Dear ANDRUS Community,

As we begin 2019, I look forward to a year filled with hope, promise and great accomplishments. Something I know is possible because of all of you and your commitment to ANDRUS. I am proud of all we achieved together in 2018 and I am eager to continue our vital work in the coming year.

Last year we celebrated the 90th Anniversary of ANDRUS where we reflected on our achievements, milestones, challenges and opportunities to come. I hope that you enjoy reading about our Anniversary Gala where we were proud to honor our good friends from Levitt-Fuirst Associates, Ltd. With the generous and committed assistance of sponsors, honorees, donors, and friends, we raised nearly $500,000 to support our work with vulnerable children and families in our community.

While the Gala was an incredible celebration, it was not the only highlight of 2018. We celebrated many exciting milestones including the election of our Residential Student Council, a successful Leadership Academy and many more. Because of our incredible donors, supporters and friends, we were able to provide our children with a festive holiday season filled with holiday parties, tree lightings, and generous surprises from our donors and supporters. It was truly the most wonderful time of the year! Seeing the way our children and families lit up during the holidays was humbling and reminded me of just how important our work here is.

Through our Orchard School, residential programs, sensory therapies, community based initiatives, mental health clinics and the Sanctuary Institute, ANDRUS delivers an unparalleled level of care in supporting children and families on their journey to successful futures. If you have not visited our campus and satellite sites, we encourage you to do so.

Thank you for your continued friendship and for helping us Nurture Hope for 90 Years.

We are ANDRUS.

Bryan R. Murphy
President & CEO
Celebrating its 90th Anniversary, ANDRUS hosted a sold out crowd of more than 350 people at The New York Botanical Garden on Friday, November 2nd. With the generous support of sponsors, honorees, donors, and friends, ANDRUS raised nearly $500,000 that will benefit therapeutic programs for vulnerable children and families in the community.

This year the gala honored Levitt-Fuirst Associates, Ltd., a local insurance brokerage firm. Annually, the entire Levitt-Fuirst office spends a day on campus working side by side with ANDRUS students to beautify our campus. Because of the dozens of Levitt-Fuirst employees who support ANDRUS annually, students’ lives have been transformed. They show ANDRUS’ students the power of hard work and the value of seeing a project through to the end as they work as a team to revitalize the campus greenhouses and gardens. At the event, Levitt-Fuirst Co-Presidents, Ken Fuirst and Jason Schiciano, accepted the evening’s honor, on behalf of the entire company, for the incredible work that they do supporting ANDRUS and the community.

In addition to recognizing the incredible support given by Levitt-Fuirst, the evening celebrated 90 years of growth and change at ANDRUS as well as all of those who make our work possible including members of the ANDRUS family, ANDRUS employees, long time donors, new friends, supportive vendors and many more. A highlight of the evening was a video showing the impact that ANDRUS has on its current students, alumni, families and staff. It was an honor to have local dignitaries at the Gala as well as two extraordinary ANDRUS alumni and over a dozen ANDRUS family members. The evening was a remarkable tribute to all that ANDRUS has accomplished since 1928 and all that will continue to be accomplished in the next 90 years. We hope you will all join us at our Annual Gala on October 25th, 2019!
We Are Leaders

ANDRUS Leadership Academy Graduation

Congratulations to the graduates of the 2018 ANDRUS Leadership Academy, Thalian Rojas, Neville Thompson, and Angel Gray! Their hard work, devotion, and collaboration throughout the academy, as well as throughout their careers, have successfully moved ANDRUS forward in its path of growth and change.

ANDRUS' Leadership Academy is a multi-session course for employees who wish to improve their managerial skills. The course focuses on providing participants with an intensive exposure to the management skills they will need to be successful managers and provides a foundation for developing the advanced skills required of top level ANDRUS leaders.

ANDRUS Student Council

The Leaders of Tomorrow

ANDRUS' Student Council is composed of twelve residential students, two from each cottage, seeking to develop their leadership skills and build their experiences.

The children and teens on the ANDRUS Residential Student Council had the opportunity to visit Yonkers City Hall. We were invited by The Commissioner of the Department of Public Works & Yonkers Democratic Party Chairman, Tom Meier Sr. The Commissioner was so pleased to meet with a group of young people who were intent on giving back to their community and ensuring that we are all doing our part to protect the planet. By the end of his visit with us, he had committed to providing information and resources to assist the Residential Student Council as they embark on the creation of an ongoing recycling initiative on our campus focused on the three Rs—Reduce, Reuse, & Recycle.

