

Central New York's EXCLUSIVE Women's Magazine

S Y R A C U S E  
**WOMAN**  
azine

COVER STORY

**TANIA  
ANDERSON**

**A champion for  
the special needs  
community**

**SPECIAL FEATURE**

Eileen Murray:  
Parade Grand Marshal  
Lisa Romano Moore:  
OHA executive director

**WOMEN'S HEALTH**

*Monitoring blood pressure  
at home can be tricky*

**HEALTHY EATING**

*Irish rich in the 'Cuse*

**INSPIRE**

Linda and Deb Young  
Sheila Austin







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Dannielle Binns

## You too can save a life

If there is an emergency to a friend or family member close to you, do you know what to do? At a young age we are taught to call 911, but do we really know what to do until help arrives?

In April 2022, I was enjoying a meal at a Friendly's restaurant with my daughter and a close friend when a mother was yelling that their child was choking. The restaurant was full of people that didn't seem to know what to do so I jumped up to go help the choking toddler. As a friend called 911, my community training kicked in as I performed back blows on the rapidly-turning-blue child. As her body was over my leg, her head was supported with my left hand, and I started giving hard back blows. The heel of my right hand hitting in the middle of her back.

After the first hit, there was no change. A second hit a little harder was needed, with no change. As I gazed up at the family, everyone in the restaurant was holding their breaths while looking at me. I continued supporting her head with my left hand, as I performed another back blow with little change, in my head I started thinking, 'When will the ambulance arrive? I may have to start CPR soon.' I adjusted her body a little and continued with another black blow, still with no change.

My heart was racing. I had a lifeless 3-year-old in my arms. In my head, I knew this was the last chance I had before putting her body on the ground to start CPR. As my hand connected to her back, I felt her body tense up, she threw up and took a breath.

I could finally take a breath myself. That minute of time seemed like a lifetime. Not just for me and the child's family but everyone in the restaurant.

As someone who is a trained EMT working part-time on an ambulance, I know it can take a while for an ambulance to arrive. Community members at one time used to see ambulances arriving at scenes in less than five to ten minutes, now it is common for ambulances to take more than 15 minutes to arrive on scene. That's a long time when there's someone in need.

Anyone could have jumped up to help that choking child. It didn't need to be a trained EMT who is also a teacher. You can educate yourself through a first aid and CPR course. These classes are taught through multiple agencies like the American Heart Association or the Red Cross.

I have heard many times, "I took a course many years ago, has it changed at all?" The answer is YES, the courses are based on current medical research. Every two years people should take a refresher to regain muscle memory in the brain and to learn if anything has changed from past practices. Practice placing your hands in the middle of the chest of a manikin to perform CPR or holding a manikin properly by placing one hand over the top of your other hand in the middle of the diaphragm to perform abdominal thrusts. These are just a few things you will be taught in a course to help someone in need during an emergency.

You too can help save a life, by taking a few hours out of your busy schedule to take a course. You never know when you might be at the right place at the right time and may need to help someone in need. *SWM*

*Dannielle Binns was recently honored as Adult Good Samaritan at the Central & Northern NY Real Heroes Celebration for her quick actions in saving the life of a 3-year-old child who was choking.*



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## Syracuse sees red!

Friday, Feb. 3 was National Wear Red Day in support of the American Heart Association's Go Red For Women campaign. A number of local companies encouraged employees to dress in red to help raise awareness of the impact of heart disease on women. Even the JMA Wireless Dome got into the act, lighting up in red that evening.









## KEEPING HISTORY ALIVE

## Meet Lisa Romano Moore

OHA'S NEW EXECUTIVE DIRECTOR

Cheryl Abrams

Conversation with Lisa Romano Moore reveals her deep reverence and intense passion for our region — its future, as well as its past.

She's resided in Central New York her entire life. Her grandparents resided in the heart of Little Italy on Syracuse's North Side; Lisa lived with her family in Auburn, where she says her awareness of the upstate region's importance in United States history, especially the abolitionist and suffrage movements, was nurtured.

Lisa, who's lived in DeWitt for many years raising her son and daughter, has spent her career in development and philanthropy, raising funds for several local non-profits whose missions are to enhance the lives of people of all ages in our area.

She recently took on a new challenge that matches her education, experience and grand view of how each village, town and city — and their residents — have played parts in shaping every square mile of CNY. Lisa has been named the executive director of the Onondaga Historical Association (OHA), transitioning from the position of director of development, which she held since February of 2020.

OHA is a private nonprofit educational association of heritage related services, museums, research and educational centers, and retail operations, that has a 160-year legacy of preserving history for our region.

"I wasn't preparing for the lead role," she says, "but in my years here, I've embraced the mission, have come to appreciate the talents of our staff, and the place OHA occupies within the overall story of our area. I believe this organizational knowledge will provide a good start in leading us forward."

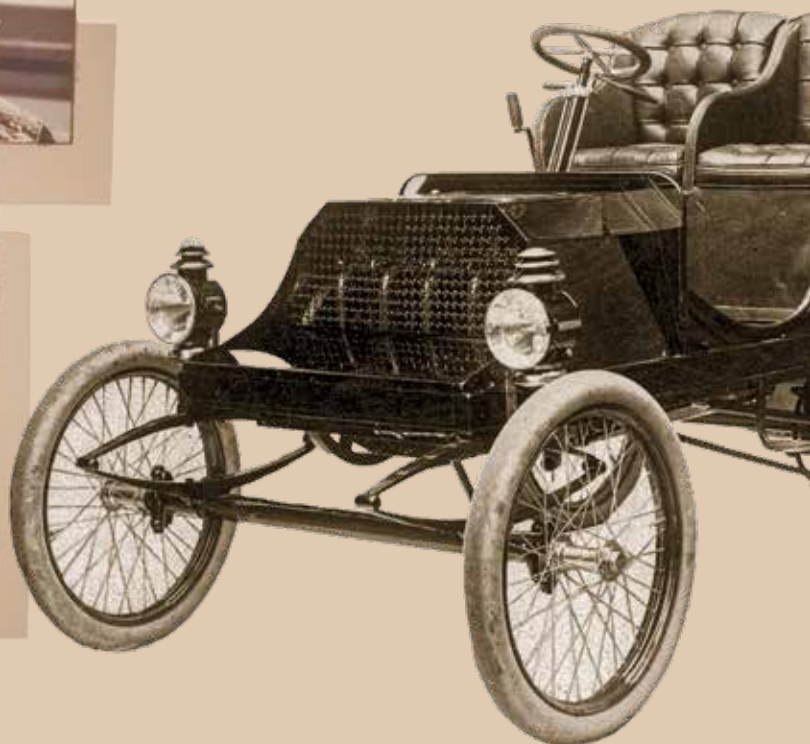
Lisa's previous positions have also prepared her for the leadership of OHA: vice president for development and executive director of the Onondaga Community College Foundation; vice president of development and marketing at the CNY Community Foundation; Director of Development for Say Yes to Education; assistant dean for advancement in Syracuse University's College of Arts and Sciences; and assistant director of athletics in the Orange Club Office at S.U. Additionally, Lisa's education has served her well in her various jobs; she earned her bachelor's in mass communications from St. Bonaventure University.

During a time when Onondaga County is uber focused on the arrival of Micron Technology and the effects the manufacturer may produce for the area's job market, educational institutions, local organizations and business and residential development, Lisa points to the rich history our area boasts related to life-changing tech developments.

"Sometimes we residents lose sight of the profound impact that Syracuse has had on everyday lives," she said. "We're known the world over for the invention of air conditioning by Carrier; the Brannock foot measuring device; and the Bradley Foraging Hammer, among many others." She even raised a food item traditionally eaten at the winter holiday times, Nonesuch Mincemeat, as having been developed right here in our city.

