

Flying in Your Time Machine

It is comforting – however exhaustingly confusing it is – to think you flew away in your time machine. I start by asking Daddy where you are everyday. After his bizarre, yet seemingly confident, answers, my thoughts flow freely, imagining you – among many things you wished – spending years on an art project or debating with Kant profusely on his intense writing...

I, too, fly in a time machine. Because memory is as close as I have gotten to building, mine comes with a design flaw – it can only go backwards. Very occasionally, we cross paths and I catch a glimpse of your grown silhouette or a trace of your sweat scent, leaving me longing to fly with you.

It's not enough to know our love is timeless, joys are unalloyed. Today, I have a tiny wish: I wish you come home tonight so that I can give you the tightest hug and say what I always say on this day, **“HAPPY BIRTHDAY, CHARLIEEE!”**

Your Effort and Impacts

With profound gratitude to all of our compassionate and generous Zhangogh Foundation partners, today, we made the 3rd round of donations to:

- **Columbia University Department of Psychiatry of \$25,000** to sponsor a community service program in adolescent depression treatment and suicide prevention
- **Millburn South Mountain Elementary School of \$1,200** to sponsor a performing art program

On behalf of the children and their families who will benefit from your generosity, **we thank you all!**

Battling Teen Depression and Suicide



Columbia Psychiatry and NY Presbyterian Hospital, ranked #1 in psychiatry, are committed to improve prevention, early detection and treatment of adolescents at risk for suicide. In 2014-2015, the hospital and

university created a multi-disciplinary task-force charged with reviewing the problem of teen suicide in the Washington Heights community. It became very clear in their report that a coordinated and systemic approach including schools, primary care clinics, community agencies and mental health providers would be necessary to make meaningful improvements.

With the support of Zhangogh Foundation, the faculty at Columbia Psychiatry will start a program aimed to improve knowledge and awareness about adolescent suicide at public schools and primary care clinics in Washington Heights. The ultimate goal is to reduce suicide to zero.



HAPPY 19TH BIRTHDAY!

Donation Update

Well Wishers: 264

Total Amount: \$75,648

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Proudly Sponsoring

- **9/21/2015:** Art workshop with Sally Strand, a renowned artist, on light and colors in pastel drawing at Millburn High School
- **Q4 2015:** Columbia Psychiatry specialists provide trainings to public schools and clinics in Washington Heights community
- **2/2/2016:** Performance of The Dragon King by Tanglewood Marionettes at South Mountain Elementary School
- **3/20/2016:** 4th round of fund distributions to hospitals & schools

September 2015



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*“You were born a child of light’s wonderful secret –
You return to the beauty you have always been”*

In Honor of Charles Zhang