WE ARE ANDRUS

Fall 2020 Edition

www.ANDRUS1928.org

Nurture Hope

Dear ANDRUS Community,

With the Fall season upon us and all the changes that come with it, I cannot think of a more fitting time to reflect on the Sanctuary Commitment of Growth and Change.

This year has brought about unprecedented and unimaginable challenges and circumstances that have led to many changes for us all, both individually and organizationally. The global health crisis continues to impact our day to day lives and while the summer, much like the spring, was unlike anything we have ever experienced, our skills of adaptability and flexibility have been truly tested. Through it all, we have been able to grow and evolve within the "new normal" while holding true to the ANDRUS mission, vision and values. While much of the world has been placed on pause, our staff have prevailed by providing our children, families and communities with a continuous and unmatched level of care that nurtures the social and emotional well being of all whom we serve. These staff demonstrate flexibility, resilience, and commitment and have proven to be unstoppable every-day heroes as they face adversity and challenges in multiple forms.

Fulfilling the role of interim President and CEO has given me an opportunity to delve into areas within the agency that I have not had the opportunity to previously explore. What I've seen each and every day since assuming this new role has been truly inspiring. I am honored to lead an organization of committed and dedicated individuals possessing such determination, drive, enthusiasm, and heart. Words cannot describe just how proud and appreciative I am of the ANDRUS workforce.

We've been able to regain a sense of normalcy over the summer thanks to the vigilance shown by staff in following new safety practices, procedures and protocols on our campus and at all our community sites.

Our Residential team has transformed campus into a safe and health-focused haven providing critical care services while maintaining a fun environment for our children with creative and engaging programming. While our main campus has re-opened for non-essential staff members, many of our other sites are in the process of re-opening. On the Yonkers campus our support and in-direct care staff are reporting to their offices on a rotational A, B & C Team schedule. The Orchard School is carrying out plans to safely conduct classroom learning with a hybrid schedule starting September 8th. The Mental Health Division and Community Division continue to provide services via telehealth and home visits for those within the community most impacted by the repercussions of Covid-19. The ANDRUS Early Learning Center is opening its doors and welcoming families in September and will resume providing quality childcare while implementing all new mandated safety guidelines.

With all that we have learned and all the ways that we have grown over the past six months, I look to the coming of a new fall season and the remainder of this very unusual year with hope and optimism. What I can say with the utmost certainty is that ANDRUS will continue to strive to inspire and model a vision of a hopeful future for our children, families, and communities.

While mandated physical distancing is the norm and numerous Zoom meetings may be part of today's reality, we are breaching the distance between us and those we serve in collaborative ways that creatively close the distance and bring us all to a place of safety, peace, and wellbeing.

WE ARE ANDRUS STRONG!

Respectfully,

R. Tito Del Pilar
Interim President & CEO

We are LEARNING

BACK TO SCHOOL DRIVE

Although 'back-to-school' looked different this year, we are grateful to those individuals and companies that committed to providing our youth with the supplies they need to succeed.

Mercer helps organizations maximize the value of their greatest asset – their people. They help employers ensure support for the health, wealth and careers of those who deliver on their organizational missions.

Thank you Mercer and Marsh & Guy Carpenter for raising $1,255.00 that helped put together 40 individual kit boxes for AELC and purchase many of the necessary school supplies needed for the students at The Orchard School.

SUPPORT THE SUPPLIES FOR SUCCESS DRIVE

We realize that your priorities, both professionally and personally, may have shifted and you may be rethinking your ability to make charitable donations. However, our work is more important than ever, and we still need your help, no matter how large or small your gift can be. If you'd like to donate please contact Juliana Fondacaro, Director of Donor Cultivation, at jfondacaro@jdam.org or visit www.andrus1928.org.

WELCOME BACK TO THE ORCHARD SCHOOL

As a community, we have all had to acclimate and adjust to the new way of educating. It has been a learning curve for all, and it has taken many people to make this come to life. We were thrilled to offer our students Chrome Books to continue their education and learning to adapt to whatever this school year brings.

