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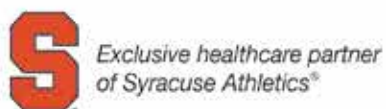
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Mary Pat Olikier

Upstate Oasis supports healthy aging and community engagement

The Upstate Oasis program is designed to provide a sense of lifelong adventure for adults over age 50. While classes are the centerpiece of its offerings, Upstate Oasis also provides health and fitness, travel, and volunteer opportunities to its members. The core of the program is to provide ways adults can experience successful aging through specific, enjoyable activities — a concept that is backed up by research. The Oasis model defines lifelong learning as opportunities to challenge the mind, improve health, connect with others, build skills, and benefit the community.

I joined Oasis in 2008 and it has become a source of joy and inner satisfaction for me. I started with classes in Italian and strengthening balance. Oasis helped me to get on board with new technology and researching my roots. I've been in book club, yoga, and take history and current affairs classes just to name a few. Staying socially active and participating in activities not only fosters connections but also provides a sense of purpose and fulfillment. Important, too, is to engage in activities that stimulate the mind to support cognitive health.

Part of Upstate Oasis' mission of healthy aging and personal growth are the social interactions and connections that Oasis fosters among its members.

Many people make new friends here and find peers with common interests. Each trimester, we have dozens of classes to choose from — in person as well as by Zoom— as well as volunteer opportunities.

The Oasis Learning Center is in East Syracuse, off Carrier Circle. There are more than 100 classes offered for the fall trimester. Oasis membership is free, and members pay for classes they take. Some classes are at no cost and there are scholarships available as well.

Classes can be found in these broad categories to serve a range of interests:

- Arts & Humanities including classes in painting, music (concerts, chorus, music history), literature and book club, film, history, religion, public affairs and current events and writing.
- Computers & Technology: instruction in software, social media and mobile devices.
- Health & Fitness: Chronic Disease Self-Management, prevention programs and fitness/exercise, such as dance, martial arts, yoga and hiking).
- Personal Development & Enrichment: including foreign language instruction, genealogy, and making the most out of retirement.
- Science: natural history, environmental issues/sustainability, local ecology and archeology.
- Travel: local day trips and longer (2-14 days) excursions.
- Volunteer Service: opportunities include intergenerational tutors (volunteering to work with students at local public schools), training as leaders for health concerns, class instructors, Leadership Team volunteers, class coordinators, office work and committees.

The catalog and more information can be found at www.upstate.edu/oasis or call Upstate Oasis at 315-464-6555.

Mary Pat Olikier serves as vice chair of the Upstate Oasis Advisory Council.



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WOMEN IGNITING THE SPIRIT
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FEATURED ENTREPRENEUR

Chantee Collins
CEO, The C&C Gifting Co

Chantee Collins, CEO of The C&C Gifting Co, is on a mission to promote self-care and empower women. Founded in November 2022, The C&C Gifting Co is a self-care gift box company that offers an inspiring experience through carefully curated gift boxes. The C&C Gifting Co is not an ordinary gift box company. Chantee chose to focus on including products from women-owned small businesses, as well as ventures owned by military spouses and veterans. Each box includes products like hand-poured candles, wick cutters, body butters, candied pecans, bath bombs, and teas. Not only do these products create a whole body and sensory experience for self-care, but they also encourage customers to support fellow women entrepreneurs.

As a military spouse, Chantee found herself frequently away from her family due to her husband's active duty. Feeling the need to connect with her loved ones despite the distance, she started creating unique gift boxes filled with love and care for her friends and family. The positive response she received sparked the idea of turning her passion into a business that would spread the message of self-care and love to others.

Alongside of her success to date, Chantee faced challenges, as well. One of the most critical obstacles was identifying her target audience. Initially, she attempted to cater to everyone, which resulted in diluted messaging and a lack of impact. To overcome this hurdle, she sought the guidance of a WISE business counselor and enlisted the help of a gift box business coach. With their support, she honed in on her target market and developed a focused marketing strategy. When asked about her advice for aspiring entrepreneurs, Chantee emphasizes the importance of networking and seeking support. She highly recommends connecting with organizations like WISE Women's Business Center, which played a crucial role in her journey. With their help, she created a solid business plan, obtained essential financial tools, and gained the confidence needed to navigate the initial stages of her business.

Looking towards the future, The C&C Gifting Co has ambitious plans. Chantee envisions launching subscription boxes soon, allowing customers to experience a continuous flow of self-care and inspiration. Additionally, Chantee has formed a collaborative partnership with the Association of Military Spouse Entrepreneurs



and is actively working alongside local small businesses to curate gift boxes specifically designed for corporate gifting needs. Embodying the spirit of determination and resilience, Chantee Collins, a proud mother of four, with two grandchildren and a grand dog, fearlessly takes on the challenge of balancing her business with her husband's active-duty military life. Chantee's unwavering commitment to her business shines through as she sets her sights on turning The C&C Gifting Co into a thriving full-time venture within the next five years.

By embracing self-care and supporting women-owned businesses, Chantee's business has found success in its authenticity. Her journey highlights the importance of seeking guidance, overcoming fear, and forging meaningful connections within the community. Aspiring entrepreneurs can learn from her experiences and remember that with determination, passion, and a network of support, they too can turn their dreams into successful realities.

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-Chantee Collins

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Lavender Blue

THE JE NE SAIS QUOI OF CAZENOVIA, CELEBRATES 20 YEARS IN BUSINESS

Kate Hanzalik



Photo by Kate Hill

Two hundred years ago, 74 Albany St. was a bar and a trading post. Twenty years ago this past July, the building became home to the much loved, world-class boutique filled with all things French, Lavender Blue.

Over the years, co-owners Judith Warburton and Eileen Lowe have learned a lot about embracing risks, seeing opportunities, and appreciating serendipity. In fact, the two grew up 40 miles away from each other in Cheshire, England unbeknownst to them. Their children were born in the same small cottage hospital eight years apart. Their husbands were recruited to work in Syracuse around the same time.

It wasn't until Warburton and Lowe met at a dinner party in Cazenovia that they realized their shared history, a history that blossomed into a

future that has changed the landscape of our town - and the interior of many homes around the world - for the better.

The inspiration for Lavender Blue began with Warburton's fascination with the art form of coated French tablecloths, and her wish to solve an age-old problem for Americans.

"We had all traveled extensively in France and seen the unique table linens with their cotton base and acrylic coating that allowed everyone at the table to relax as every spill could be wiped up leaving no trace - so different from the traditional white damask that stained at the first drop of wine," she said.

The idea of selling these tablecloths didn't really materialize until Warburton slipped and fell one day.

"It was just serendipity. On a bad day, I saw the shop; the barber had a sign in the window, 'For Sale By Owner,'" Warburton said. She took a look around, "And that day, all those ideas came. I thought immediately of Eileen because I was sure we would work well together."

"Judith had a vision for the store. It was an opportunity to bring France to Cazenovia," said Lowe.

The former director of financial development for the American Red Cross was willing to take the risk.

"It's a willingness to be able to not be too sure of what's ahead of you," Lowe said.

Lowe's husband, David, and Warburton's husband, Peter, were happy to support their wives.

"[They] worked tirelessly with [us] in preparing the old barber's shop (owned by Ford Lamb for 40 years) to be the space to transform our dining experience into a joy, and blast of colors from the South of France and particularly Provence," said Warburton.

"We had people on the first weekend coming in and singing [the English nursery rhyme] Lavender Blue," said Lowe.

At that time, they had one supplier, but that changed over the years. "In our attempt to bring the very best items to Cazenovia we started our yearly visit to France to discover the perfect designers and distributors - then [we] expand[ed] our search to Spain for our ceramics. At times we felt like the adventurer Marco Polo bringing back treasures from Europe," said Warburton.

Now they offer a treasure trove of products from dozens of suppliers to customers all over the world. People often stop in or call to talk about their travels. They ask for advice about places to go in France. To some, the store is a travel destination.

"[Lavender Blue is] a touch of class, and wanderlust," said Alex Altamonte, owner of H. Gray Supply Co. "We get to travel going into the store. There's nothing like it around here, or anywhere."

Lowe and Warburton have sold their products at garden shows, lavender festivals in Clinton and Skaneateles, the French festival in Clayton, Walnut Hill Farms in Pittsford, Thousand Islands, to name a few. They also partnered with Mackenzie Childs and collaborated with students studying advertising and business at Cazenovia College.

After 20 years of success, they have some words of wisdom to share. For those interested in owning their own business, Lowe said that networking is key.

"Reach out for advice. Talk about what you would like to do. Be willing to open up and be receptive," she said.

Warburton is concerned that young people are despondent and distracted by their cell phones, but she has some advice to offer.

"I would really love it if young people knew there are opportunities out there. They should investigate when opportunities come up," Warburton said.

While 20 years has moved quickly, Lowe and Warburton are grateful for the support they have received from the community.

