

## Support for Grandparents

**N**orth Shore Child & Family Guidance Center knows that real healing comes from supporting the entire family. That's why we run two programs for grandparents: GASAK, for Grandparent Advocates Supporting Autistic Kids, and C-GRASP, for Caregiver Grandparent Respite and Support Program.

GASAK's mission is to support, inform and advocate for grandparents with autistic grandchildren. At monthly meetings, GASAK participants share information on issues critical to families impacted by autism.

While there are many programs for parents of autistic kids, few address the specific issues that come up for grandparents, but at GASAK meetings, grandparents can share their concerns with their peers.

GASAK member Judy Greenberg says, "A lot of times your friends can't relate



to what you're going through, but when you walk into the GASAK group, you feel comfortable instantly."

Guest speakers, such as education lawyers, play a vital role at GASAK meetings. "When a grandparent leaves a meeting," says Dr. Sue Cohen, Director of Early Childhood and Psychological Services at the Guidance Center, "they walk away with information that can make a huge difference in the lives of their children and grandchildren."

But the camaraderie members experience is perhaps the most important benefit of the group.

"There is such compassion," says one GASAK member. "By sharing our worries as well as our happy moments, we give new members hope."

### Grandparents In Charge

For a variety of reasons, sometimes grandparents are placed in the role of primary caregiver. That's when C-GRASP comes in.

Dr. Nellie Taylor-Walthrust, Director of the Guidance Center's Leeds Place, says these grandparents are often isolated, struggling with health and financial issues that add stress to the entire family.

Through partnerships with supportive local entities, the Guidance Center

provides the grandparents with a variety of services, including counseling, housing help and school advocacy.

"The grandparents also have the opportunity to develop a social network with other grandparents who are experiencing the same life challenge," says Taylor-Walthrust.

For the past eight years, Marie and Roger Dextra have been caring for their five

**Nationwide, 2.7 million grandparents are raising grandchildren.**

grandchildren because of their daughter's depression. Through C-GRASP, which is funded largely through the Town of North Hempstead's Department of Aging, Guidance Center advocates go to the children's school meetings on their behalf.

Despite the many hardships, the Dextras find joy in caring for their grandchildren. "It's such a passion for me," Marie says. "When I see them coming, I'm happy."

With both C-GRASP and GASAK, the Guidance Center's inclusive family approach helps create an environment in which children thrive!

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**See how YOUR  
GENEROSITY is saving  
children's lives!**

# A Message From The Executive Director / CEO

## Unsung Heroes

***"A child's mental health is just as important as their physical health and deserves the same quality of support. No one would feel embarrassed about seeking help for a child if they broke their arm—and we really should be equally ready to support a child coping with emotional difficulties." — Kate Middleton***

The Duchess of Cambridge, whom I quote above, has been a powerful force in bringing the issue of children's mental health to the forefront. She and her husband, Prince William, have been championing the importance of providing psychological and emotional support for children from a very young age through their teen years so they will develop the foundation to live healthy, happy lives.

Here at North Shore Child & Family Guidance Center, we are blessed to have many champions: individuals, companies and foundations that make our work possible, whether it be through volunteering at our Children's Center at Nassau County Family Court, serving on our Board of Directors, attending our fundraising events, or supplying essential financial support.

It would be impossible to mention all of them here, but I'd like to point out a few who made 2019 a great year for the Guidance Center and our clients.

Many helping hands went into making our 2019 gala a huge success. First, thanks go to Louis Iglesias, our gala honoree; to our wonderful emcee Stacey Sager; to our former client, 17-year-old John Kenny, who did a fantastic job speaking about his journey; and to our many volunteers, who this year included some of the staff of PSEG Long Island. (Read more about the gala on page 7.)

Thanks to the generosity of the Klipper Family Foundation, the John and Janet Kornreich Charitable Foundation and Aon Corp., this fall the Guidance Center became the proud owner of a new 15-passenger van, which we are using for trips taken by the clients in our Latina Girls Project and our Wilderness Respite Program.

We are lucky to have a very devoted Board of Directors who serve so selflessly, donating their time and talents into making sure we have the resources to keep our doors open and our services of the highest quality. Special thanks to board members Carol and Andy Marcell for sponsoring a celebratory evening out for our entire staff at a lovely venue in Roslyn this past summer.

Most of all, I want to thank the staff at the Guidance Center. Whether they are part of our clinical or administrative team, they put their hearts and souls into making sure our clients receive the best in care.

Without the dedication of these unsung heroes, the children and families we see



each year wouldn't receive the lifesaving services that help them move from hurting to healing. And because of our commitment to the community, we never turn anyone away for inability to pay. For that, we are forever grateful to all of you who support our mission with your generous financial contributions.

May the New Year bring joy and good health to you and your family!

With Gratitude,

**Andrew Malekoff**

Executive Director / CEO

A handwritten signature in black ink that reads "Andrew Malekoff".

## *Please Support the Guidance Center Through Our Annual Fund*

The Annual Fund is our "lifeline," composed of unrestricted funds that can be used when and where they are needed most.