We are so excited to be reopening the doors to our Orchard School for the new school year! As our children adjust to being back on campus and practicing "new normals", our staff are carefully adapting teaching techniques and programming.

We are CARING

ANDRUS EARLY LEARNING CENTER REOPENS!

We are thrilled to announce that the Andrus Early Learning Center has reopened at the start of September to provide quality care to children ages six weeks to five years.

For more information on our programs and services or to learn about how we are adapting during the COVID-19 pandemic, please visit:

WWW.ANDRUSEARLYLEARNING.ORG

WINTER COAT DRIVE!

SUPPORT ANDRUS IN PROVIDING WARMTH AND HOPE TO THE CHILDREN AND FAMILIES IT SERVES.

NEW COATS OF ALL SIZES ARE NEEDED! NEWBORN TO ADULT, FEMALE AND MALE, ANY COLOR!

AS WE FACE A TIME OF UNCERTAINTY, UNPREDICTABILITY, AND A NEW WAY OF LIVING, ONE THING WE KNOW FOR CERTAIN – THE NEED FOR COATS THIS FALL AND WINTER WILL BE GREATER THAN EVER BEFORE. TO SUPPORT OUR FAMILIES AND YOUTH IN NEED ORDER A NEW COAT FROM OUR AMAZON WISHLIST.

PLEASE CONTACT JULIANA FONDACARO AT 914-965-3700 X 1317 OR JFONDACARO@JDAM.ORG

SANCTUARY CORE TEAM CREATES COVID-19 RESILIENCE RESOURCES

The Sanctuary Model reminds us that human adversity and trauma are universal experiences. This foundational belief of The Sanctuary Model has never before been greater exemplified than by the COVID-19 pandemic which continues to impact the lives of all people across the globe. While Sanctuary gives us a lens to understand and recognize the traumatic impact of the pandemic, Sanctuary also gives us the tools and values on which we may rely to weather the storm and build upon our collective resilience. As Helen Keller once noted, "Although the world is full of suffering, it is also full of the overcoming of it."

When New York State quickly became the global epicenter of the pandemic in April, the members of The Sanctuary Core Team knew that there had never before been a more pivotal moment to find guidance, strength, and actionable support through The Sanctuary Model. As stewards of The Sanctuary Model at ANDRUS, we felt it was our Social Responsibility to assemble our collective wisdom, talent, and compassion in service of one another and our colleagues through this trying time. In light of the physical distance, stress, anxiety, and adversity imposed by the pandemic, the Sanctuary Core Team set out on a (virtual) mission to create adaptive resources to help our colleagues remain connected and resilient through Sanctuary.

We kicked off our adaptive resources with a guide for "jazzing up zoom meetings." Among our Zoom into Fun tips for connecting authentically and fighting "zoom fatigue" were bringing pets on screen, infusing group games, and getting creative with virtual backgrounds. Next, we shifted focus to Self Care, an important stress-reduction practice for those of us in the helping fields made that much more important by COVID-19. Our Self Care Tip Guide included recommendations such as "unplugging" from digital routines, eating heathy, getting exercise, and finding ways to laugh, relax, and meditate. As a compliment to this guide, Self Care Resources had links to all-virtual Broadway shows, cooking classes, yoga classes, comedy podcasts, audiobooks, group games, and volunteer opportunities.

Though we began with a focus on wellness, the salience of the losses brought forth by the pandemic needed special attention. Our four-part response to loss began with Types of Losses, a document which sought to acknowledge and name the scope of tangible and intangible losses; loss of a loved one, of financial security, of routine and predictability, of leisure or travel plans, of milestone celebrations or events, and loss of social connection, among others. Tips to Help Process Loss provided cathartic processing guidance such as journaling, seeking social support virtually, accessing free therapy providers, and practicing self-compassion. Through an ongoing bi-weekly Loss Ceremony over Zoom, we've created a safe space for our colleagues to put a pause on work and speak on their losses and receive or offer support to one another. Finally, as a symbolic gesture to aid in the acceptance and processing of loss, we continue to add individual Remembrance Ribbons to a tree on our campus in honor of the loved ones who members of our ANDRUS community have lost in the pandemic.