"We are really grateful to the community for a lot of support . . . It has been a gift in my life to experience all the people we've met," Warburton said. "Twenty years has gone quickly but has brought magical moments and has, hopefully, added many memories as families sit and gather around a table set on a Provencal tablecloth." *SWM*

Check out Lavender Blue online at lavenderbluecazenovia.com/, on YouTube at [youtube.com/@judithwarburton9318](https://www.youtube.com/@judithwarburton9318), or on Instagram at [instagram.com/lavenderbluecazenovia](https://www.instagram.com/lavenderbluecazenovia).



Photo by Kate Hill

Reflections of youth & aging...

Diamond Marie

Have you ever considered the proper relationship between the youth and our elders? Or even considered how the health of this relationship impacts our mental well-being?

One of the myths I love to deconstruct with my younger clients is the perception that their elders are out of touch, can't help them, or are gatekeepers. Despite anyone's experience, making a blanket stereotypical statement will lead to deteriorating mental health. These harsh judgments will leave you to judge yourself critically, training the mind to focus only on the negative, leaving your body in a constant "fight or flight" state leading to anxiety. We can achieve optimal mental wellness by reframing these negative thoughts and keeping our hearts open to love. These are some reframing thoughts when considering the link between our elders and our mental health:

1. Much has changed, but much has stayed the same. Some elders have "lived many lives" and have vast experiences you can learn from. Whether you agree or disagree with their decision-making, you can see in real-time what the outcome of those decisions were without needing to go and "experiment." It's wired in people only to view things from their perspective, which can often be dichotomous, meaning only seeing things in black in white. However, when we practice listening to our elder's life stories, it impacts our mental health by reducing stress and offering clarity into new situations we encounter in our life.

2. When we interact with our elders and inquire about their perspectives on life, we engage in more profound levels of empathy by practicing being in another person's shoes. This is an important skill to strengthen. Improvement of practice empathy results in you connecting more easily with others and navigating conflict. Empathy also leads to more fulfilling relationships. When we are empathetic, we can build deeper connections with others and create a more positive and supportive community.

3. Aging has often been a topic that is dismissed and overlooked. In a society that often focuses on youth and "anti-aging," we can become detached from seeing ourselves growing old. It's important to be ready to anticipate change and limitations along with aging. This is a great way to practice radical acceptance. Radical acceptance is accepting situations outside your control without judging them, reducing the suffering they cause, and freeing you from sadness and anxiety.

Overall, we must look at each other as part of the greater community, which means it's essential for the youth to create safe spaces for their elders. This can be achieved in the following ways:

1. Consideration that our elders are from a generation where vulnerability and mental health topics weren't often discussed. This doesn't mean that these issues didn't exist! We must continue to offer safe spaces and resources for our elders to be comfortable addressing their mental health and receiving the help they need.

2. Allowing your elders to engage in existential conversations. These topics include the meaning of life, death and grief and our connection to the universe. Often these topics can make people feel uncomfortable. Let's embrace these topics and have deeper connections and meaningful conversations.

3. As mentioned earlier, aging is often represented as unfavorable to our society's beauty standards.

We must constantly combat this stigma, celebrate our elders and enjoy their continuous contributions to our personal development.



4. Our elders face unique challenges too such as retirement leading to a downgrade of their socioeconomic status or experiencing the loss of long-time friends and partners. We must be cognizant and supportive of our elders and provide resources to help them with this part of their life journey.

I will let you in on a little secret. Optimal mental health happens at any age when we

continue to embrace our inner child and the inner child of others. Your "inner child" is a part of your subconscious that has been picking up messages way before it could fully process what was going on (mentally and emotionally). It holds emotions, memories, and beliefs from the past and hopes and dreams for the future. This was when you played at the playground with other random diverse children, only concerned with the awe and wonder of the world around you and being with other children with the same amazement. If you remember to connect and reflect on how to incorporate this into your daily life, you will be amazed at how much better you feel about others of all ages, but most importantly, you will feel more at peace in your own mental space.

Diamond Marie is a doctoral-level licensed psychotherapist, adjunct professor of psychology and addictions and Chief Transformation Officer at Thaxton Therapy in Syracuse.

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My father's closet

Maggie Lamond Simone

My father had a linen closet that held nothing but toiletries - shelf upon shelf of shampoos,

conditioners, deodorants, razors, shave cream, toothpaste, toothbrushes, ointments, lotions - all stacked somewhat neatly in defined sections. There was not one bit of space that was unoccupied in that entire closet. His couponing skills, perfected after he quit drinking, provided the weekly challenge of leaving a store with more money than he went in, and for many years that closet told the story of his obsession.

It was a thing of beauty to my siblings and me, who in our younger years never returned from a trip "home" (we still called it home, no matter how long we'd been gone) with less than \$100 worth of those necessities. We kept "shopping," and he kept restocking, until we were all financially solid enough to buy our own toothpaste. At that point, the closet became stuffed. I sensed my father's need to fill it was tied somehow to his need to live; it gave him purpose. I started leaving with a full bag again just to create more space for his hard-won treasures.

One summer a sea change began to ebb into my parents' home. I spent a week that July helping my dad with some odd jobs and was, at the moment, painting the family room. My brother called while I was on a ladder and my parents were out shopping, so I let the answering machine pick it up. When they returned, I told my mom that he'd called and left a message. She looked at me blankly and said, "Okay," and headed for the



kitchen - where the answering machine was not. Confused, I asked, "Mom? Aren't you going to listen to it?" Normally a call from one of

her children would have her hurdling chairs to get to the phone.

"Okay," she said again, standing in the kitchen doorway. I walked into the spare bedroom, where the answering machine was, and she followed me. She then sat down on the bed and simply looked at me.

"I think you just hit the flashing button, Mom," I prompted. She looked at the answering machine, and back at me. And still she sat there. I walked over to the desk, pushed "play," and we listened to the message. When I asked her later if they'd gotten a new machine since I was last home, she said, "No; why?" She had no recollection of the incident.

I asked my dad if he'd noticed these lapses and he brushed off the question, but by late fall she was officially diagnosed with Alzheimer's and he began the transition from cared for to caregiver. It was not an easy process; when she got up one night and turned on the gas burners, he removed the knobs and took over the cooking. When she filled the coffee maker with an entire can of coffee, he took over coffee duties.

When the washer and dryer perplexed her, he took over the laundry. It was a defining shift in a relationship that had, for 50 years or so, been built on a "boys do the outside work, girls do the inside" philosophy.

My dad's previously treated thyroid cancer had recently returned in his lungs, and while he was mostly asymptomatic, he would have

occasional bouts of breathing difficulties.

When these increased in frequency, I started going home every

couple weeks to both spend time with my mom and give my dad some respite. Being a caregiver takes a toll on a person; being a caregiver to someone who no longer knows who you are is crushing. I slept in the spare bedroom with its twin-sized bed next to the linen closet, and I always fondly took stock of the contents. The closet was a reminder of younger days, mine and theirs, the days when I took for granted that the toiletries, like my parents, would always be there.

As the weeks and months wore on, however, I started noticing a dwindling of supplies. The stacks were smaller with growing room between sections, and when I shopped for their groceries, my dad handed me a coupon or two instead of the fat envelope that would normally accompany the list. My mother, too, was experiencing a dwindling of sorts, as she struggled to clutch the memories that were vanishing like wisps of smoke in her grasp.

The last time I went home, it was because my dad's lungs had finally given out; they said he'd squeezed every breath out of them caring for my mom. She was with me at the hospital when he died, and despite the transient understanding of their connection, she was aware, at least, that someone we loved was gone. It would be months before I learned to tell her he was at the store when she asked after him; telling her he died



was torturous because each time she heard it was like the first. And of course, in her mind, it was.

My mom

stood by me as I wept at his hospital bedside until it was time to leave. When we finally returned to the little house she'd shared with my dad, I tucked her into their bed and headed to my place in the spare bedroom. I sat down by the linen closet, and without thinking, opened it ... and cried, again. I cried for my father, whose devotion to keeping my mother's life comfortable shortened his own; for my mother, robbed by her disease of the right and the need to grieve my father; for my children, losing the grandparents they so adored.

And I cried, finally, for the yawning closet in front of me that had, for so many years, represented so much more than toiletries; for the realization that as my mother's memories faded, as my father's lungs faded, the toothpaste, shampoos, and razors faded with them ... leaving, in the end, nothing but empty shelves where my parents used to be. *SWM*

Maggie Lamond Simone is an author and freelance writer. She lives in Liverpool and can be reached at maggielsimone@gmail.com.

Telecare

VOLUNTEER-BASED SERVICE HELPS ELDERLY STAY CONNECTED

Alyssa Dearborn

For over a decade, Contact Community Services's TeleCare program has helped hundreds of seniors in 11 counties by connecting them over the phone to provide social support, wellness checks, and medication reminders. According to Contact Community Services's website, loneliness and social isolation negatively impact the physical and mental health of senior citizens. This lack of social connections can lead to higher rates of elder abuse and victimization.