***It's easy to give. You may make your donation in one of three ways:***

Online at:  
[www.northshorechildguidance.org](http://www.northshorechildguidance.org)

By phone:  
Call (516) 626-1971, ext. 337

By mail: Make checks payable to NSCFG and mail to NSC&FGC  
480 Old Westbury Road  
Roslyn Heights, NY 11577

***Thank you for your support!***

## Guidelines

FEBRUARY 2020

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Morey Creative Studios



# Donor Profile: Rosemarie and Mitchell Klipper

Rosemarie Klipper first learned of North Shore Child & Family Guidance Center's work when she was volunteering at Park Avenue Elementary School in Westbury. Her friend Bonnie Eisler, who was a supporter of the Guidance Center, told her about the organization, and Rosemarie immediately realized how beneficial our programs could be to the Westbury community.

"I hoped to learn how to bring services to the students at Westbury, as many were immigrants with multiple stresses in their young lives," she says.

The connection between Rosemarie and the Guidance Center has been a strong one for many years, as she and her husband Mitchell are involved at every level, always giving of their time, financial resources and creative ideas. Rosemarie has been a very active member of our Board of Directors for 15 years, and the couple has chaired our annual gala twice, as well as been our gala honorees in 2008.

"Rosemarie and Mitchell have a deep understanding about the importance of the Guidance Center's work," says Nancy Lane, Past President of the Board of Directors. "Giving back to the community and the larger world is an essential part of who they are, and they give from the heart."

## Family First

The Guidance Center is blessed to be among the many causes that receive donations from the Klipper Family Foundation, including Island Harvest, UJA-Federation, PJ Library and their synagogue, the Woodbury Jewish Center. The Foundation's mission—to support the Jewish people, alleviate hunger, promote literacy and provide mental health services to children and their families—puts family and community first, and that perfectly aligns with the Klipper's own values.

"Family is at the core of everything we do and care about," says Rosemarie. "The Guidance Center focuses on strengthening the entire family unit, and there's nothing more important than that."

The Klipper's four children—Leonard, Robert, Alan and Max—play a central role



in the Klipper Family Foundation. "We're very pleased that our sons are so involved with giving back to the community," says Rosemarie. "It means so much to us that they are dedicated to the causes that are most meaningful to them." Her daughters-in-law Rachel and Juliette, along with their son's fiancée Jacqueline, are also very active in the community.

A guiding principle for the entire Klipper family comes from the Judaic concept of tikkun olam, which means to repair the world. "When you are in a position to help others, it's so important that you respond to the needs of your community," says Rosemarie. "It's crucial that we do not turn a blind eye to the needs of our fellow human beings."

## A Driving Force

This summer, Mitchell and Rosemarie were instrumental in fulfilling a very important need at the Guidance Center. When they learned that our van was in need of replacement, they took the wheel and contributed toward the purchase of a new 15-passenger van.

According to Lauren McGowan, Director of Development, when she asked the Klippers for their help, they didn't hesitate. "In addition to donating funds for the van," she says, "Mitchell actually helped us negotiate a great deal."

Mitchell honed his business acumen during his 29 years with Barnes & Noble, the latter part as CEO of the retail division, while Rosemarie spent her early

**"When you are in a position to help others, it's so important that you respond to the needs of your community."**

career as a registered nurse and then as a volunteer with the Westbury schools, among other organizations. The couple has been happily married for 36 years.

These days, the Klippers spend as much of their free time as possible traveling. The other great joy of their lives is being with their three grandchildren, Molly, Solomon and Jonathan, who no doubt will one day take on the Klipper family's mantle of philanthropy and community service.

"When we give to an organization, whether by writing a check or being involved on another level, we are the ones getting the true gift," says Mitchell.

Adds Rosemarie, "As you give to others, you're helping yourself as well. It's a wonderful feeling to be able to make a difference in peoples' lives. I encourage everyone to get involved by giving to such a wonderful organization as the Guidance Center."

# Volunteer Spotlight: Sydney Spilko



Sydney Spilko on her graduation day.

Our mission to bring hope and healing to children and their families wouldn't be possible unless they learn about our services. And one of the best ways to get our message out is through social media.

The Guidance Center was very lucky last summer to have a real social media maven volunteering for us. Sydney Spilko, a graduate of Syracuse University and Schreiber High School in Port Washington, not only helped with our social media strategy, she also wrote several of our blogs! In addition, she volunteered at our Children's Center at Nassau County Family Court.

"Interning at North Shore Child & Family Guidance Center was such an amazing learning experience for me," says Spilko. "I was encouraged to pursue my own interests, as well as learning about all of the important programs and services offered at the Guidance Center. As I plan on going to graduate school for a doctorate in Clinical Child Psychology, I know the skills I picked up will follow me throughout my career."

Lauren McGowan, Director of Development, says, "From day one, Sydney was a huge asset. She eagerly took on every task and provided insightful suggestions on how we could utilize social media for promoting our organization and offering help and advice to parents about the mental health of their children and teens."

Thank you Sydney! We wish you all the best as you head to graduate school!

## Lend A Hand

Are you interested in volunteering for the Guidance Center? We are always looking for dedicated people who have patience and love for children and would like to tutor them. All volunteers have their own unique schedule and flexibility. To find out more, contact Gerri Lima at (516) 997-2926, ext. 239, or email [GLima@northshorechildguidance.org](mailto:GLima@northshorechildguidance.org).

## Staff Profile: Dr. Sue Cohen



Dr. Sue Cohen receives a staff honoree award.

North Shore Child & Family Guidance Center provides help for the very youngest clients at our Marks Family Right from the Start 0-3 + Center (RFTS) in Manhasset.

