

Astor Family

Vol 5 Issue 1
Spring 2016

Meet
**Adam
Miller**
★ ★ ★

Read
Smile

Astor

needs a new place
for children in
Rhinebeck

**Innovative
Farming**

**Bubby's
Burritos**

& try Bubby's
Avocado Salsa!

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Contributors



Joseph Maresca

Joseph has painted and shown professionally all of his adult life, as well as having taught as an adjunct professor at York College and at NYU. His work is represented in a number of private and public collections including exhibits at the Aldrich Contemporary Art Museum in Ridgefield, Connecticut and the Katonah Museum in Westchester County, NY.

Joseph has had solo exhibits at the OK Harris Works of Art Gallery, the Michelle Rosenfeld Gallery, and Marilyn Pearl Gallery in Manhattan as well as showing in numerous group shows in New York City, Washington, Florida and Birmingham, Michigan.

Joseph resides and works full time in Rhinecliff, NY where he overlooks the wonderful river and mountains, which have been a continuous source of inspiration for him.

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

About the cover: A rendering of Astor's new Residential Treatment Center by Joseph Maresca.

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Welcome

I am delighted to introduce this issue of Astor Family Magazine.

As you read through this issue, one thing that jumps out is how strategic Astor is in positioning its programs, services and community outreach to be in the vanguard of the changing tide of children's mental/behavioral health. Organizations providing these much needed services who are receiving public support have to be more efficient, effective and able to show the impact of their services.

As the new and first Chief Operating Officer at Astor, I am thrilled that Astor is prepared to meet the changing environment. On many levels, we have been ahead of the curve! For example, please read the column on Child and Adolescent Needs and Strengths (CANS). This is a tool used in treatment plans to better understand the needs of the child and family. As part of the change that is coming, this interview method will be required. Astor has been employing CANS in its programs for years! Why? Because we saw the need for this approach early on.

It's inspiring to think about how far Astor's Residential Programs have progressed since we began providing supportive residential care more than sixty years ago. Our programs are among the very few certified to treat children as young as five years old. We provide a wide range of clinical, nursing, medical, educational, and recreational services to youth and their families.

These many years of experience and expertise have prepared us for an unprecedented transformation into a new vision for residential care. See the article on our planning for a new state-of-the-art Residential Treatment Center. We are genuinely excited as we position ourselves for this change in our facilities, practice and services.

The focus has traditionally been on meeting the needs of the individual child and engaging the family in that work. Now we will extend our programs into the community.

Our funding partners are aligned with our vision. They pay not just for our services, but for our successes. Expectations now are about working with families, primary healthcare providers, schools and other community resources. This is, by all measure, a new era in residential services for children that will touch every aspect of our work.

As it comes to community outreach, we now are engaging a group of young professional volunteers as part of Astor's Junior Board. We know the future dictates that we engage young people in this very important work. They are indeed the future, and having them as partners as we continue this work, will truly make a difference.

And lastly, but certainly not least, I want to thank all our sponsors/partners who make it possible for us to provide this magazine to our community.

Dr. Renée Fillette
Chief Operating Officer, Astor Services for Children & Families

Astor Family

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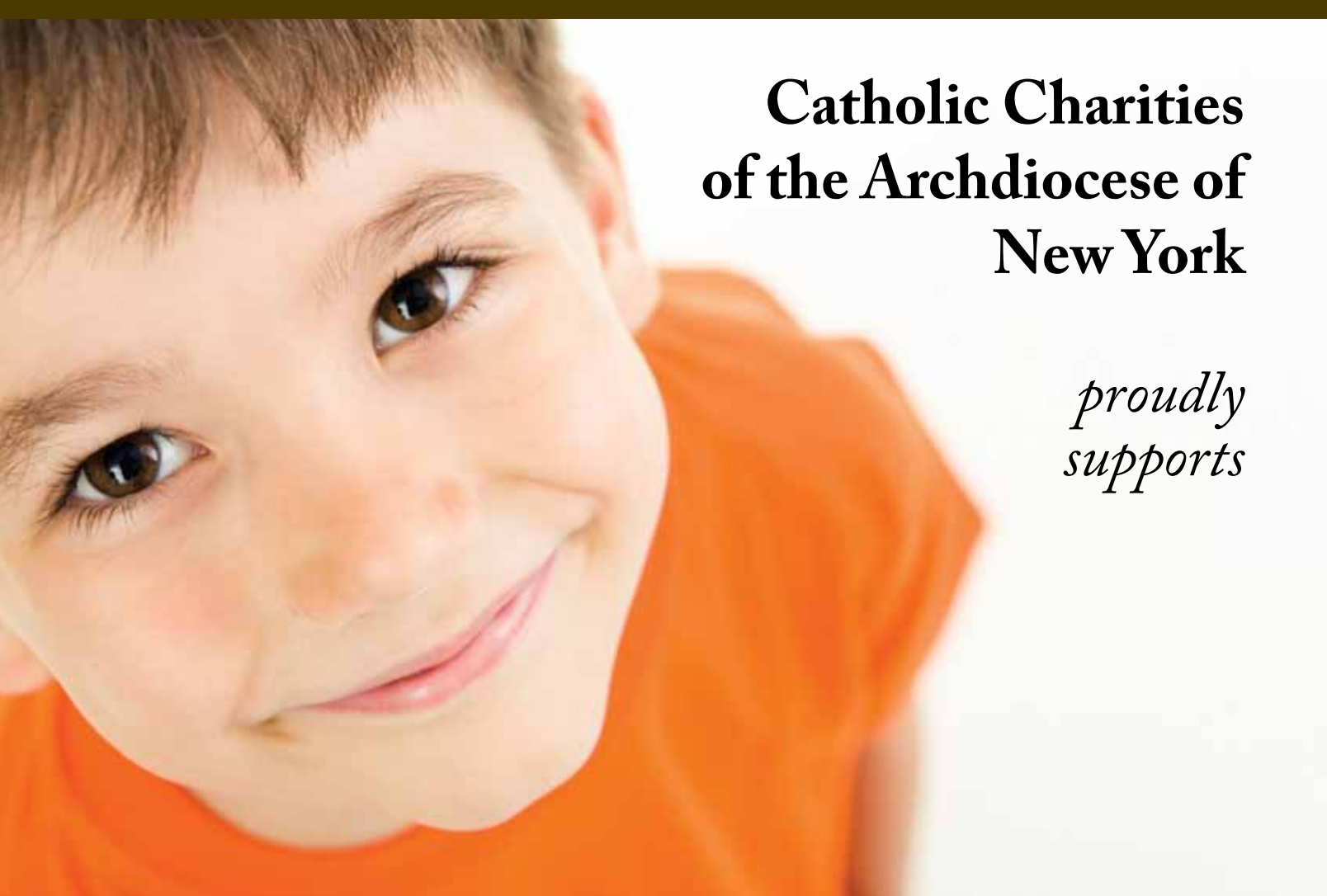
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Printed in the USA