During our time at City Hall, Commissioner Meier arranged for a special presentation on the importance of recycling and how to initiate a school Recycling Program. The children and teens on the council demonstrated their curiosity, creative ideas, and passion for protecting the environment and animals which become negatively impacted by pollution. Our residents even brainstormed ways to make recycling fun such as a “who can recycle the most” contest between cottages and arts & crafts activities with used water bottles. We then had the opportunity to tour City Hall, from the City Council Chambers, to the ceremonial court room, to the TV station, and more.

The members of the Residential Student Council were ready to hit the streets and recycle with their new reusable City Hall tote bags, but there was another surprise in store for us! We were invited into the meeting room of Mayor Spano for a 30-minute meeting where our youth on the council had the opportunity to ask questions from, “do you like chocolate?” to “what was the hardest decision you ever had to make as Mayor?” The Mayor was so pleased with our group that he awarded each child with a ceremonial “Office of the Mayor” pin and a certificate which read:

As Mayor of the City of Yonkers, I am pleased to welcome you to Yonkers City Hall as you tour our historic building. Your sense of community spirit is greatly appreciated by all the residents of our City and we hope that your visit was enjoyable and productive. We also wish to congratulate you on your election to your school’s student council.

Mayor Spano

It is special moments like this which foster growth, change, and empowerment in the youth we serve and which teach them that the impact they can have on others, on our planet, and on themselves can be transcendent.

- Stephan Spilkowtiz
Sr. Manager of Therapeutic Programming & Youth Development

(above) Graduates of the 2018 Class
E.A.S.Y. After School Cooking Classes

Our Eastchester After School Youth (E.A.S.Y.) program has begun to offer "Cooking Classes" with hands-on opportunities for our children to up their skills in the kitchen. They are not only learning how to transform simple ingredients into healthy meals and snacks, but also learning specific techniques to stay safe while working with new tools in the kitchen.

Healthy Self-Care Recipe

Roasted Chili and Mango Guacamole

- 2 large ripe avocados
- 1 red onion, finely chopped
- 1 large hand of cilantro, coarsely chopped
- 1 large mango, diced
- 1 hot chili, diced small
- 1-2 tomatoes, diced
- 1 Tbs olive oil extra virgin oil
- 1 Tbs apple cider vinegar
- 2 Tbs lemon juice
- salt and pepper to taste
- 1-2 cloves garlic, optional

Simply Mix and Serve!
We Are Heroes

Congratulations to this Quarter's Julia Award Winners!

The award honors those who have represented the following in their daily endeavors here at ANDRUS:

J - JOYFUL
U - UNIQUE
L - LEADER
I - INDUSTRIOUS and INSPIRING
A - ACCOMPLISHED ACHIEVEMENT

Dominic Buono, Per Diem Milieu Therapist, Benedict Hall, Residential Program

Dominic represents all of the attributes of this award. JOYFUL- Often we as individuals struggle with accepting conditions easily, unless the situation is favorable to us, but not Dominic. No matter how undesirable things turn out, he looks on the bright side; an example would be when he is asked to work in a cottage other than the one he is usually stationed. Dominic has patience during difficult times and keeps his eyes on the ultimate goal which benefits our youth. UNIQUE-Dominic’s temperament, attitude, thoughts, beliefs, behavior, and character is what makes him an outlet for not only our youth but for staff as well. LEADER- He communicates openly and effectively, takes ownership and responsibility, and displays confidence in all that he does. INDUSTRIOUS and INSPIRING- When Dominic steps into the cottage, it’s like he’s a magnet, each child is filled with excitement and joy; they are content with him just being there. Dominic has built unique relationships with the each child, motivating them and showing them their strengths, and just providing support, love, and care which leaves each child feeling special. ACCOMPLISHED ACHIEVEMENT- Dominic has recently taken on a lot of responsibilities without even being asked, proving to be proactive, dedicated, and innovative. His dedication and commitment to the youth we serve is impeccable, and we as a team are proud to nominate him for this award.