All of the programs at RFTS are led by Dr. Sue Cohen, Director of Early Childhood and Psychological Services, who has been with the Guidance Center since 1991.

"This was my first job," says Cohen, who received her Ph.D. in Clinical Psychology from St. John's University. "My passion has always been working with young children, infants and their parents."

Very often, the mode of treatment involves play therapy. "Play is a child's main way of learning and communicating," says Cohen. "We think outside the box and use lots of creative means of relating to the child."

Cohen also runs a group called GASAK, for Grandparent Advocates Supporting Autistic Kids (see cover story). "We sometimes bring in a speaker from a local support program or an educational advocate or lawyer who can provide information to the grandparents," she explains. The grandparents often struggle when learning of a diagnosis of Autism Spectrum Disorder and find comfort in knowing that others share their experiences.

What makes the Guidance Center such a great place isn't only its services; it's the people who work here, says Cohen. "We have a dedicated and passionate staff that is always looking for creative ways to help our children and their families."

# Happy Retirement Amy and Lee!



Lee Holtzman and Andrew Malekoff, when Lee was honored for her years of service.



The B.O.C.E.S. school where Amy worked gave her a plaque in honor of her devotion to the students in the drama department.

The Guidance Center was lucky to have Amy Ipp-Gelb and Lee Holtzman as dedicated members of our staff for many years. Ipp-Gelb, the Clinical Coordinator at our Intensive Support Program (ISP) for the past 18 years, retired at the end of 2019. Holtzman, the Coordinator of High-End Services and the Graduate Student Intern Program, retired in early January 2020 after more than 25 years!

Ipp-Gelb reflected on her time at the Guidance Center's ISP:

"My years at the school have been incredibly satisfying. We have the unique opportunity to see children daily.

We hear and help them grow and experience the joys and pain of adolescence and watch them develop into young adults. Working with challenging clients and their families has been my forever dream and I am so appreciative of this opportunity afforded me throughout the years.

She added: "I cannot say enough about my staff, co-workers and supervisors. They are the true heroes and heroines of this unique program. They always say, 'What can I do to help?' They are the wind beneath my wings."

Holtzman said:

"Several years ago, I spoke at an agency function where I outlined the circuitous path to my choice of the social work field and to my life at North Shore Child & Family Guidance Center. In summing up my time at our agency, I borrowed a quote from Theodore Roosevelt which goes, 'Far and away the best prize that life has to offer is the chance to work hard at work worth doing.' To my co-workers, past and present, thank you for taking the journey with me and for sharing the gift that life has given us."

***We thank them both for their dedication to the children we serve!***

## Self-Care for Caregivers

Each year, North Shore Child & Family Guidance Center sets aside one day for staff to participate in workshops and bond with co-workers.

This year, our morning session was a hands-on learning experience as staff members learned CPR and other life-saving skills.

"Even though you hope that you will never have to use these skills, it's important to know them in case of an emergency," says Andrew Malekoff, Executive Director of the Guidance Center. "I'm very proud of how our staff took on this challenge."

In the afternoon, Nassau County Police Officer Ken Murray of the Nassau County Police Department's division of Homeland Security returned for the second year in a row to talk about "How to Psychologically Prepare to be a First Responder."

Officer Murray explained that first responders aren't just police officers, EMTs and firefighters, but also mental health providers. "You're just as critical a component in a crisis as any first responder," he told the staff. "Psychological wounds don't go away with a bandage, and without your help, none of this works."

He encouraged staff members to not only provide therapeutic services but to seek them out, since the work can be intense. He asked, "How many of you have heard things that no human should ever have to hear," and hands went up all around the room.

Regina Barros-Rivera, Associate Executive Director of the Guidance Center, said that Officer Murray did a terrific job speaking with the staff about our role as mental health first responders and the need for us



Guidance Center staff learning CPR during staff development day.

to take care of ourselves as well as others. "It was very empowering and affirming to hear him talk about the important part we play in responding to crises of all kinds."



# Champions for Charity

On Thursday, December 5, 2019 for the second year in a row, North Shore Child & Family Guidance Center partnered with Americana Manhasset's Brooks Brothers store to co-host an opening night celebration of Champions for Charity®.

The event featured live jazz, great food and drink, and wonderful conversation as shoppers took advantage of the opportunity to buy beautiful items while contributing to great causes. Twenty-five percent of the pretax price on items sold was donated to support our mission and that of other charities.

“We’re thrilled that North Shore Child & Family Guidance Center participates in Champions for Charity®, Americana’s annual holiday shopping event benefitting over 100 not-for-profit organizations,” says Catherine Castagna, President of Castagna Realty Co. Inc. “Their dedication to helping children and strengthening families is an inspiration, and they are an indispensable resource in our community. We are proud to support their efforts.”

Since its inception in 1996, Champions for Charity® has raised nearly \$14 million.

Lauren McGowan, Director of Development at the Guidance Center, says, “We’re very grateful to everyone at Americana Manhasset and Brooks Brothers. They continue to be an invaluable supporter of our lifesaving work.”

AMERICANA MANHASSET  
**CHAMPIONS**  
FOR CHARITY



Catherine Castagna and Ernie Lagoja enjoyed the festivities as the Guidance Center co-hosted an event at Brooks Brothers in Manhasset.

## A Beautiful Night in the Neighborhood!

Mr. Rogers surely would have approved as North Shore Child & Family Guidance Center once again took part in National Night Out, an annual community-building event that brings together residents, police, neighborhood watch organizations, business owners and elected officials in New Cassel and Westbury to celebrate the towns and to promote safer neighborhoods built on community unity.