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.



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Dear Astor Family...



This past December, I had the privilege of attending Astor's Art Festival, and I just recently I discovered a copy of Astor's Spring 2015 Family Magazine which highlighted the Paint What You Feel Program.

I now more fully understand the depth of work that went into the paintings I purchased that night. More than ever, I support the work that Astor does in the lives of these children. Thank you for the insight.

*Sean Jones
Hudson, NY*

I happened to find the Autumn issue of Astor Family while visiting my sister one weekend. What a great magazine. The articles on the Bronx were terrific. I learned a lot!

The work of the foundation in Rhinebeck and in the Bronx is impressive and so important.

I was particularly moved by Lisa Flynn's "Astor Anecdotes." As a teacher, I know what it is like to toil away year after year wondering what kind of influence, if any, you have had on your students' lives and development.

The Astor Anecdotes surely show that the foundation has profoundly affected the children that it has served.

I will be sure to pick up the next issue when I return to Rhinebeck!

*Maria McGrath
Solebury, Pennsylvania*

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

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What is planned giving?

by John P. Genn III

Planned giving is a customized strategy in which a person puts together a plan on paper today to make a gift to a tax-exempt organization in the future.

Depending on the strategy chosen, a donor can arrange to give almost any type of gift to a group recognized by the IRS as a tax-exempt entity. For instance, a person might leave a non-profit or charity a certain dollar amount, a designated piece of real estate or a valuable piece of art. Or a person might name an organization, like Astor Services for Children & Families the beneficiary of a life insurance policy, a trust account or as a beneficiary of their estate.

What are some advantages of planned giving strategies?

All forms of planned giving provide tax benefits to the donor, since the gift is going to a non-profit or tax-exempt entity. People who don't currently have the financial means to give to a cause they believe in can do so through planned giving by leaving money or another asset to the group when the cash or other asset becomes available, perhaps after their death or another future event. Also, charities that know in advance of an upcoming gift can use that foresight to plan accordingly.

What are some of the tax advantages to planned giving?

A planned giving strategy involving a charitable trust offers benefits to both the donor and the charity. Let's say a person establishes a 10-year, \$100,000 trust naming Astor Services for Children & Families as the remainder beneficiary. During that 10-year period, the donor would receive annually a minimum of 5 percent of the trust's market value, along with an income tax deduction based on the present value of the charity's future interest in the trust. Now let's say that present value computation determines the gift going to Astor is \$55,000. The \$55,000 is the income tax deduction currently available to the donor. Astor Services for Children & Families

benefits from a sizeable charitable donation in 10 years, and the donor gets to use the charitable deduction on his tax return, and, if necessary, take up to five years from the date of the gift to use up the full deduction.

How would someone put in place a planned giving strategy?

Those interested in establishing a planned giving strategy should talk with their attorney, accountant and financial advisor for legal, tax-planning and financial guidance in achieving their philanthropic goals, along with the drafting of the necessary legal documents.

Costs associated with planned giving strategies vary depending on the strategy used. However, planned giving also can be done where designated beneficiaries are named on certain types of accounts when they're established, thus reducing or eliminating associated legal and accounting fees. For instance, if a person had a life insurance policy that named Astor Services for Children & Families as the beneficiary, this planned gift would be achieved without the use of a will, thereby eliminating the need to draft a legal document to accomplish it. In this way people can name a beneficiary to a particular policy, or designate a recipient to an investment account according to specific terms, without having to pay fees associated with other forms of planned giving.