The free community-based service helps improve the lives of seniors with the help of dedicated volunteers. One of those volunteers, Mary, has found meaning in her retirement by volunteering at the organization. "I am a volunteer for TeleCare and I call people on the phone," she said about her position, "Depending on what the call is requiring, it might be a medication reminder, some people are just lonely and need someone to keep in touch with them, and help maintain their health by reminding them to take their medicine. Sometimes it's just a wellness check to see if they're doing okay that day. It just depends on the situation and what they need."

Volunteers like Mary are important in providing this much-needed connection to TeleCare's clients. The program trains all of its volunteers to develop phone-based relationships with seniors, use active listening skills, and direct clients to more specialized services if needed. Volunteers will typically devote a minimum of two shifts per month calling clients for a variety of reasons.

"It's not uncommon for someone to want a call to remind them to take their medicine and that might be anywhere for as often as they need it, once or twice a day," Mary said when asked about the types of calls she makes.

"Sometimes a person just wants a phone call," she said. "They feel lonely...most likely, they live alone and they just need some social interaction. Sometimes, people just need reassurance if they're in a difficult time, just to talk to someone and air it out. It's confidential, so it's a safe place to talk about whatever is on their mind. Occasionally...you may refer them to someone else for some other type of assistance."

The phone calls made by volunteers not only act as wellness checks and reminders for people to take their medications. Volunteers help older citizens stay connected to their community all while looking out for clients' physical, mental, and emotional health.

"I think [the calls] are important because the people who request these calls, there's a need for it," Mary said. "For they had to pay somebody to do that, who knows what it would cost to pay somebody. But it's a free service. And it just helps people maintain some stability, and socialization, and just knowing that if somebody that you check on is doing okay."

Knowing that she has the power to make a difference in someone else's life has motivated Mary to keep volunteering. When asked about the most rewarding part of her volunteer work, she had a hard time deciding what qualified as the most rewarding.

"That's hard to say," she laughed, "Well, for one thing, I just feel that it's something worthwhile. I'm retired and am a widow myself so it gives me something to do that I feel like is worthwhile, like giving back to the community. Something that I'm able to do. And just knowing that sometimes the people really appreciate the phone calls. Many times they'll say, 'thanks so much for calling' and it might not be that long of a call, but it's just that somebody kept in touch with them. I just think it helps, especially with people that are by themselves and they're lonely. I think that's rewarding, knowing that that made a difference to that person, that you made a phone call to them."

If you are interested in signing yourself or someone else up to receive phone calls from TeleCare or if you are interested in becoming a volunteer, visit www.contactsyracuse.org/telecare, call 315-218-1915, or email telecare@contactsyracuse.org.





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Queen of Arts

CAZENOVIA NATIVE'S WRITING CELEBRATED

Jason Gabak



As a writer, Jadi Campbell, a Cazenovia native, has garnered a great deal of praise and attention for her work.

The most recent of these, which came as a total surprise to the author, is being named the winner of the 2023 San Francisco Book Festival for general fiction for her story collection, “The Trail Back Out.”

Campbell said she recently completed her fifth novel in and in the process of sending out query letters for publication she was compiling information on her previous works when she learned that she had been named a winner in San Francisco.

“At the start of July I received an announcement that the winners of the 2023 San Francisco Book Festival had been selected,” Campbell said. “They did not personally inform us if we had placed. I scrolled down the official announcement page and saw that my book had won.”

Campbell’s work was up against a large field of competitors. The festival doesn’t have a category for short story collections and she said she didn’t think she was going to win since she had to submit her work in the general fiction category, putting up against everything from romances to mysteries, thrillers and everything in between.

“My book won over more than 600 other titles,” Campbell said. “To be selected was a fantastic shock. Fewer than 5% of books considered ever place in their festivals. To be honest, I figured it had the proverbial snowball’s chance in hell. ‘The Trail Back Out’ is a collection of short stories. Aside from science fiction, all the fiction books were entered as general fiction. My book was in competition with thrillers, romances, novels, mysteries, chick lit, literary fiction, summer beach books, etc.

Winning against such a variety of genres really validates the short story. I’m self-published, so the win is even sweeter. This is the sixth award distinction for ‘The Trail Back Out,’ and my ninth overall. My long-term hope is that the book awards will convince publishing houses to consider publishing the book I spent the last two years writing.”

Previously, Campbell’s book was named a finalist for the 2020 “Best Book” award in the category of fiction anthologies and was also selected as a quarterfinalist in the 2021 ScreenCraft Cinematic Short Story Competition as well as being named a finalist for the 2021 IAN Book of the Year Award (Short Story Collection) by the Independent Author Network, a community of authors who are self-published or published by a small indie press.

Sponsored by American Book Fest, the Best Book competition received 2,000 entries, which were narrowed down to over 400 winners and finalists in over 90 categories.

Awards were presented for titles published in 2018-2020 based on design, content and overall appeal.

According to Campbell, “The Trail Back Out” is the only self-published book in its category.

“[This recognition] means everything,” she said. “I am beyond thrilled. Past winners have included Amy Tan, George Saunders, Clive Barker and Ann Lamott, which puts me in very good company. This is the 17th year these awards have been handed out in the publishing industry. I’m self-published, so being named a finalist is an extra honor.” The anthology, which features 10 stories, is Campbell’s fourth book.

According to the author, the characters in each story are all trying to make sense of events.

“They are all looking for the trail back out,” she said. “Whether during the upheaval of the last century or the present COVID-19 crisis, each story guides the reader through a labyrinth of questions about how to live and love.”

Campbell graduated from Cazenovia High School in 1975. Although she has lived in Germany for the past 28 years, she continues to attend reunions when possible. The author holds a bachelor of arts degree in English literature from the Honors College of the University of Oregon. The title story of “The Trail Back Out” takes place on the back trails at Cranberry Lake in the Adirondacks.

“It’s not an accident that [this story] is set in Upstate New York,” she said. “The places and people remain close to my heart.”

She published her first book, “Broken In: A Novel in Stories,” in 2012. Her second and third novels, “Tsunami Cowboys” and “Grounded,” followed in 2014 and 2016, respectively.

Campbell wrote many of the stories featured in her latest work during the coronavirus lockdown. “I had been thinking about collecting my short stories into a full book, [and] I wanted to write some new stories, too,” she said. “Germany went into full lockdown due to COVID-19 in March, so it was the perfect time to write – I had no excuses left.”

While “The Trail Back Out” and other works by Campbell have received accolades, the author has kept writing. And she said writers tend to love to talk about their current works as well as their completed and published pieces. Her current work is titled “The Taste of Your Name.”

“It’s the first book I’ve set entirely in Europe,” she said. “On the streets here in Germany we heard Arabic when Syrian refugees arrived after 2015. Now we hear Russian and Ukrainian, thanks to Russia’s invasion of Ukraine. Waves of people fleeing wars keep arriving, and I wanted to write a longer novel that addresses the situation. My new book is the story of an erotic triangle, reclaimed memories, the fates of refugees, and the importance of bread. When you finish reading, nothing will ever taste the same.”

Campbell went on to explain a little more about her new book.

Continued on page 20

Queen of Arts from page 19

“One of my main characters is Mustafa, a baker from Damascus,” she said. “He’s synesthetic: Mustafa can taste words. I thought it was a wonderful technique to talk about the tastes of fear, and hope and love. Mustafa’s special gift led me to call the book ‘The Taste of Your Name.’ Another character in the story is an asylum seeker with severe PTSD. Her story is what happens to people who give up everything, including hope. As a massage therapist, I volunteered for several years doing trauma massage work for refugees. It just about broke my heart. And, finally, the book includes an erotic triangle of a German, an American, and an American-German. I’ve lived here for more than 30 years, and can relate to all three of these characters! The triangle however is not based on personal experience.”

With multiple published works, and one book in the process of finding a publisher, Campbell said she finds that she still has plenty of ideas she wants to work on and she draws inspiration and energy from other creative people she associates with.

“I can’t write fast enough to keep up with all the ideas for stories,” Campbell said. “I belong to The Writers in Stuttgart and we meet up to critique each other’s works fiercely and honestly. I also write for NEAT, Stuttgart’s New English American Theater.

I’m around talented actors, and singers, and musicians, and playwrights. Writing is a solitary endeavor, and both groups’ energies and creative work definitely inspire me.”

Campbell’s writing covers a variety of topics and characters, but she does hope whatever pieces of her work people may read they can find a common thread.

“That we’re all connected,” she said. “Everyone of us shares the same dreams and humanity. No matter what our age or race or sex or religion or place of origin, I hope my readers recognize themselves in my characters and their dilemmas.”

With readers all around the world, Campbell said it is always exciting when she hears from people back home to who enjoy her work.