Regina Barros-Rivera, the Guidance Center’s Associate Executive Director, says, “The event offers the members of the community an opportunity to meet their officials and know that they have a voice to protect their children and families against crime and violence.”

The 2020 National Night Out will be held Tuesday, August 4th. Sign up for our email list to keep up to date on all our events at [Info@northshorechildguidance.org](mailto:Info@northshorechildguidance.org).



The Guidance Center’s Regina Barros-Rivera (far left) and Dr. Nellie Taylor-Waltrust (far right) proudly took part in National Night Out.

# Celestial Soirée Gala

North Shore Child & Family Guidance Center is thrilled to announce that our Celestial Soirée raised over \$485,000 to support the Guidance Center’s mission to bring hope and healing to children and their families who are experiencing mental health and substance use challenges.

The October 24, 2019 gala, which honored Louis P. Iglesias, President and Chief Executive Officer at Allied World Assurance Company Holdings Ltd., is the Guidance Center’s biggest fundraising event of the year.

“The Guidance Center provides an essential service to our community,” says Iglesias. “The importance of providing a safe environment to address children’s mental health issues cannot be overestimated. I am proud to be part of such a great cause.”



A dedicated group of Guidance Center supporters made the evening a huge success. They include event co-chairs John Bender and Wesley Dupont, both from Allied World; journal co-chairs Nancy and Lew Lane; and emcee Stacey Sager of WABC TV’s Eyewitness News, whose grace and generous spirit made for a fantastic evening.



“We are so grateful to Lou Iglesias and co-chairs John Bender and Wes Dupont for helping us raise the funds that support our mission to bring emotional healing to children and families who are struggling with mental health issues,” says Paul Vitale, Board President at the Guidance Center. “Each year, we are blessed to have so many dedicated supporters who

understand the importance of our work, and who enable us to serve 10,000 individuals each year.”

Sager, who emceed the event for the first time this year, says, “I can’t think of anything more critical than the mental health and well-being of our children. Working with a group as dedicated as the Guidance Center assures me that children and their families will always have a place to turn for the lifesaving help they may desperately need.”

A former client named John Kenny, now 17, spoke about his journey with ADHD, and how the Guidance Center’s unique Wilderness Program—which takes at-risk youth on hikes to nature settings—made all the difference in his success. “The reason the Wilderness Program is so important and helpful to people like me is because it’s a safe space for people to be able to be themselves and learn and improve at their own pace,” John told the audience. “The program made me feel like I could accomplish anything I put my mind to!”



Guidance Center Executive Director Andrew Malekoff expressed his gratitude to the honoree, speaker, emcee, donors, sponsors and all who worked so hard on the gala committee. “For more than 65 years, we have been dedicated to providing mental health services to all children and families, regardless of their ability to pay,” says Malekoff. “And because of the generosity of everyone involved, we will be able to continue to provide the best in care to the community.”



Carol Marcell and Stacey Sager.



Nancy Lane, Louis Iglesias, John Bender, Alanna Bender, George Venuto and Paul Vitale.



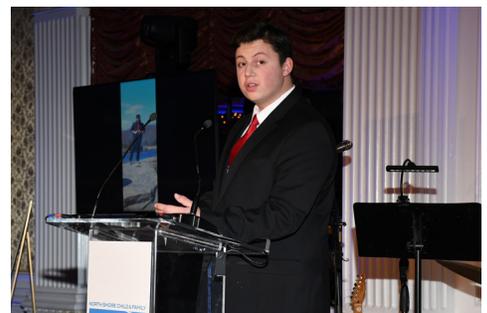
Josephine and Floyd Ewing.



Paul Vitale, Louis Iglesias and Andrew Malekoff.



Andrea Leeds.



John Kenny.

# Children's Center Benefit Raises Record High!



Co-chairs John M. Zenir, Allison Cacace and Robert C. Mangi at the Children's Center benefit.

When parents have business to conduct at Nassau County Family Court, they have one less thing to worry about. Our Children's Center, which operates at the courthouse, provides a safe and enriching environment for children 6 weeks to 12 years old while their parents are in court. More than "babysitting," the program is a true learning center, and it also serves as a vital resource and referral center for families.

On September 19, 2019, North Shore Child & Family Guidance Center raised over \$20,000 at our fundraiser for the Children's Center at Tesoro's Ristorante Cucini Italiana in Westbury. The event, which featured wonderful entertainment by the High Note band, along with cocktails and a buffet dinner, was a record breaker!

Guidance Center Executive Director Andrew Malekoff thanked Joan Antonik and Corinthian Sistrunk, the Children's Center's two full-time staff members, along with the valued volunteers who make the Children's Center a place of learning, fun and warmth. He also acknowledged Laurie Joseph-Yehuda and Rene Joseph, the daughter and widow of the late Honorable Burton S. Joseph, founder of the Children's Center. Laurie is a member of the Children's Center Advisory Council and Rene painted the beautiful murals on the wall of the Children's Center many years ago.

Dr. Nellie Taylor-Walthrust, Director of The Leeds Place (under which the Children's Center operates), thanked co-chairs Allison Cacace, Robert C. Mangi, Esq. and John Zenir, Esq. for their dedication to the fourth annual event. "This fundraiser is critical for the Children's Center, as funds for it have been drastically cut over the years," she says. "With the help of all of our supporters, we are able to keep the Center open full time."