By putting in place an appropriate planned giving strategy, people can establish a practical, yet generous way to support their favorite non-profit organizations while protecting and benefiting from their assets.

To learn more about how to include Astor in your future financial plans, contact Sonia Barnes-Moorhead at (845) 871-1117.

John P. Genn III is Vice President and Senior Trust Officer of Tompkins Financial Advisors in Wappingers Falls and a member of Astor's Board of Directors.





What is CANS?

by **Suzanne Button, PhD**

CANS stands for Child and Adolescent Needs and Strength. It is a tool aimed at understanding the needs and strengths of each child.

Here at Astor we use CANS as a central component of our treatment plan. CANS creates a common language focused on the strengths and present needs of the child and family. Families no longer have to tell their story again and again. CANS creates a common language around which treatment plans can be built. It focuses on what is needed now, instead of what has happened in the past.

How does CANS work for parents?

CANS starts a conversation with the parent and keeps things going in the right direction. Everyone is on the same page about what problems to work on and what strengths to build to help the child succeed.

It uses a number system that links to action. Each area of your child's life – school, relationships, activities, emotions is assigned a number from 0-3:

- 0 = either a strength or not a need
- 1 = a need to be watched or a useful strength
- 2 = action needed
- 3 = urgent action needed to show how well things are going or how much help is needed

Okay, but what is next?

Once you have done a CANS, you can let CANS tell some of your story for you. You can have a copy. Professionals can share it with one another if they are working together to help your family. Over time this can make telling your story easier because CANS gives you a place to start from. When new things happen in your child's life it can be changed a little bit at a time.

How will I know what is working?

Talk with professionals about how your child is doing. They will show you how they use the information you share about your child to come up with the numbers on CANS. The plan for education, care, or treatment should follow directly from the assessment. As things get better in your child's life the numbers will go down. These follow up conversations can be exciting and can help everyone see clearly when things are working. If a plan needs to change everyone will know why and what to do.

Is this only for professionals or can parents do this at home?

It is for both! Professionals have a special training that helps them use the CANS correctly, but parents can certainly score their own CANS and bring that instrument to their provider. The provider can then help reconcile any differences in item scores with a collaborative conversation.

Astor is well-positioned to meet the changing environment in children mental/behavioral health care. This change, in the coming year, will require that those receiving government funding in New York State, will have to use CANS. Astor has been using CANS since 2003.

Learn more about CANS at www.astorservices.org.

Dr. Suzanne Button is the Assistant Executive Director, Quality & Clinical Outcomes, for Astor Services.



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Astor has amazing staff throughout our programs in the Hudson Valley and the Bronx. They do incredible work on behalf of the children and families we serve. We thought you might enjoy meeting one of them.

Meet Adam Miller

Student Support Counselor

by **Luke Kelly**



Take a walk into Rhinebeck's Astor Learning Center on any given morning and you'll likely find Student Support Counselor Adam Miller hard at work. Good-natured with an undeniable presence, Adam has been part of the Astor team for nine years. "I've been a Teaching Assistant, Master Childcare Worker, and Assistant Supervisor," he says—a testament to his many contributions to the agency. "Now my primary responsibility, in a nutshell, is to keep the children safe and in school."

Well-respected among his colleagues, Adam's average day begins at 7 am when he helps students transition from the residence and the buses into school. From then on, it's fast-paced support work until 3:30. "It can be hectic at times, but I work with really great people," he says.

Working with kids requires both patience and humor—traits that come naturally to Adam. The work, because of its nature, has also provided him with plenty of stories over the years. "There are so many stories, it's hard to narrow it down to a favorite," he says. One story in particular is how he received his Astor nickname—Pork Chop. After addressing a support call for a child, the child looked him up and down and said "who the heck are you

talking to, Pork Chop?" "So ever since then, the children and staff call me Pork Chop," says Adam, smiling. "I don't mind though, I still laugh about it today."

It's easy to notice that Adam has an excellent rapport with the children of Astor. "Adam is very gifted in his dialogue with kids," says Principal John Kegan. "He cares deeply about doing the right thing and he is always quick to volunteer to do anything he can to help them." Principal Kegan points out that Adam coaches both football and basketball in addition to his other responsibilities. "He does all of the extra intangible things that make a huge difference."

Adam cares deeply about doing the right thing and he is always quick to volunteer to do anything he can to help them [the children]. He does all of the extra intangible things that make a huge difference.

—Astor Principal John Kegan

Looking back on his career here, Adam has had a wealth of positive experiences. "There are many things I like about working here; feeling that maybe I've made a difference in a child's life is a pretty good feeling," he says. The difficult work becomes worth it when a child comes in for a visit or calls to let Adam know that he's made a positive impact. Aside from the kids, Adam has also made some lasting friendships through working at Astor. "I've made some really great friends here," he notes, "and I also met my beautiful fiancé here. So I'll always be grateful to this place for that."

Astor Anecdotes

by Lisa Flynn

The content of these pages are poignant or funny “feel good” tidbits, anecdotal stories, artwork, heart-warming poetry, and photos. It is an informal place for clients, caretakers, families and staff, both past and present, to share their Astor-related stories.

