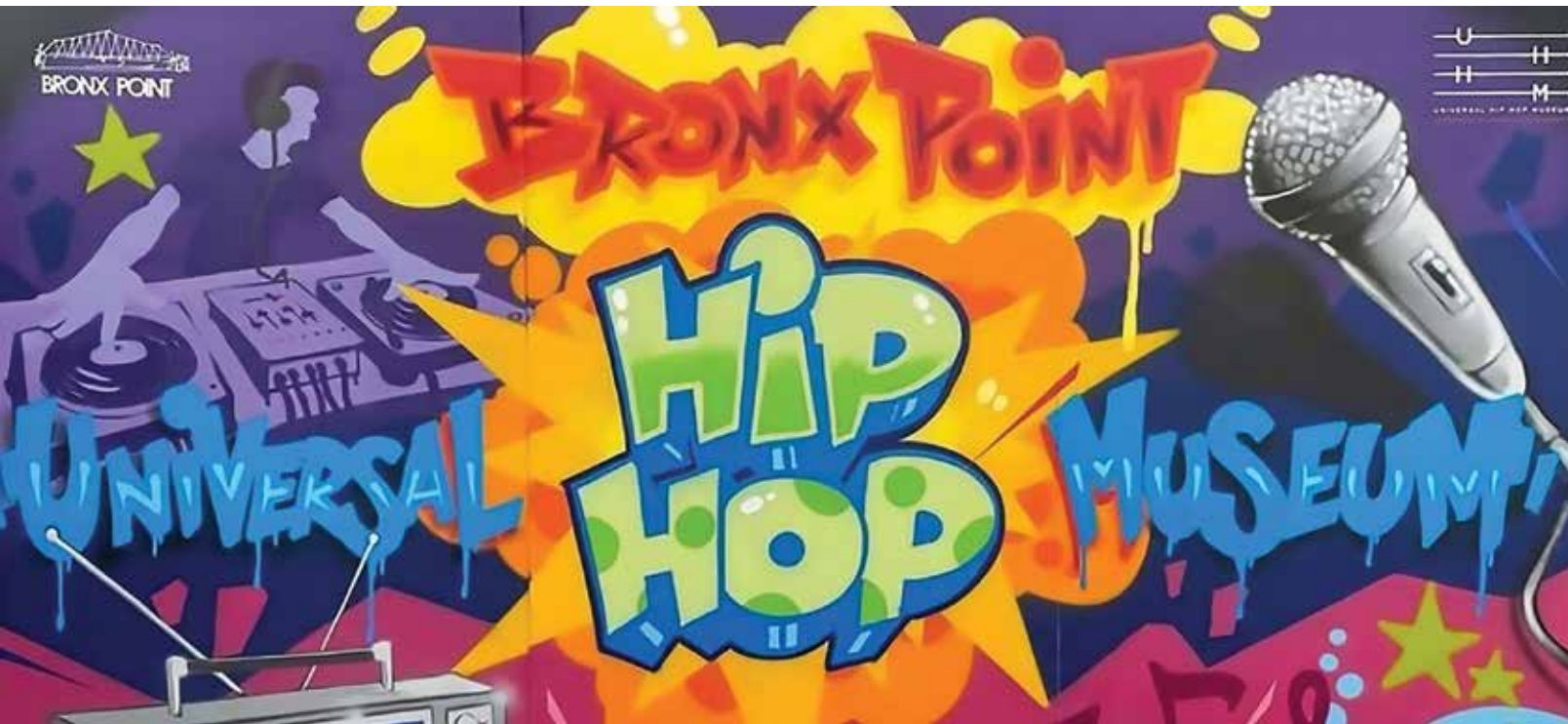
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Contents 2022

- | | | | |
|----|--|----|---|
| 3 | CONTRIBUTORS
Meet Richmond Arce,
Trish Luchnick & Jeannine Mendez | 26 | ASTOR PROGRAM
SPOTLIGHT
Zero Suicide Mission |
| 5 | WELCOME
Welcome to Astor Magazine
by Denize Da Silva-Siegel, M.D., M.S. | 31 | RECIPE
Ramp Pasta courtesy of Le Petit Bistro |
| 7 | BOOK REVIEW
What to read next! | 32 | OUT ON THE
TOWN WITH ASTOR
Our latest events |
| 9 | HIP HOP RETURNS
TO THE BRONX
Universal Hip Hop Museum | 40 | GET TO KNOW ASTOR
An overview of Astor's programs |
| 17 | THE HEALING
POWER OF PETS
Astor employees & their pets | 42 | WAYS TO SUPPORT ASTOR
Learn how you can support our mission |
| 21 | FAMILY-DRIVEN CARE
A Conversation with Astor's
Trish Luchnick | 43 | KID'S CORNER
Word Search Puzzle |



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Contributors

RICHMOND ARCE

Richmond Arce joined the Children's Foundation of Astor in 2019. He was originally introduced to Astor by the Families for Astor Committee during their many productions of Ghost Stories, where he was happy to offer his expertise and background in production and event management. Richmond comes from the beautiful island of Islamorada in the Florida Keys, where his families' roots go back to the early 1800s. Hobbies include international travel, the arts, porch chats, and culinary adventures! Most of the time you can find him walking his giant rescue pup named Baüser in the Village of Rhinebeck.

TRISH LUCHNICK

Trish Luchnick has a Psychology/sociology degree and is a NYS Certified Family Peer Advocate who has worked with the children and their families in Astor Services for almost 19 years. In her many roles, Trish has been providing support and opportunities for youth and caregivers to join in partnership with their providers and to share their experiences through advocacy to help raise understanding and improve services for families living with behavioral health challenges. Trish supports and teaches to the Family Driven-Care principle that we do our best work in helping families when we are being guided by their voices.