"I am proud to have participated in this fourth annual fundraiser for the Children's Center," says co-chair Mangi. "One source of that pride is the number of family law attorneys who supported the children in this endeavor."

Co-chair Zenir expressed his gratitude to all of the Children's Center supporters "for helping to provide a safe place for the children while their parents are appearing in court regarding such emotionally tragic cases as domestic violence, neglect and abuse, custody, foster care and child support. For many of these kids their time at the Children's Center helps to assure them that many people care about them and want to help them just be kids."

The fundraiser was sponsored by an array of local law firms, individuals and other businesses, including Anita & Robert Nigro, Esq.; Aiello, DiFalco & Gianakos, LLP; Barnes, Catterson, LoFrumento, Barnes, LLP; Casino One Limousines; Dimascio & Associates LLP; Ezdrin & Woods, PC; Family of Hon. Burton S. Joseph; Gassman Baiamonte Gruner, PC; Gold Coast Funding, Inc.; Mangi & Graham, LLP; Mark A. Green, PC; Patricia Manzo, Esq.; Mejias, Milgrim & Alvarado, PC; Pessala Family; Sahn Ward Coschignano, PLLC; Spano Abstract Service Corp.; and John M. Zenir, Esq., PC.



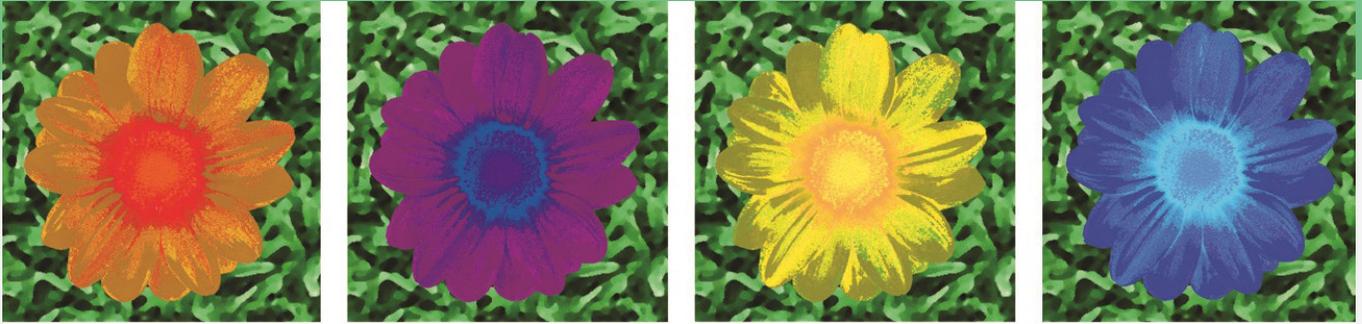
Nellie Taylor-Walthrust and Judge Ellen Greenberg, presiding Family Court judge.



Joan Antonik and Josh Brookstein.



Andrew Malekoff, Laurie Joseph-Yehuda, Rene Joseph and Nellie Taylor-Walthrust.



# SAVE THE DATE

North Shore Child & Family Guidance Center's

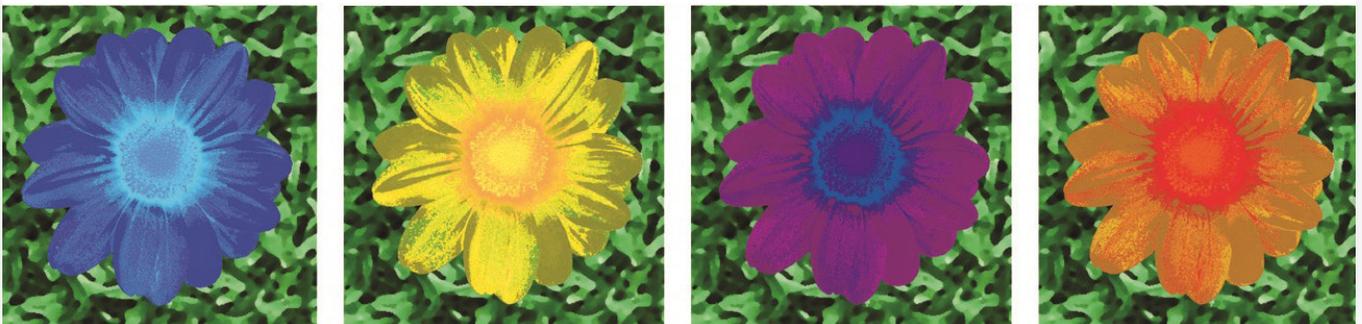
**SPRING** APRIL 22  
**LUNCHEON** 2020

**LUNCHEON**

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For information or to register: (516) 626-1971 ext. 309  
or visit: [www.northshorechildguidance.org/events](http://www.northshorechildguidance.org/events)



# Speaking out on Maternal Health

The Guidance Center was proud to be represented at the Maternal Mental Health Conference on October 2, 2019 at the Morrelly Center in Bethpage. Vanessa McMullan, supervisor at our Marks Family Right from the Start 0-3 + Center in Manhasset, was one of the main presenters. She provided a great kick off to the morning in her talk about perinatal mood and anxiety disorders, or PMADs.

McMullan emphasized that with professional support, such as we provide through our Diane Goldberg Maternal Depression Program, there is hope!