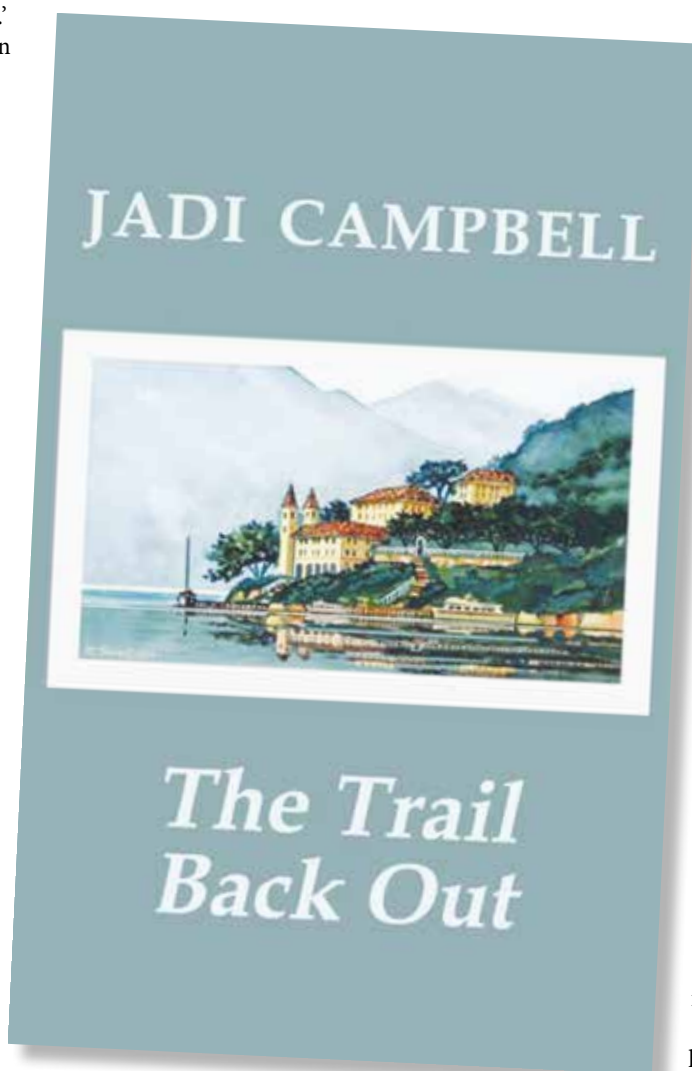
“For our last class reunion, I offered to read from my first book as part of the evening’s entertainment program,” Campbell said. “My old classmates were fantastically supportive. A lot of my work is set in upstate New York ‘Tsunami Cowboys,’ the story Carl Possessed from ‘Broken In,’ and the title story of ‘The Trail Back Out.’

When people tell me I got the details right, it feels great. There’s also a very deep satisfaction that my peers – the people who knew me way, way back, when I first said out loud that I wanted to be a writer – read my work and tell me they like it. Cazenovia formed my sensibilities. Those impressions still inform my writing. They always will.

An excerpt from ‘The Taste of Your Name’ will be appearing soon in the very first issue of Epistemic Literary, a free online magazine.

Campbell encourages readers to look for her short story, “Food is Love.”

For more information on Campbell and her work, visit jadicampbell.com. *SWM*



Cazenovia native Jadi Campbell’s book “The Trail Back Out” was recently named the winner of the 2023 San Francisco Book Festival for general fiction.



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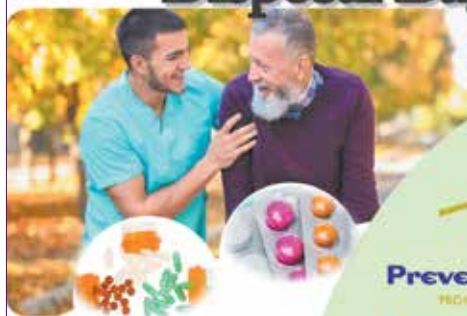
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*Pepe Mar:
Magic Vessel*

Pepe Mar
(b. 1977 in Mexico, lives in Miami)
Border-Crosser, 2021
Mixed media on wood in artist's Plexi box
75 x 60 inches
Everson Museum of Art, Museum Purchase
Deaccession Fund, 2021.31
Photo courtesy of: David Castillo Gallery, Miami



Off the Rack

Beatrice Wose-Smith
American (1908-1971)
Winter Night, Fayette Park, 1937
Oil on canvas
Gift of the Wose-Smith Collection, 72.21



Trophies

Roberta Griffith
(b. 1937)
Trophy #4, 1971
Ceramics and mixed media
17 x 9 x 9 inches
Courtesy of the artist

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FOCUSES ON COGNITIVE HEALTH

Norah Machia

When she was 13 years old, Ellen Somers volunteered to visit with the elderly residents of a nearby nursing home. As she spent time interacting with them, she began to observe varying degrees of memory loss, and that experience stayed with her long after she left home for college.

"I've always gravitated toward being around older adults," says Somers, who built a lifelong career working with the elderly population. She holds a master's degree in clinical psychology and a graduate certificate in gerontology and is a licensed mental health counselor.

For nearly 30 years, her primary areas of interest have been in cognitive health and dementia care, and she has used those years of experience to help address the many different needs of older adults, including improving their brain health.

Continued on page 24

"While certain disease processes can't be reversed, there are ways to help people function at higher levels for as long as possible."

—Ellen Somers



Photo by Alice G. Potterson

Ellen Somers from page 23

Somers is the assistant director of the Syracuse Jewish Family Service, a nonprofit organization that serves older adults at Menorah Park in Dewitt, as well as those living in the community. Their services are available to anyone, regardless of faith.

Menorah Park has a continuum of care community on its campus, which includes independent living, assisted living, skilled nursing and short-term rehabilitation facilities, as well as a medical adult day program and a group home for developmentally disabled women. SJFS offers a variety of brain health programs for Menorah Park residents across the spectrum, from those with healthy cognition to moderate dementia.

The SJFS programs focus on helping individuals maintain their highest level of cognitive function to improve their quality of life. Several programs on the Menorah Park campus are open to the public, while the SJFS also provides home services in the community.

Some people experience memory loss or other cognitive changes as the result of normal age-related changes, but more serious memory loss, or changes in language ability, thinking or reasoning, are typically the result of underlying conditions, such as Alzheimer's disease. Research findings have shown that "while certain disease processes can't be reversed, there are ways to help people function at higher levels for as long as possible," says Somers.

Her passion lies in working directly with older adults and their family members across a variety of settings. In 2015, Somers was hired by SJFS to develop new cognitive health programs at a time when the organization had identified a local gap in care for people in the early stages of dementia.

"SJFS decided to develop more services for the community with the backing of research that demonstrated the benefits of brain health programs," Somers says. "That was the beginning of our M-Power U program, which we developed as a learning community for people experiencing early memory loss."

Since then, SJFS has expanded its cognitive health group programs and supportive activities, including those that are educational and arts based. "We strongly believe in being responsive to the unique needs, interests, and strengths of participants," Somers says.

The programs are designed to "help people with early memory loss stabilize their mood, feel good about themselves, and feel more confident in their ability to continue to learn and improve their daily activities," she says.

While there is currently no cure for many diseases that affect brain function, including Alzheimer's and Parkinson's, "there are many avenues to helping people function better," Somers says. "Hope plays a critical role in motivating and empowering people to make changes that help maintain or improve their quality of life and feel better about themselves." It may start with lifestyle changes that enable people with memory loss to function better in their environment. Family members can play a key role in helping set up those practical strategies, with professional guidance, says Somers.

For example, she spoke at length with the family of an elderly man to learn more about his past, including his career. Family members mentioned the man held a managerial role and always carried a small spiral notepad in his shirt pocket at work to write down ideas as they popped into his head.

But the man stopped carrying a small notebook in his shirt pocket after he retired. Somers suggested having him restart carrying a notebook in his pocket to write down his thoughts before he forgot them. That small change had a good chance of success because it was a habit that he had practiced for decades, so it was a familiar one, she says.

"You may have two older people with the same level of dementia, but just as with younger people, each person is different," Somers says. "What works for one person may not work for the other. It's important to tap into the unique strengths and familiar routines of individuals."

It's also critical to recognize the role mental health can play. "Just being anxious can impair your brain function," she notes. "Your response to the disease may have a big impact on your memory loss."

People of all ages benefit from developing skills or practices to help calm themselves, because "nobody functions well when they are anxious or depressed," Somers adds. Practices such as relaxed breathing and mindfulness are very useful to overall brain health.

While it's normal to have changes in memory as people age, mild cognitive impairment can be more difficult to detect. Medicare covers an annual memory screening which can help develop a baseline for memory loss, says Somers.

"Comparing yourself to yourself over time, rather than to others, is a more sensitive way" of determining potential cognitive decline, especially in the very early stages when the changes may be quite subtle, Somers says. Any observations made by family members and

“Hope plays a critical role in motivating and empowering people to make changes that help maintain or improve their quality of life and feel better about themselves.”

—Ellen Somers

friends could be shared with healthcare providers as well. If it would be uncomfortable or impractical to discuss specific concerns in the presence of an older adult, a letter could be sent prior to an appointment, she adds.

Several factors contribute to improving cognitive health, including novelty, variety and challenge. The goal is to develop cognitive reserve, or the capacity of the brain to be resilient in the face of damage caused by various conditions, Somers explains.