The final set of Sanctuary Core Team COVID-19 adaptive resources shifted toward the future through reframing the present and discovering silver linings. Wayne Dyer once said, "Change the way you look at things and the things you look at change." The Process of Re-Framing our Mindset focused on a progressive shift in mindset from fear to growth through self-reflection and learning. Yet to aid in shifting collective mindsets, shifting language is critical. Re-Framing our Language During the COVID-19 Pandemic challenged readers to swap "social distancing" with "physical distancing" and "return to normal" with "reimagine routines" while replacing polarizing language with collectivist language. Our final resource, Discover the Silver Linings, invited our staff into gratitude practice and prompted a shift of focus to the unanticipated benefits of quarantine; additional time with family and pets, saving money, reconnecting with an old friend over the phone, and finding time to discover a new hobby or passion.

The Sanctuary Core Team is proud to have risen to the task of supporting our ANDRUS colleagues during the most challenging days of the pandemic in New York. Together, we leveraged the strengths of The Sanctuary Model and proved that our therapeutic community transcends physical proximity and that our resilience transcends adversity.

Stephan Spilkowitz,
Assistant Director of Therapeutic Programing & Youth Development

We are SANCTUARY

sanctuary INSTITUTE

The Sanctuary Institute continues to provide information, support and consultation to the Network Members. In July, we held our first Community Conversation Virtual Forum, which highlighted the important work that Home of the Innocents and Cornerstones of Care are doing. Each organization shared how they have continued to practice and implement The Sanctuary Model throughout the Coronavirus pandemic, address questions and encourage hard conversations relating to the social injustices in our country. Due to high demand, the Institute plans to offer more free forums to share our experiences. The next Community Conversation Virtual Forum will be held on September 10th with guest commentator Sarah Reed Children's Center.

Over the past few months, the Sanctuary Institute Faculty delivered and completed the first series of virtual trainings for all divisions of Andrus staff in August. We are proud to announce that we have also developed virtual trainings and workshops for our Network members. The first series of workshops for Network Members took place in August and was well attended. We will also be facilitating our first Sanctuary Five Day Training virtually and we are excited to provide a different experience to our Members.

Given the importance of organizational trauma-based practices, especially in the current environment; providing this virtual option will allow us to continue to spread this important message globally.

For more information and details on the Community Conversations Virtual Forum or Virtual Trainings please visit our website at:

www.thesanctuaryinstitute.org

SANCTUARY CORE TEAM

The Sanctuary Core team is the main vehicle for organizational implementation and fidelity of The Sanctuary Model at ANDRUS. Composed of a diverse cross section of ANDRUS employees, Core Team is a driving force for identifying and leading innovative trauma-informed solutions to organizational challenges rooted in The Sanctuary Model.

Our mission is to exemplify the values of the Sanctuary Model as we encourage, inspire, and support other members of ANDRUS to create a safe environment where Open Communication leads to Growth and Change shared by all.

Interested in joining our team? Contact Sanctuary Core Team Co-Chair Stephan Spilkowitz at sspilkowitz@jdam.org.

Self-Care Activities While Physically Distancing

Self-Care are the preventive activities that we do intentionally to enhance our mental, emotional and physical health; it's the things we do that brings us joy and refuels us. Often when we think of Self- Care, our mindset can be limited to activities like spa treatments and exercising. Though such activities are active steps to practicing Self-Care, we must keep in mind that another aspect of Self-Care is how we choose to love and nurture ourselves through self-compassion, setting personal boundaries, and making healthy choices, etc.

Here is a list of basic things we all can do to take care of ourselves and manage our well-being.

Getting Enough Sleep

Sleep is considered the third pillar of wellness. Getting enough sleep impacts our psychological health, mood, metabolism, and our immune system which are critical during periods of prolonged stress. Whether we are physically distancing with our families or on our own, getting enough sleep helps us start our day as our best selves

Nutrition & Eating Well

If we look at the pandemic as a marathon, the food we eat and how we nurture our bodies is our fuel. What we eat impacts our performance, energy level, mood and satisfaction. It's all about balance: eating a piece of cake might bring you comfort and satisfaction, but remember our bodies need green veggies, lean meats and healthy fats to operate in peak performance.