"We continue to celebrate current accomplishments by the Onondaga County labor movement through our fundraiser, Our Glorious Workplaces. This annual event puts a spotlight on the unique contributions of local businesses and organizations that have played a role in the development of our region," Lisa said.

Continued on page 12









## OHA's new executive director from page 11



She also is quick to reference historical architectural achievements still among us, including many of the structures in downtown Syracuse, and in Hanover Square, Franklin Square, and the multiple buildings in downtown that were once home to manufacturing concerns now refurbished for use as living spaces. Lisa also talks about two urban areas that have been redeveloped for recreational use: the 4.8-mile Onondaga Creekwalk walking and running trail, and Harvey's Garden on East Water St., a beer hall and food truck park located in a warehouse that had gone unused. The fun historical fact the new entertainment venue is named after the first mayor of Syracuse in 1848, Harvey Baldwin, who hailed from the now suburbs of Baldwinsville.

A last major highlight by Lisa is the fact that Central New York is home to The Six Nations Iroquois Confederacy, also known as Haudenosaunee, meaning "people of the longhouse," which played a key role in shaping the United States government. Skä•noñh Great Law of Peace Center, located on Onondaga Lake Parkway, is associated with OHA.

Lisa peppers almost every conversation with little-known pieces of history about our region. She's excited about using the nonprofit skills honed during her career in both staff roles and as a board member for other local organizations. She's also deeply committed to sharing her leadership style with OHA's 13 staff members, whom she describes as "extraordinary experts in the field of historic preservation and museum presentations."

She views leadership as a responsibility involving sincere, active listening; respect; mentorship; and humility, especially when it comes to acknowledging the talents of others who make OHA thrive.

The role of OHA, says Lisa, is to continue to enhance awareness and relevancy of our region's rich history. It's not just a location on Montgomery St., home to a museum, gift gallery, and research center. OHA seeks to bring our rich history to the area's residents by continuing to build partnerships with local business, civic, educational and cultural organizations. History is part of the vitality of our past, but also of our present and future. SWM





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# Monitoring blood pressure at home can be tricky. Here's how to do it right.

Michael Merschel

**K**nowing your blood pressure is a basic part of good health. But monitoring it at home can get complicated.

"It sounds easy – you buy a device, smack the cuff on your upper arm and push a button, right? It's not so easy," said Dr. Daichi Shimbo, co-director of the Columbia Hypertension Center in New York.

High blood pressure is a common condition in adults that's associated with heart attacks, strokes and dementia. To diagnose and track it, doctors often ask people to check it at home.

## Here's help with some of the basics.

### What exactly do those numbers mean?

The top number in a reading measures systolic pressure, the force against artery walls when the heart beats. The bottom number, diastolic pressure, measures that same force between beats.

Dr. Karen Margolis, executive director of research at HealthPartners Institute in Minnesota, puts it this way: "The top number is when your heart is squeezing. The bottom number is when your heart is relaxing." The original measuring devices used mercury-filled tubes, delineated in millimeters. So blood pressure is expressed in millimeters of mercury.

Modern digital monitors don't use mercury, but the principle is the same: A cuff around your arm cuts off blood flow in the artery inside your elbow. As the cuff is loosened, the "whoosh" of blood starting to flow again provides the systolic reading. When the noise stops, that's the diastolic number.

The American Heart Association and American College of Cardiology recognize five categories of blood pressure in adults. A reading of less than 120/80 is considered normal.

### Where do I start?

Margolis and Shimbo agreed that proper self-monitoring of blood pressure starts with a validated device. Both co-authored a 2020 policy statement from the AHA and American Medical Association about home blood pressure monitoring.

Many devices tout Food and Drug Administration clearance. But the FDA does not validate the accuracy of devices it clears to be sold on the market, Shimbo said.

To find a validated device, start with the AMA website [validatebp.org](https://www.validatebp.org). An international consortium also lists validated devices at [stridebp.org](https://www.stridebp.org).

### What kind of device should I use?

Upper arm cuff devices are preferred over wrist devices, according to the AHA/AMA report. Still, people with medical issues that preclude

compressing the arteries of both upper arms might need a wrist device, Margolis said.

And cuff size matters. A "universal" cuff will work for most people, she said, but if you have a very slender or large arm, you'll need an alternate.

### How do I prepare for a measurement?

Before taking a reading, you should avoid caffeine. Don't exercise for 30 minutes beforehand. If you smoke, don't smoke. Go to the bathroom.

Then sit quietly without any distractions for five minutes, she said. "And when I say no distraction, I mean don't watch TV. Don't listen to a podcast. Don't read a book."

### What else is important?

Sit in a chair that supports your back. Keep your feet flat on the ground. Position and support your upper bare arm at heart level. Keep your palm up and your arm muscles relaxed. Don't talk.

Take two readings at least one minute apart. Not following these steps can throw a reading off significantly. A reading taken over clothing, for example, can be off by 5 to 50 points.

### Does timing matter?

Blood pressure tends to be highest in the morning, and decreases through the day and is lowest during sleep. To account for that, when diagnosing high blood pressure, you'll be asked to take two readings in the morning and two in the evening over the course of a week.

People whose readings are consistently normal wouldn't need to check so often, Margolis said.

### What if the reading doesn't match what's in the office?

That's one of the things home monitoring is looking for, Shimbo said. Some people get "white coat hypertension," which is when readings are high in a doctor's office but not outside the office. Others experience "masked hypertension," where readings are normal in a doctor's office but high outside the office.

Put another way – a reading in a doctor's office will say what your blood pressure was during the brief time you're in the exam room, Shimbo said. "But you spend all of your life outside the doctor's office. Don't you want to know what your blood pressure is in the real world?" SWM

Michael Merschel is a writer/editor with the American Heart Association.



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# wise

WOMEN IGNITING THE SPIRIT  
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## FEATURED ENTREPRENEUR

**Dr. Rebecca Alexander Carey**

Owner and Founder  
Terra Physical Therapy Wellness



**D**r. Rebecca Carey Alexander is the owner and founder of, Terra Physical Therapy Wellness, a physical therapy practice that offers yoga instruction and a multi-disciplinary perspective on health. Rebecca's presence is calm and steady, much like her approach to business ownership. Rebecca worked on her business for about 10 years before having her PLLC officially filed and in her hands in August of 2022. The work and intentions behind Terra Physical Therapy Wellness simmered and melded together as Rebecca spent 8 years instructing yoga, and 5 years practicing physical therapy. At Terra Physical Therapy Wellness, Rebecca offers both physical therapy, primarily around pelvic floor health and fertility journeys, alongside yoga instruction by way of classes and special events. Terra Physical Therapy Wellness' services reflect Rebecca's approach to healing and wellness as a service provider.

Rebecca began her trek with yoga and physical therapy after she had a health scare that pushed her to make changes in her lifestyle. She saw the impact of these new practices in her life through vast emotional shifts. It was these swift changes that made Rebecca want to help people heal through these practices. After some time practicing and instructing yoga, Rebecca went through physical therapy school, where she took specialized training in pelvic health. When other pelvic floor physical therapists found out that Rebecca was a yoga instructor, they urged her to become specialized in pelvic floor health because they saw the additional value that yoga knowledge would bring to her practice. Having a background in both yoga and physical therapy expands Rebecca's breadth for finding ways to make her clients feel better from the inside out.

At the core of Rebecca's business is the joy she gets from educating her community. It fills her cup to spread the message that health and wellness are possible no matter how far away they may feel. Rebecca leans on her intuition to guide her business journey alongside the support from WISE. Rebecca meets with a WISE business counselor regularly. When starting, her counselor helped her envision what her business could look like through thought exercises. Rebecca also participated in the Business Plan Intensive Program through WISE, where she worked on her business plan and made connections with other business owners. WISE helped Rebecca learn the technical pieces of business ownership, allowing her to turn thought into action.