This is achieved by strengthening and forming new connections between brain cells, through continuous new learning and application. The expression “use it or lose it” may be a popular cliché, but it is one backed by research, Somers says.

“When one pathway is damaged, alternative pathways can allow the brain to compensate and successfully perform certain functions, such as remembering things or finding the right word to express oneself,” she says.

“It’s like having extra money in the bank that allows you to fix a leaky roof.”

While adopting a brain fitness program is no guarantee that a person will never experience memory loss, research has shown it may help delay it, and “keep you healthier for a longer time while functioning at a higher level,”

Somers explains. “The earlier you adopt a brain-healthy lifestyle, the better, but it’s never too late to improve, even in your 80s and 90s.”

Adding challenges to your routine is another way to help the brain stay healthy. Improving brain health is no different than improving physical fitness, Somers explains. “If you start walking a mile, and it becomes easy for you, then you create a challenge by adding more miles, walking faster, or taking a different route with hills,” she explains.

Continued on page 22



Photo by Alice C. Patterson

Ellen Somers from page 25

Just as your body needs challenges to improve physical fitness, your brain needs to “sweat a bit” to stay healthy, Somers says.

For example, many people do crossword puzzles to keep their brains sharp. “But if you get really good at it and find they come easy, you need to either find harder crossword puzzles or try a different type of cognitively challenging activity,” she explains.

To maximize both physical and brain health, it’s possible to add a cognitive challenge to physical activity. Starting a dance class or learning Tai Chi involves memorizing choreographed movements while participating in physical exercise.

Somers notes there are many basic ways to incorporate cognitive challenges into a daily routine. This may be as simple as trying to memorize a grocery list before going into a store, and then putting that piece of paper (or phone) away in a pocket. Trying to recall those items on the list when walking down the aisles is a brain-boosting activity for any age, she adds. *SWM*

For more information: www.sjfs.org and www.menorahparkofcny.com

SJFS OFFERS THE FOLLOWING SERVICES AND PROGRAMS FOR THE PUBLIC

Therapy/counseling is available from therapists, licensed social workers and master’s level interns. A sliding fee scale is offered when insurance cannot be billed. The services are provided in the home or on the Menorah Park campus.

Care Management is offered as a home service but is not billable to insurance. A sliding fee scale is available. Trained staff meet with the older adult and/or family members to help with the emotional and practical aspects of aging and caregiving, including disability or memory loss. Care managers identify and access resources to help people stay in their homes or relocate if necessary. They will also assist with tasks such as budgeting and financial management.

Activity Companion Program is a one-on-one service and is not considered home care. An older adult spends “meaningful time” with a staff member or a trained student intern, who comes to the home. They may read or complete a task together, or even take a trip to the farmer’s market. There is a \$35/hour fee.

M-Power U offers social and learning community experiences for those with mild cognitive impairment or early-stage dementia. The goal is to promote independence through creative and fun activities that teach coping strategies and practical skills, and help develop brain health. Participants may also form a support network with others who have similar forms of cognitive loss. No specific diagnosis is required, but participants are encouraged to seek a professional evaluation if they are experiencing cognitive changes.

There is a fee of \$45 per person for the four-hour program on the Dewitt campus, which includes lunch. The psychoeducational version of this program meets on Mondays, while the arts-based curriculum has been offered on Fridays.

Opening Minds Through Art is a Scripps Institute at Miami University intergenerational art-making program for people with dementia that utilizes structured art projects to encourage creativity. Participants are paired with trained volunteers who support their creative expression. They meet weekly in small group settings to create art projects.

SJFS is planning an “OMA-thon” from 1 to 5 p.m. on Nov. 12 to provide training on the art-making program to caregivers, who may serve as future volunteers and/or use the information to enhance their care of someone else. Anyone interested in participating in the November event may contact Somers directly at esomers@menorahparkofcny.com.

Mind Aerobics is a cognitive fitness program that exercises the mind through a series of activities to encourage brain and memory function and slow cognitive decline. Mind Aerobics is a well-researched program for older adults to help maintain or improve cognitive functioning by keeping their brains actively challenged. Participants attend two one-hour sessions per week for three months. SJFS is the only provider in Central New York offering this award-winning program developed by the New England Cognitive Center. Mind Aerobics has been held at senior centers and housing complexes, and through the OASIS adult education program sponsored by Upstate Medical University.

“The earlier you adopt a brain-healthy lifestyle, the better, but it’s never too late to improve, even in your 80s and 90s.”—Ellen Somers





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Embrace the bounty of upstate New York's fall

A SEASONAL GUIDE TO NOURISHING FAMILY WELLNESS

Chef Eric Rose

As the vibrant tapestry of autumn colors blankets the picturesque landscapes of Upstate New York, it's the perfect time to reclaim the structure of healthy eating habits and savor the distinctive flavors that define the season. From the crisp breeze that rustles through the orchards to the heartwarming family gatherings around the table, fall invites us to rekindle our connection with nature and indulge in nourishing delights.

In this article, we will delve into the world of autumnal abundance, offering insights, suggestions, and delectable recipes that will elevate this fall into a season of both wellness and exquisite taste.

Embracing the harvest's bounty: an abundance of nutrient-rich ingredients

As the leaves transition into their fiery hues, the local farms and markets across Upstate New York transform into cornucopias brimming with an array of fall produce. These are no ordinary ingredients; they're a treasure trove of essential nutrients that nourish the body and delight the senses. Among the many offerings, a few stand out as nutritional powerhouses:

- **Apples:** A quintessential fall fruit, apples are packed with dietary fiber and antioxidants, making them an ideal snack or ingredient for a variety of culinary creations. From sweet to tangy, there's an apple variety to suit every palate.

- **Pumpkins and squash:** These vibrant gourds not only serve as decorative accents but also offer a plethora of vitamins and minerals. From the velvety flesh of butternut squash to the robust flavor of pumpkin, these vegetables are versatile additions to both sweet and savory dishes.
- **Cruciferous vegetables:** The cooler temperatures of fall usher in the peak season for cruciferous vegetables like broccoli, cauliflower and Brussels sprouts. Rich in vitamins K and C, these veggies lend a hearty and nutritious touch to your meals.
- **Sweet potatoes:** The earthy sweetness of sweet potatoes is a testament to their rich nutrient content. High in vitamins A and C, as well as dietary fiber, they are a wholesome addition to fall menus.

A visit to your favorite farm or orchard: an experience of autumn's bounty

No fall journey towards healthy eating is complete without a visit to a local farm or orchard. In Upstate New York, renowned for its agricultural heritage, you'll find an abundance of options to explore.

Picture yourself strolling through apple-laden trees, selecting the ripest ones with your family, and feeling the joy of plucking pumpkins and squashes from the vines. This hands-on experience not only connects you with nature but also allows you to source the freshest, locally-grown ingredients for your fall feasts.

Healthy cooking tips for fall feasting

To transform these autumn treasures into delectable and nourishing dishes, here are some expert tips to guide your culinary journey:

1. Roasting magic: The simple act of roasting vegetables can unlock a depth of flavor that awakens the taste buds. Drizzle a touch of olive oil, sprinkle some aromatic herbs, and add a pinch of sea salt before roasting. The result is a symphony of tastes and textures that celebrate the inherent goodness of these ingredients.

2. Soup comfort: Fall weather often calls for comforting soups. Create hearty soups using seasonal vegetables, legumes and lean proteins. A steaming bowl of butternut squash soup or a creamy cauliflower chowder not only warms the body but also nourishes it with essential nutrients.

3. Smart swaps: As you cook, consider healthier ingredient substitutions. Greek yogurt or unsweetened applesauce can replace heavy creams and fats, reducing calorie content without compromising on flavor. These swaps enhance the nutritional profile of your dishes, making them more aligned with your wellness goals.

As the leaves cascade from the trees and the air carries the essence of fallen leaves, let this fall be your gateway to a season of wellness. Embrace the rich harvest of Upstate New York and infuse it into your meals with creativity and care. Venture to the local farms and orchards that dot the landscape, connecting with the source of your ingredients and celebrating the authenticity of fall flavors.

This season, let your family gather around the table, united by nourishing dishes that reflect the spirit of fall. As you relish each bite of apple walnut quinoa salad, sip from a bowl of butternut squash soup and savor the maple-kissed brussels sprouts, you'll not only be sating your hunger but also embracing the wholesome essence of the season. With every delicious forkful, you're nurturing your body, your family and the cherished tradition of healthy living in Upstate New York's autumn embrace.



Nourishing Fall Recipes

Chef Eric Rose

APPLE WALNUT QUINOA SALAD

INGREDIENTS

1 cup cooked quinoa
1 apple, diced
¼ cup chopped walnuts
¼ cup dried cranberries
2 cups mixed greens
Balsamic vinaigrette dressing

INSTRUCTIONS

Combine all ingredients, drizzle with dressing, and toss gently. This salad celebrates the autumnal sweetness of apples while offering a delightful contrast of textures. (Add: 5-6 ounces of Grilled chicken breast to make a meal)

BUTTERNUT SQUASH SOUP

INGREDIENTS

1 medium butternut squash, peeled and diced
1 onion, chopped
2 carrots, chopped
2 cloves garlic, minced
4 cups low-sodium vegetable broth
1 tsp ground cinnamon
Salt and pepper to taste

INSTRUCTIONS

Sauté onion, carrots, and garlic until tender. Add squash, broth, and spices. Simmer until vegetables are soft, then blend until smooth. This velvety soup is a warm embrace of fall flavors.

