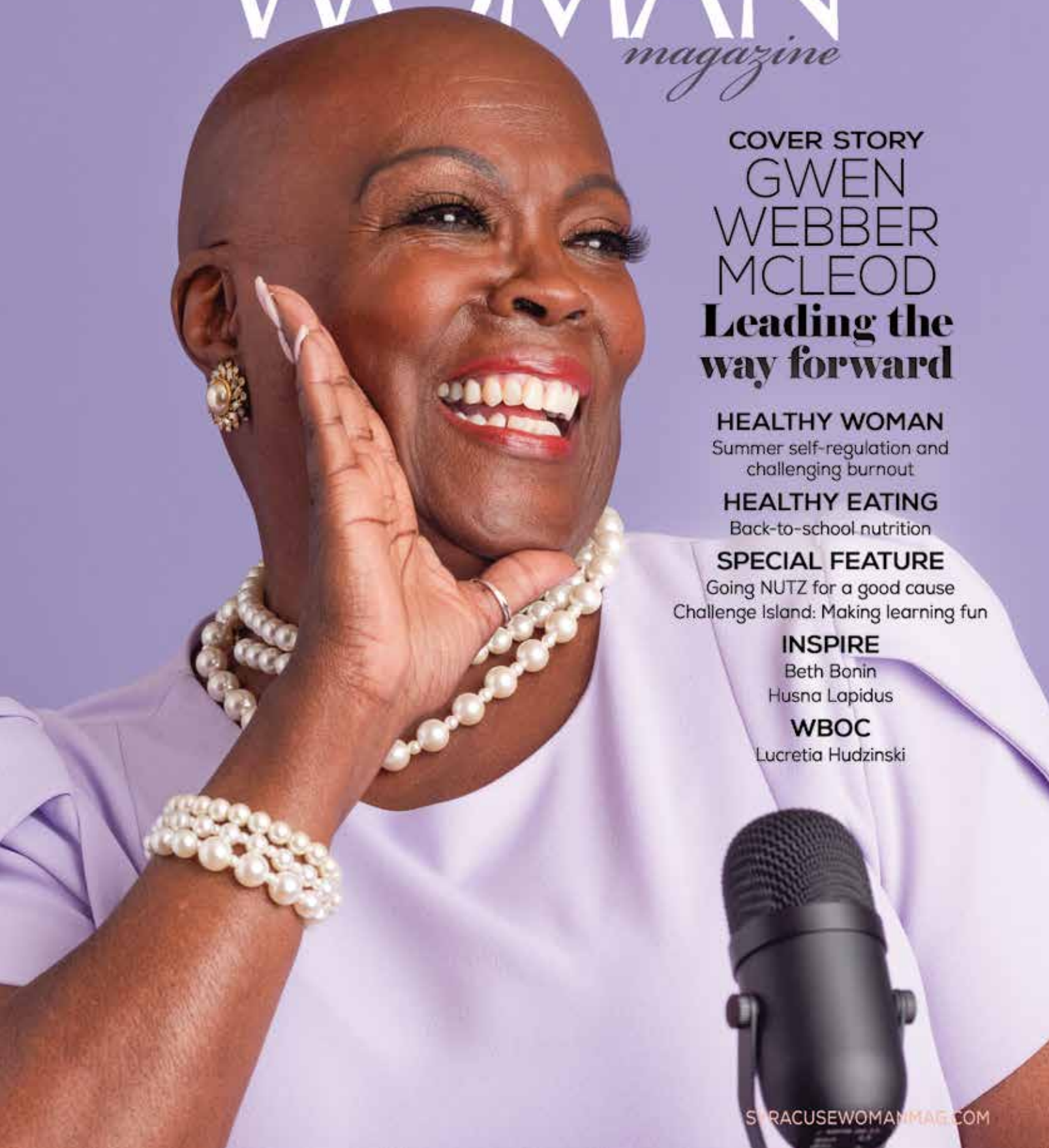


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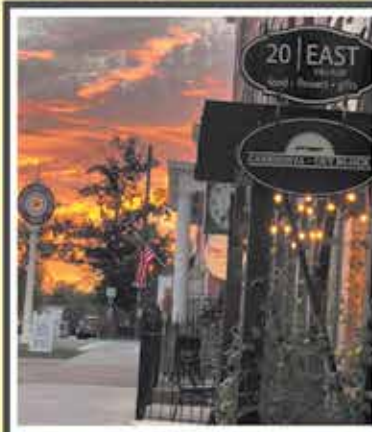