Having WISE as a resource allowed Rebecca to exact the incremental changes that she needed to make her vision a reality.

Rebecca's greatest strength as a business owner may be her passion. She says, "you have to enjoy what you're doing to have the grit that business ownership requires." Helping her clients to work through problems like the physical effects of trauma, fertility challenges, postpartum issues, and so much more, gives Rebecca the fulfillment to have that grit. One of Rebecca's guiding beliefs as a business owner is to honor her community. As Terra Physical Therapy Wellness blossoms, Rebecca continues to approach the business with an abundance mindset, ripe for collaborations with other businesses, in the hopes of bringing more education and healing opportunities to her community.

## WISE HAPPENINGS:

► Check out [www.wisecenter.org](http://www.wisecenter.org) for a complete list of upcoming events!

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## WISE words of wisdom...

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-Dr. Rebecca Carey Alexander  
(Herman Hesse)

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All events, unless otherwise indicated, are being held virtually. // WISE Women's Business Center, Equitable Towers // 100 Madison Street // Syracuse, NY 13202  
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Tawn & husband Scott are dedicated to keeping Heather's awareness dream alive - "No Woman Left Behind"



Hope for Heather  
GYN - Ovarian Cancer

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# TANIA ANDERSON

## A champion for the special needs community

Kate Hanzalik

The people that I connect with at ARISE, they're really fascinating, talented and committed people. They make a tremendous impact on everyone they connect with, and they have made a tremendous impact on me."

—Tania Anderson



Photo by Alice G. Patterson



# TANIA ANDERSON

## A champion for the special needs community

Kate Hanzalik

To know Tania Anderson is to know her as a mother first. Her daughter, Eliza, is her reason for waking up and going to work in the morning. Seventeen-year-old Eliza is a “rock star,” Anderson said. “She is engaging and people just connect with her.” Anderson has been an advocate for Eliza since she was diagnosed with Wolf-Hirschhorn syndrome, a rare genetic condition, at the age of 13 months. Eliza, like so many other children with special needs, required a variety of services right from the start. Yet even before Eliza was born, Anderson was determined to make the process of finding and accessing support services easier and the world more inclusive for people with disabilities.

In 1998, Anderson joined the Board of Directors of ARISE, an organization that helps people with disabilities throughout Central New York to live independently through a vast array of leadership opportunities and programs ranging from developmental and intellectual disabilities services, mental health counseling, aging services, recreational therapy and more.

Eight years into her role at ARISE, her perspective changed. “I had been very invested in the work of ARISE, but when Eliza was diagnosed, it became much more personal to me. I was very invested in her success and making sure she was connected with whatever

services and support she would need to be successful and to develop from early intervention to preschool to school and then through school,” she said. “I found myself connecting with other parents, usually moms, that were also navigating the system, and doing a little bit of advocacy for them, very informally, and also educating myself as much as I could. And the work of ARISE—which of course connects with people with disabilities and is all about self-advocacy and making sure people are fully included—completely aligned with what I was trying to accomplish with Eliza.”

Anderson, who has a J.D. from Syracuse University College of Law, eventually became the president of the board at ARISE and served in that capacity for eight years as she worked as a law clerk for the New York State Supreme Court.

Life was hectic. In 2015, when Eliza was 10, Anderson learned that the position for CEO of ARISE soon would become available. “[My] then predecessor Tom McKeown had a meeting with me and said he was going to be retiring and so my first thought was ‘Oh boy. Now I gotta do a search and find a CEO. That’s one more thing,’” Anderson recalled.





"And then I thought, 'You know, I'm going to put my hat in the ring' because the work had become really interesting, challenging, and exciting. And I thought I would just jump off a cliff and try a totally new career. And the board of directors endorsed that decision."

After seven months of shadowing her predecessor, she became CEO in April of 2016. "I always ground our mission in my daughter because Eliza is the most important person in my life,

and she has been getting services at ARISE since she was less than three years old in multiple avenues, from one-on-one support to help her with independent living skills to help in the schools to recreation services at our [ARISE at the] Farm, the whole gamut. And I have seen as a mom how she has grown successful and more happy because of the work at ARISE," she said.

## Growing Successful

Three people started ARISE in 1979, operating out of an old laundry room in St. Mary's Hospital in Syracuse. They worked from the premise that people with disabilities should have equal rights, an idea that was "revolutionary at the time," ARISE explains.

The organization is a pioneer in the independent living movement, which, as ARISE's Director of Independent Living Services, Nina Lutz, pointed out recently in an ARISE podcast, assumes that "Individuals have the right to determine their own destiny, to make choices, to make their own decisions, and that includes deciding where they want to live, what they want to wear, what they want to eat and when they want to eat it."

ARISE's commitment to the movement explains why many people who receive support from ARISE make business decisions for the organization, and why it is a community-based non-profit that helps people regardless of age and disability.

By 2014, ARISE had opened satellite offices in Onondaga, Oswego, Cayuga and Madison counties, offering professional assistance with navigating and improving systems such as the education system, healthcare, and housing. Today, ARISE has 50 programs and 850 employees and volunteers.

That said, Anderson has a lot of work, and the pace is fast, but every challenge is an opportunity to effect change. "I knew when I started this job, it would be the most meaningful and most difficult job I would ever do and I was right," she said.

"If you can keep sight of the fact of why you're doing this work—because it means a lot to me, because it's important to the community, because I'm passionate—that will fuel you through a time where you might be thinking, 'What am I doing?'

Just keeping that connection, I think, is the most important thing. When you have that connection to the mission and you know why your work is meaningful, you will naturally succeed."

*Continued on page 22*

"I knew when I started this job, it would be the most meaningful and most difficult job I would ever do and I was right."—Tania Anderson



## A champion for the special needs community from page 21



And she did exactly that. “Under my leadership, ARISE is positioning itself in the community to be even more collaborative than it has been in the past, and to be more strategic in terms of partnering with other human services agencies to make sure that the whole sector and the whole system will survive going forward because the business environment is getting much more difficult because of things like Medicaid reform and the general economic conditions and the workforce shortages,” she said. “A lot of things are being thrown at human service agencies and the need keeps increasing. We have to be more and more strategic all the time because it’s so critical. If agencies like ARISE don’t exist, there’s nowhere for people to go.”

All of her hard work over the years has taught her much about leadership. “Being a leader is difficult and many times it is very lonely. There are many times you are making decisions, they’re hard decisions and someone is going to be unhappy, and you have to say ‘no’ sometimes; it’s just the reality. You have a difficult set of circumstances, and you have to pick the lesser of evils, and you may make a mistake. Hard things happen.”

She said that while more and more CEOs are women, especially in human services, sexism still exists. “Sometimes women who have a strong sense of self and are direct and have a strong business sense are seen as an outlier. Even when the woman is the boss, they’re sometimes expected to be softer.” When Anderson is not wearing the hat of CEO, she prioritizes self-care by spending time with Eliza, running with friends, and reading novels. “I’m not always successful [with self-care] but I definitely give it my all.”

Her hard work has also taught her about the value of impact. “The impact that ARISE is having on [Eliza] is multiplied many thousands of times,” Anderson said. “[ARISE] has been a part of my life for 25 years now, in a really direct way, and it always will be. The people that I connect with at ARISE, they’re really fascinating, talented, and committed people. They make a tremendous impact on everyone they connect with, and they have made a tremendous impact on me.”