JEANNINE D. MENDEZ

Jeannine Mendez is a seasoned government relations and development professional with more than 20 years in the field. She is Bronx born and raised and currently resides in Mount Vernon with her husband and three daughters. She is passionate about equity and social justice issues and has been with Astor for close to 5 years. In her downtime, Jeannine enjoys traveling, attending Broadway shows and concerts as well learning the latest social media trends from her three daughters.

Like to write?

Join us! Astor Magazine is always looking for contributors: writers, photographers, and story ideas.

If you are interested in contributing to Astor magazine as a writer or photographer, please email Amy Scheinert at ascheinert@astorservices.org.



Astor

...BECAUSE EVERY CHILD
DESERVES A CHILDHOOD

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Astor 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 to benefit all families facing the challenges of raising children; and to draw upon the great strengths and assets of the regions (i.e., Hudson Valley, New York City, etc.) to help families fully realize their values and goals. This free publication is distributed online and available on our website www.astorservices.org.



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Welcome to Astor Magazine

It is a privilege to introduce you
to the new issue of Astor Magazine.



I have been serving the agency as the Medical Director for the last five years and have been a provider for 14 years in multiple programs, working in both the Bronx and Hudson Valley regions. I witness the everyday hurdles of families maneuvering multiple systems in order to get services for their children, some with severe mental illness and some with not so severe mental illness, but conditions which nevertheless impacts the children's function. I experience the frustrations and often times the impotence of providers (all of us on the frontline of care) to employ what is needed for each child and run into the obstacles we cannot change.

I also see the amazing outcomes resulting from all the effort children, adolescents, and their families put into the work. It is impossible not to be inspired by so many remarkable stories, which feed our laser focused desire to keep the work going. Astor is a remarkable agency providing life changing work. In this issue we will highlight four stories of clients from four different programs: Head Start, Case Management, Outpatient Clinics (OPC), and Partial Hospitalization Program (PHP), that will not only inspire you but also shed light on the operation of the programs and the diversity of services we provide.

As the end of the pandemic is in sight, we cannot overstate the negative effect the pandemic has had on the lives of people already dealing with mental health issues, poverty, inequality, and discrimination. These conditions were all exacerbated and it is well known that those already struggling the most bore the brunt of the lockdowns. No one in our society was immune to adversity and there was more than enough suffering to go around.

Astor has been working throughout this time to meet its clients where they are and will continue to do so, understanding that there are gaps to be filled and much more work to be done. Astor's dedicated employees, formidable volunteers, and donors have been donating their time and effort to this endeavor and we deeply appreciate all of them.

We can look to the future with a renewed sense of optimism in knowing that historically, periods of societal tragedies and misfortune are usually followed by periods of cataclysmic growth and tremendous progress. This time will be no different. Let's keep our gaze focused on the inspiring outcomes we have all witnessed, the resilience and bravery shown by so many in the most painful hour, and get up each and every morning and do the work all over again. It is worth it!

A handwritten signature in black ink, appearing to read 'Denize Da Silva-Siegel, MD'.

Denize Da Silva-Siegel, M.D., M.S.
Medical Director
Child, Adolescent, and Adult Psychiatrist



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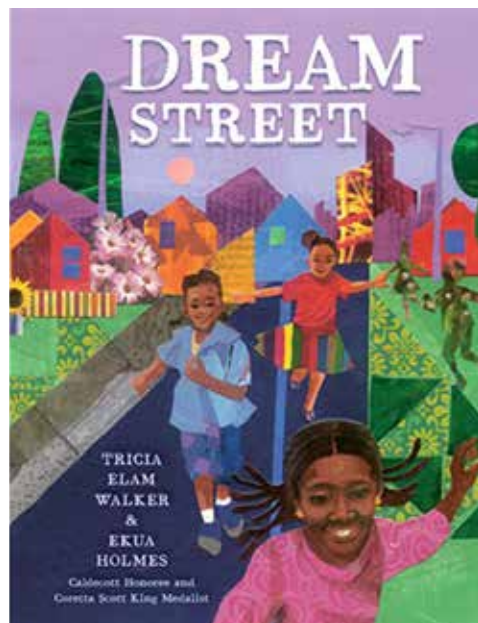


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What to read next...



CHILD RECOMMENDATION

Dream Street

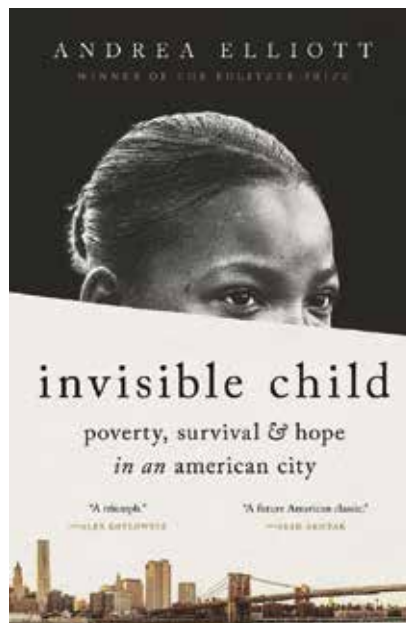
by Tricia Elam Walker
Illustrated by Ekua Holmes

Dream Street's cover is as vibrant and colorful as the cast of characters you will meet within its pages. This beautifully illustrated children's picture book speaks to the hopes and dreams of the community living on Dream Street, "the best street in the world!"

Inside, you will meet characters like Mr. Sidney, who "dresses to the nines," and reads his newspaper on his stoop and greets everyone with, "Don't wait to have a great day. Create one!" You will meet Zion, an avid reader, who walks to the library to read piles of books and dreams of becoming a librarian one day. There is Belle, who catches butterflies and lets them go, who one day wants to be a lepidopterist – a scientist who studies butterflies. And, Ms. Paula, who grew up on Dream Street and now teaches African dance at the recreational center.

Dream Street is a beautiful and uplifting story of how unique and special each member of a community is and how the children who live on Dream Street can be whoever and whatever they want because they have the support of their community behind them.

