



NEWS

Governor Spitzer Chooses Milbank for Health Policy Announcement

Offers Praise for Children's Aid's Community-Based Health Services



Governor Eliot Spitzer had warm praise for Children's Aid's approach to health services.

On a snowy March morning, New York State Governor Eliot Spitzer, Lt. Governor David Paterson and Marian Wright Edelman, founder and president of the Children's Defense Fund, visited Children's Aid's Dunlevy Milbank community center to announce a budget proposal that would

help expand access to health care for all children.

Milbank is the hub for our services to Pelham Fritz, our shelter for homeless families directly across the street, for the residents of Carmel Hill, the three-building housing rehabilitation project also across West 118th Street and for thousands of other Harlem residents. Milbank will celebrate its 50th anniversary next year, but Children's Aid has been a presence in Harlem since 1928, when we opened Utopia Children's House.

Children's Aid CEO C. Warren Moses provided the distinguished guests with a tour of the center, including the health clinic, pool, classrooms, library,

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"Bikes for Kids 2006" presented by Prudential Financial The New York Agency and supported by ALPFA

In November, 75 children were invited to attend a special event at The Children's Aid Society's Dunlevy Milbank Center, but the parting gifts were too big to fit in a goody bag – gleaming new bicycles. The children participated in a bike safety

workshop led by Bike New York, as part of a festive day. Generous donations from employees of Prudential Financial The New York Agency and members of the Association of Latino

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From the CEO Health for All!

Health is not something we just talk about at The Children's Aid Society. It's a top priority for all of the children and families we serve and for the staff of Children's Aid as well. We're all walking the walk of healthier lifestyles, not just talking the talk. Here's a look at how we're promoting our community's long-term health:



Go!Kids participant at P.S. 5.

Go!Kids Expansion: *Go!Kids*, our comprehensive preschool obesity prevention program that focuses on improving overall nutrition and increasing physical activity, kicked off in 2003 at P.S. 5 and grew to three sites in Washington Heights and the Bronx. Thanks to very positive early results from outside evaluators, we're committed to extending *Go!Kids* to all of our early childhood programs. The *Go!Kids* curriculum has already demonstrated its ability to change parents' lifestyle choices regarding foods and exercise and its growth is eagerly anticipated. In fact, one of the *Go!Kids* health educators himself lost 25 pounds as a result of the program. And at community school P.S. 50, in East Harlem, for example, the lunchroom now includes a salad bar, water and low-fat milk instead of high fructose juices.

Healthy Eating Campaigns: Children's Aid has embarked on a number of new initiatives designed to encourage more knowledge about food and nutrition among our children and their families, which we believe will lead to more healthful eating habits. Our new *Seed to Table* gardening

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These middle-school students are learning about a nurse's daily routine on one floor of Columbia Presbyterian Hospital, through a special after-school program about the nursing profession.

Discovering a Career Path: Students Don Scrubs to Explore Nursing

"I want to be the President, a doctor or a nurse," Angel, 13, says when asked what he wants to be when he grows up. Children's Aid wants him to be anything he puts his mind to, but he participates in our *Grow Our Own Nurses* program, which identifies nursing specifically as a rewarding profession.

Once a week, 18 middle-schoolers from Washington Heights meet after school to learn skills such as how to perform CPR

and take vital signs and discuss public-health issues that affect their community, such as HIV-AIDS and obesity. On a second day, they don scrubs and walk over to Milstein Pavilion at Columbia Presbyterian Hospital to meet with nurse leaders from each of the care units at the hospital. For special projects, the students share what they've learned with their community by presenting to local kindergarten classes and elder-care facilities.

According to the American Nursing Association, more than 80 percent of nurses in the U.S. currently identify themselves as White (Non-Hispanic). With a general shortage of nurses across the country, nurses of African-American and Latino descent are in even higher demand to provide culturally appropriate care to an increasingly diverse American population.

Grow Our Own Nurses is an opportunity for these students to realize that a career in nursing is not only attainable, but also a profession that is in need of people like them. More broadly, it is an opportunity for these curious middle-schoolers to shadow professionals in a hospital setting and fully explore what it takes to establish and follow a career path.