### Get Involved

**ARISE** has numerous volunteer opportunities, such as helping ARISE at the Farm, an inclusive recreational facility in Chittenango that offers adaptive horse-riding lessons, or ARISE & Ski, a program that provides people with disabilities adaptive equipment and ski lessons. Engineers, therapists, designers and other makers might be interested in volunteering for the Adaptive Design program, which customizes devices and toys made from everyday materials and 3-D printing. ARISE also has full- and part-time employment opportunities for direct service professionals and ways to make charitable donations. SWM

To learn more about ARISE and everything it has to offer, visit [www.ariseinc.org](http://www.ariseinc.org)



# Living your best life, at any age

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SCAN ME

## First on our list is Bio-Identical Hormone Replacement Therapy (BHRT).

This treatment replaces the hormones that naturally decline with age. Imbalanced and depleted hormones can be the source of various unwanted ailments such as fatigue, weight gain, mood swings, vaginal dryness, decreased sex drive, dry, thin skin, and for women menopause. Estrogen, progesterone, and testosterone are the three most prescribed hormones because they play a large role in our body's well-being. Estrogen is most commonly used to treat Vasomotor symptoms of menopause (hot flashes, night sweats) but also helps increase metabolism, collagen, skin hydration, and HDL (good cholesterol). Estrogen also improves mood, energy, vaginal lubrication, memory, and cognition. Progesterone helps to restore hair loss, reduces anxiety, and can even help prevent breast cancer. Testosterone is important because it improves energy, motivation, mental alertness, insulin resistance, enhances sex drive, and increases the integrity of the skin, and works with Estrogen and Progesterone to increase bone mass. There are several options for BHRT, including topical creams and gels, buccal tablets, suppositories, and pellets. Due to their success rate and convenience, pellets have become one of the most popular options. Pellets are tiny cylinders (smaller than a tic tac) fused with hormones that are inserted under a layer of fat into the upper buttocks. Typically, women's pellets will last between 3-5 months, and men's pellets will last between 5-6 months. Pellets have also been proven optimal in combating menopause symptoms.

**Second on our list is Vaginal Rejuvenation.** Millions of women suffer from vaginal atrophy and stress incontinence. Vaginal atrophy is when the vaginal wall becomes drier and thinner from a lack of estrogen. Burning, itching, spotting, and pain with sex are common symptoms, especially in post-menopausal women. Stress incontinence is caused by age and childbirth and occurs when physical movement or activity such as sneezing, coughing, laughing, and running puts pressure (stress) on your bladder, causing you to leak urine. Vaginal rejuvenation is a non-invasive treatment that uses a CO2 fractional laser and wand applicator to heat the upper layers of tissue to stimulate skin-plumping collagen production in the lower layers. Vaginal rejuvenation helps improve the tightness of your vagina, incontinence, lubrication, heightened vaginal sensitivity, strengthen weak vaginal and pelvic muscles, and improve painful intercourse. Vaginal rejuvenation can be performed in-office. Three treatments are recommended one month apart and require little to no downtime. For patients seeking a more private solution, there are a variety of at-home options available as well. One of our favorites is VRS by AnteAGE MD this at-home kit comes in either a pack of 3 or 6 and human stem cell technology treating vaginal atrophy and stress incontinence.



SCAN ME

**Last but not least is Hair Loss Restoration.** One of the most age-related complaints by both men and women is hair loss. The most common cause of hair loss is a hereditary condition that occurs with aging. This condition is referred to as male-pattern baldness and female-pattern baldness. There are various hair loss treatments on the market today. One of the newer treatments that have many patients excited is hydra needling. This treatment uses a micro-needling device to inject a variety of hair serums into the scalp. The number of treatments required varies from patient to patient and for maximum results, treatment is typically recommended 2-3 weeks apart. Densify sprays and topical prescriptions have also become growingly popular. Both help stop hair loss and induce hair regrowth. Some topical solutions recommend applying with a derma-roller to help penetrate the solution deeper into the scalp.

Aging can be difficult, but with advances being made in the healthcare industry, you can make it less difficult. It's always best to talk to your healthcare provider to see which options are right for you.

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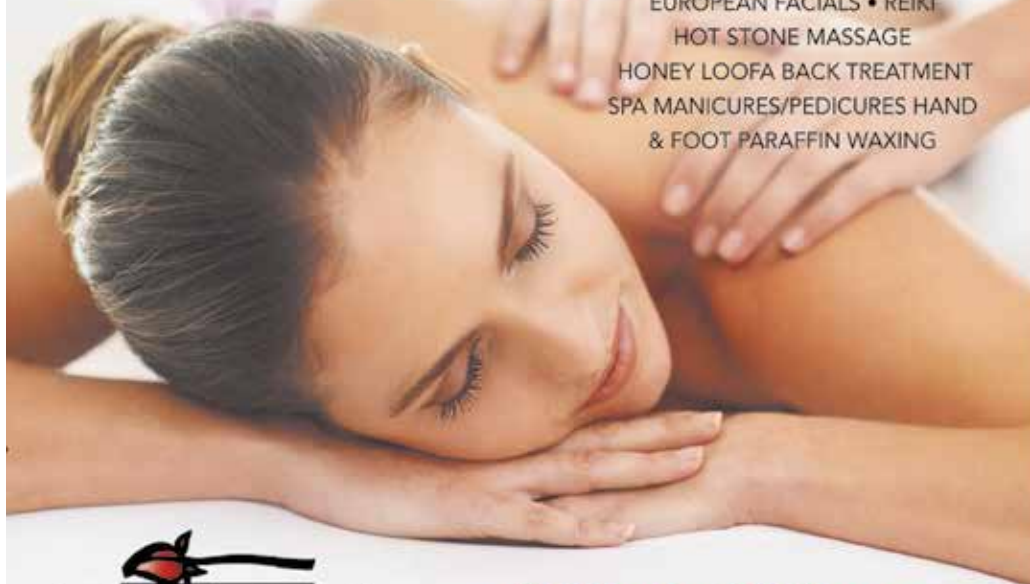
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# Irish rich in the 'Cuse

Chef Eric Rose

St. Patrick's Day, celebrated annually on March 17th, is a day dedicated to honoring Ireland's patron saint. The holiday has its roots in Irish history, where it was originally a religious holiday to honor the priest who is credited with bringing Christianity to Ireland in the 5th century. St Patrick's day was made an official Catholic feast day in the early 17th century and was primarily celebrated by Irish immigrants and the Irish diaspora.

*Continued on page 26*





## Irish rich in the 'Cuse from page 25



In the United States, St. Patrick's Day was first celebrated by Irish immigrants in Boston in 1737. The first St. Patrick's Day parade was held in New York City in 1762 by Irish soldiers serving in the British army. The parade was a way for the soldiers to reconnect with their Irish heritage and to showcase their pride in their home country. The parade quickly became an annual event, and today it attracts thousands of participants and spectators.

As Irish immigrants settled in the United States, they brought their traditional food and drink with them. Irish cuisine, known for its hearty and comforting dishes, has become an important part of St. Patrick's Day celebrations in the United States. Traditional Irish dishes such as corned beef and cabbage, Irish stew, and soda bread are often

served on St. Patrick's Day. The Irish pub has also become a staple of St. Patrick's Day celebrations, with many pubs offering traditional Irish food and drink specials to celebrate the holiday.

The city of Syracuse hosts one of the largest St. Patrick's Day parades in the country, attracting thousands of participants and spectators. Irish food is a big part of the celebration, with many local restaurants and pubs offering traditional Irish dishes and specials to celebrate the holiday.

In recent years, there has been a trend towards incorporating more modern and fusion elements into St. Patrick's Day celebrations, particularly in food and drink. Many chefs and mixologists have been experimenting with new takes on traditional Irish dishes and





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Potatoes are also full of antioxidants that work to prevent diseases and vitamins that help your body function properly.

## Irish Potato Tart

Savory Irish Potato Pie Recipe – Crispy crust layered with potatoes, onions, ham and bacon. This Saint Patrick's Day favorite is a must have at an Irish dinner!