We hope it leaves you smiling. If you have a story to share, please let us know. Submissions should be less than 150 words and should have a connection to Astor. If you have photos related to your submission, please include those as well. You may send them directly to Lisa Flynn, at lflynn@astorservices.org. Happy reading!

Byron Snowman

Byron Adolescent Day Treatment Ctr, Bronx NY

The “Byron Snowman” was the brain child of art teacher, Ms. Janelle Lalomio. She is a New York City Department of Education teacher. She started the snowman with one of her classes on a dreary winter day.

Throughout the day, different children added their own personal touch to the snowman. The result was a humorous diversion for both staff and children on a cold winter’s day.

Astor’s Byron Day Treatment Program is located at Byron Avenue in the Bronx, New York City.



LRS Children Show Acts of Kindness

Little School House aka

Lawrence F. Hickey Center, Bronx, NY

*From Celesta Parisi, Senior Teacher/
Educational Evaluator of LRS*

Every day at LRS the staff’s priority is to nurture, teach and enhance the academic and social-emotional skills of their students.

This holiday season all of the LRS classrooms are focusing on acts of kindness and teaching students to care about others every day. The LRS staff is encouraging their students to be caring, kind and compassionate and staff is recognizing

every precious moment.

The acknowledgement of these acts of kindness enable the students to improve their self-confidence and build trusting relationships with each other and staff.

When a student has shown an act of kindness, a bell is rung and it is written on a heart and placed in the hallway so everyone can hear and see. Seeing the smile and excitement of that student is priceless.

I want to thank the LRS staff for always being there for the students. Showing them each and every day a safe environment filled with love, attention and respect. I praise you all for your acts of kindness.

A Letter of Gratitude

Translation of the letter (pictured at right)

The day that we went to Astor to pick up what we thought would be a turkey, my children and I arrived at Astor and saw Flora who told us to pull the car around the back.

When my children saw trees they said, 'Mommy, will we will hunt the turkey here?' I told them I didn't know and thought, will more people be coming or are we the last to arrive? And then all the friendly staff at Astor came with so much food that I was really left speechless.

They brought more and more food and my kids said, "Well maybe they want us to share this food with other people, that not all this food is for us."

On the way home we were so happy that tears poured from my eyes. My children asked me why I was crying. I explained that if we had had all this food last year it would not have been so difficult, as we almost lost our house, that Daddy would not have been so desperate. Therefore we really thank the kind hearts of everyone for making this a wonderful Thanksgiving and may God always follow you in your life.

-The Vertiz Family

Ese día fuimos a Astor para recoger lo que pensamos sería un pavo mis niños y yo llegamos a Astor y no vimos mas que a Flora que salió a recibirnos y nos dijo mete el carro hasta allá al fondo, y vimos arboles mis niños dijeron mamá será que vamos a cazar el pavo ahí? y les dije no lo sé, será que va a venir más gente por su pavo y el estacionamiento se va a llenar? o somos los últimos en llegar y entonces salió todo ese amable personal de Astor con tanta comida y realmente me desaron sin palabras, porque traían y traían más comida mis niños dijeron, bueno quizás quieren que vallamos a dejarlo con otras personas pero, no, todo era para nosotros. de camino a casa variamos tan felices que las lagrimas se nos salía de los ojos y les dije porque lloran? y dijeron porque, si hubiéramos tenido toda esta comida el año pasado no hubiera sido un año tan difícil tan difícil que casi nos quedabamos sin casa, y Papi no se hubiera desesperado tanto por todo de verdad. Gracias a todas las personas de noble y bondadoso corazón por habernos alegrado el día de acción de gracias y que Dios los siga bendiciendo en su vida.

Fam. Vertiz

I am a teacher at the Astor Delafield site in Poughkeepsie, NY. My colleague, Ms. Deborah Milone, wrote this lovely poem which reflects many of our families' progression through life while raising their children. Deborah's written piece depicts memories, both good and bad, and portrays how fast the years go by... and how meaningful each one can be. I believe that this poem will touch the hearts of both our families and staff at Astor. It would truly be a delight to share it on the Astor Page. Thank you for your consideration.

Sincerely,
April Matula

The House On South Cross Road

Written by Deborah Milone

*In the beginning, small but cozy
But sometimes, not so rosy.*

*Where kids made themselves at home,
and where pets were free to roam.*

*Many a Christmas was had,
Most were happy, some sad.*

*Amongst the walls children grew,
Plants flourished and pets, too.*

*In the winter, a wonderland
In the spring, a lovely place
In the fall, picture perfect
and in the summer, many a happy face.*

*The years went by, the children grew,
Ins and outs- there were a few.*

*The pets grew old, but lived the best,
We finally had to put them to rest.*

*The kids are grown and on their own,
We'll never forget that place - Our Home.*





A Residence in Rhinebeck

Astor needs a new place for children

by **Virginia Sibbison, PhD**

The bedrock of all Astor's services is the care it gives to youngsters and their families. Astor's residential programs in Rhinebeck, NY are a living microcosm of all this care and healing happening under one roof. The children live, go to school, engage in recreational activities, all while receiving much needed mental and behavioral health services because of the traumas they have experienced in their young lives. They come in as young as five and age out at fourteen.

