

May 2017



## FSW VOICE

### MAY IS MENTAL HEALTH AWARENESS MONTH

During the month of May, we acknowledge **Mental Health Awareness** and the difference FSW's social and mental health services make in the lives of those we serve.

Today, millions of Americans live with various types of mental illness and mental health problems. Here in Westchester County, FSW provides access to a wide array of trauma-informed and recovery-oriented services aimed at improving the emotional and physical health of Westchester residents.

Our person-centered, evidence-based practices are key to how our licensed professionals care for the people we serve: children, individuals, families, older adults and veterans. With seven mental health centers throughout the county, each day, FSW is focused on providing services that promote mental health through direct services, intervention and advocacy.

I invite you to watch [Nicarla's inspiring story](#) highlighting her recovery journey, one that so many face as they aim to lead full lives.



**Susan B. Wayne**  
President & CEO



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### Program News

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**Happy Mother's Day!**



### RideConnect program receives National Volunteer Transportation Award

A volunteer-based transportation service for older adults, **RideConnect** has been awarded a 2016 STAR Award for Merit by the National Volunteer Transportation Center (NVTC). The NVTC STAR Award, which provided a generous \$1,000 prize, recognizes outstanding volunteer transportation programs and the involvement of their volunteer drivers in promoting and providing transportation services to passengers, especially older adults.

[Learn more.](#)



### Bundles of Joy NY partners with FSW to provide new mothers with baby supplies

Since March, **Bundles of Joy**, a not-for-profit organization in Bronxville that provides new moms and babies from birth to three years the essentials they need to thrive, has partnered with FSW to do community outreach and sort through countless donations and bundling items. So far, close to 40 bundles have been delivered including books, clothing and hygiene items.

[Learn more.](#)

### Port Chester Cares High School Student joins Youth Conference in Albany

Outstanding Port Chester High School students, including **Port Chester Cares** participant **Liseth Cabrera**, were selected to attend the **27th annual Angelo Del Toro Puerto Rican Hispanic Youth Leadership Institute** in Albany, NY. [Learn more.](#)



### FSW honors Bill Mooney Jr. & Helen Williams at Star Gala 2017

All-stars from the Westchester County's philanthropic community and world of New York sports came out to our annual Star Gala. Westchester County Association (WCA) President **William M. Mooney Jr.** received the **2017 Lifetime Achievement Award**, and philanthropist **Helen Tinch Williams**, mother of stage and screen star Vanessa Williams, was honored with the **True Reflection Award**.

Community All-Star Awards were given to former NY Yankees Roy White, Ron Blomberg and John Wettlnd, Syracuse University's Jim Boeheim and Triple Crown jockey Victor Espinoza. [Learn more.](#)



### Cornell graduate thanks FSW for inspiring internship

**Sam Wood**, 24, a 2015 graduate of Cornell University and a former intern with FSW, credits his time with the agency for giving him direction in his career.

"What I had seen was the awesome and honorable work FSW is doing in the social aspects of health care. I wanted to be involved in filling the gaps the system was not able to accommodate," he said. "I decided I wanted to do something make our system better, with a more holistic approach. I think it really propelled me into the job I do now." Read



### Jeweler and Designer team up to support FSW

Sam's story [here](#).

Sam Lehr Jewelers and renowned artist and clothing designer Philippe Vally teamed up May 9th for a one-night only exclusive sales event to benefit FSW at Sam Lehr's location in Scarsdale, NY. A great time for a great cause was had by all!

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## UPCOMING EVENTS!

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Presents

**STOP THE VIOLENCE  
BASKETBALL TOURNAMENT**

**SATURDAY, JUNE 24TH**  
11 a.m. to 7 p.m. TIP OFF 12 NOON  
47TH STREET PARK  
69 WEST 4TH STREET  
MOUNT VERNON, NY 10550

[Click here to learn more](#)

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**DONATE TODAY**

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Don't forget to check our website to see what's new at FSW!

[Click here to read our news.](#)

If you have news to share or press inquires, please contact  
Michelle A. Nicholas, VP Development and External Affairs at [mnicholas@fsw.org](mailto:mnicholas@fsw.org)

Family Services of Westchester  
[www.fsw.org](http://www.fsw.org)

STAY CONNECTED



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## Calling all Volunteers!

**My Second Home:**

[Learn more and volunteer](#)

**Respite Program:**

[Learn more and volunteer](#)

For more information contact:

**Amanda Nardozi**

**Volunteer Coordinator**

914-305-6834 or [anardozi@fsw.org](mailto:anardozi@fsw.org)