– Reviewed by
Tara Thorne, Astor Employee



ADULT RECOMMENDATION

Invisible Child

by Andrea Elliott

The book takes on poverty, homelessness, racism, addiction, hunger, and more as they shape the lives of one remarkable girl and her family. The invisible child of the title is Dasani Coates. We meet Dasani in 2012, when she is eleven years old and living with her parents. The Pulitzer Prize-winning journalist follows Dasani and her family for a period of eight years, tracking a stunning array of heartrending tragedies and remarkable triumphs.

Elliott encounters the family of ten at the Auburn Family Residence, a "city-run homeless shelter where the heat is off and the food is spoiled" and where the family has resided for over two years, consigned to a 520-sq.-ft. room.

Yet against this backdrop, and despite mockery from students at school when they discover her homelessness, Dasani still shines. A school counselor describes Dasani's intelligence as "uncanny" and notes that her "thought content far surpasses peers her age."

To know Dasani Joanie-Lashawn Coates... is to reckon with the story of New York City, and, beyond its borders, with America itself. What easily could have been, in lesser hands, voyeuristic or sensational is instead a rich narrative, empathetically told.

– Excerpt of the Book Review by
Ericka Taylor for NPR

ASTOR'S BOOK WISHLIST

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HiPtop

**RETURNS HOME
TO WHERE IT ALL BEGAN**
THE BOOGIE DOWN
BRONX



by
**Jeannine
Mendez**

THE BRONX HAS A LEGACY ALL ITS OWN

It is known as a cultural epicenter being home to gems like the New York Botanical Garden, Bronx Zoo, Wave Hill, Bronx Museum of the Arts, as well as home to the Bronx Bombers, better known as the New York Yankees.

The borough is ever evolving and growing, and its impact on the history of New York and its residents continues to grow. In 2024, the genre of Hip Hop will return to where it all began, with the establishment of the Universal Hip Hop Museum, which will have a permanent home in Bronx Point.





The museum, which broke ground in May 2021 has been a labor of love for its founders, board members, CEO and Executive Director, Rocky Buccano and Hip-Hop pioneer, Kurtis Blow, and others.

For the past 10 years, they have worked tirelessly with the Hip Hop Education Center to design the educational component, as well as working to preserve the historical significance of a genre that is all about self-expression and empowerment be represented authentically. The concept of the museum becoming an actual reality is a testament to their perseverance and passion.

Its originators planted the seeds and have watched it grow and blossom through generations anchored in its five core elements, which is represented in the Museum's main 5-bar logo (DJing, MCing, B-Boying, Graffiti, and Knowledge). Each bar symbolizes the culture's continued progress and importance to the local and global aspects of the museum's mission. These five expressions created a phenomenon that originated in the Bronx, but has transcended zip codes, income brackets, educational attainment, and political lines, which has led to a global movement of change, empowerment, and impact.

At Astor, we use expressive arts to paint what you feel, and hip-hop culture did and continues to do just that for millions of people globally.



NFP proudly supports Astor Services for Children and Families. We share your passion for creating and delivering high quality children's behavioral health and educational services to meet the current and growing needs of the community.

Thank you for continuing to provide children the opportunity to meet life's challenges, pursue their dreams, and reach their full potential.

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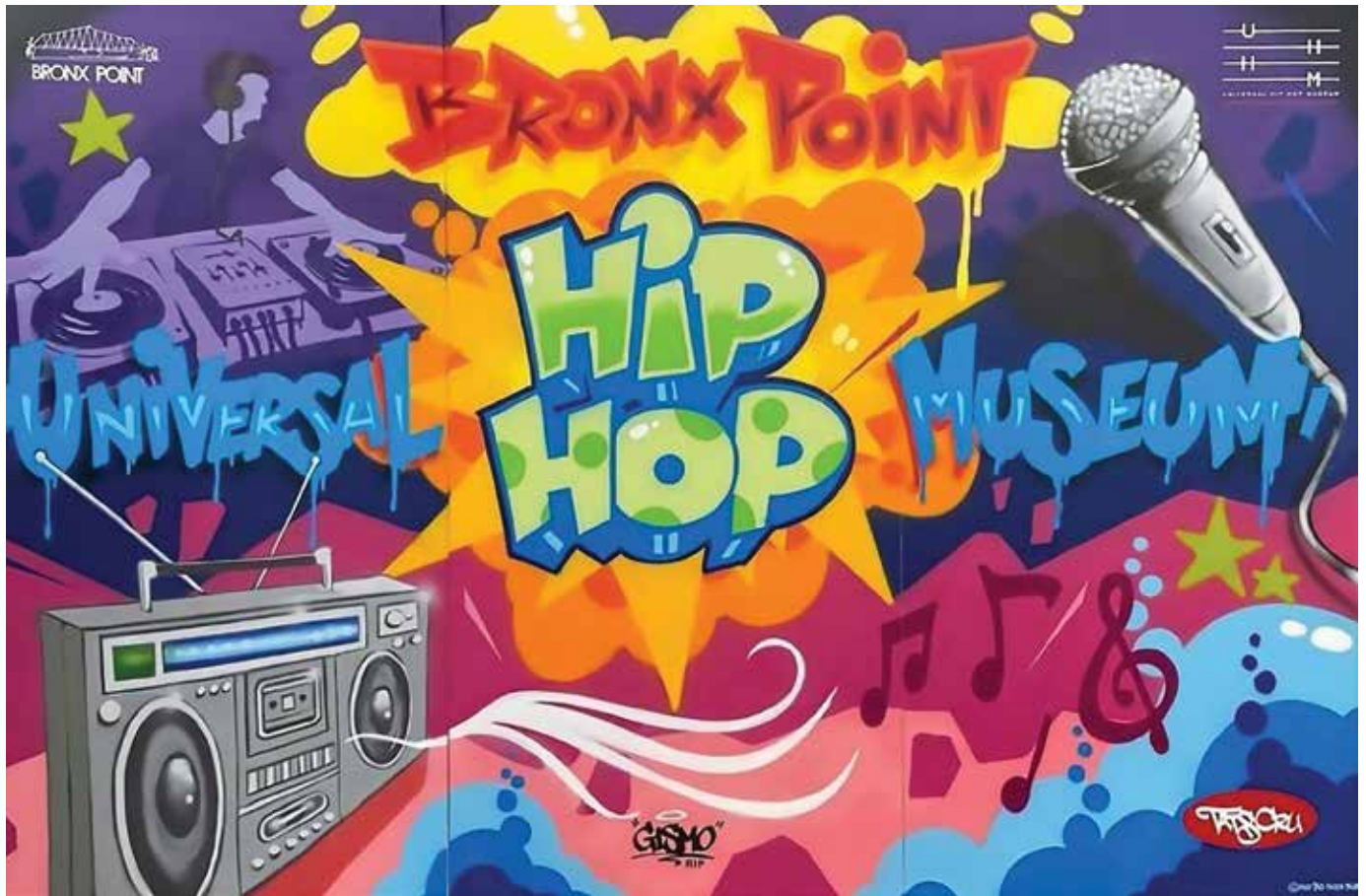
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ANCHORED IN ITS BIRTHPLACE, THE UNIVERSAL HIP HOP MUSEUM CELEBRATES AND PRESERVES THE HISTORY OF LOCAL AND GLOBAL HIP HOP TO INSPIRE, EMPOWER, AND PROMOTE UNDERSTANDING.