Physical Activity

Exercise is an important part of Self-Care, particularly under times of stress. Exercise releases endorphins in the brain which help us reduce stress and manage depression. It also decreases the stress hormones in the body like cortisol. Taking your dog for a walk, going for a jog/run outside, and following a fitness/yoga YouTube video at home, are all great ways to incorporate physical activity in your daily routine.

Relaxation & Meditation

During stressful events most of us have difficulty slowing down and finding time to relax. We are all collectively experiencing chronic stress as a community. Relaxation can help buffer the negative impacts of chronic stress, helps us care for ourselves better, and improve our energy so that we are less reactive to stressful events. Ways to elicit relaxation can be through the use of meditation, attending to our breathing, and cultivating mindfulness techniques.

Laughing & Humor

Milton Berle once said that "Laughter is an instant vacation". The art of laughter and humor has been used for generations as a way to cope with stressful situations. Research shows that laughter reduces stress, anxiety, isolation, and tension. Laughter improves, mood, memory, creative thinking, and ability to cope with difficult situations.

Pleasurable Activities

Physical distancing might have disconnected us from some activities that bring us joy. However, during stressful times, doing something enjoyable is that much more important. Doing so will allow us to feel refreshed, motivated, re-energized and with a slightly changed perspective or mindset. Finding things to do that bring you joy, such as playing a board game, dancing, gardening, reading a book, trying a new recipe, video chatting with a loved one, etc. are important components of Self-Care.

Connect with Loved Ones

Seeking human connection is one of the most nurturing things people can do for themselves. As we practice physical distancing, connecting with others might be a bit more challenging. Being creative and using technology to help us connect with our friends and family is a great way to stay in touch. If your loved ones live in your home, playing a game or cooking together might be a great way to connect.

Unplugging

We are currently being flooded with information yet there is still much that is unknown, which can lead us to easily feel overwhelmed. Finding a time in which we can unplug from work, cell phones, and social media is an important part of Self-Care. Constant connectivity can lead to brain fatigue, eye strain, sleep disruption, and a loss of attention span. As well as increased levels of stress and anxiety.

Take Breaks

During periods of stress and uncertainty, it can be difficult to find time to take a break. However, taking breaks should be a big part of our Self-Care repertoire. Pushing yourself to work through periods of exhaustion can lead to burnout. Our brains and bodies need breaks, especially during long periods of sitting or working nonstop on a project or task. So take your lunch break, stretch your body ever so often, get up and go to a different room or pet your dog for 5 minutes. Your body and mind will thank you!

Tend to Your Physical & Mental Health

Practicing Self-Care means taking care of ourselves, and tending to our physical and mental health needs. If your are feeling sick or having flu-like symptoms, call your doctor, most providers are able to monitor your symptoms through telehealth and make recommendations. If current events feel overwhelming and your are experiencing increased anxiety, talking to someone may help. Don't forget to access ANDRUS EAP program or reach out to a mental health professional for support.

We are Growth & Change

MANAGING LOSS CEREMONIES

The Sanctuary Core Team hosts *Managing Loss Ceremonies* every other Wednesday 10:00 AM - 10:15 AM. This ceremony is a safe space that is open to any staff member, family, or friends who would like to express how they are feeling in terms of losses that they are dealing with.

To join a Loss Ceremony virtually, use Zoom Meeting ID: 320 513 6700

REMEMBERING LOULA, ANDRUS P.A.W.S. THERAPY DOG

Loula joined the MHD PAWS program in September 2018 and was an instant hit with clients and staff in the Peekskill and Yonkers clinic. She quickly became part of both clinics, joining meetings, teaching children about staying calm, using inside voices and what it is like to be shy. She brought happiness to clinicians or others that may have had a hard or stressful day. Wherever she went (and she went to many different places) people smiled when they saw her. Her appearance was enough to brighten days even if she was hiding.