The children are in an early and critical stage of their development. Preparing them and their families to return to their families and communities is what Astor is about. The children come to Astor after everything has been done to keep them in their communities. They have been through therapy, special school placements and short-term residential placement. They have cycled in and out of short-term hospital stays. They have often

been returned to their families and

removed again. Without Astor, the next step for many of the children will be placement in a psychiatric setting.

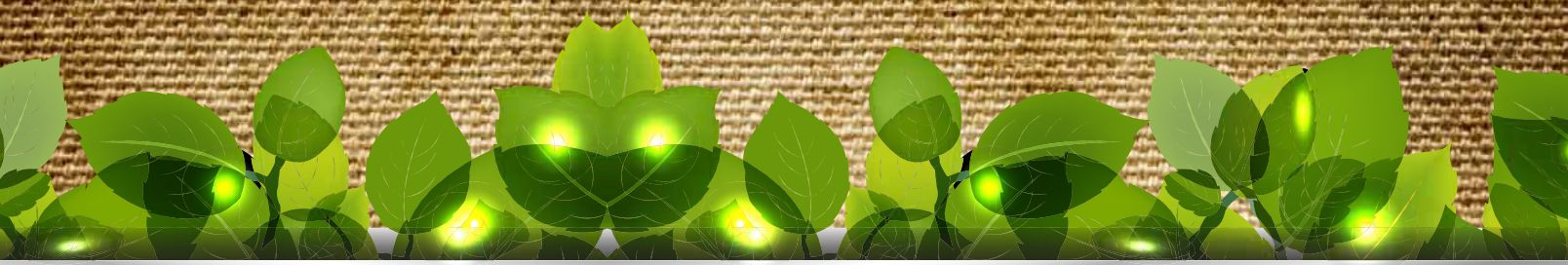


There are two living wings for the children: 20 are in the recently updated (2012) wing that houses children through one funding stream.

There are 44 children who are still living in the old, outdated units. The building that the residential treatment center is housed was constructed in 1960. *House and Garden* magazine is not needed to tell us that home matters. Living quarters equal quality of life. Astor has gotten it right in terms of the quality and excellent care children in these programs receive each and every day. It is the living quarters for the 44 children that Astor knows improvements are much needed.

The good news is that we know, from experience, that improved housing can have an enormous impact on children in general, and especially on children who have been traumatized. Housing that connects children with nature (i.e., light, space, furniture, etc.) along with privacy and space, are therapeutic tools of the environment that can impact a child's overall well-being.

In other words, a new residence is needed for those 44 children. Incorporating this key element into their recovery, where each child, for example, will have his/her own room, will have an impact on their overall wellbeing.



Here is what the experts say is needed for such a new space:

“Safe, comfortable, warm, living quarters and space allowing for enriching activities, engagement, privacy and nurturing experiences. The short-term, intensive and comprehensive goal is to get the children back to family and community.”

That means good lighting, temperature, space, overall cleanliness and top-notch state of repair. It means space for enriching activities, spontaneity, efficient flow of interactions, engagement, privacy and nurturing experiences between children and the adults caring for them.

What it does not mean is that a child with intense problems is sharing a room with another child with intense problems. It does not mean that bathrooms are not accessible to the handicapped.

There is a whole new science arising about the relationship between people and space. It is sensory, it is material. It means bringing nature inside the building.

A new building is an amazing opportunity to change the very art of child care.

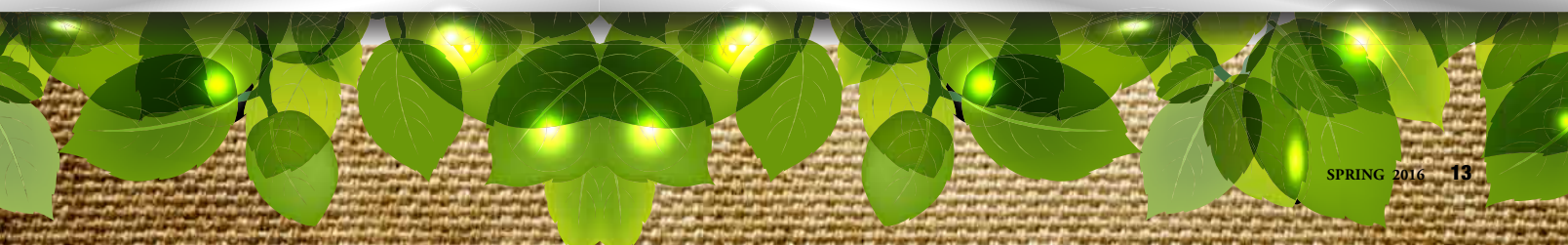
Astor’s goal is to make sure that each child feels safe and loved in their environment. Astor is a vanguard agency in changing the lives of the children who have been traumatized. One key element that is missing for these 44 children is the space in which they are living in – simply put, it needs to be updated.

Astor has directed its own resources to the development of an agile program. The staff is synched to the goals of the new system. The whole team is charged with working with all the agencies that are concerned with the well-being of traumatized children.