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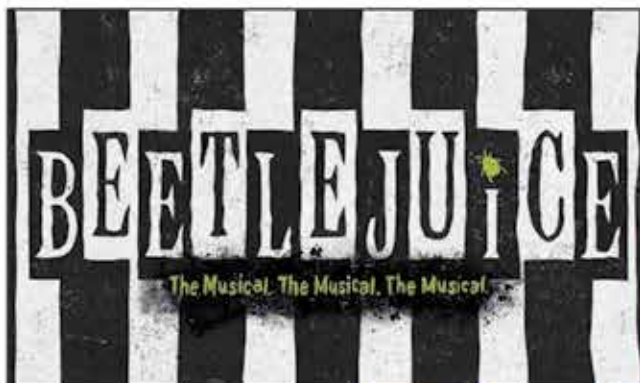
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Mary Hawkins

As CNY grows, its healthcare needs will grow as well

In 20 years, Central New York may look very different than it does today. While the area is generally positive about the promise of high-tech manufacturing jobs with Micron, the projected population growth could strain existing services.

Fortunately, colleges and universities are stepping up with new and expanded programs to train workers that will be needed in the future. An obvious need will exist for advanced manufacturing workers and even supply chain companies, but healthcare is another area of focus for agencies charged with managing growth.

According to research by CenterState CEO, the region will experience a surge in demand for medical services. A population increase of 100,000 residents arriving for roles at Micron and related companies is expected to result in 38,000 more Emergency Room visits and 10,000 additional hospital stays per year. Just as sites like This is CNY promote the area and new technology roles, recruitment for healthcare professionals will be needed. CNY will need to add 100 physicians, 300 mental health professionals, and numerous other caregivers such as registered nurses.

As reported almost daily, the nursing shortage that was exacerbated during the COVID-19 epidemic remains. Bryant & Stratton College (B&SC) is helping to fill the gap with a pre-licensure Bachelor of Science degree in Nursing at its Liverpool campus. Current enrollment is at about 200 nursing students. As a commuter campus, students are local residents who plan to live and work in CNY. In the past year, 54 students graduated from the program and now work at facilities including St. Joseph's Health, Upstate University Hospital, Crouse Health, and the Syracuse VA Medical Center.

Dr. Kara Evans, dean of instruction and nursing program director, is optimistic about the impact that B&SC nursing students will have in our community during the transformational growth of CNY. "It's important for B&SC to have a pragmatic vision for what CNY will need to meet the demands of the potential population growth and increased stress on our healthcare system from the migration of Micron. Our nursing graduates are equipped with the leadership, knowledge, and skill to meet the increased demands that will be placed on our health care system. Micron and Bryant & Stratton College complement one another through a common goal, a desire to enhance and change our community for the better." As evidence of the strong academic quality of the program, the first-time pass rate for the nursing licensure examination, known as the NCLEX, was 100 percent.

The expected population surge due to Micron will increase the need for other healthcare services such as occupational and physical therapy. Less well known than nurses, occupational therapy assistants (OTAs) and physical therapist assistants (PTAs) play a vital role in healthcare. OTAs participate in treatment to improve quality of life for those with illnesses, injuries, or chronic health conditions. PTAs help to deliver therapies in which patients can regain strength or physical functioning. B&SC offers an associate degree in either field.

While many students at B&SC are adults pursuing another career, others attend directly from high school. PTA Program Director Dr. Kirsten Nielsen, and Academic Coordinator Matthew Sweet, have been educating high school students on careers in PTA through volunteer work with Henninger High School. Dr. Fran Adamo-Cass leads the OTA program and has developed an instructional model called HyFlex, which allows course participation in one of three ways: a traditional classroom, live remote via videoconferencing, or online. An introductory class is offered with free tuition for high school juniors and seniors via HyFlex.