*If you know a mom who is experiencing the symptoms of postpartum depression or other PMADs, we're here to help! Contact Vanessa McMullan at (516) 484-3174, ext. 415.*



From left: Vanessa McMullan, Pauline Walfisch, Ariela Frieder, Phyllis Kaufman and Sonia Murdock.

## Running for a Cause

On October 20, 2019, Guidance Center Director of Development Lauren McGowan and her husband Michael took part in the Run 4 Beigel, which raised funds for the Scott J. Beigel Memorial Fund. Scott was a native Long Islander who was killed protecting his students during the Parkland, FL, shootings. His mother, Linda Beigel Schulman, has been a supporter of the Guidance Center and spoke at our 65th Anniversary Gala in 2018.

Congratulations to Lauren and Michael, and most of all to Linda for her tremendous efforts to help keep children and all people safe from gun violence!



Lauren and Michael McGowan, with Linda Beigel Schulman (right).



## Stay in Touch!

Want to be sure you're receiving information about our upcoming events, workshops and more? Send an email to [info@northshorechildguidance.org](mailto:info@northshorechildguidance.org) and type "Join email list" in the subject line.

# Neiman Marcus Gives Moms a Day of Beauty!

All moms deserve some pampering, but when you're a mother who is experiencing postpartum depression, a day out dedicated to your wellbeing is a much-needed healing experience.

This fall, the place of healing was Neiman Marcus in Roosevelt Field. The renowned retailer, which is a dedicated partner and supporter of North Shore Child & Family Guidance Center, offered a "Beauty Master Class" for several moms who are clients of our Diane Goldberg Maternal Depression Program. The mothers were treated to a personalized makeup application from two representatives from lilah b., a natural line of beauty products made in Italy.

*Neiman Marcus*

"The lilah b. reps were just wonderful," says Vanessa McMullan, Supervisor at the Guidance Center's Marks Family Right from the Start 0-3+ Center in Manhasset. "They talked to the moms

and helped them choose the right makeup for their skin." The mothers also went home with a gift bag of products from lilah b.

McMullan also expressed her gratitude to the staff at Neiman Marcus, which has partnered with the Guidance Center for the past four years, offering a variety of beauty events and also a mentoring conference for some of our teen girl clients.

"Neiman Marcus had a special room set up just for us, with extra help to care for the babies that came," says McMullan. "All of the moms loved being together and getting some TLC. It was a perfect day!"



A representative from makeup company lilah b. helps a Guidance Center client enjoy a day for self-care.

"One of the pillars of our company is supporting the communities where Neiman Marcus stores are found," says Neiman Marcus Roosevelt Field Vice President, General Manager Doris Wilshere. "We are thankful for the relationship that we have built with North Shore Child & Family Guidance Center over the four years since our store opened. We applaud the Guidance Center for the support they provide to the many Long Island families that rely on resources like the Maternal Depression Program to live happier and healthier lives."

Neiman Marcus will be hosting more events for our Guidance Center's maternal depression clients for the foreseeable future. We are very grateful for their support!

**JOSH BROOKSTEIN & JEFF GREENBLATT**  
Invite you to

# TRIVIA NIGHT

THURSDAY, FEBRUARY 27TH  
6:00 PM - 8:00 PM  
Gino's Trattoria & Pizzeria of New Hyde Park  
1113 Jericho Turnpike, New Hyde Park, NY 11040

UNLIMITED BEER / WINE / SODA & APPETIZERS  
Tickets: \$40 Category Sponsorship: \$350\*

\*Sponsors receive 2 tickets and have their name or logo displayed on an entitled trivia category slide

FOR TICKETS GO TO : [www.northshorechildguidance.org/trivia-night-2020/](http://www.northshorechildguidance.org/trivia-night-2020/)  
OR CONTACT PATRICK MADDEN AT (516) 626-1971 EXT. 309,  
EMAIL : [PMADDEN@NORTHSHORECHILDGUIDANCE.ORG](mailto:PMADDEN@NORTHSHORECHILDGUIDANCE.ORG)

Benefiting  
NORTH SHORE CHILD & FAMILY  
GUIDANCE CENTER

# *In Honor, In Memory, or to Celebrate*

Gifts to North Shore Child & Family Guidance Center can be made to honor or remember a loved one, a friend or to commemorate a special occasion. Make your gift online at [www.northshorechildguidance.org](http://www.northshorechildguidance.org) or by mail to the Development Department, NSC&FGC, 480 Old Westbury Road, Roslyn Heights, NY 11577 or call (516) 626-1971 ext. 337 for more information. Don't forget to include your name and address and the name and address of the individual for whom you are making the donation.