Astor is prepared for the next quarter century to access the resources it must have to serve the children who are desperately in need. Child care is at a turning point. Astor is an agency at a turning point. It must have the bricks and mortar it needs to do the job.

To learn more about the Residential Program and how you can help Astor, contact Sonia Barnes-Moorhead

(smoorhead@astorservices.org); (845) 871-1117.





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10 a.m. - 12 p.m.: "Supporting Trans Youth" - Davey Shlasko

12 p.m. - 1 p.m.: "Why Would Anyone Do This Work?" - Dr. David Crenshaw

2p.m. - 4 p.m.: "The Power of Mindfulness in Cultivating Resilience and Presence."
- Jon Aron

Sponsored by The David and Robert Crenshaw Training Fund.





Photography by
Kate Schoonmaker

Innovative **FARMING** *in the Hudson Valley*



Peter Davies of Turkana Farms poses with his furry friends.

by **Arthur Schiff & Kerry Sykes**

The good people of New York City and the Hudson Valley are becoming increasingly aware of where and how their food is grown. Their interest parallels the resurgence of farming in the Valley.

These trends come about because of challenges posed by the cost of fuel, the increasing vulnerability of global food production, intense sensitivity to the quality of food and economic growth in the Valley.

It is time to take a look and see where we are. Innovative farms are one place to start.

Continued on next page

*With summer coming, we can
look forward to a season of plenty.*

*We need to be mindful of and grateful to
all the people – from farm workers to farm
owners - who make it all possible.*





Peter Davies of Turkana Farms likes to joke that it takes a law firm and two businesses to support his farm. He and his partner Mark Scherzer knew when they bought their dilapidated farm in Germantown in 1999 that “it’s hard not to lose money on a farm of this scale so if we aren’t going to make money, we might as well do some good.” They largely raise heritage breeds of turkeys, cattle, pigs and ducks, as well as heirloom vegetables.

Will Yandik of Green Acre Farms in Hudson went another way. “Through the 1980s and 1990s the family made a decision to transition our farm from a wholesale operation to retail. We also diversified our crops from largely apples to a variety of fruit trees, berries, vegetables and ornamentals. We are still diversifying to include honey and eggs. By selling all crops from our retail store, we can command a higher price to compensate for the fewer acres in cultivation.”

Turkana and Green Acre farms are good examples of the new farm ethos. There remain hundreds of older farms still operating in the Hudson Valley. They produce apples and other fruit and vegetable crops. Many sell their wares at farmer’s markets.

Farms, old and new, share many of the same challenges. Slaughter houses are in short supply. Transportation costs are always a factor.

The new farms take advantage of shorter supply chains and selling from their own venues. They also deal with farm labor costs differently. Turkana Farms hires one or two workers as needed, pays well and helps with health insurance. Will Yandik of Green Acre Farms says, “my brothers, family, and myself complete the field work.”

Many Hudson Valley old style farms still rely on manual farm labor. Wages are low, working conditions are hard and living quarters are marginal. It will be that way for some time to come.

Peter Davies admits, “The only people who can afford the goods from local farms are well-to-do. You are raising good food for the people who can afford it.” Will Yandik has another view. He says, “I think that you would find that our prices are very competitive with area supermarkets and many items in fact are cheaper because the transportation costs from field to front shelves are vastly shorter.”

As we enjoy the renaissance of high value food in our communities, it is well to remember, as Margaret Gray writes in her book *Labor and the Locavore*, “local food justice must entail active support for workers’ rights with a view to improving the livelihoods of the laborers.” Looking ahead, a healthy regional food supply makes a lot of sense. As Will Yandik puts it, “The more local an economy can grow itself, the greater the ballast it earns to weather difficult economic times.”

With summer coming, we can look forward to a season of plenty. We need to be mindful of and grateful to all the people – from farm workers to farm owners - who make it all possible.

Arthur Schiff is the editor of Astor Family Magazine.

Kerry Sykes is a member of the Astor Blue Ribbon Committee and a journalist.

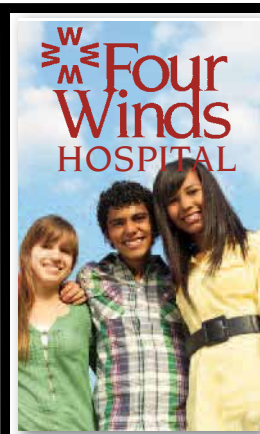


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WHERE WE EAT - LOCAL FOOD



Bubby's Burritos

by **Luke Kelly**

Perched on top of a hill and adorned with flower pots, it looks like a snapshot of summer itself. It's just a little fiberglass trailer that was built in the 70's, converted by Bjanette Andersen into a seasonal burrito stand. But "Bubby's Burritos," as it's called, has become quite the hit among locals—and a destination for out-of-town visitors.

Andersen found the inspiration for the burrito stand while on one of her annual journeys to Mexico. "My husband and I were inspired by the amount of street food in Mexico, wondering why that didn't happen [in the Hudson Valley]," she explains. "We were also trying to find a way to live here seasonally." The light bulb in her head went on, and before long she was drawing up the plans for a seasonal food stand here in the Hudson Valley.