Funded in part by Johnson & Johnson, the *Grow Our Own Nurses* program culminates with a trip this spring for the children to visit the National Institutes of Health (NIH) in Washington, D.C., as well as a hospital there. To learn more about how you can support programs like *Grow Our Own Nurses*, please visit www.childrensaidsociety.org/donate.

Children's Aid's Archives Head to New-York Historical Society



The New-York Historical Society's Senior Conservator Alan Balicki, Acting Curator of Manuscripts Maurita Baldock and Archivist Cherie Acierno (left to right in photo left) took the first step towards transferring The Children's Aid Society's archives recently by examining our files with archivist Victor Remer (pictured with Acierno at right). Once housed at the Historical Society, the archives will be preserved and named after Remer, who has been their custodian for over 25 years.



Governor Spitzer...

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gymnasium, playground and computer center. Milbank was buzzing with activity. After spending a long time in the health clinic, where doctors, nurses and insurance enrollers worked with families, and their young children waited to see the health staff, the governor visited

the pool and enjoyed watching a Head Start "Mommy and Me" swim session. He showed great interest in all of the center's activities, peeking into the computer lab, a classroom and the library on his way to the gym, where a large press contingent awaited his announcement.

Spitzer's budget proposal expands eligibility for Child Health Plus, New York State's children's health insurance program, and streamlines the enrollment pro-

cess to encourage approximately 900,000 uninsured adults and children to obtain Medicaid coverage, and get the primary and preventive care they need to stay healthy.

Spitzer praised Children's Aid as an agency that "makes things work," as well as for providing community-based health care. In his announcement, he repeatedly used Children's Aid as an example of the type of health care he supports.

School Dropout Rate Addressed by Youth at Third Annual Conference

About 200 teens took time during their winter break to gather at Children's Aid's Philip Coltoff Center in Greenwich Village for the third annual Youth Speak Out on Education conference. This year's topic, "Decreasing the Dropout Rate,"

For the first time at a Youth Speak Out on Education conference, Children's Aid Society students were joined by adolescents from other community organizations. Youth from the Children's Arts and Science Workshops; The Lesbian, Gay,

Bisexual & Transgender Community Center; and Business Advancement and Social Entrepreneurship also presented skits and speeches.

Special guest "Doctor" Bob Lee, the Community Affairs Director for WBLS/WLIB radio and founder of Make The Grade Foundation, delivered some inspirational words and amused the teens with tales of his days spent in the boxing ring.

The conference was organized by The Children's Aid Society and sponsored by the Audrey Miller Poritzky Education Fund for Children. The Fund awards a scholarship to a deserving student each year, and this year's winner was Julissa Guevara, a senior at the Manhattan Center for Science and Mathematics and a member of the Hope Leadership Academy.

As a result of the conference, some of the participants will meet with Schools Chancellor Joel Klein this spring; he is very interested in hearing their thoughts on the causes of and solutions to the high dropout rate.



Audrey Miller Poritzky Education Fund for Children 2007 scholarship winner Julissa Guevara (left) joined 2005 winner Wendy Flores and 2006 winner Donnell Cunningham.

was chosen by The Children's Aid Society adolescents who planned and ran the conference.

According to the New York City Department of Education, at any given time 138,000 youth age 16-21 have dropped out of school (68,000), or are significantly off-track for graduation (70,000). The teen organizers of the Youth Speak Out on Education felt strongly that the high dropout rate is an issue that they should address. Their presentations covered such factors as peer pressure, lack of support from parents, schools and the community, barriers for immigrants and gender inequities.

Play Golf to Help Disabled Children Go to Camp



Girl enjoys ropes at Wagon Road Camp.

Your next golf game could help a child experience the joys of camp. The 8th Annual Children's Aid Society Golf Classic will be held on Monday, May 21, 2007 at the beautiful Baltusrol Golf

Club in Springfield, New Jersey. One hundred percent of the net proceeds of this year's golf classic support The Children's Aid Society's Respite Program at Wagon Road Camp in Chappaqua, New York. Wagon Road Camp offers year-round camping experiences to physically and developmentally disabled children whose families would otherwise not be able to afford such specialized programming. The camp offers a welcome respite to the children's caregivers, who often tend to these children 'round the clock.