## **In Honor Of**

**Rita Castagna** – Bernadette Castro

**The Castagna Family** – Stephen Hess

**Ruth Fortunoff Cooper** – Jennie Fortunoff

**Nancy Lane** – Alyson and William Green

**Nancy and Lew Lane** – Katherine and John Shutkin

**Eddie Levine's 80<sup>th</sup> Birthday** – Marion and Irving Levine

**Irving Levine's 90<sup>th</sup> Birthday** – Jean Barish; Julia Barrett; Terry and Joel Brown; Jane and James Davis; Suzanne Hamwee; Etta and Edward Levine; Barbara Steier; Suzanne Struth; Sandy Wolkoff

**Andrew Malekoff** – John Grillo; Nat Lanza

**Bob Mangi** – Marcia Field

**The Marcell Family** – Jaimee and Dan Loewy

**Paul Vitale** – Elizabeth and Peter Menges

**John Zenir** – Marcia Field

## **In Memory of**

**Leo R. Anastasia** – Rosalie and Gerald Osterberg

**Gloria Fishman** – Renée and Murray Beckerman

**Louis Fortunoff** – Dale and Andrew Malekoff

**Rob Gilbert** – Linda and Mark Ugenti

**Lucille Kantor's Beloved "Suki"** – Lauren McGowan

**Onorina Pajaro** – Linda and Mark Ugenti

**Murray Leonard Parton** – Barbara Steier

**Leonard Rautenberg** – Andrew Borinstein

**Bella Tannenbaum** – Sandra and George Garfunkel; Marion and Irving Levine; Rochelle and Hal Lipton; Dale and Andrew Malekoff; Phyllis and Michael Schafrank; Barbara Steier

**Irwin Traurig** – Dale, Andrew, Jamie and Darren Malekoff; Stuart Traurig

**Chuck Weiss** – Renée and Murray Beckerman



## *Facebook Fundraising Fun!*

Is your birthday coming up? If you're a Facebook user, the social media site will ask you a few weeks prior to your birthday if you'd like to set up a Birthday Fundraiser. The steps are easy to follow, and you can designate North Shore Child & Family Guidance Center as your charity of choice (100% of money donated goes to us). Visit [facebook.com/fundraisers](https://facebook.com/fundraisers) to learn more. Thank you to all who have donated to us through Facebook!

Interested in learning more about issues like teen depression, sexting or bullying? How about articles on the benefits of nature, healthy eating and family reading? Each week, North Shore Child & Family Guidance Center features a topic of interest to parents on our blog, which can be found at [www.northshorechildguidance.org/blog](http://www.northshorechildguidance.org/blog). Or Like Us on Facebook to see the blog and other info from the experts at the Guidance Center.



## *Grants*

**Beacon Light Foundation**  
\$1,000 for General Support

**Community Chest of Port Washington**  
\$7,500 for General Support

**The Dammann Fund**  
\$7,500 for Good Beginnings for Babies

**Ike, Molly & Steven Elias Foundation**  
\$12,500 for General Support

**Klipper Family Foundation**  
\$26,000 for a new van

**Janet and John Kornreich Charitable Foundation**  
\$11,500 for a new van  
\$2,000 for the Children's Center at Nassau County Family Court

**The Kupferberg Foundation**  
\$10,000 for the *Let the Light In* Campaign

**Nancy & Edwin Marks Family Foundation**  
\$150,000 for Right from the Start

**The Eleanor & Roy Nester Family Foundation**  
\$5,000 for the *Let the Light In* Campaign

**Rapaport Family Charitable Trust**  
\$5,000 for General Support

**Jane & Martin Schwartz Family Foundation**  
\$2,500 for the *Let the Light In* Campaign

**Slomo and Cindy Silvan Foundation**  
\$10,000 for Good Beginnings for Babies

**Marilyn and James Simons Charitable Fund**  
\$10,000 for General Support  
\$25,000 for the Robert Rautenberg Memorial Fund

**R&S Strauss Family Foundation**  
\$3,000 for General Support

# Van-tastic!



The Latina Girls Project used the new van on their September outing to Puzzle Break.



Regina Barros-Rivera with the new van.

Thanks to some devoted donors, the Guidance Center is now the proud owner of a wonderful new 15-passenger van! The vehicle will be used on our Latina Girls Project outings and our Wilderness Respite Program trips.

Our gratitude goes to the Klipper Family Foundation, the John and Janet Kornreich Charitable Foundation and Aon Corp. for their generosity!

## IRA Charitable GIFTING: TAX-WISE OPTION

If you are 70 ½ or older, you can make a charitable gift directly from your IRA **without paying income tax on the withdrawal.**

### *How it Works:*

Susan and Jack have \$500,000 in an IRA. They don't need the entire \$24,600+ they're required to take this year, and they're not too happy when they think of paying all that tax. Susan and Jack have also been considering a substantial gift to support North Shore Child & Family Guidance Center. So they authorize the administrator of their IRA to transfer \$20,000 to the Guidance Center and \$5,000 to themselves. The \$20,000 counts toward their annual minimum required distribution, plus they avoid having to pay tax on it.

### *Your Benefits*

- ▶ You can transfer up to \$100,000 per year to charitable organizations.
- ▶ The charitable deduction counts toward your Required Minimum Distribution for the year.
- ▶ The amount transferred is excluded from your adjusted gross income.

### *To Qualify:*

- ▶ You must be age 70 ½ or older at the time of the gift.
- ▶ Transfers must be made directly from a traditional IRA by your IRA administrator.
- ▶ Gifts must be outright and the donor cannot receive any goods or services in exchange for their contribution.

Interested? Contact Lauren McGowan to learn more: (516) 626-1971, Ext. 320, or email [lmcgowan@northshorechildguidance.org](mailto:lmcgowan@northshorechildguidance.org).

*\*Please consult your tax advisor to confirm how you would benefit from this opportunity.*



Whether it's a story about children's mental health or a column by our Executive Director Andrew Malekoff on the most important issues of the day, North Shore Child & Family Guidance Center is front and center in the news.

## The Garden City News

- A feature story highlighted our new board president, Paul Vitale.
- GC News ran a story about our Trivia Night "fundraiser."