Founded in 1854, B&SC, a non-profit institution, has built its reputation on a commitment to excellence and high standards. Bryant & Stratton College has campus locations in New York, Ohio, Virginia, and Wisconsin, as well as an Online Education division, and a Continuing Education department. For 170 years, B&SC has offered students access to career-relevant education leading to bachelor's degrees, associate degrees, and professional certificates in the fields of healthcare, business, criminal justice, design, financial services, hospitality, human resources, paralegal studies, and information technology. Bryant & Stratton works with students to best map individual career paths - teaching the soft skills employers value most, helping establish valuable professional connections and internships and offering career services support even after graduation.

Mary Hawkins is the Syracuse Market Director at Bryant & Stratton College.

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GMSS celebrates the magic of fluorescents

"The Magic of Fluorescents" was this year's special theme at Gemworld 2024, the 57th annual Gem, Mineral, Fossil and Jewelry Show, presented by The Gem and Mineral Society of Syracuse (GMSS). The show, which took place at the Center of Progress Building at the New York State Fairgrounds on July 13 and 14, featured various interesting displays of fluorescent rocks, as well as other minerals and fossils, many from New York state.





Mary Pat and Joe Hartnett are members of the Upstate Legacy Society, which was established as a tribute to donors who have included the Upstate Foundation in their estate plans. Someday, their legacy gift will blossom and grow in the healing garden at the Upstate Cancer Center.

Mary Pat was a nurse at Upstate University Hospital for 27 years and is now retired. She explained her interest in the healing garden. "I used to work with many oncology patients, and I knew what the healing garden could be for them, and for other patients and staff as well. Every week, I would walk by it."

"She talked about it often when she was working and continued to talk about it after she retired," Joe added.

Both Mary Pat and Joe view their philanthropy as a way to share their values about making a difference.

"We take so much enjoyment from this. We all have something to share, not always money, but we all can share."

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Photo by Jason Klaiber

Going NUTZ for those in need

Jason Klaiber

Finding nothing but fun and camaraderie every time they get together, a close-knit group of crafters meets in the training room of East Syracuse Fire Department Station 2 to make items for area nonprofits and different causes.

The group calls itself NUTZ, an acronym standing for “No Unfinished Tops, Zanies.” Those words refer to the push the women give themselves to go back and finish the stitching projects they’ve started so as to not leave a quilt top with no batting or backing, along with an acknowledgment that the group’s members are all at least a little silly or eccentric.

Most of the 40-or-so ladies that show up regularly are retired, and most admit to storing “embarrassingly large” stashes of fabric in their homes. But once they bring in what they’ve got, whether it’s wool or cotton, nothing ever goes to waste.

Priding themselves on being an industrious bunch, the members give as much as they can to the organizations they help out with their handiwork. That includes crocheted winter hats or knitted wheelchair caddies to local senior centers and nursing homes and so far this summer, over 100 adult bibs rebranded as “shirt savers” that keep the clothes of men at the Syracuse VA Medical Center clean and unstained. Some of those shirt savers are emblazoned with logos of favorite sports teams and festive designs meant to brighten up the center’s dining room when the holiday season comes around.

In addition to doggie beds and fleece fabrics for various animal shelters and pet therapy programs, NUTZ also donates coverlets like quilts and afghans to places like the Crossroads Adult Home

operated by the Syracuse Rescue Mission and to children at hospitals or social service agencies through Project Linus.

The group also gives patriotic quilts of valor in the colors of red, white and blue to the Honor Flight Network, which are then presented to the veterans returning home from their visit to Washington, D.C. to see the national memorials dedicated to their service and sacrifice.

Often enough, NUTZ passes along quilts for local charities to raffle off for the purpose of raising extra money for any endeavors they have in their sights, including the Syracuse-based nonprofit focused on pediatric oncology research and the providing of care packages to patient families Paige’s Butterfly Run, for which the daughter of NUTZ delivery team leader Melonie Unger is director of development.

Unger said another one of her favorite projects is NUTZ’ contribution to Sleep in Heavenly Peace’s 12 Days of Christmas, during which that organization delivers 300 beds to children in need for a dozen days straight, all complete with carry-around quilts made by Unger and friends as well as pillowcases made by fellow NUTZ member Pat Verrette.

Verrette is known to make plenty of those month-to-month, to the point that she’s affectionately nicknamed “Pillowcase Pat.” Sometimes she makes as many as 50 a week, said one of her tablemates in the fire station training room, and fittingly Verrette said she can pretty much make them in her sleep thanks to her Threadbanger sewing machine, which goes through five layers at once.