Music has historically given voice to the voiceless and is deeply ingrained in the culture and history of the Bronx. From the days of block and basement parties to the global stage, hip hop originated from the voices of people wanting to tell their stories of inequity and injustice, while giving a voice to a movement that mobilized change and awareness in a time when there was none. The first recognized hip hop deejay was DJ Kool Herc who introduced the sound systems of his native Jamaica to inner-city parties.

The legendary Tats Cru has created this original, temporary mural for the UHHM construction site at Bronx Point. Photos GZ Fotografias LLC.

Using two turntables, he combined beats from older records with popular dance songs to create a continuous flow of music. Kool Herc and other pioneering hip-hop deejays, such as Grand Wizard Theodore, Afrika Bambaataa, and Grandmaster Flash created a new type of music where they isolated and extended the break beat stimulating improvisational dancing.

Contests developed in which the best dancers created break dancing, an acrobatic style consisting of segmented and occasionally airborne moves, including gravity-defying head spins and backspins. The movement also allowed artists to express their artistic talents using the streets as their canvas and educating the community about the inequities of the streets through sound, sight, and movement.

It created a culture that allowed communities to come together and grow through shared experience rather than stay divided because of it.

The Universal Hip Hop Museum is seeking to preserve the history of the genre and keep its roots and history alive for generations to come, as it has evolved over the past 50 years, and will continue to do so in the future.

The Museum will serve as a historical landmark where hip hop legends from the past, present, and future can be honored and recognized for their contributions to the genre, but it also serves as a time capsule where the community can come and learn about its rich history and create a new wave of artists through its various programming and curators that are part of its Hip Hop Education Center.

Currently, most of the Museum's programming has been virtual with the addition of its new virtual online museum and continuing podcasts, online radio station, social media, and streaming. Until the permanent new home of the Universal Hip Hop is completed



An architectural rendering of the new Universal Hip Hop Museum in Bronx Point.

in 2024, the Museum offers a public pop-up exhibit entitled ([R]Evolution Exhibition) currently located at the Bronx Terminal Market as well as hosts several community workshops. To learn more about the museum and its [R] Evolution exhibit, visit www.uhhm.org.

To learn more about Astor's Expressive Arts program, visit www.astorservices.org/expressive_arts.



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Animals can serve as a source of comfort and support. Therapy dogs are especially good at this. They're sometimes brought into hospitals or nursing homes to help reduce patients' stress and anxiety.

Following are some photos of Astor's employees who shared photos of their loving animals who provide much comfort to them.

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RILEY, QUINN & KELLY

I am blessed with three energetic loving border collie mixes that bring me companionship, joy, and laughter. Unless it is dinner time, then there are conditions. The older two have been camping, traveling, kayaking, and laying in their favorite spot of all, on the end of my bed getting cuddled. I added a new puppy, Kelly in February and the house was turned upside down in a great way. Their love, affectionate, and overall chaos have been God sent working during the pandemic.

—Katie
Home-Based Service Coordination



BEN-CHI & BUDDY

My dogs are loving and fun, they complement each other. Ben-Chi loves the couch and Buddy loves to go for walks.

—Liliana, Assistant

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BENTLEY

AKA: Bentley Boo-Boo, Chunky Monkey and Puppy Love. What I love about Bentley – that face, his under bite and his sweet disposition.

—Leslie, Executive Assistant



RUBY & DELILAH (TOP), AND MICIO

I am never bored or lonely with these guys.
—Amy, Marketing



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FAMILY-DRIVEN CARE

A Conversation with
Trish Luchnick, Astor's
Director of Family-Driven Care

Astor Services for Children & Families is a community based, non-profit providing children's mental health & welfare services, & early childhood programs in NY.

What is Family-Driven Care?

Family-Driven Care is an approach and a mindset for our work in which we invite families to have a primary decision-making role in the care and treatment of their own children, as well as the policies and procedures governing care for all children in their community. Just as we as providers have expertise in behavioral health, treatment, and strategies; parents, caregivers and their children are experts in their family. The shared knowledge of the families' strengths, values, culture, and experiences and our professional expertise, provides a wider lens for us to work with to help the family find solutions. When the client and family are our partners in planning, the more meaningful it will be to them and the more likely it is that they will succeed in reaching the goals that have been set.



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Why do you think this “approach” is important in the work we do at Astor?