*Makes 8 slices*

### INGREDIENTS

- 1 sheet frozen puff pastry, thawed
- 4 Tbsp butter
- 7 slices bacon (thick-cut slices), chopped
- 3 oz ham or corned beef, diced (you can omit)
- 5 potatoes, (or 4 large), peeled and sliced thin
- 1 onion, peeled and sliced thin
- 1 Tbsp fresh dill
- ½ cup heavy cream or Half & Half
- 2 oz grated cheddar or parmesan cheese
- Salt and pepper
- Chive or scallion for garnish

### INSTRUCTIONS

1. Preheat the oven to 350°F. Place the thawed puff pastry in an 8- or 9-inch tart pan (or a pie pan) and crimp the edges. Remove the excess dough and piece it along the rim if needed to make the rim even all around. Refrigerate the crust until ready to fill.
2. Place the butter and bacon in a large skillet over medium-high heat. Sauté until the bacon is crispy, then toss in the onions, followed by the potatoes and dill. Season with ½ teaspoon salt and ¼ teaspoon ground pepper. Gently stir 3 to 5 minutes, to mix the onions and potatoes and coat them in bacon grease. (The potatoes don't need to be cooked through.) Spoon the mixture into the crust and drizzle with heavy cream, then top with grated cheese.
3. Bake on the low rack in the oven for 35 to 45 minutes, until the potatoes are fork-tender and the crust is golden. Rest for 10 minutes, then sprinkle with chopped chives, cut, and serve.

*Serve this tart with a light side salad for a complete meal.*

cocktails, incorporating local and seasonal ingredients, and modern techniques. This has led to the creation of new and exciting dishes and drinks that pay homage to Irish heritage while also embracing new flavors and styles.

Some choose to celebrate St. Patrick's Day at home, with a focus on Irish food and drinks. Many people are opting to cook traditional Irish dishes at home, and pubs and bars are also offering takeout and delivery options for St. Patrick's Day. This allows people to celebrate the holiday with their loved ones in the comfort of their own homes.

Whether it's at a pub, a parade or in your own home, St. Patrick's Day is a great opportunity to celebrate Irish culture and heritage with friends and family. Everyone can participate and be Irish for a day. *SWM*

## HAPPY ST. PATRICK'S DAY!







## MEET 2023 PARADE MARSHAL

**Eileen Murray**

## SHAMROCK RUN COFOUNDER DEDICATED TO TIPPERARY HILL COMMUNITY

Alyssa Dearborn

Eileen Murray remembers the first “Shamrock Run” as if it took place yesterday. It was a beautiful March day and more than 900 people gathered to complete the four-mile walk/run around the Tipperary Hill neighborhood. Since then, the “Shamrock Run” has become a March staple in Syracuse, attracting nearly 3,000 runners annually.

Runners are attracted to the “Shamrock Run” every year to tour the neighborhood’s landmarks, including local pubs, striking churches and the famous green-on-top traffic light. As the race enters its 18th year, Eileen – a cofounder of the run and the 2023 St. Patrick’s Day Parade grand marshal – hopes to reach that pre-COVID crowd again.

In 2002, the Tipperary Hill Neighborhood Association had just been formed and though the association had plans to beautify the historic neighborhood, there was little funding to begin those projects.

“The message at the [first] meeting was that we don’t have any money,” Eileen said about the Run’s beginnings, “We might maybe have \$200 in the bank account. So they said, ‘does anybody have any ideas on how we can raise money?’ I raised my hand and I said, ‘why don’t we organize a run/walk in our neighborhood?’”

The Tipperary Hill Neighborhood Association had to wait until it became an official nonprofit organization before the first “Shamrock Run” could be organized. But a couple of years later, the association was ready to work with Eileen to organize the “Run.”

“I contacted a friend of mine, Ed Griffin.” She explained, “I had been training for a marathon with Fleet Feet, so I got to know Ed. I asked him if he would mind meeting with us to discuss organizing a run. And so we met at Nibsy’s Pub out on the porch and he really kind of encouraged us to have kind of a St. Patrick’s Day run... Are you crazy? It’s so cold and it’s miserable in March! And he said you’d be very surprised, because Cazenovia had a run in February. So we got to thinking and we decided yes. Let’s pursue it. That’s pretty much how it got started.”

She recalled the day of the first “Shamrock Run,” saying, “It was a beautiful day. Just an absolute gorgeous March day. And we ended up getting over 900 people. And it was a great success and we were so happy with that. We’re going into our 18th year now. It seems like yesterday.”

A retired teacher, Eileen uses the skills from her profession to start meetings, organize and plan, and make sure everyone on the committee contributes and feels a part of the team.

“That’s another thing I want to make clear is this race could not take place if I didn’t have this wonderful committee. Everybody is an expert at what they do. Everybody on our committee is great at what they do,” Murray said. “Since we’re on our 18th year, we’ve kind of recruited some younger people to sit on the committee because, with social media and everything, I’m not really schooled in all of that. But what you need to do is find someone who’s really good at it... It’s important to let the people who know what they’re doing do their job.”

The “Run” was initially created to benefit the Tipperary Hill Neighborhood Association. Since its founding, the race has helped fund gardens, a welcome sign, an arboretum, and several benches.

The neighborhood has even become a part of the *Save the Rain Project*, building rain saving gardens near the arboretum. Today, it continues to help beautify the Tipperary Hill neighborhood while helping other important community efforts, most notably the *Hunger Project*.

Since the race began, more than \$168,000 has been raised and donated to different charities in the Tipperary Hill neighborhood.

“We give money to Porter School, which is an elementary school that’s located in our neighborhood. We basically buy their art supplies for the year. We donate money to the zoo. We give out scholarships that we offer to high school seniors that have some community service that they give back to their community. And we sponsor sports teams like Little League teams, soccer teams, lacrosse teams that are in our neighborhood.”

“We also give to the *Hunger Project*,” she continued, “That’s a huge Syracuse one where when you go to register for our run, there’s a donation page and you can donate to the *Hunger Project*. That’s one of the reasons why I was chosen for the grand marshal is how much money our race has donated to the *Hunger Project*. That’s what the parade – the money that’s made from the parade – goes to.”

This year, another donation selection that participants can choose to support is the people of Ukraine.

“This year, our shirts that our runners are going to be wearing are going to have a small flag on one of the sleeves to honor Ukraine,” Murray said. “The Ukrainian community is also popular here on Tipp Hill. We have St. John’s Ukrainian Catholic Church there. So we’re not just all Irish. We have a strong Ukrainian and a Russian community as well.”

To honor her work, the Syracuse St. Patrick’s Day Parade Committee asked her to join the pantheon of Syracuse leaders - three former mayors, former Syracuse University Football Coach Dick MacPherson, Monsignor Joseph Champlin, and many others - who have been tabbed the grand marshal of the parade.

“It means so much to me. I grew up in Cicero and it will always be my home. You know what I mean, because that’s where I grew up and had all my friends. But when I moved to Tipp Hill, I really found a community that I said I wanted to live in. And I’ve been here ever since,” she said. “Tipp Hill is wonderful because it’s so inviting. It’s so welcoming. And the fact that I’ve been asked to be the grand marshal of the parade is so important to me because it gives you this great sense of community and I’m so grateful.”

Murray said that the honor would have made her mother, who passed away in 2020, very proud.

“She was all things Irish and she would just be beaming. I wish she could be with me here, but I know she’s looking down and just so happy that this happened for me. And my whole family’s embracing it and we’re going to make it a lot of fun... And it gets you to thinking how what a wonderful community we do have in Syracuse. We love to celebrate. We really do. Any excuse to celebrate. We get through this really tough winter that we have and what better than to have a parade down the street and embrace our Irish heritage, but also just to have fun.”