The two eventually purchased the trailer from a couple in New Paltz, and with a little innovation and elbow grease, "Bubby's" was born. First located on Rt. 9G at the site of the Montgomery Place farm stand, Bubby's quickly drew a loyal crowd, and soon outgrew the available parking. Now located just outside the village at

Hardeman Orchards on West Market Street in Red Hook, the stand is a familiar and welcome sight to its regulars, who anxiously await the appearance of the trailer every spring. The stand overlooks a gorgeous rural landscape, and has picnic tables and blankets for guests to sit. People love the burrito stand because "it's a genuine experience," says Andersen. "It's something different—the location, being able to be outside. It's sort of like a celebration of the summer."

Bubby's is loved as much for the simplicity of the experience it provides as for the delicious food served there. The menu items are two: quesadillas and bean burritos, with the option of adding just-made fresh guacamole (which is always a great decision). Those items are rounded out with a choice of cold drinks from an outside cooler and savory green and red pepper salsas. The quality is consistent, and Bubby's many devotees know that they will get exactly they came for. That, in combination with the beautiful view and the inviting atmosphere, is what keeps people coming back summer after summer.





Photograph by Luke Kelly

Encouraged by the success of the burrito stand, Andersen has now taken on another project, this time opening a year-round establishment called “Bubby’s Takeaway Kitchen,” located in the heart of the village of Red Hook. The restaurant allows Andersen a larger infrastructure to expand the menu beyond burritos, and to create a local eatery with its own identity, separate from the burrito stand. The menu includes an array of unique dishes—from Hummus Plates to Coconut Cauliflower Curry. And of course, classics like tacos and quesadillas.

The Takeaway Kitchen has a vibrant atmosphere, with many bright colors, plants, and natural wood. It’s quickly gaining popularity in the Hudson Valley as a great place to eat, largely because the food is healthy, fresh, and importantly to Andersen and her customers—affordable. Andersen’s philosophy to running the restaurant is similar to how she runs the stand. “I use what local ingredients I can,” she says. “Our guac is made within an hour, our salsas are made every day, we chop everything. It’s just about doing everything fresh every day, but also staying within price point. I want to give people healthy food, and also to keep things affordable.”



PHOTO COURTESY OF BUDDY’S BURRITO

Authentic Mexican tacos from Buddy’s Burrito.



Whether you go to the burrito stand or Takeaway Kitchen, you’ll likely find Bjanette Andersen doing what she loves to do—preparing healthy, delicious food. “Giving people overall healthy food is my mission,” she says. Judging by the crowds that gather at the burrito stand and the number of satisfied customers at the Takeaway Kitchen, it’s safe to say that she is succeeding in doing that and more.



Bubby's Fresh Avocado Salsa

1/4 white onion
Handful of cilantro
2-3 plum tomatoes
1/2 jalapeno (without seeds)
1 avocado
fresh lime juice
2 tablespoons cumin seed
Kosher salt

To prepare: finely chop onion, cilantro, tomatoes and jalapenos. Toast cumin in a dry skillet until fragrant. Crush in mortar and pestle or with the back of a knife. Score each half of the avocado into large chunks with a knife then use a spoon to remove from peel.

Add lots of lime and salt to taste.

Salsa is great with chips or on tacos or seafood.





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Astor's Junior Board Grows

by Samantha Lowe

“I cried reading the story I am going to share with you tonight,”

Nicole Giambaresse said as she stood in front of a packed room at Church Publick in Tribeca. She told the story of a young boy whose father was imprisoned and he was being raised by his grandmother. At the age of 10 he was struggling to put his life together, while contemplating one day losing his elderly grandmother—his only caregiver.

Modernizing Young Professional Seeks Likeable & Engaged Young Professional



Pictured are (L-R) Stacey Bercu, Sonia Barnes-Moorhead, Anastasia Cheruvilil and Amanda Hahn.



Pictured are (L-R) Cristina DeBrito, Stephanie Dameshghi, Stacey Bercu, Nicole Giambarrese, Rachna Chandiramani, Anastasia Cheruvelil, Amanda Hahn & Lashana Lewis. Pictured below are (L-R) Rachna Chandiramani, Lashana Lewis, Tennyson Singer, & Stephanie Dameshghi.

Nicole is Astor's inaugural Junior Board president. She represents a common paradigm shift in non-profit board models. Eighty-eight percent of non-profits in the United States have no board members under the age of 49.

(BoardSource, September 2012)

What appeal is there for the younger generation to participate in organizational leadership if there is no peer involvement? The answer is the induction of Junior Boards.

The premise of a Junior Board is to engage eager millennials who

are just starting in the workforce and who are thirsty to prove themselves through direct involvement.

This core group of volunteers then creates a sustainable entrance to non-profit management. These millennials, typically in private sector careers, will age in to a Board Director position with an experiential advantage over their older counterparts. They will become more well-versed and far greater educated in the art of the public sector. This gives non-profits with Junior Boards a development advantage.

Astor hosted their inaugural Junior Board meeting in June of 2015. Sitting at an oval table in Robin Hood Foundation's conference room, nine women were



excitedly interacting with each other. Ranging in careers, each member complemented the next, forming a strong standard for what was to be expected of future Junior Board nominees.