Astor provides the best care we can for the children and families that come to us for help. Families often come to us when things are not going well for them and they are stressed and worried for their child. Many of the families have felt judged or blamed for their child's behavior and are unsure of what to expect from us. That makes every contact that they have with someone in our agency important because it sets the tone for the experience that they will have with us.

We want to ensure that families know that they are respected, cared for, and safe with us, and that we value their thoughts and opinions as an important part of the treatment process.

When we include them in planning and work together toward common goals, we empower them with tools that they helped choose. When our policies, procedures, and paperwork are developed utilizing

feedback received from families, we are showing them that we value the partnership at all levels and that our dedication to helping them is sincere.

What impact does this work have on families and employees?

The impact on families is a more positive experience. When they feel safe and respected and, in a place where hope exists; they will talk to us. When we are listening, we learn from them and our collaboration will lead to setting meaningful goals; which means our work will be of higher quality. When we provide the space and culture where families feel they can make an impact on their experience, they will share more openly with us about what we do well and where we need to improve in a constructive way.

For example, Astor hosts a Parent/Caregiver Network and Advocacy group that meets monthly.

They review our programs, policies, and procedures and give feedback to our Quality

Assurance Team to ensure the decisions we make support family engagement and participation and reflect our Core Values. They meet with our local and state legislators where families share their stories and ask legislators to help us with resources.

There are many parents and caregivers from our different programs that help to develop trainings, attend meetings, and belong to committees to help inform our work. There is integrity in wanting to do better and pride when we do. Working in partnership with families enriches the experience for families and for us. Everything we do, from the way our grounds and spaces look and feel, to the way we greet, speak, and treat families when they are with us defines us and our work.

There are no unimportant jobs at Astor because we all contribute in some way to making sure that the difficult experience of having to seek help for a child is met with respect, partnership, integrity, quality, and hope.



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ASTOR
PROGRAM SPOTLIGHT

ZERO SUICIDE MISSION

Excerpts from zerosuicide.edc.org



Astor has been committed to the mental health and wellbeing of children and families for almost 70 years. As an organization, we have engaged in modalities that are based in research to provide the highest quality services and programs to ensure that we are applying the most innovative methods to treat our clients.

One area we have always been concerned with is the increase in suicides and suicide attempts both locally and nationally. The pandemic has put an additional layer on this. There has been a national increase in rates of anxiety and depression for youth, which increases the suicidality rates for those disproportionately impacted by COVID.

Astor has been engaged with the Zero Suicide mission and framework and has developed a road map to implementing it throughout all our programs prior

to the pandemic. The need to support clients and staff became even more urgent as a result of the pandemic. Zero Suicide is a way to improve suicide care within health and behavioral health systems and models what it takes to make a system-wide, organizational commitment to safer suicide care.

Inspired by health care systems that saw dramatic reductions in patient suicide, Zero Suicide began as a key concept of the 2012 National Strategy for Suicide Prevention and quickly became a priority of National Action Alliance for Suicide Prevention and, through the Suicide Prevention Resource Center, a project of Education Development Center.

The foundational belief of Zero Suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable.

For systems dedicated to improving patient safety, Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.

Zero Suicide is based on the realization that people experiencing suicidal thoughts and urges often fall through the cracks in a sometimes fragmented and distracted health care system. Studies have shown the vast majority of people who died by suicide saw a health care provider in the year prior to their deaths.

There is an opportunity for health care systems to make a real difference by

transforming how patients are screened and the care they receive.

Implementation of the Zero Suicide model requires transformative change that cannot be born solely by the practitioners providing clinical care. Zero Suicide takes a system-wide approach to improve outcomes and close gaps. For health and behavioral health care systems, Zero Suicide represents a commitment to patient safety and a just culture of support for care providers.



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Astor's first step in incorporating the Zero Suicide Framework to the agency was to utilize their self-assessment tool to identify strengths and priority areas for improvement, which have included comprehensive staff trainings, improved risk assessments, inclusion of client experience in the committee, and building an infrastructure to support staff's trauma exposure in the work environment. Another important next step is making sure that services are organized and coordinated between the clients, families, and our various services by having a dedicated employee providing these critical services. To that end, Astor hired a Hospital Liaison (HL) to ensure the continuity of care for all clients in our care who are in psychiatric care or who have been hospitalized.

This key position is responsible for tracking all Astor's client hospital admissions throughout the entire hospitalization process, including referral, admission, treatment, discharge, and post-discharge. The HL organizes communication to ensure that accurate, timely information is provided to

the appropriate Astor programs concerning client hospitalizations, including discharge summaries.

The HL also collaborates between the programs and hospital treatment team for treatment and discharge planning as well as provides support for the family by providing guidance on the hospitalization process, parent advocacy, and returning home.

Astor's HL met with leadership and staff in each service area at Astor to learn about their experience with hospitalization and relationships with families. This allowed her to better ascertain the best ways to support the child/adolescent hospitalization.

Zero Suicide is an aspirational answer to a complex challenge. When it comes patient safety, the most fundamental responsibility of health care, the only acceptable number of losses due to errors in quality of care is zero. Zero Suicide applies that life-saving mindset to preventing suicide.

Astor is committed to this!



**If you are in crisis, please
contact the Crisis Hotline –
professional help is available 24/7:**

Suicide Prevention Hotline:
(800) 273-TALK (800.273.8255)

NYC/Bronx Crisis Services:
(888) NYC-WELL (888.692.9355)

Dutchess County Helpline:
Call/Text
(845) 485-9700

Ulster County Crisis Hotline:
Call/Text
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For information on ways to support Astor, visit astorservices.org/planned-giving



Ramp Pasta



Recipe

COURTESY OF **LE PETIT BISTRO**

INGREDIENTS:

1/2 pound locally sourced ramps, cleaned and cut into 1-inch pieces
(separate the bulbs from the leaves)
5 oz. Hudson Valley pancetta or guanciale, diced small
2 cloves of garlic, minced
1/4 cup dry white wine
3/4 cup heavy cream
1 1/2 cups fresh peas, shucked and quickly blanched
Himalayan Pink Salt and fresh cracked black pepper
12 oz. dried linguine or fresh pasta
6 oz. Fresh Parmesan or Manchego, shredded

*The Hudson Valley
brings fresh flavors that
cannot be duplicated
anywhere else in the world.*

—Jennifer and Joseph Dalu
Le Petit Bistro, owners

PREPARATION:

Set a large pot of salted water on to boil. Cook linguine according to package directions until al dente; reserve 1 cup of the cooking liquid before draining pasta. While pasta is cooking, make the sauce.