Loula was beloved by many which made her sudden illness so devastating and unbelievable. She was diagnosed on 6/17/20 with acute leukemia which was very aggressive and on 6/19/20 our lovely Loula crossed the rainbow bridge. Her loss is still felt and caregivers Danni Lapin Zou and Leani Spinner want to thank everyone who was a part of Loula's life and reached out when she passed.

We are ADAPTING

Putting the Zoo in Zoom

While learning from home, many of our Day Students found themselves missing the opportunities to visit our animals on campus. Our team decided to put together Zoom meetings where the students would virtually interact with the goats, alpacas, sheep, chickens, bees, and of course, our PAWS Dogs.

Though it is not the same experience as petting and interacting with them in person, the team found new ways to engage. The children held a community meeting with the goats, created a "Goat Movie" with voiceovers, and took a virtual tour around the Hope Space.

Our Animal Therapy Team was also able to coordinate a virtual visit with our retired goats who are currently living at the Safari Park in Connecticut (with zebra and buffalo for neighbors!).

Over the summer our residential students were able to have socially distant play sessions with the animals. While much has changed in the world, our therapeutic farm program continues to offer fun, creative, and safe ways to interact with our children.

We know the animals are looking forward to having the students back on campus for the new school year!

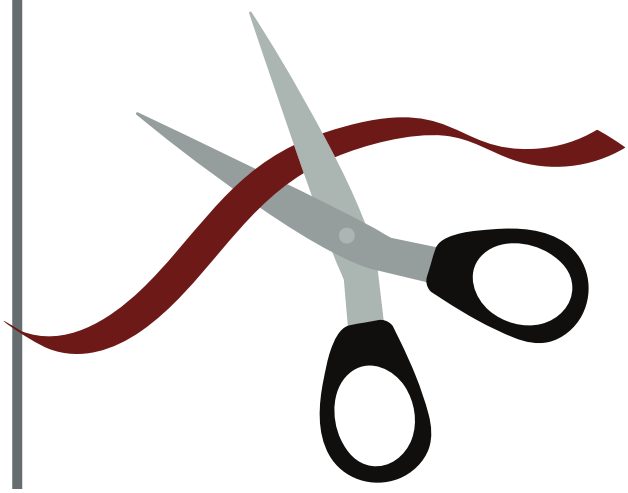
Allison Ratner
Animal Therapy Coordinator

Murphy Hall Dedication Ceremony

We invite you all to join our live streamed event on Tuesday, September 29th as we welcome back former President & CEO Bryan Murphy for the re-opening and renaming of the Maintenance Building, "Murphy Hall."

The building will be named in honor of Bryan's tenure here at ANDRUS.

We invite all friends, families and our community to join the live streaming by visiting our facebook page, using **@andruschildren**



SANCTUARY STARS

The COVID-19 pandemic has brought to mind the concept of Essential Employees who provide vital good and services. These are our healthcare professionals, our grocery store workers, our public transit operators, our sanitation workers, and many others. These individuals are no doubt worthy of acknowledgement for the risks they have taken each day while on the front lines of the COVID-19 pandemic for the vital societal functions they provide.

We want to take a moment to acknowledge and celebrate another category of Essential Employees who have continued to work at their places of employment despite the risks associated with the pandemic. These are the more than 500,000 Behavioral and Mental Health professionals and support staff across the county who work in the field of Residential Childcare. These individuals provide safety and care, healing and hope, education and laughter, connection and love to young people who have endured trauma at an early age.

We at ANDRUS are proud to employ more than 275 dedicated Essential Employees who continued to come to our campus in Yonkers each day during the height of the pandemic, to care for the children we serve despite the risk involved. These Essential Employees are agents of transformative healing for the young people in our care. These are our Milieu Therapists, our Food Service staff, our Teachers Aids, our Nurses, our Safety Officers, our Clinicians, our Life Skills Specialists, our Recreation Therapists, our Maintenance Staff, our Regulation Coaches, our Administrative Support Staff, and our managers.