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Embrace the bounty of Upstate New York's fall from page 29

MAPLE ROASTED BRUSSELS SPROUTS

INGREDIENTS

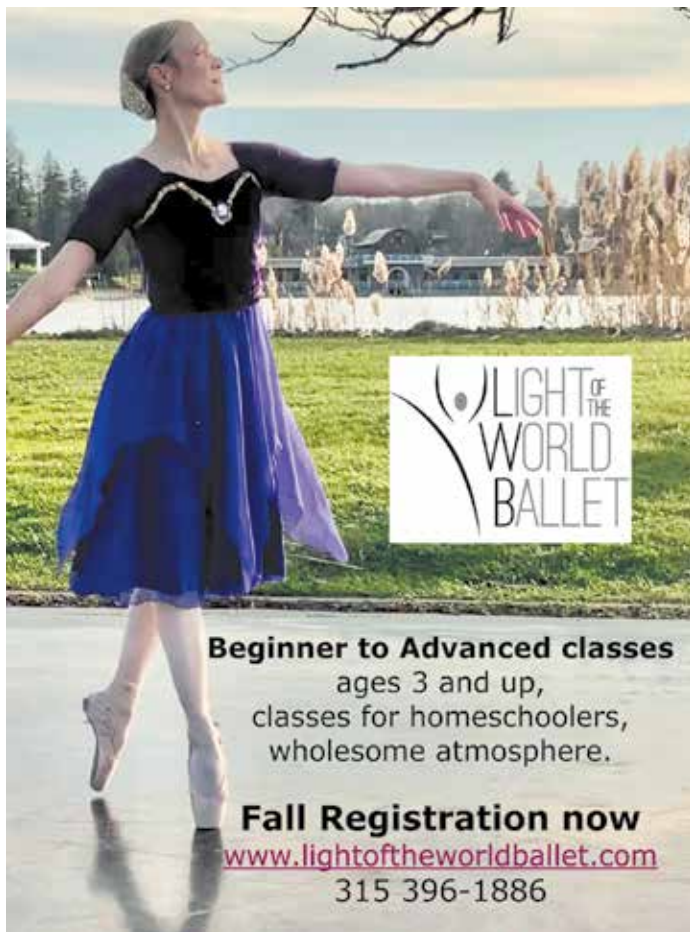
1 lb Brussels sprouts, halved
2 Tbsp olive oil
1 Tbsp rice wine vinegar
2 Tbsp pure maple syrup
Pinch of red pepper flakes
Salt and pepper to taste

INSTRUCTIONS

Toss Brussels sprouts with olive oil, vinegar, maple syrup, salt and peppers. Roast in a preheated oven at 400°F (200°C) until crispy and caramelized. This dish exemplifies the savory-sweet harmony of autumn ingredients.



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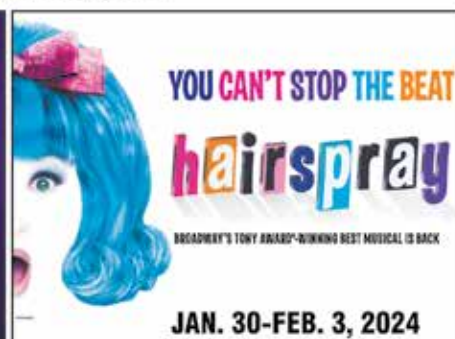


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Transitioning gracefully through menopause

Christopher LaRussa, MD



Menopause can be a time of confusion for some women and many struggle with hormonal im-

balances. This can lead to weight gain, fatigue, brain fog, depression, insomnia, night-time waking, digestive issues and more. Many women find these symptoms to be significant quality of life issues and find it hard to simply function day to day, especially if they are still working and engaging in daily meetings and interactions with coworkers.

But this is also a time that many women are transitioning to another phase of their lives where enjoyment can be obtained from grandchildren, volunteering for various causes, and spending more time with their spouses. With that as a basis, there are certain things women can consider to improve their quality of life so they can age gracefully.

Systemic symptoms (hot flashes, night sweats, etc. as outlined above) are the most common trigger to seek advice because they tend to impact a woman's quality of life more than other symptoms. What woman wants to forget her words? Or spend nights awake struggling to fall asleep, only to wake the following day feeling tired and fatigued? Or struggle with mood swings?

There are over the counter options that may help, such as homeopathic and naturopathic medications, and these are sufficient for many women. Some options are herbal remedies and other name brand options such as Black Cohosh and Estroven.

There are also options to treat the vasomotor symptoms (hot flashes, night sweats) that do not involve hormones. Two medications used

for depression and anxiety have shown benefit in this context - venlafaxine (Effexor) and sertraline (Zoloft).

When these medications aren't enough to relieve symptoms, or if women are more interested in prescriptions, there are several hormonal choices. Transdermal options (skin patches) are safe and effective and carry less risk for women with certain medical conditions. There are also pills that can be taken daily. The type of prescription that is recommended and that you may be given will depend on whether you've had a hysterectomy, as well as considering other medical conditions and risks.

These systemic medications treat the myriad of symptoms associated with menopause and are safe for the vast majority of women. However, they aren't as good for vaginal or bladder symptoms as will be discussed next. It's also important that you and your medical provider review at your yearly exam all hormonal medications you are taking, in the context of your other medications and your medical history, so as not to introduce unnecessary risk.

As mentioned above, and as time passes, many women experience vaginal dryness, discomfort with sexual intimacy, and both vaginal and bladder infections. Daily vaginal moisturizers are sufficient for many women, as are lubricants, the latter especially for sexual intimacy. There are many lubricant choices, some good and some not so good, so asking your provider is a good first step. These options would be considered "after the fact" options and are acceptable for most women.

However, a more "proactive approach" is vaginal estrogen. It is safe and effective, even for those

with a history of breast and/or uterine cancer (with the approval of your oncologist/surgeon). These medications can be delivered in several ways - creams, tablets, or extended delivery vehicles such as vaginal rings. These can significantly reduce any bladder and vaginal symptoms and can be used long-term with very little, if any, risk. They can also increase sexual satisfaction due to less pain and result in more desire as a result.

There are also other options to address menopausal symptoms. Some providers focus on integrative medicine and "non-traditional" medications, as well as other herbal supplements, almost all of which are safe and can also be taken for many years. Consider that the data is limited for some of these medications, so you should discuss these options with your provider.

My reason for writing this is to assure you that your transition into menopause can be graceful and should not be fraught with angst, frustration, or disappointment. I recommend that you speak with your provider about options to treat your symptoms as there are many choices. Aging gracefully and transitioning into menopause shouldn't be a challenge or a chore, and for most women, there are many options to ensure this isn't the case! *SWM*

Dr. Christopher LaRussa is board certified in Obstetrics and Gynecology and is a fellow of the American College of Obstetricians and Gynecologists. He practices with Associates for Women's Medicine.



Helping your skin tame the aging process

Stacey Cook, MPAS, PA-C

Secret beauty treatments are quickly becoming a thing of the past. It is common for friends to share that they are doing anti-aging procedures and even share the procedure or who their injectors, estheticians, or beauty artists are. What would you say if someone said to you “hey, how would you like to slow down the aging process or do some facial rejuvenation that won’t make you look like a pillow face alien but your best self?” Well call me vain but my answer is and will probably always be, “when can we start?”

There are a plethora of advantages to getting older. We gain wisdom, tend to get a better grasp on our emotions, may have more time to work on ourselves and fear less about what others think, can work on financial stability, we can invest time and effort into building relationships that are meaningful, and we get to appreciate that our time is limited and gain an appreciation for the moments that bring us happiness and fulfillment. Now that I have you feeling great about your years let me be the bad guy who points out our skin health is not one of these many advantages; it is more like an obstacle. As we work on becoming better humans and enjoying our time on this planet our skin undergoes several changes that are primarily driven by a decline in collagen production.

What the heck is collagen? It is a protein, and its job is to provide structural support and elasticity to the skin, giving it a youthful and smooth appearance. So, as we get “wiser” our collagen production gets lazier and this my friends leads us to some disadvantages or annoyances of getting older including wrinkles, sagging skin, and a dull complexion. Understanding these changes and exploring ways to combat them is crucial to maintain healthy and youthful-looking skin.

We lose elasticity, the skin becomes thinner, and therefore is more likely to sag. Then this is accompanied by creases that develop due to repeated facial expressions (enter the dreaded eleven lines, crow’s feet, etc.) breaking down collagen and elastin fibers. Then comes the dryness. We have less natural oil production, decreased blood flow to the skin, and this results in flaky, dull skin. Sounds sexy right? Ummm, no. But the good, very sexy news, is we can use science and education to slow this process and even help reverse any damage. When you look better, you feel better, and when you feel better, you are free to live your best life.