Respite campers have the unique opportunity to participate in many of the same camp activities available to their more able-bodied peers. They are challenged to participate in all kinds of activities that foster physical strength, balance and agility, and most importantly, boost confidence and self-esteem. Jeanette, a blind wheelchair-bound teen, enjoyed her experience as she was strapped into a trust swing and was lifted off the ground as part of the adventure ropes course. With a smile across her face, Jeanette experienced the feeling of weightlessness for the first time and as the breeze blew her swing, she shouted down to the staff, "I could stay up here all day!" Activities like this one are available for children ages 7-17, with disabilities such as cerebral palsy, spina bifida, autism, Down syndrome, mental retardation and neurological impairments.

On May 21st you can play at one of the world's premier golf venues *and* be part of our vital community committed to improving the living conditions and life opportunities of underserved children. Foursomes are selling fast. Please contact Susan Melnyk at 212-949-4945 or susanm@childrensaidsociety.org for additional information.

You Met Charlie's Challenge!

Thanks to your overwhelming response, Children's Aid raised more than \$725,000 in just seven weeks.

Thanks!



Head Start Children Celebrate Mobile Dental Center's "Birthday"

In February, Head Start children at Children's Aid's Drew Hamilton Learning Center celebrated the sixth "birthday" of our mobile dental center. The center, which is operated as a partnership between Children's Aid and the College of Dental Medicine at Columbia University Medical Center, serves children in low-income communities throughout northern Manhattan and the Bronx. Dr. Rebecca Schaffer, the mobile dental center's director, cleaned five-year-old Tavion Simpson's teeth on a visit to the van with his mother, Melvena Simpson.

THE CHILDREN'S AID SOCIETY

NEWS

The Children's Aid Society
105 East 22nd Street, New York, New York 10010

Edgar Koerner, *Chairman*
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C. Warren Moses, *Chief Executive Officer*
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Patricia M. Grayson, *Asst. Executive Director for Development*

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Volunteers provided a fun-filled day – and bikes! – for kids and families at Bikes for Kids.

Bikes for Kids...

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Professionals in Finance and Accounting (ALPFA) helped provide bikes, bike locks, helmets and party activities for underserved children — children who would otherwise not have the opportunity to own a bike. Volunteers from Prudential Financial The New York Agency and ALPFA (pictured above) served barbecue, played games and danced with families during this fun-filled day at the Milbank Center.



A bike safety clinic helped teach the children to ride their new bikes responsibly.

From the CEO...

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and cooking program will help educate children about the food they eat from the ground up. An exciting part of this program is instruction that will be given in the new teaching kitchen now under construction at our Dunlevy Milbank Center, thanks to a generous donation by the Food and Beverage Association.

We're also changing the food we serve children in our centers and programs. Curricula at our Frederick Douglass, Milbank, Hope Leadership Academy, Next Generation Center, P.S. 5, P.S. 50 and Mirabal Sisters Campus middle schools are broadening the horizons of children and parents by introducing them to new foods and healthier ways of preparing them. Programs at Drew Hamilton Learning Center, East Harlem Center, and P.S. 50 help adults examine their eating habits while providing sound nutritional information. Children are learning more about the world of food through trips to supermarkets and farmer's markets as well as through gardening in summer. Students at P.S. 50 in East Harlem will operate a youth-run farmer's market in June, an experience that will help them learn about the agricultural-urban food chain.

Fitness: *Go!Kids* has always included a physical education component for kids and parents, and we are working to extend the habit of healthier lifestyles to more families and to our staff. We have increased the fitness requirements for Children's Aid after-school students and campers, and yours truly now swims every morning – and I feel great.

C. Warren Moses
Chief Executive Officer



Seen the new Children's Aid website?

www.childrensaidsociety.org

Meet our kids, learn about our programs, donate online and so much more!