Amanda Hahn, current chair of the Junior Board's Development Committee, said she joined out of an already existing passion for giving back. "I absolutely love being

“I want to work for groups of people who can’t speak for themselves. Children are innocent. They need other people to speak for them. To stand up for them.”

–Amanda Hahn

chair of the Junior Board’s Development Committee

involved in charity. This was an opportunity to expand the type of charities I work with,” she said.

With the constant reminder of who they were working for, the group set out to create a strategic plan for raising awareness and money for Astor. Within four months of the original meeting at Robin Hood, the Junior Board hosted two events.

In just two hours, the group proved their impact on Astor would

be great. With barely a familiar face in the room, the Junior Board members took turns educating the guests on mental health, the state of Astor’s programs and how important and advantageous it is for community members to get involved with a mental health non-profit.

There is no doubt they care. It isn’t just a networking tool for career advancement. These millennials are willing to do whatever they

can to benefit a cause they believe in. Working tirelessly, the group is prepping for their next big event: a Spring Gala on May 5th at the Old Manhattan Surrogate’s Court.

They are excited, ambitious and are seeking opportunities to show impact in their twenties and thirties instead of waiting until they are older. Astor is willingly presenting itself as an outlet for this energy, commitment and creativity.

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Please contact Samantha Lowe at slowe@astorservices.org or (845) 871-1171 for information.

Are you a good adult child?

1. You are planning to attend a meeting in the city where your parents live. You:

- A. Don't think you will have time to spend with your parents, so you don't tell them that you will be in town.
- B. Tell your parents you can have lunch with them, but they have to get themselves down to the conference hotel where you are staying.
- C. Come to town the night before the meeting so you can spend some quality time with them.

It is your parent's birthday. You:

- A. Send a card, but don't think you need to call.
- B. Make a special visit on the birthday in order to surprise them.
- C. Send a present and then call to sing Happy Birthday.

Your parents need more care. You:

- A. Make room in your place so they can live with you.
- B. Offer to help them move to a new home in Florida.
- C. Tell them how much they would enjoy living with one of your siblings.

Your parents are getting older. You:

- A. Reassure them that they can always count on you for help.
- B. Avoid talking to them. You are afraid that they are going to ask you for help.
- C. Suggest they get a dog to keep them company.



Your mother is not well, but she says she is afraid to go to the doctor. You:

- A. Talk to your father and tell him he should insist that she go.
- B. Offer to go to the doctor with her.
- C. You know she is a hypochondriac. And you tell her so.

SCORES: Add up your answers

My Score:

- 1. A = 2 B = 6 C = 10 -----
- 2. A = 2 B = 10 C = 6 -----
- 3. A = 10 B = 6 C = 2 -----
- 4. A = 10 B = 2 C = 6 -----
- 5. A = 6 B = 10 C = 2 -----

Add up the numbers to find your total score

Total Score: _____

What the scores mean:

10 to 18

You are a less-than grateful adult child. Definitely not a role model for your own children.

19 to 30

Taking short cuts and the easy path will not work out in the long run. Examine yourself.

31 to 50

Your parents raised you right. Your children will know what to do when you need them.



Coming To America by Joseph Maresca

Suddenly There's Poughkeepsie

by Grace Paley

what a hard time
the Hudson River has had
trying to get to the sea
it seemed easy enough to
rise out of Tear of
the Cloud and tumble
and run in little skips
and jumps draining
a swamp here and
there acquiring
streams and other smaller
rivers with similar
longings for the wide
imagined water
suddenly
there's Poughkeepsie
except for its spelling
an ordinary town but
the great heaving
ocean sixty miles away is

determined to reach
that town every day
and twice a day in fact
drowning the Hudson River
in salt and mud
it is the moon's tidal
power over all the waters
of this earth at war with
gravity the Hudson
perseveres moving down
down dignified
slower look it has
become our Lordly Hudson
hardly flowing
and we are
now in a poem by the poet
Paul Goodman be quiet
heart
home home
then the sea

Grace Paley

December 11, 1922 – August 22, 2007

Paley published her first collection, *The Little Disturbances of Man* (1959) with Doubleday. The collection features eleven stories of New York life, several of which have since been widely anthologized, particularly "Goodbye and Good Luck" and "The Used-Boy Raisers." The collection introduces the semi-autobiographical character "Faith Darwin" (in "The Used-Boy Raisers" and "A Subject of Childhood"), who later appears in six stories of *Enormous Changes at the Last Minute* and ten of *Later the Same Day*.

Paley continues the stories of Faith and her neighbors in *Later the Same Day* (1985). All three volumes were gathered in her 1994 *Collected Stories*, which was a finalist for both the Pulitzer Prize and the National Book Award.

Although more widely known for her short fiction, Paley also published three volumes of poetry, *Leaning Forward* (1985), *New and Collected Poems* (1992), and *Long Walks and Intimate Talks* (1991).

Paley was known for pacifism and for political activism.

Joseph Maresca

Read Joseph's bio on page 2 Contributor's page.

We pay tribute to all parents who struggle to support their children who have emotional, behavioral and/or developmental challenges.

—Jim, Beth and Sean McGuirk



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