A lot of people ask my colleague Jena Murphy, NP-C, and myself if they should ingest collagen and the truth is, we do not really have a great answer for this. Experts still debate this, and many studies are inconclusive of the effectiveness and absorption of ingested collagen. But we can tell you a few simple things you can do to slay the dragon of aging and collagen death.

1. Wear your sunscreen – SPF 30 or higher please, even on a cloudy day. UV rays damage collagen fibers and accelerate the breakdown of this important protein.
2. See a professional to discuss a consistent medical grade skincare routine that fits your budget and your skin needs.
3. Consider neurotoxins to stop creasing the collagen and elastin out of your skin and prevent wrinkles from getting worse.
4. Talk to an experienced injector about collagen building injections, radiofrequency, dynamic muscle stimulation, laser treatments, or fillers to replace lost volume and rejuvenate areas of concern.
5. Stay hydrated and eat a well-balanced and nutrient-rich diet. A diet rich in anti-oxidants, Vitamin C, zinc, copper, lean meats, fish, legumes, and dairy can help with signs of aging and provide necessary building blocks for collagen production.
6. Avoid smoking and excessive alcohol consumption.

To summarize, find yourself someone you can trust who has the knowledge and experience that will take your lifestyle, values, and budget to develop a personalized beauty plan backed by science to help you

age gracefully and feel your best self.

Cheers to wisdom without the wrinkles! *SWM*



Stacey Cook is a board certified physician's assistant. Find her on Instagram, @the_cosmetic_pa or contact her at cosmeticqueenscuse@gmail.com.





ANGELA McCARTHY



Keeping fit, both physically and mentally

Janelle Davis

Success depends on your backbone, not your wishbone. This is a quote that Angela McCarthy has lived by her whole life.

Part of Angela's inspiration to live a healthy lifestyle has been her family. Growing up, she watched her mom struggle with weight management, high blood pressure, and other health problems.

Other members of the maternal side of her family experienced heart disease at an early age and obesity. "It wasn't a healthy way to live and that's what I saw growing up," Angela shared.

Alternatively, Angela was motivated by the longevity of her dad's side. Most family members lived into their nineties. Angela's daughter, Lisa McCarthy remembers her grandpa, "He was always active, even as a senior. He was always doing something, whether it be gardening, riding a bike, or dancing."

Angela shares that Lisa has also inspired her to stay active and healthy. "She is my biggest cheerleader. Lisa has always had a high fitness level. She has run many marathons and continues to run every day."

Raising three kids in the 1960s, Angela still found ways to keep active. If you were a fly on the wall of Angela's living room, you would catch her working out to Jack LaLanne on her TV. "That was my initial introduction to exercise, besides cheerleading in high school," Angela said.

When Angela's third child entered elementary school, more fitness opportunities opened for her. At that time, her passion for fitness flourished. "To the embarrassment of my children, I decided to take belly dancing at the YWCA, which was very popular at the time," Angela remembered. Angela has loved dance her whole life, so it was a no-brainer for her to join. They made their own folk costumes and performed for friends and at local malls.

To supplement Angela's fitness activities, she started incorporating strength workouts. "Strength training is essential to help your muscles support your skeletal system. It helps alleviate if you were to fall or experience any other injuries."

She joined Kelly Lyn Figure Spa, which was exclusively for women. The owner couldn't help but notice Angela's enthusiasm while working out, so she offered her a job instructing fitness classes. "I thought, well I don't have experience instructing but in the early phases of the fitness craze you didn't need certification. The owner handed me a Jazzercise book and I put a class together and started teaching aerobics," Angela explained.

Realizing she wanted to continue instructing fitness classes, Angela moved forward by taking fitness workshops at Cazenovia College. She wanted to ensure that the routines she was putting together were safe for members. "I was able to learn about kinesiology, skeletal structure, body movement, and muscle growth and apply them to safe classes," Angela described.

For 10 years, until she had to get a full-time job, Angela taught a variety of fitness classes at the Fairmount Athletic Club, BlueCross BlueShield and other fitness clubs.

Forever cognizant of fitness, health, and weight management, Angela is aware of other contributing factors to a healthy lifestyle, including socialization and spending time with friends.

"It gives me such comfort knowing that my mom has her network of friends. She has her church friends, fitness friends, and another group she can meet with every morning. It helps me to know that she has that bond with other people outside of our friendship, especially with my dad passing," Lisa shared.

Angela explains that you have to make your own life and not expect your children to fill all the voids. "You raise your kids to spread their wings and fly, and of course, they are still a part of your life, but you have to live your own."

To Angela, healthy senior living means to just move. "I know so many people my age who struggle. They just have to move. Find something that you enjoy and want to keep doing." She mentioned the new pickleball courts that opened at Onondaga Lake Park and how new opportunities pop up everywhere for all capabilities. She continued, "There are good days and not-so-good days. Trust me, I have days I don't want to do it, but I am always grateful and always feel better after. Not only physically, but mentally."

Angela shared how beneficial staying active has helped her with the recent loss of her husband of 61 years. She explained how having a workout structure has helped her mental state, rather than sitting and ruminating.

The old cliché is true, Angela said, you are what you eat. She sets a great example by eating a salad a day. "I try to put as many vegetables in there as I can, and I keep the fat and sugar content low. There are so many processed foods out there that lack nutrition."

When asked what advice she could give people of all ages, Angela says to keep going. If you are having an off day, know that tomorrow is a new day.

"I think if you watch your diet, limit alcohol, try not to smoke, exercise, get sleep, and socialize you're on a path to success." She explains that spirituality is also important, no matter what your higher power is. She continues, "Be confident in yourself, love yourself and others, stay close to your family, and live an authentic life."

Angela continues to take care of herself and be an inspiration to others. She has two gym memberships at Elevate and Planet Fitness. She takes weightlifting classes two to three times a week. She also keeps up with her cardio by walking and riding her recumbent bike.

"I encourage people to find what they love in order to stay healthy and active," Angela advised. *SWM*



True companions

FOUR RETIRED NURSES TALK SAVING LIVES AND STAYING FRIENDS

Kate Hanzalik

The 1950s were a time when women were expected to be a secretary, a teacher, or a nurse. They had a modicum of choice, and what they chose to do with that choice was up to them—but how could a woman possibly live up to her potential with so few options? Just ask four Syracuse women who decided to become nurses: Maggie Bovard, Ellen Canella, Barbara Connolly, and Joanne Whelan. Their choice led them to a lifetime of service together while nurturing a true friendship that has withstood the test of time.

Becoming a nurse, becoming a friend

Joanne Whelan wanted to become a nurse because she read so many Cherry Ames books (*Army Nurse*, *Student Nurse*, etc.). “I thought it was really glamorous, I love the cape, the hat, and I just thought wouldn’t it be great to be assisting one of those handsome doctors,” she laughs in a recent interview at The Nottingham. Barbara Connolly, who grew up down the street from Whelan, just wanted to help people and nursing “seemed like it was more fun than being a secretary or teacher.”

(L to R) Ellen Cannella, Joanne Whelan, Maggie Bovard, Barbara Connolly





Their friends, Ellen Canella and Maggie Bovard, had their own motivations. Ellen wanted to become a nurse because her mother wasn't one, and Maggie Bovard wanted to become a nurse because her sister was one.

Today all four women live together at The Nottingham; back then, they signed on the dotted line, paid a little under \$1000 each to attend St. Joseph's School of Nursing, and started school on September 9, 1959. "We were all excited about it – plus, excited about moving away from home," said Connolly. "So that was the start of it. And we were all in the same dorm, [we had] the same house rules, the study hours were 6:30 to 9:30 p.m. [On the] weekends we were studying or working. We were all just having our dream come true," said Barbara. "It wasn't easy. But that bonded us."

They were assigned a unit to work in (psychiatry, orthopedics, etc.) for eight weeks at a time. They spent three days taking classes, and three days on the floor.

"The first time I walked in as a student nurse, I walked in with my instructor. I was absolutely terrified. [I thought], 'I think I need to get out of here.' After that first afternoon, I thought 'I can do this.' You just have to jump in and do it," said Joanne.

And that she did, along with her best friends. They learned about assessment, preparation, organization, note taking, and reporting. They also learned that having a sense of humor was critical. Bovard, who went on to teach nursing for 14 years, came up with the motto: "Let us be disciples of humor and gentleness."

Continued on page 40



True Companions from page 39

Over time, they encountered many challenges, such as learning new skills, but Canella emphasized the importance of continuing education. They also struggled to adapt to the way nursing has changed from a more hands-on vocation to a profession that requires more administrative tasks and technologies that prevented them from spending as much time as they wanted with their patients. “We’re not just mechanics, we’re not just looking at equipment,” said Bovard. “We’re looking at the person and it makes all the difference in the world.”