## Newsday

- Three letters written by Andrew Malekoff ran in Newsday's letters section. One was about the shooting in Dayton, Ohio, and subsequent stigma regarding mental illness; another discussed postpartum depression; and the third was about insurers' obligation to cover mental health.
- Newsday ran a blog about our pediatric sleep workshop on the home page of its website.

## BlankSlate MEDIA

- Since August 2019, Blank Slate Media has published eight commentaries by Andrew Malekoff.
- The newspaper chain also ran stories about our events, including our Celestial Soirée gala, Children's Center benefit and Trivia Night.

## LI HERALD .COM

- The story "A Question of Race and Birth Justice" in a September issue of Long Island Herald talked about Birth Justice Warriors, a partnership of Hofstra University and the Guidance Center.

## NYN MEDIA

- New York Nonprofit Media highlighted our gala in its e-newsletter.

## ANTON MEDIA GROUP



Audrey Shine (right) with Joan Antonik (left), who supervised her during her time volunteering at the Children's Center.

- A story about one of our Children's Center volunteers, a high school valedictorian, was featured in the paper.
- Andrew Malekoff's long-running Parenthood Plus column appears every month in the full run of Anton's 17 weekly newspapers.
- Dr. Nellie Taylor-Walthrust appeared on WHRU's Well Said podcast on Radio Hofstra University to talk about Birth Justice Warriors.



## Long Island Business NEWS



Paul Vitale



Dan Oliver

- Long Island's leading business publication announced the appointment of our new Board President, Paul Vitale, and new Board Member Dan Oliver.



- Our October Celestial Soirée Gala, honoring Huntington resident Louis Iglesias, was the subject of a story in this weekly newspaper.

## FROM NEWSDAY:

### Insurers failing to cover mental health

Dec 3, 2019

The law to require mental health education in New York schools is a good step ["LI Schools' New Focus on Mental Health," News, Nov. 28]. However, almost half of all children in the country with a mental health disorder did not receive necessary care from a mental health professional in 2016 according to the Journal of the American Medical Association.

We educate children to spot signs and symptoms and find resources – and then, in a cruel twist, many cannot access care.

Federal law requires insurers to treat mental health benefits the same as medical benefits, and to provide enrollees with timely access to a sufficient number of suitable mental health providers. This is known as network adequacy.

Too often, this does not happen, especially for middle-class and working-poor families because health insurers pay substandard rates of reimbursement for mental health care, thus depleting the networks. When families call for help, they are too often told, "I don't accept your insurance."

The health insurance industry does not comply with federal parity, and New York State does not adequately enforce the law. The state mandates mental health education in schools and lets the health insurance industry slide.

What do our kids learn? Once stigma is lifted, discrimination kicks in.

Andrew Malekoff  
Long Beach

**Editors note:** The writer is executive director of North Shore Child and Family Guidance Center, a children's mental health center in Roslyn Heights.

# Professional Workshops

## Sharing the Knowledge

North Shore Child & Family Guidance Center staff presents workshops year-round to provide information to other team members as well as outside mental health professionals. Here are some of the events this past fall.



Regina Barros-Rivera.

Associate Executive Director Regina Barros-Rivera gave a workshop on “Latina Girls at Risk for Suicide and Other Self-Harming Behaviors” at the Guidance Center in October. Barros-Rivera created our Latina Girls Project, which provides bilingual individual and family counseling and monthly outings for adolescent girls suffering from depression and other issues.

Andrew Malekoff, our Executive Director, presented “Planning for Successful Groups.” He is the author of the internationally acclaimed *Group Work with Adolescents: Principles and Practice* (Guilford Press), now available in its 3rd Edition, and has taught at Adelphi University and NYU.



We hosted a new workshop this fall titled “An Introduction to Cognitive Behavioral Therapy with Adolescents.” Erika Orbon, a licensed mental health counselor at our Intensive Support Program (ISP) at B.O.C.E.S. Jerusalem Avenue Elementary School in North Bellmore, was the presenter.

Dr. Reena Nandi, the Guidance Center’s Director of Psychiatry, gave a workshop called “An Introduction to Child and Adolescent Psychiatry for Non-MDs.” Dr. Nandi has been on our staff since 1997 and presents this workshop regularly.

Finally, Jennifer Pearlman, licensed mental health counselor and Clinical Program Supervisor at Jerusalem Elementary School ISP, presented a new workshop, “An Introduction to Childhood Trauma.”



Jennifer Pearlman.

## Let There Be Sleep!



Corey Wilbur shares some advice on how to get your little ones on a good sleep schedule.

Sleepy moms and dads will be getting more restful shut-eye thanks to Corey Wilbur, certified Pediatric Sleep Consultant and founder of Let There Be Sleep. In early October 2019, Wilbur offered tips to parents on how they can get their babies and toddlers to follow a healthy sleep regimen. More than 20 people attended the workshop at our Marks Family Right from the Start 0-3+ Center in Manhasset.



NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

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This organization has earned the GuideStar Exchange Seal, demonstrating its commitment to transparency.

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# Ways to Support the Guidance Center



## Your dollars at work...

- \$50** covers a crisis intervention
- \$85** covers one child's group therapy session
- \$125** covers one child's individual therapy session
- \$250** covers one child's emergency assessment
- \$500** covers one month of individual therapy for a child
- \$1000** covers one family to attend 8 therapy sessions.