In a large skillet over medium heat, cook the pancetta until crisp and lightly browned. Carefully remove the pancetta to a plate lined with brown paper or paper towel. Remove excess fat from the pan. Add ramp bulbs and sauté for 3-4 minutes until soft. Add ramp leaves and sauté another 3 minutes. Add garlic and cook 30 seconds longer. Add wine to skillet. Return to heat and cook for 1 minute. Add cream, cook and stir occasionally for 6 to 8 minutes until sauce thickens. Add peas and cook for 3 to 4 minutes or until peas are just tender.

When pasta is done, add it to the pan along with 1/4- 1/2 cup reserved pasta water. Toss until pasta is fully coated. Add more pasta water a little at a time, if needed. Top with fresh Parmesan or Manchego.



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OUT ON THE TOWN *with Astor*

As New York's COVID-19 regulations and guidelines began to lift, Astor was eager to get back into the community to reconnect with our loyal supporters, local businesses, and community partners in-person.



by
Richmond
Arce

Astor's Fall Festival at
Old Adriance Farm
in Staatsburg

While following CDC guidelines, Astor hosted two inaugural events and brought back some of our long-standing, traditional events, which gave us the opportunity to promote our mission, raise funds for our programs, and to meet new friends! We are truly grateful to our event guests and sponsors, and we hope to see you at one of our upcoming events www.astorservices.org/events.

FIRST ANNUAL DINE-OUT FOR MENTAL HEALTH

May is Mental Health Awareness month. It's a time when Astor, along with members of the mental health community, come together to reaffirm our commitment to providing high-quality mental/behavioral health services to over 10,000 children and families in the Bronx and Hudson Valley.

Last May, Astor hosted its First Annual Dine-Out for Mental Health, which helped raise awareness for mental health, raise funds for Astor's programs and helped promote local restaurants within the Hudson Valley towns of Rhinebeck, Red Hook, Poughkeepsie, and Kingston.

Sensitive to the impact COVID-19 had on local businesses, Astor provided local restaurants several ways to participate in the event, from



Chaminda and Shiwanti Widyarathna, owners of Cinnamon Indian Cuisine, present Astor with a check for \$2,000.



Stephen and Mayte Savona, owners of Savona's Trattoria, present Astor with a check for \$5,000. Accepting the check are Richmond Arce and Sonia Barnes-Moorhead of Astor Services for Children & Families.



designating Astor as the charity of choice with a portion of the proceeds from one day a week for the month of May going to Astor, to making a onetime donation to the cause.

"It goes without saying that every business over the past year has suffered an economic impact, and it was our goal to help those who year after year continue to support Astor."

Sonia Barnes-Moorhead, EVP
Children's Foundation of Astor

Thank you to our local restaurants and their patrons for supporting the 1st Annual Dine-Out for Mental Health and for raising over \$10,000 in support of our mission.

Dine-Out for Mental Health Awareness Month is scheduled for the entire month of May 2022.



Astor's CFO Nancy Santiago (left) and CEO Yvette Bairan (right), present Megan Ercole of Adam's Fairacre Farms with a trophy for Women's Longest Drive (center).

22ND ANNUAL STENBERG GOLF TOURNAMENT

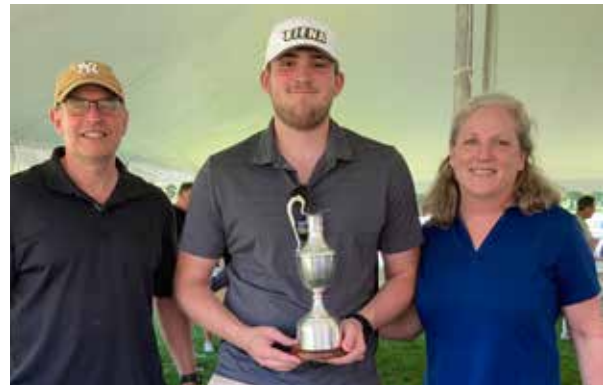
On June 17, 2021, Astor hosted its 22nd Annual Stenberg Golf Tournament presented by Mutual of America at the Powelton Club in Newburgh. With course renovations by renowned golf course architect Tripp Davis, and temperatures upward of 75 and sunny, the day proved to be a golfer's dream!

The event kicked off with a few words from Astor Services' CEO Yvette Bairan, who welcomed and encouraged golfers to "enjoy the day" and a humorous reminder that she would be keeping an eye on them, "keep those score cards honest"! Over 100 golfers took to Powelton's 18 holes and enjoyed a classic "Arnold Palmer" provided by Savona's (Harney & Son's Blood Orange Tea & Savona's freshly squeezed lemonade) - which was a favorite amongst all the golfers that day!



The "McCarthy Girls" of McCarthy's Pharmacy. Pictured left to right are Delia Davi, Pam Tinklepaugh, Nancy Kohut and Cathy Dillinger.

The betting hole was quite popular this year! This signature hole, a Par 3, is the 9th handicap hole. From the tee box you stand eye level with the green, 187 yards away. The fairway dips and rises back up to the green which is heavily guarded by trees on the right side and bunkers in the front and left side of the green. If you are lucky enough to stick the green from the tee, you have avoided a challenging second shot onto the green from a blind position. Once on the green golfers had to be cautious of the slope as it can be quite deceiving. If you make the mistake of going long and over the green, your putt will be challenged to get up and down for par.