Care Coordinators: Damaris Ramsingh, Sujei Burgos, Kristina Agcigal, Jennifer Caro, Mary Pujol, Michelle Diaz, Angel Gray, and Savoy St. Claire, of the Care Management Department, Community Division

Care Management works relentlessly to ensure that the families they serve have what they need. JOY-Care Coordinators continue to create opportunities for families to come together and create long lasting memories. Recently Care Coordinators prepared and served hot meals for their families. UNIQUE-Care Coordinators are resilient, determined, and passionate; even when they were outside in the cold serving families, not one person complained. It’s admirable to see a group of people care so much about others and do whatever it takes to make sure those families feel loved, supported, and connected. LEADER-Care Coordinators are breaking barriers and setting stones in a way that will create a path for new workers to follow. INDUSTRIOUS and INSPIRING- the amount of teamwork this group displays is inspiring; each day they are selfless with their acts of love & kindness. ACCOMPLISHED ACHIEVEMENT- Care Coordinators set their mind on serving their families in a way that is unique to this team. This group of Care Coordinators took their job to a new level of excellence by showing that they all care for the community and families in which they serve. Holidays are always difficult yet special because it can represent both loss and hope for some families. These caring and loving co-workers went above and beyond to serve meals to over 100 families, restoring hope for each person!

Cynthia Kabel, Executive Assistant, Administration

Cynthia is a special person who is always helpful, kind, honest, and eager to help all. Even after the passing of her young niece, Cynthia managed to keep it together, stay focused, and continue to be the same bubbly, helpful person. I constantly see her helping others. She is reliable, caring, and has a positive aura. You know she can be trusted wholeheartedly and I respect her determination, strength, and dedication.

Andrea Hudson, Interim Librarian, Orchard School, Campus Program

Andrea is a warm and generous worker who greets everyone with a smile. She loves to cook and has taken the love of cooking into her classroom. Most recently she made chicken and rice for all of her classes to celebrate Hispanic Heritage month. The week of Thanksgiving she wore a pilgrim’s hat during classes and celebrated with apple and sweet potato pie for the students. She is often working even after school has let out for the day, working with the students on the computer in the library. She assisted the school psychologist in getting all of the students tested in math and reading. Andrea is all about spreading joy, love, and laughter throughout the agency.
Tis’ the Season to Celebrate!

Check out all the ways ANDRUS’ children, families, and staff celebrated this season!
AELC staff, students, and parents have created a clothes-line to collect hats, mittens, and scarves so that no child will be cold this winter!

The items collected will be distributed to those who need them and the remainder will be kept at AELC for days when items are forgotten or lost.

Together as a family, we can ensure all of our children are safe and warm during this season's cold weather!

"See you later" Success Stories

We often find ourselves pondering somewhat contradictory beliefs about how children “should” feel prior to during their admission to our residential program. We want children here; we feel confident in our ability to ensure safety, model and teach emotion regulation skills, process past experiences of loss and change, and offer opportunities for building on already existing strengths and future possibilities. However, we also believe in the power and importance of family and friends. We hope for children to grow and develop so they can return to their home community, however that may be defined and wherever that may be. Regardless of how children make sense of the complexity of transitioning from home to residential care, we walk alongside them through their journey. Just like that, we later find ourselves in the privileged position of saying “see you later,” as we celebrate growth and send children off in the same curious and supportive manner we once greeted them.

What stands out the most from my son’s time at ANDRUS is the relationships he built with the staff in his cottage. He did not have a positive male role model in his life. He was able to trust these men and felt secure around them; one became his confidant and our family is still in touch with him to this day. Even after 2 years, he is still there for support for both my son and for me. Another staff taught him to cook and he has become a very good chef. At home, he enjoys cooking for me and for his friends. He isn’t sure if he wants to pursue a career in the culinary field but he developed a skill he can use for the rest of his life. It has been a long rocky road filled with lots of angst, love, hope and support. ANDRUS has been a source of great comfort to me over the years and I do believe he would not have been able to get through school without it. I thank all of the staff for their deep concern, commitment and love for our children.

- Parent of ANDRUS Alumni

Since she returned home, I’ve reflected a bit on my daughter’s lengthy interview process, concerns the team had during her initial months back home with us, and then compare to where she is now. And, Wowsers! It’s clear that with support from so many, my daughter has grown in ways that were once difficult to imagine – in part because you all kept believing and nurturing hope… and there you have it!