Although the honor of being named parade marshal is hers, Eileen said it is because of the hard work of the committee and the community that these events are so successful.

“This is definitely a team effort,” Eileen said, “To be honest with you, if I didn’t have the people that I have, I don’t think this would have been as successful as it was. It’s so important.”

Murray and Gael of the Year Ralph Rotella will be honored at the annual Grand Marshal Gala, which will be held on Friday, March 10 at 6 p.m. at the Marriott Syracuse Downtown. The 41st annual Syracuse St. Patrick’s Day Parade will step off at 11 a.m. the following morning, Saturday, March 11. For more information on the parade and gala, visit [syracusestpatricksparade.org](http://syracusestpatricksparade.org). SWM



# LINDA AND DEB YOUNG





# Helping cats and neighbors live better lives

Alyssa Dearborn

When Linda and Deb Young founded Kitty Corner – a cat rescue that rehomes cats and sterilizes feral cats – they made it their mission to help felines in Central New York.

Now, after more than 30 years and having cared for more than 2,300 stray cats, the sisters have established themselves as heroes – both to cats and to the communities where the strays were found.

“Well, we actually started more than 30 years ago, and my sister and I decided we had to do something to help the animals,” Linda said when asked about the organization’s beginnings. “Cats were sort of our expertise at the time and we hoped to do it after we retired. But it occurred to us that the cats needed help at that point – this would’ve been around 1992 – and we didn’t want to wait. They couldn’t wait until we retired.”

One of the top complaints in many communities across the state is cat overpopulation, Lisa explained.

“[Feral cats], in my opinion, don’t do any serious harm, but they do leave droppings on lawns and things like that. People get really upset about it. They get in gardens, that kind of thing. They can get into trash, though there are ways to prevent all of these things. But people get upset about the cats themselves,” Linda said. “And they’re wild, so they can’t really be adopted out. Some people try to take them in and make friends with them, but frankly, a feral cat is much happier outside because that’s the life it has known. It wants to take care of itself, it’s afraid of humans, they’re terrified of humans usually.”

Linda explained that feral cats reproduce at very high rates creating significant overpopulation which adds to the nuisance. One of the ways Kitty Corner helps address this challenge cats the most is through their trap-neuter-release (TNR) program. This program – in which feral cats are humanely trapped, neutered or spayed, and then released back into their territories – helps Central New York communities by addressing feral cat overpopulation.

“With TNR, which is the only really successful way to deal with feral cats, you trap them, you spay them, you spay and neuter them, and then you release them back into their own territory, back where they were,” Linda said. “So they’re comfortable, they’re relatively safe there because they know the dangers, it’s usually the area where they grew up. They know where the food supplies are. And, of course, if you do TNR, you typically also feed the cat. You’re sort of keeping them out of everybody else’s areas. You’re keeping them around your own.”

According to Linda, neutering wild cats not only helps with the challenge of overpopulation, it also helps the cats live a safer, more comfortable life.

“It does not attract new cats, because the cats that feel they own that territory will keep any strange cats from coming in. You also don’t have the fights because that’s usually over mating behavior,” Linda said.

Neutering the animals also makes them calmer and reduces other nuisance behaviors that are often associated with mating.

“The neutered males typically don’t spray. Only about one in ten will spray, so you don’t have to worry about that much anymore,” Linda said.

“And there are ways of keeping them out of places that you don’t want them. You have to be a little creative and you have to be persistent, but we do give out a lot of information about that.”

Often people who are accustomed to interacting with domestic animals assume that feral animals can be trained to live as family pets, but most often, Linda said, that’s not the case.

“It’s not the cat’s fault that they were born outside anymore than it is a squirrel’s,” she said. “But we’re used to cats being friendly with people and feral cats just aren’t. You can’t really change it.”

Often, well-meaning people will bring Kitty Corner a litter of kittens that they’ve come across, without bringing in the mother who may be standoffish. It helps, but it doesn’t complete the job.

“We just took in a litter of kittens, it was a litter of four,” she continued, “The person was supposed to get the mother along with the kittens.

The mother didn’t happen to come around and I’m not sure the person is going to bother to get her. But if she doesn’t, then it won’t be very long and she’s going to have more kittens in the neighborhood.”

Sterilizing animals isn’t only important for feral cats. It’s an important responsibility of pet owners as well.

“Everybody needs to spay and neuter their cats. If your cat has kittens, then you can give the kittens away to homes and you think [you’ve fulfilled your] responsibility,” she said. “But the truth is, a lot of these cats don’t stay in the homes that they’re put. They end up being abandoned, or rehomed, or in a shelter somewhere, or on the street, which is what we’re trying to avoid. And the most important thing is to make sure your cats are spayed and neutered before that happens.”

The organization also helps cats and humans by finding cats loving forever homes. As Linda said, the organization wants both cats and their humans to be happy together, which is why Kitty Corner has a lifetime return policy.

“We’re on a website called PetFinder. It’s almost exclusively through that now. We used to advertise in vet offices, but now we’ve mostly just on PetFinder,” Linda said. “And people who log into PetFinder, they put basically the area in which they’re searching and you can do it within whatever miles you want... And it’ll bring up all the shelters and the listings for the cats are right there on PetFinder.”

Those who are interested in adopting a cat can get the application online, which includes information about the household and the interests of the adoptive owner. Linda and Deb review those applications and decide whether they have an appropriate cat before inviting the prospective owner to come in and meet their future pet. If it’s a match for a forever home, the pet is theirs. But before it leaves, each cat must be spayed or neutered.

The work that Linda and Deb do is important to the welfare of animals and neighborhoods, but it’s also personally rewarding.

“I think it’s meeting new cats and meeting new people,” Lisa said when asked about the most rewarding part of her work, “The main thing is that everyone has to be happy.” SWM



# SHEILA AUSTIN



Syracuse volunteer Sheila Austin serves as executive director for Emmaus Ministry, named in reference to the appearance of Jesus Christ post-resurrection. She credits her Catholic faith with steadying her approach to life and bolstering her desire to help people in need.



# Local ministry director lets faith loom large

Jason Klaiber

By caring for those living in a local pocket of poverty through the work of her growing outreach ministry, Sheila Austin has made sure to put her Catholic faith into action, but first came the process of reconnecting with that belief system.

Slightly past the turn of the century, the Syracuse resident found herself going through a clear transitional point. Though she enjoyed filling out her year with golfing, skiing and traveling, she began to feel that there was still something missing.

Amid her journey to discover why that was, Austin realized that she had drifted away from religion over the course of the prior 25 years and had not adequately expressed a sense of gratitude for the many blessings in her life.

That led her to slip in the door of the St. James Roman Catholic Church on South Salina Street to recapture a connection to the gospels. There she would end up meeting Father John Manno, a new arrival who implored the congregation to bring the message of Jesus Christ to people outside the church's walls.

At the time, Austin informed the pastor that she and fellow parishioners had made a routine of giving out sandwiches to the homeless men who stayed at the Oxford Street Inn, a Catholic Charities shelter known affectionately as "The Ox." That site was open unconditionally to struggling individuals in need of a place to sleep overnight.

Manno, described as a "no-nonsense kind of guy," responded by asking Austin to tell him about the men she met through that effort, at which point she noticed that she was not engaging in face-to-face contact with them, having only put the sandwiches out for pickup instead of handing them to each visitor directly.

"We were completely disconnected, and that hit me like a ton of bricks," Austin said. "We were missing that link about providing services and outreach without the relationship with the people on the other end." She said that moment springboarded the creation within that calendar year of Road to Emmaus Ministry of Syracuse, Inc., the faith-centered community service organization she now helms as executive director.

"All of a sudden things were starting to take form and I realized what I had not been attentive to," Austin said. "That's where it began—literally with a peanut butter and jelly sandwich."