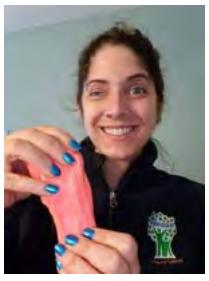
Our agency's mission to nurture social and emotional wellbeing in children, families, and communities is one which never stops. Despite the rapidly changing and multifaceted challenges of our environment brought forth by the pandemic, the recession, and the recent salience of systemic racism, our Essential Employees have each engaged in the critical work necessary to drive forward ANDRUS' mission to provide nurturing, care, healing, and hope to those who need it most.

Our work is only truly possible within the context of the therapeutic community which The Sanctuary Model aims to create. These dedicated professionals made our therapeutic community not only survive through these months but thrive through these months. They rose to the challenge with Social Responsibility, supporting one another with Emotional Intelligence, collaborating creatively through Open Communication, Democracy, and Social Learning, while always driving forward towards Growth and Change.

As a small token of gratitude, appreciation, and recognition, we highlighted each of our Essential Employees individually through daily emails, social media posts, and pictures at our front gate. This labor of love which showcased the essential role as well as a "fun fact" about each staff member, helped to keep our spirits high and keep our community connected during the most challenging days of the pandemic.

We thank our Essential Employees for their dedication, their courage, their perseverance, their care, and their tireless efforts through this great challenge we face. They are our Sanctuary Stars who uphold our agency's mission and commitment to healing trauma and nurturing hope. We as an organization are humbled to know that heroes work here!

Stephan Spilkowitz,
Assistant Director of Therapeutic Programming & Youth Development



We are FUN

CAMP WEEK 2020

Despite our challenges and limitations due to COVID-19, CAMP WEEK 2020 was a resounding success! We did not allow the virus to prevent us from this special yearly tradition to celebrate our community, kick off the start of summer, and most of all, build relationships and have FUN!

Sometimes, challenges force us to think of new and better ways of operating, and that is exactly what The Camp Week Committee did. Whereas large group gatherings such as our annual full-campus Softball game and Rye Playland trip were not possible, the new smaller group structure actually resulted in more activities than years past. This year's Camp Week featured 30 activities in total, a 50% activity increase, with a rotation structure which allowed every child access to every activity. Precautionary safeguards were also implemented to enhance safety; directional arrows and maps to prevent group intersections, reduced close-contact activities, mask usage, and of course- plenty of hand sanitizer.

We maintained some of our most popular activities such as Swimming, Ropes Course, Field Day Games, Tye Dye, and Knockerball Challenge. We also debuted some great new activities such as Real Life Angry Birds, Human Slip N' Slide Bowling, Paint & Punch, Bicycle Relay Rodeo, Tic Tac Toe Relay, Water Balloon Target Toss, along with special art activities which included DIY lava lamps, stress balls, photo booth backdrops, cottage banners, play dough, and slime.

This year we also introduced PBIS Prize Passports where residents could earn stamps for participation and safe behavior which translated to a variety of prizes. Additionally, we turned our mask wearing health and safety precaution into a fun and creative "bling your mask" activity complete with felt markers, sequins, fake mustaches, and more.

We capped off this five-day 35-hour event with a socially-distant BBQ and art gallery showcasing children's' paintings from the Paint & Punch activity. Thank you to the many staff and departments who came together to create a week full of fun, connection, self-care, and adaptive creativity!

A Special thank you to Strategies for Wealth for their generous donations to make our Camp Week unforgettable!

Stephan Spilkowitz,
Assistant Director of Therapeutic Programming & Youth Development

We are THANKFUL

SPECIAL THANKS TO:

- Children's Hope Chest for their generous grant of $10,000
- City of Yonkers Community Development Block Grant for their generous grant of $40,000
- Community Fund of Bronxville, Eastchester, Tuckahoe for their generous grant of $10,000
- Elizabeth Andrus Fund for their generous grant of $1,000
- Fuirst Charitable Fund for their generous grant of $1,000
- James Rhind Fund for their generous grant of $3,000
- Mother Cabrini Health Foundation (Healthy Families) for their generous grant of $185,740
- Mother Cabrini Health Foundation (MHD) for their generous grant of $126,593
- People's United Community Bank for their generous grant of $2,500
- Sterling National Bank Charitable Foundation for their generous grant of $15,000
- The Thomas & Agnes Carvel Foundation for their generous grant of $25,000
- United Way of Westchester & Putnam for their generous grant of $3,500
- Virginia McGuire Fund for their generous grant of $10,000

