



**Andrew Malekoff, Amy Cantor, Alexis Siegel, Dr. Victor Fornari, Jan Ashley and Nancy Lane**

# Guidance Center Spring Luncheon Raises More Than \$68,000

**N**orth Shore Child & Family Guidance Center, the preeminent not-for-profit children's mental health agency on Long Island, recently raised more than \$68,000 to support the mission to restore and strengthen the emotional well-being of children and their families. The event, which took place at Glen Head Country Club, began with exciting games of Mahjong, Canasta and Bridge, along with unique shopping boutiques from some of Long Island's trendiest and most charitable small business owners, including Dale's Novelty Knits, Dash, Designs That Donate, iThrive, Costume Klassics, Museum Coffee House and RFC Fine Jewelry, among others.

Following the delicious luncheon buffet came a most informative and engaging presentation by keynote speaker Dr. Victor M. Fornari, MD, who is also the Director of the Division of Child & Adolescent Psychiatry at The Zucker Hillside Hospital and Cohen's Children's Medical Center and Professor of Psychiatry & Pediatrics at the Donald & Barbara Zucker School of Medicine at Hofstra/Northwell. He discussed the latest developments in the field of children's mental health, focusing on the Mobility study currently being done in conjunction with the Guidance Center and others of a medication named Metformin.



**Erika Ewing, Board Member Josephine Ewing, Ann Alexander and Diane Patterson**

*(Photos courtesy of North Shore Child & Family Guidance)*



**Jeryl Sletteland and Angela Anton**



**Ruth Fortunoff Cooper with her jewelry**

"The purpose of this study is to determine if adding Metformin to a healthy lifestyle program would help children and teens control weight gain caused by certain medications," said Fornari. He explained that a large percentage of some anti-psychotic medications for children and adolescents cause weight gain, which increases the risk of developing Type II diabetes as well as cardiovascular,

neurological and digestive conditions. Fornari cited "the courage" of Dr. Reena Nandi, the Guidance Center's Director of Psychiatric Services, Executive Director Andrew Malekoff and other Guidance Center colleagues for playing such a central role in this study. He also said that the Guidance Center is "the most productive of all of our partners." He also told the audience that this

is the largest pediatric psychopharmacological study ever funded by PCORI, the Patient Centered Outcomes Research Institute.

"We are proud to partner with such a prestigious and patient-outcome drive study," said Nandi. "We're eagerly awaiting the results, which could have a dramatic impact on the health of children and adolescents."

The luncheon couldn't have been so successful without the hard work of co-chairs, Jan Ashley, Amy Cantor and Alexis Siegel.

"For several years, these three dedicated Guidance Center supporters have taken on the formidable task of organizing this exciting and informative event," said Malekoff. "Their dedication to our mission is unwavering."

The center is also grateful for the support of their sponsors: The Children's Medical Center at NYU Winthrop Hospital; Ruth Fortunoff Cooper; Americana Manhasset; Nancy Lane; Andrea Leeds; Signature Bank; Amy Cantor; Fara Copell; Klipper Family Foundation; Tracey Murray Kupferberg, CBR; Power Travel; Raich Ender Malter & Co. LLP; Alexis Siegel; Linda Cronin; Ann Dorman & Kenneth Adler; Joan Grant; Carol Marcell; Nanci Roth and Carol Wolowitz.

For more information about the Guidance Center, visit [www.northshorechildguidance.org](http://www.northshorechildguidance.org) or call 516-626-1971.