She and a group of recruited volunteers began delivering the sandwiches to the men, those regular stops serving to broaden her familiarity with the South Side and its residents on the peripheries.

Some time later, in order to witness the challenges the men would face outside the shelter between 7 in the morning and the strike of 5 in the evening when they were allowed to come back, Austin drove around to see where they dispersed and how they managed to either escape the winter cold or cool off in the summertime heat.

Subsequently, the ministry added to the equation a van stocked with everything from clothing like socks and gloves to canteens of coffee and soup, all of it reserved for the various encampments in town.

Looking for a more concrete solution, Austin and Manno conjured up the idea that the ministry should run a place of hospitality of its own separate from the confines of St. James. However, the financial and logistical aspects were a ways from being worked out and so it became a wishlist item.

After Manno was reassigned to another parish, a volunteer from a different church expressed interest in establishing a soup kitchen, an idea Austin immediately latched onto. With that, Emmaus Ministry incorporated into a 501(c)(3) in 2016 and opened up an outreach center at 4335 S. Salina St. the following year.



Emmaus guests are not required to provide identification, details about where they live or their names if they wish to keep such information to themselves.



*Continued on page 34*





Austin has a background as a registered nurse. "Once you're a nurse, you're always thinking about the conditions and the health of the people around you," she said.

Two years later, because space to complete their faith-based duties had become limited, the board for the ministry started to explore the possibility of finding a larger facility. The perfect choice for the upgrade wound up being the building at 127 E. Glen Ave. that formerly housed administrative support offices for an operating engineers union.

The building, which is twice the size of the original South Salina Street location, was donated to the inner city ministry out of admiration for its work in the neighborhood. It was gutted, turned into the new base of operation for the nonprofit, and fully moved into by December 2019.

Only a matter of three months later, the COVID pandemic hit and the need for food in the nearby community "skyrocketed" as Austin put it. With shutdowns and social distancing guidelines in place, the way the ministry provided food to others also changed in that a shift was made from seated, in-house meals to a takeout process accounting for the numbers of people per household.

Austin said she's pleased and proud that Emmaus can relieve the stress of putting food on the table for people in the vicinity of the ministry. The 13205 zip code the ministry assists, she notes, is one of the highest-ranking for childhood poverty in the United States and one of the worst for overall poverty in Onondaga County.

"If people aren't getting fed, they really can't do much of anything else," Austin said.

Kicking it up a notch compared to the 2019 total of 12,000 free meals given out, the ministry provided about 34,000 meals in 2020, around 56,000 in 2021 and over 66,000 this past year—counts that according to Austin speak to the growth of Emmaus' ability to serve and also to the dire conditions in the community surrounding the center.

Roughly 14 years after its founding, Emmaus Ministry's day-to-day outreach component remains intact with not only handouts of hot meals six days a week but also grocery bag distributions on the third Wednesday of every month and offerings of services like haircuts, toenail clippings and the smoothening of calluses.

Using food as the jumping-off point, the charitable organization also began tackling the other social obstacles troubling its guests that had left them feeling less dignified and valued than they could be. For the sake of convenience, the ministry locked these extra services into the 11 a.m.-to-noon time slot Mondays through Saturdays when its meals are served by volunteers.

The additional services include bimonthly legal advice concerning custody, eviction and other topics courtesy of the Volunteer Lawyers Project of CNY, Inc.; a family program that provided at-home activity packs during the height of quarantining; and vision and hearing screenings handled by Aurora of Central New York, Inc.

A registered nurse, Austin at one point conducted an informal survey of Emmaus' guests to learn whether they had insurance, where they received their health-related care, and when their most recent dental appointment was. She learned that many didn't have proper access, while some experienced difficulties covering copays or relying on transportation for medical or dental visits. Her research also revealed that some hadn't been to a dentist in a decade or more.



A dental and soon-to-be medical clinic has been constructed for the ministry with Dr. Stephen Streiff directing the dental side and Dr. David Mason directing the medical side. There are also plans to increase the operational space of Emmaus' outreach center.





The ministry has brought coffee and doughnuts to struggling individuals on holiday mornings. Typically three days a week a van is driven around to serve the same meals that are distributed at the main center.

With Austin's lead, St. Marianne Cope Health Services was born in the spring of 2022 as a free dental clinic located diagonal to the back door of the current Emmaus center in the original, temporarily unused outreach building on South Salina. The reconfigured space contains two dental suites, a hygienist suite, a sterilization area, a front reception section and three medical exam rooms for when it doubles as an operational medical clinic, which should be in the late spring or early this approaching summer, Austin hopes.

The new clinic is taking in volunteers in both capacities who hail from all over the Syracuse area. In August, it began seeing its first patients on the dentistry side.

"Many are young dentists in practice," Austin said. "It's phenomenal because they're busy, they've got families and they're still willing to come and give of themselves."

The reasons for stopping in usually amount to more than just a cleaning. In certain cases, the issues are tooth abscesses worsened by roadblocks in attaining antibiotics, paying for appointments or getting past wait times. Though extractions happen, the volunteer dentists have been trying to save teeth whenever possible, especially ones in the front of the mouth so guests can maintain their smiles.

"The impact we're having on people who live in this community is unspeakable, and the response that we have from our guests is genuine gratitude and joy," Austin said. "We really are an extension of family here, on both sides."



Austin has a background as a registered nurse. "Once you're a nurse, you're always thinking about the conditions and the health of the people around you," she said.

Emmaus Ministry has eight part-time staff members, a network of approximately 60 volunteers and a hefty list of collaborators from churches and fraternal organizations to local schools.

"It draws volunteers who have a like mind and a like heart," Austin said. "They don't have to all be Catholic, but they're people of faith and they're responding to an inherent desire they have to give back because of the blessings that they've experienced in their lives."

Austin doesn't hesitate to say that her own return to her faith has been life-altering, and favorably so.

"I am not the same person I was 15 years ago," Austin said. "My faith has made me more open, more willing to see the other person in need, and comfortable enough to want to relate to them and be a part of their lives." *SWM*

For more information on Sheila Austin's organization, visit [emmausministry.org](http://emmausministry.org)

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## Named director of corporate marketing strategy



Jennifer Martin

Oswego Health recently promoted long-time employee Jennifer Martin to director of corporate marketing strategy. An experienced marketing professional, Martin started at Oswego Health in 2015 and for the past eight years has been the director of marketing and has assisted with the development of communication strategies for the organization and its affiliates.

In addition, she was responsible for online reputation management and community engagement. In this new role, Martin will lead the operational execution of marketing campaigns developed at the system level and oversee measurement and performance.

"There is probably not a more deserving and suitable person for this role, than Jenn," said senior vice president of communications and chief brand officer, Jamie Leszczynski. "She is one of the biggest advocates for the organization, and an amazing champion for local healthcare."

Martin earned her master of science in sports management in 2014 from Texas A&M University.

## Two promoted at CH Insurance



Brandi Gough

CH Insurance has promoted Brandi Gough to chief financial officer. Joining CH Insurance as controller in 2021, Gough has had an exemplary track record and helped elevate the company's team. A SUNY Delhi graduate, Gough has spent the past decade managing some of CNY's top golf country clubs before joining CH.



Alyssa Convertino

CH Insurance also announced the promotion of Alyssa Convertino to personal lines team leader. Convertino has been with CH Insurance since she graduated from SUNY Fredonia in 2017 and was most recently awarded the Travelers Insurance Star Agent award.