CITY OF YONKERS COMMUNITY DEVELOPMENT BLOCK GRANT

STERLING NATIONAL BANK CHARITABLE FOUNDATION

People's United Bank

JAMES RHIND FUND

United Way

THE THOMAS & AGNES CARVEL FOUNDATION

The Children's Hope Chest

THE FUIRST CHARITABLE FUND

THE COMMUNITY FUND
BRONXVILLE • EASTCHESTER • TUCKAHOE

VIRGINIA MCGUIRE FUND

Mother Cabrini HEALTH FOUNDATION

ELIZABETH ANDRUS FUND

LETTERS TO FRONTLINE WORKERS

A letter goes a long way. During the height of the COVID-19 pandemic in New York, the ANDRUS Student Council came together (from a distance) to offer words of hope, gratitude, and encouragement to healthcare workers at our neighboring St. John's Riverside Hospital. The staff of St. John's were so appreciative of this kind gesture; a gesture which expressed not only appreciation but also motivation. As a daily reminder of their critical work on the front lines of the pandemic, and the deep gratitude from our ANDRUS community, the staff of St. John's hung the letters from our Student Council on the wall of the ICU. The Student Council was proud to know that their letters helped to keep our Yonkers healthcare heroes going during the most challenging days of the COVID-19 pandemic in New York.

Stephan Spilkowitz,
Assistant Director of Therapeutic Programming & Youth Development

Event Updates

ANDRUS FIT-A-THON

Despite having to cancel this year's Annual Gala, Development is happy to announce that in an effort to continue fundraising during these uncertain times, ANDRUS has launched a one-month campaign, the ANDRUS Fit-A-Thon!

Our campaign will not only entice people to get up and move for their OWN wellbeing, but to do it for a good cause.

Help support us in spreading word about the campaign to those on your teams and inner circles. To register, start a team, or donate now, please visit:

www.justgiving.com/campaign/andrusfitathon2020

For more information, please contact our Director of Donor Cultivation and Community Outreach, Juliana Fondacaro at Jfondacaro@jdam.org

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H.E.A.L. TOGETHER
Virtual Workshop

Come H.E.A.L. Together (Helping Everyone Adapt and Lead) with the Sanctuary Network for a day of shared experiences, social learning and activities by bringing communities together. Now more than ever we are removed from the circuits that we often rely on to input surges of knowledge, love, inspiration and support.
We are offering workshop bundles with CEUs options.

Wednesday, October 14th | 11am EST
Thursday, October 15th, 2020 | 11am EST

For more information please visit
www.thesanctuaryinstitute.org/one-day-virtual-forum/

Help Fight the Flu this Flu Season with a

FLU SHOT!

PROVIDED FOR FREE FOR ALL ANDRUS STAFF

With the COVID-19 pandemic happening simultaneously with Flu Season, **it is more important than ever to be vaccinated.**

Though the vaccine will not protect you from COVID-19, it can help doctors to rule out the flu if you are experiencing symptoms.

The CDC recommends that individuals older than 6 months of age, and especially those 50 years of age and older, are pregnant, or have underlying health issues, be vaccinated.

It is also recommended that you receive a flu shot in late September or early October so protection can last throughout the flu season.

For more information, please contact the ANDRUS Health Center

Practice Social Responsibility,
protect yourself and your community!

Mission & Vision

ANDRUS nurtures social and emotional well-being in children, families, and communities by delivering a broad range of vital services and by providing research, training, and innovative program models that promote the standard of excellence for professional performance in and beyond our service community.

Communities where all children and families can thrive.

Join ANDRUS' Social Media Community:

Find us using:

@AndrusChildren

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

www.andrus1928.org