Mike and Lisa Edgerton with nephew Alec Brundle (center) prepare to hand-off the "Stenberg Cup."

The winners of the 22nd Annual Stenberg Golf Tournament was the TEG Federal Credit Union team, captained by their President & CEO Ronald Flaherty, followed by 2nd place the State Farm Insurance team, captained by Mike Mills, and 3rd place was awarded to the Rose & Kiernan team, captained by Terry Copeland.

The date for the 23rd Annual Golf Tournament is set for June 16, 2022 to be held at the Powelton Club.



The winners of the 22nd Annual Stenberg Golf Tournament were the TEG Federal Credit Union team, captained by their President & CEO Ronald Flaherty.



SIP INTO SUMMER

What better way to kick off the summer and beat the heat than with a fabulous glass of rose? How about eight different varieties? The “Sip into Summer” celebration was hosted at the stunning Milea Estate Vineyards in Staatsburg, NY. An afternoon of wine tasting, enjoyable conversation, and some of the best charcuterie around made this inaugural event a true winner!



Astor Board members and friends enjoy wine at Milea Estate Vineyards.

Guests enjoyed two tasting stations featuring the best of the vineyard! Among the samplings, a beautiful 2018 Claret, a Prosecco, and a ripe and full-bodied Cabernet that would make even the toughest of wine critics smile with flavor approval. After the tasting was complete, guests ventured over to a silent auction that featured a trip to the Grand Isle Resort in the Bahamas, a stay at the Carneros Resort & Spa, and a stay and spa package at the incredible Mirbeau Inn & Spa in Rhinebeck. After the bidding started, guests enjoyed a



Milea Estate Vineyards in Staatsburg.

bar stocked with all the highlights from the tasting as well as some carefully curated “mocktails.” Charcuterie was served in a personalized bento box that featured locally sourced meats and cheeses by local chef Frank Ruggerone.

Picturesque views, incredible wine, great music, and the opportunity for friends to connect in-person made this event a true success and the perfect way to celebrate the start of summer! Astor is looking forward to this celebration next year. Keep an eye out for the save the date!



FALL FESTIVAL

The Fall Festival was a joint effort by the Kids4Kids initiative and The Families for Astor Committee. This was another first for Astor, an outdoor event that was centered on a fun-filled day for the kids! Hosted at the Old Adriance Farm in Staatsburg.



Astor's Kids4Kids volunteers lined up for a photo before the gates opened at our First Annual Fall Festival in Staatsburg.



Astor Services for Children & Families

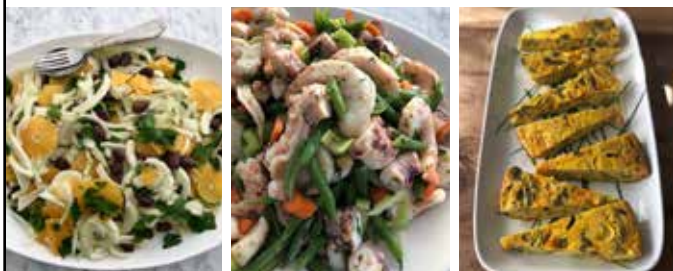
is a community-based, non-profit organization that provides children's mental health services, child welfare services, and early childhood development programs.

Astor serves children and families in New York State's Mid-Hudson Valley region and the Bronx.

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Hayrides were a hit with all of the kids at Astor's Fall Festival!

Astor's Kids4Kids initiative is a program that stemmed from the Families for Astor Committee; a committee that has been instrumental in fundraising for the Residential Program in Rhinebeck and promoting Astor's mission throughout the Hudson Valley.

The Kids4Kids initiative is made up of students from the villages of Rhinebeck and Red Hook, ranging in age from 7 to 14 years old, who volunteer their time to fund raise for the children and youth at Astor.

The day was filled with live music featuring Country star Jordan Stoner, food vendors, and Craft Beers made on location by Black Snake Brewing Co., a petting zoo, corn mazes, tractor rides, bounce houses, raffles for both kids and adults, and much more! The highlight of the day was watching all of the kids engage with each other, taking ownership in raising funds and awareness all while having fun!

We are looking forward to the Fall Festival next year!



Snowy carolers made by Ms. Gillon's 4th grade class at Mt. Marion Elementary in Saugerties and donated to Astor's Wreath Auction.

HOLIDAY PARTY

A wonderful way to ring in the holiday season! Astor's Holiday Party was held at Savona's in Poughkeepsie and was the perfect setting for kicking off the holidays. As guests entered the party, they were met by the glow of the Holiday Wreath Auction. Close to two dozen wreathes were beautifully decorated and donated by local friends and committee members. Each wreath had a theme which ranged from "Snowmen Carolers" (designed by Mt. Marion Elementary School), Classic "Silver Bells" (Heather Mahoney), a "Lady Luck" lottery wreath, and Spa & Overnight Stay from Mirbeau Spa! Bidding was competitive and was certainly a popular spot throughout the evening.



Vivian Zeitee and Kate Kortbus, Board Chair of the Children's Foundation of Astor, enjoy specialty cocktails at Astor's Holiday Party at Savona's Trattoria in Poughkeepsie.



Michael Del made the evening with his vocal stylings.

Savona's set the stage for all to enjoy carefully curated signature holiday cocktails at their gorgeous bar back lit and staffed with the friendliest bartenders in town. An "Old Fashioned Christmas," a twist on the classic Old Fashioned and a "White Christmas" featuring house infused vanilla vodka, a gold sugar rim and a white chocolate snowflake garnish were just the start of the fun-filled evening!

The food and confections were something out of a Bon Appetit magazine! Everywhere you turned was one of the friendly staff offering small bites, handmade flatbreads, and assisting guests to the main dining room where the buffet was set. Featuring a stunning prime rib carving station, classic Italian favorites, and towers of sweets to complete the dining experience.