“It’s not just making a difference to us, it makes a difference to the person you’re taking care of,” Connolly added. “People thank you and you don’t even realize that you really did anything, but you must have because they were so appreciative. You just think it’s a normal ordinary thing to touch them, fluff a pillow, or ask if they want a cup of tea.”

Whelan said, “I worked in psychiatry after I graduated and I always felt like it was such a blessing to me to be able to sit with somebody and have them tell me their deepest darkest secrets, and cry, and laugh, and I didn’t have to do very much. I mostly just listened. And then if the situation was resolved or not they would say, thank you for listening.”

Listening, laughing, crying - these are all important to being a good nurse, and a good friend. “Ask if there’s anything you can do, or maybe do nothing,” Ellen said. “Just be there.”

Being There

Over the years, the ladies made time for each other to connect and share stories about work, motherhood, being a wife, and more. Of their life-long friendship bound together by nursing, Bovard’s husband, John, always said “It’s like being in a war together. Companionship is so necessary.” And today, Maggie said, “Time and distance has only enkindled it. It’s been a joy for all of us.”

“[Our friendship has] gotten deeper, more fun, really,” said Joanne, as she sits beside her best friends at The Nottingham. “We get together and it’s like we’re never apart, we just pick up from 62 years ago. [We say] ‘Remember when we walked through that door and were assigned a room with somebody you never knew? [With] two little single beds, two desks, and one little closet to share?’ We’re so different but we’re always the same. Like we don’t see the gray hair and the fact that we have to use a walker, or that we put on a few pounds or that we lost a few pounds, but we’re still the same. We are who we were, and we are who we are.” SWM



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INCOME ☐ Under \$20K ☐ \$20,001 - \$40K ☐ \$40,001 - \$60K ☐ \$60,001 - \$80K ☐ \$80,001 - \$100K ☐ \$100,001 or over

ETHNICITY ☐ Native American ☐ Asian ☐ Black/African American ☐ White ☐ Other ☐ Decline to say

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F-M alumna selected for prestigious internship program



Siena Viencek-Walsh

Fayetteville-Manlius High School alumna Siena Viencek-Walsh has been selected for the prestigious Television Academy Foundation Internship Program. She is one of just 38 students chosen by Television Academy members from across the country for the 2023 summer program. The Foundation's annual Internship Program provides eight-week paid internships at top Hollywood studios and production companies to college students nationwide.

Viencek-Walsh is a 2023 graduate of Chapman University who majored in television writing and production. She will be a live television production intern this summer at Bob Bain Productions in El Segundo, Cal., through the foundation's program.

"I'm happy to have an internship that is so hands-on and look forward to all of the learning that is ahead," said Viencek-Walsh. "I will get the chance to learn from seasoned professionals and gain treasured mentorship and guidance. This is everything that I could ask for and more in an internship. My ultimate career aspiration is to be a multi-camera technical director."

The internship program also provides professional development sessions with leaders in the television industry and customized seminars covering personal brand-building and navigating the job market ahead for participating students. Interns also become lifelong members of the Foundation's alumni family, giving them access to events and networking opportunities as they build their careers in the industry.

Loretto announces new marketing and communications director



Julie Smith

Formerly Loretto's marketing and communications manager, Julie Smith started at Loretto in September 2020. She holds a bachelor's degree in business management with a concentration in marketing and a minor in communication/ journalism from St. John Fisher College. Smith resides in Liverpool.

"Julie has led several strategic marketing campaigns for our recruitment efforts, effectively grown our social channels and managed all successful employee events. She is an incredible asset to her team and I am excited to see her continue to grow in this leadership opportunity," said Julie Sheedy, chief marketing and engagement officer at Loretto.

Smith is a recent graduate of Loretto's Leadership Academy. Her new role involves strategically developing and implementing marketing programs, driving recruitment and retention efforts, enhancing social media presence, managing employee events and sponsorships, promoting employee engagement and communication, and supporting Loretto's reputation, mission, and strategic growth.

Joins Drakos Pediatric Urgent Care



Danielle Tongue

Drakos Pediatric Urgent Care, the only standalone pediatric urgent care in Central New York, has hired Danielle Tongue as senior practice manager. In her new role, Tongue supervises and manages a team of healthcare providers, oversees clinic operations, maintains the quality of patient care, and streamlines and manages the clinic's electronic health record system and other healthcare technology solutions.

Tongue comes to Drakos with 18 years of experience in project management and healthcare operations, including as the Director of Operations at CIRCARE, an outpatient behavioral health clinic.

Her expertise in project management enables her to effectively oversee and manage a diverse portfolio of projects, ensuring the integration of best practices and compliance with security standards.

Drakos Pediatric Urgent Care is located at Clay Medical Center, 8100 Oswego Road (Rt. 57), Liverpool.

St. Joseph's College of Nursing turns 125



St. Joseph's College of Nursing is celebrating 125 years of nursing education in October!

The College believes that nursing education is a lifelong process, and it prepares students to adapt to advances in scientific theory, technology, health care, and society. The College advocates a holistic approach to nursing, and its curriculum goes beyond scientific nursing courses to encompass

communication, cultural sensitivity, ethical and legal issues, leadership, conflict resolution, and decision-making.

Founded in 1898 by the Sisters of St. Francis, the college graduated its first class - 10 women - in 1900. More than 6,000 women - and men - have graduated from its halls since. Now, as then, students learn to practice nursing with compassion, reverence, excellence, vision, enthusiasm and integrity.

From October 6 to 8, the college will host a weekend of exciting events to celebrate a legacy of nursing education. Learn more at: <https://www.sjhcon.edu/125-anniversary/>.



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September 8-10**Pickled Pink**

What: The Baldwin Fund will host its first-ever Pickleball Tournament, sponsored by Byrne Dairy.

Where: Lysander Town Park Pickleball Courts, Baldwinsville

Info and Registration: pickleballbrackets.com

**September 9****Art on the Porches**

What: Art on the Porches returns to the historic Strathmore neighborhood featuring over 25 artists and craftspeople.

Where: Ruskin Ave, Syracuse

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

**September 9 & 10****Golden Harvest Festival**

What: Enjoy an old-fashioned county fair-style event featuring live music, crafters, crafts and games, food, a maize maze, nature activities, live animals and more.

Where: Beaver Lake Nature Center

8477 E Mud Lake Rd, Baldwinsville, NY 13027

When: 10 a.m. to 5 p.m.

**September 13****Transformation in WBOC**

What: Join the WBOC to make new connections, level up professionally and personally, win some prizes and listen to a guest speaker. Embark on a journey of growth and transformation!

Where: Collegian Hotel and Suites

1060 E Genesee St, Syracuse, NY 13210

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

**September 14****CNY Retirement Showcase**

What: Meet representatives to help you enhance your retirement years! Discover things to do, places to go and places to live while picking up goodies.

Where: CNY Regional Market

2100 Park St, Syracuse, NY 13208

When: 9 a.m. to 1 p.m.

**September 15, 16 & 17****Festa Italiana**

What: Celebrate Italian Culture with food, specialty vendors, bocce, music and dancing.

Where: Syracuse City Hall

233 E Washington St, Syracuse, NY 13202

When: Friday and Saturday: 11 a.m. to 11 p.m., Sunday: Noon to 7 p.m.

**September 22****Gimme Gimme Disco**

What: Dance, jive, and have the time of your life with a party featuring disco hits. Groovy outfits encouraged.

Where: The Song & Dance

115 East Jefferson St., Syracuse

When: 8 p.m.

Info: Tickets starting at \$15. 18 + only. More info: <https://aftr.dk/3Y2kQ89>

**September 23****Syracuse VegFest**

What: Join for vegan food, live music, food demos, kids activities, and more. Hosted by Vegan CNY.

Where: Syracuse Inner Harbor

328 West Kirkpatrick St, Syracuse, NY 13204

When: Noon to 5 p.m.

**September 23****Oktoberfest**

What: Enjoy an autumn festival with Bavarian music and refreshments.

Where: Harvey's Garden

1200 East Water St, Syracuse 13210

When: 7 p.m.

Info: For more information, visit experiencesymphoria.org



food truck park & beer hall

September 29**Tap into the MOST**

What: Mix and mingle at a tasting event featuring the best regional beer, wine, cider, spirits and local food.

Where: Milton J. Rubenstein Museum of Science & Technology
500 S Franklin St, Syracuse, NY 13202

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

Info: Tickets start at \$70. 21+ only. Visit www.most.org/support/tap-into-the-most for more information.

**September 30****2023 CNY Black Women's Expo and Teen Summit**

What: A day and evening of empowerment, panels, entertainment, cultural engagement, curated fashion and smooth jazz. Includes free access to the Everson Museum of Art. Presented by the Women's Economic Institute. The teen summit (11 a.m. to 3 p.m.), for young women age 13-19, focuses on topics including college & career readiness, mental health, self-care and youth entrepreneurship.

Where: The Everson Museum of Art

401 Harrison St, Syracuse, NY 13202

When: 10 a.m. to 4 p.m.

Info: www.womenseconomicinstitute.com



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