- Parent of ANDRUS Alumni

We’re excited to launch our new “See you later” series, where we will highlight alumni success stories...
**Acceptance**

Imagine that you are on your way home from work, you’ve had a long day, and all you can think about is getting there to relax. You are about ten minutes from your destination and suddenly you hit standstill traffic; the next exit is just a mile away. What are you feeling? How do you respond? Are you banging on the steering wheel, yelling inside your car, thinking of a plan to escape the traffic? Are you listening to your favorite podcast and not even concerned about the traffic? Well, depending on your mindset, sitting in the traffic could either be seen as an opportunity or an obstacle.

The difference between the mindset of one that sees an opportunity and one that perceives an obstacle is acceptance. The mentality that accepts the current circumstance is being present with all that is happening in the moment and embracing it. The mindset that resists the now is experiencing a lot of stress and pain. In his book, *The Power of Now*, Eckhart Tolle says that when we accept this moment entirely and no longer argue with what is, we can find our circumstances change for the better.

Imagine that, just one shift in our thoughts can change how we experience life. Right now is all we have and now is all there ever is. Too often we get caught up in thinking about the past, which has already happened, or we get fixated on the future, which hasn’t even happened yet. We literally can’t go back, we can’t go ahead, all we can do is be (present). Now as you read this, please don’t see me as someone who is always “accepting” and goes with the flow, that is not me! I am a recovering control freak!! I am the one who would consider the night ruined if things didn’t work out exactly the way I thought it would, planned it to be, or even hoped to be. I was so attached to those outcomes and blinded by own idea of how things “should” be. I used to be in conflict with the present which inadvertently caused me to overlook opportunities to experience love, joy, and peace. As a result of that fixed and resistant mindset, not only did I miss those moments, I also annoyed my loved-ones who were just happy we were together. I was creating so much unnecessary stress and pain for myself, and I had to snap out of it. Reading “The Power of Now” truly helped me shift my mindset and reduce the amount of stress in my life.

Perhaps you can relate and would like to make changes to your own mindset. If so, I’d like to share a few techniques that are currently helping me enjoy the moment, complain less, and reduce stress.

**1. Find the gratitude.** Gratitude can change attitude. Pay attention to what’s happening around you and find something, anything, to be grateful for. If you can find gratitude in your circumstances, you can find peace.

**2. Yield to the flow of life instead of opposing it.** “The only place where you can experience the flow of life is the Now, so to surrender is to accept the present moment unconditionally and without reservation.” — Eckhart Tolle


**4. Practice compassion for yourself and others.**

So remember, the next time you’re in traffic, or you find yourself resisting what is, take a moment to WAIT (Watch. Accept. Investigate. Tend)

Lindsay Jackson, CPC
Assistant Director of Training
Energizer & Life Coach
Staff Spotlight

In 1997, Roger Burton began his journey with ANDRUS as a Milieu Therapist in Griffith Hall with close to five years of experience in the field of childcare. Today, over twenty years later, Roger is one of the most esteemed members of our campus community and is still nestled away in Griffith Hall as the Senior Program Manager. He is a genuine, kind, patient, empathetic leader with a passion for fish tanks, gardening, and empowering change in all those he encounters. Roger has not only accepted and committed to working with a sanctuary focused lens, but works tirelessly to model and teach these guiding principles to the children, families, and staff that he works so compassionately with. He has woven the language, culture, and feelings of sanctuary so deeply into the fiber of his program.

Families bring us their most valuable possession, their children, and Roger and his team accept them, teach them, and guide them in the most beautiful of sanctuary ways. A few months back, conversations began around converting Griffith Hall into a co-ed program. While there were concerns and disbelief, Roger and his team were open to accepting this opportunity of growth and change. They responded with their classic slogan “This is Griffith Hall, that’s what we do.” Roger is a true symbol of all that we strive to be at this agency. He is changing the lives of our children and families for the better. We are so proud to honor him with the Staff Spotlight.

Roger Burton
Sr. Cottage Program Manager
SAVE THE DATE
Tuesday, June 18th, 2019
for our 15th Annual
Golf Fore Kids Outing
at Ardsley Country Club, Ardsley NY

To register, please visit www.andrus1928.org/golf

Would you like to contribute to the next newsletter?
If you have a story, idea, or shout-out, please email Brianne Lynn at Blynn@jdam.org

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