The team from Rondout Savings Bank.

Throughout the evening Michael Del sang with the coolness of a 30's speakeasy lounge singer, with a repertoire ranging from Frank Sinatra and Harry Connick Jr., to the most current of artists. Michael Del was a crowd favorite!

All funds raised at this event went to support Astor's Expressive Arts Program.



Mayte and Stephen Savona, owners of Savona's Trattoria

"We couldn't have been more excited to host Astor's annual holiday party. Their staff has become like family to us and I look forward to the future of our partnership."

-Jessica Lopez, Manager
Savona's Trattoria

To see upcoming Astor events, visit www.astorservices.org/events.



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Get to know Astor

Astor Services for Children & Families promotes the well-being of children, adolescents, and their families through a range of services and programs.

Outpatient Clinics

Provide evidence-based, trauma-informed individual and family therapy to help children manage emotional and behavioral difficulties in their local community. Serving Bronx, Dutchess, and Ulster counties.

SYNC - Serving Youth in Their Community

Offers a wide array of home, school, and community-based services tailored to meet the behavioral and emotional health needs of each child with their family's voice and wishes at the forefront of service delivery. Serving Bronx, Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester counties.

Head Start & Early Childhood

Promotes school readiness of children from zero to age five from low-income families by enhancing their cognitive, social, and emotional development. These services include center-based classrooms, special education, and home visiting. Serving Dutchess County.

School-Based Mental Health

Provides skill building, treatment, case management and other support services for children and their families in their local school. Serving Bronx, Dutchess, and Ulster counties.

Prevention

Helps to keep families together and children safe through provision of home-based skill building and crisis intervention services. Serving Bronx, Dutchess, and Orange counties.



Care Management

Provides care coordination to Health Home eligible children. A care manager links, supports, and oversees access to services/systems a child and family may need to improve overall health. Bronx, Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, Westchester, Delaware, Greene, and Columbia counties.

Home-Based Crisis Intervention

Provides short-term crisis support and treatment for children and their families to avoid a higher level of care. Dutchess and Ulster counties.

Day Treatment

Provides long-term clinical treatment and education to youth with serious behavioral difficulties in a school setting. Serving Bronx, Dutchess, and Ulster counties.

Partial Hospitalization

Provides short-term clinical services to adolescents in danger of needing a higher level of care or transitioning from a higher level of care. Serving Dutchess, Ulster, and Orange counties.

Therapeutic Foster Care

Combines the best of traditional foster care with a progressive model that creates a supportive therapeutic environment for the child. This is an ideal step-down program for a child in residential care. Serving Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester counties.



Residential - Residential Treatment Center/ Residential Treatment Facility

Provide therapeutic services in a nurturing environment to children with serious mental health and behavioral concerns. The needs of the children and their families are met through a program model that is family centered and trauma informed. Serving all of New York State.

Astor Learning Center

Provides day student services to children ages 5 through 14 who are experiencing emotional and educational challenges. Day students reside at home while attending a more structured educational program. All students receive support to help them return successfully to their local districts. Serving the Hudson Valley.



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child deserves a childhood.*

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Astor impacts not only the children we work with but their families as well.



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210,151 LIVES
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Get involved!

Partner with Astor to help our kids reach for the stars and find their superpowers.



...Because every child deserves a childhood.

Astor is forever grateful for the time and generosity of our donors and volunteers and always welcome new partners to participate in our various programs and initiatives. Whether it is a donation of time, funds, or resources, each and every donation makes a huge impact on the work we do every day.

Here are some ways you can help Astor further our mission of ensuring every child has a childhood:

EVENTS

The Children's Foundation of Astor hosts fundraisers throughout the year to raise awareness and much needed funds for our various programs and services in the Hudson Valley and the Bronx. We welcome everyone to attend and have the opportunity to meet our wonderful kids and staff and really see Astor in action. Sponsorship and volunteer opportunities are also available. For the latest list of events, visit www.astorservices.org/event.

You can follow Astor on social media to learn more about upcoming events.

ADOPT-A-FAMILY PROGRAM

Astor's Adopt-A-Family program matches children and families in need with donors who are able to purchase gift cards. Monetary donations are also welcomed. To learn more about Astor's Adopt-A-

Family program, please visit our website at astorservices.org/adopt-a-family.

ASTOR'S CHILDREN'S WISH LIST

Astor serves an average of 10,000 children annually through our various programs, and many of their families are in need of basic items. To help, Astor has created a wish list of items that would really make a difference in the lives of the children we serve. Varying from basic needs like hygiene items to school and art supplies, no gift donation is too big or too small and will go directly to the children we serve. To donate, visit our Amazon wish list at: <http://a.co/eyLMJnf>.

AMAZON SMILE

Astor has partnered with the Amazon Smile program where Amazon donates 0.5% of the price of eligible Amazon Smile purchases back to Astor Services for

Children & Families. This program is a wonderful way to give back by doing your regular Amazon shopping. To learn more and enroll, visit smile.amazon.com and be sure to select Astor Services for Children & Families as your charitable foundation. It's that easy and you will make a difference in the lives of our kids.

RITE AID KID CENTS

Support Astor by participating in Rite Aid's KidCents Program. Wellness+ members can round up every purchase to the nearest dollar, giving kids in need a chance for better lives and brighter futures. To sign up with KidCents and support Astor, visit www.KidCents.com.

DONATE

You can support the work and mission of Astor by visiting www.astorservices.org/donate. Make your online donation today!

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Farm Animals

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H	O	S	U	N	D	U	F	E	G	U	N
I	L	M	V	B	U	E	X	C	O	W	E
Q	P	R	T	I	C	K	S	U	A	I	Y
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Savona's



T R A T T O R I A

Italian Restaurant & Bar

"Astor provides much needed care and attention to children who might not otherwise receive it. I couldn't think of a better mission to support than theirs. We will proudly continue to partner with them."

-Stephen Savona, Owner, Savona's Trattoria



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