## Lifting up aspiring young artists



Caprice Hibbler

Caprice Hibbler, an individual artist and program coordinator for The Arts Project Syracuse (TAPS), works closely with the Boys and Girls Club of Syracuse to offer arts education to young aspiring artists. TAPS is co-founded by brothers Hughie and Avery Stone Fish, who have dedicated the organization to providing arts programming for under-resourced youth in Syracuse. "Seeing the kids react to Caprice's energy and consistency has been one of the great joys for me of starting TAPS," said Avery Stone Fish. "We are so grateful to the City of Syracuse and CNY Arts for their support of TAPS. The Arts and Culture Recovery Fund will help provide weekly arts education and training for a full year."

In total, 55 individual artists and organizations received grant support from the fund. Arts and culture opportunities supported by the Fund will be made accessible to the public and listed on the CNY Arts Events Calendar. Since COVID-19 first transformed the arts, culture, and heritage sector, CNY Arts has administered nearly \$2 million of emergency funding to restore the promise of our creative community. CNY Arts is proud to partner with the City of Syracuse in this latest economic and artistic recovery initiative.

## Grant supports addiction treatment services

Crouse Hospital's Addiction Treatment Services (ATS), the largest hospital-based addiction treatment program in Central New York, has received a grant of \$100,000 from the Mother Cabrini Health Foundation. The grant will enable Crouse to expand programs first supported by the Cabrini Foundation in 2021. The funding will support staff positions, staff training, outreach, transportation and wellness activities developed for two specific patient groups – pregnant and parenting women and justice-involved individuals.

"This grant will allow Crouse ATS to expand 30-day outreach post-release to facilitate patients' continued engagement in substance use disorder (SUD) counseling," says Monika Taylor, MBA, LCSW, CASAC, Director of Addiction Treatment Services.

Mother Cabrini Health Foundation funding will also help to expand Crouse ATS gender responsive treatment for pregnant and parenting women. ATS will provide a road map for treatment before and after delivery. Crouse ATS provides programs to treat substance use disorders (including opioid use disorder) by treating the whole person and giving patients as many tools as possible to recover from addiction. This funding will also be used to provide wellness activities to support patients' treatment journey as well as training for staff to increase their skills in treating a range of patient populations.

## CNY mother pens children's book



Tiffany Latino Gerlock is the proud mother of a two-year-old boy named Chase, the joy of her life. She and her husband, Rich, are raising their son in Clay. She also has a grown stepson. Tiffany and Rich struggled for years to have a healthy pregnancy. After enduring significant heartbreak, through medical intervention and support, they ultimately became parents to their little "Chasey" in 2020. Chase, born prematurely, had to spend time in the NICU-all during the height of the pandemic. Fortunately, he received excellent medical care, and today, he is a healthy and happy boy.

Gerlock used this experience as the inspiration for her first children's book, *Thankful for Sweet Little You*, which guides children in nighttime prayer while highlighting a mother's unconditional love for her children. "I would take walks in my neighborhood and sit in my backyard with Chase when he was just a little baby because there wasn't a lot to do during the pandemic. It was then that I had time to reflect on all the wonderful things in nature around me – the birds and the trees and the flowers and bees. I felt grateful to God for providing these blessings," Gerlock said. Gerlock hopes this book reaches parents who are facing obstacles creating a family, as well as children and caregivers looking for a positive story to read before bed. She hopes this book lets children know how much they are loved.

"I know there are many individuals out there with similar stories of trying to conceive like mine, so I think this book will speak to them. But I really hope it serves as an uplifting book for young children and caregivers, no matter their personal stories, to help bring them joy as part of their bedtime routine," Gerlock shared. The book is available on amazon.com.



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Sunday, March 5

**Breakfast to benefit  
Sunshine Horses**

**What:** Enjoy an all-you-can-eat breakfast! Half of the proceeds to benefit Sunshine Horses.

**Where:** Phoenix Sports Restaurant  
228 Huntley Rd., Phoenix, NY 13135

**When:** 8 a.m. to Noon

**Info:** \$12 at the door



Thursday, March 9

**"Haudenosaunee Canoe Journey"  
and Q&A with Roxann Whitebean**

**What:** A single Iroquois father brings his daughter on a canoe voyage as he seeks to unlock ancient trade routes. Roxann Whitebean is an independent film director and media artist from the Mohawk Territory of Kahuawake. Cosponsored by Syracuse University.

**Where:** Everson Museum of Art  
401 Harrison St, Syracuse, NY 13202

**When:** 6 to 7 p.m.



Saturday, March 11

**St. Patrick's Day Parade Party**

**What:** The parade ends here! A Syracuse tradition returns to the historic Marriott Syracuse Downtown. Raise a pint and warm up after the parade and enjoy music, dancing, food and drinks.

**Where:** Marriott Syracuse Downtown  
100 E Onondaga St, Syracuse, NY 13202

**When:** 11 a.m. to 5 p.m.

**Info:** \$15 admission includes food and first pint. Ages 5-12 are \$10 and include food. Cash only.



Saturday, March 11

**St. Patrick's Parade Day Party**

**What:** Eat, Drink & Be Irish at SKY Armory's St. Patrick's Day Parade Party! Live music, Irish dancing, cash bar, food, parade views, warm ballrooms and clean bathrooms, too!

**Tickets:** \$10 General admission; \$5 Kids 3-12. Available at <http://bit.ly/3EcMBP2>

**Where:** SKY Armory  
351 S. Clinton Street, Syracuse, NY 13202



Through March 11

**"Portraits of a Village, Ukraine"  
Photographs by Lida Suchy**

**What:** A first-generation American and daughter of Ukrainian refugees, Lida Suchy draws on her background for inspiration. For nearly 30 years, she has been photographing the Ukrainian village, Kryvorivnya, creating a composite portrait of the rural community.

**Where:** ArtRage Gallery  
505 Hawley Ave, Syracuse, NY 13203



Saturday, March 25

**JAZZ on the Rocks!**

**What:** Enjoy an evening of jazz featuring Avenue J Duo, cocktails and food

**Where:** The Tasting Room at Epicure  
330 S Salina St., Syracuse, NY 13202

**When:** 6 to 9 p.m.

**Info:** \$5 Cover at the door. Reservations recommended. Call or text 315-382-0274



Tuesday, March 28

**Everson Art Book Club**

**What:** The Everson welcomes readers to its virtual discussions of books about art. Readers will discuss "The Gravity of Birds" by Tracy Guzeman. Bring your beverage of choice!

**Where:** Virtual

**When:** 6 to 8 p.m.

**Info:** Register at [www.everson.org/connect/everson-art-book-club/](http://www.everson.org/connect/everson-art-book-club/) to receive the Zoom link.



March 29 - April 16

**Our Town**

**What:** Do any human beings ever realize life while they live it? Whether in Grover's Corners, New Hampshire, at the turn of the 20th century, or Syracuse, New York, in 2023, Thornton Wilder's classic asks us to ponder what really matters.

**Where:** Syracuse Stage  
820 E Genesee St, Syracuse, NY 13210

**Info:** Tickets can be purchased at [www.syracusestage.org](http://www.syracusestage.org)



Wednesday, April 5

**Network with CNY women groups**

**What:** Come learn more about: **Syracuse Women Magazine** - The No.1 award-winning, exclusive and upscale magazine targeted specifically for CNY's professional, community-oriented women. **WISE** - (Women Igniting the Spirit of Entrepreneurship) - Syracuse's women's business center dedicated to empowering CNY's women entrepreneurs in all stages of business. **Women's Opportunity Center** - A non-profit that provides work-readiness programs for those facing barriers to gaining or retaining employment. **WBOC** - (Women Business Opportunity Connections) - The premier membership group in CNY that supports and advances the success of women in business. Brief presentations will be provided by each group and will be followed with an opportunity for networking with women leaders and business owners in the area.

**Where:** The Collegian Hotel  
1060 E Genesee St, Syracuse, NY 13210

**When:** 4:30 to 6:30 p.m.

**Info:** Pre-registration is highly encouraged at <https://wboconnection.org/>







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