Diane Dwyer, who has been involved with NUTZ for over a decade, makes it her passion project to send packaged assortments of cloth diapers and baby wipes fashioned from leftover flannel scraps to the CNY Diaper Bank. Those materials, which Dwyer recruits Facebook friends to create either at home or in the NUTZ sewing room, are washable and reusable—and thus cost-saving—plus they come in different designs showing such images as llamas, handprints, footprints and fire trucks.

NUTZ started out about 15 years ago at the Calico Gals quilt shop on New Court Avenue where Unger works, but more recently the volunteer group moved to the Sanders Creek Parkway station because it was a bigger space and the fire department offered to let them use it.

Lynn Schantz, one of the women who heads up the group, said their routine gatherings are full of laughter and merriment and are never boring. The members also bring in a spread of food to share, and in their round-the-clock productivity, they inspire each other and obsess over one another's pattern ideas.

The seamstresses see the group as not only a way to give back to the community but as a part of their social life too. Verrette, a retired payroll services accountant, said it became an uplifting outlet for her after her husband and mother passed away 14 years ago and 12 years ago respectively. Now, she views everyone else in that room as supportive friends, and Dwyer said the same, calling the group's meetups her "foundation."

Schantz, who taught pre-K and parent education in the East Syracuse Minoa Central School District for 30 years, said she feels lucky to be part of a group so willing to do what they can for others. She said she also appreciates the fire department personnel for always stopping in to ask how they're doing and if they need

anything. "It's a great group, and we're so thankful to get together like this and share each other's company," Schantz said. "It's real nice."

The members of NUTZ also sew for their own use, for wedding gifts, and for birthday presents to give to family members. The group, which last convened July 11 and 12, meets from 10:30 a.m. to 4:30 p.m. two Thursdays a month and on Friday one of those given weeks to make it two days in a row, always welcoming newcomers with open arms whenever they're there at the station.

Because the members tend to see their effort put toward making these items as a labor of love, Schantz said she's fairly certain they'd show up every week if they could. *SWM*

The local group of sewing lovers known as NUTZ meets bimonthly in the training room of East Syracuse Fire Department Station 2 on Sanders Creek Parkway.

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Summer self-regulation and challenging burnout

Jessica Carson, LMHC

Do you or a loved one ever struggle with burnout, feeling exhausted with trying to manage work, kids and balancing our own mental wellness and responsibilities? Trying to find balance as a parent, partner, single parent, whatever life stressors are present and as an individual can feel so daunting! I'm here to provide you with tips, resources and activities that can help reduce these stressors and help you feel more whole, balanced, and connected with yourself and family.

Just like we often go to the doctor when we are physically unwell, prioritizing our mental well-being is equally as important. This may include going to therapy, practicing strategies, skills and techniques to develop inner calm, strength and emotional mastery to overcome any challenge life hands us. Mind-body connection is pivotal to obtaining whole body wellness. Our bodies actually tell us what we need through sensations and somatic responses (physical manifestations). Have you ever felt tense, muscle pains, headaches, digestive distress, nausea, jaw pain (TMJ), fatigue, chest pain, dizziness, difficulty sleeping, irritability, restlessness? These may be signs that we are in burn out mode and need to regulate our nervous system.

Our thoughts, feelings, beliefs, and attitudes can positively or negatively affect our physical health and vice versa. What we eat, how much we exercise, our breathing and posture can impact our mental health. This is the relationship with our mind and body.

Some techniques that can help create this balance are breathwork, meditation and grounding. Let's explore each of these.

There are numerous types of breathing and meditations. Some beginner exercises are Diaphragmatic Breathing and Square Breathing. These exercises help to reduce anxiety, lower your heart rate and blood pressure and reduce stress hormones.

Diaphragmic Breathing (Belly Breathing)

Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm (belly) move as you breathe. Breathe slowly through your nose so that your stomach fills with air and you feel the inhale with your hand. The hand on your chest should remain as still as possible, remember we want the belly to expand. Slowly exhale through your mouth.

Square Breathing

Inhale for a count of four through your nose. Hold your breath for a count of four.
Exhale for a count of four through the mouth.
Repeat these steps three more times.

You can even do breathing with your kids to help them regulate their emotions. The more we practice regulating ourselves, the better modeling we can teach our kids. If they see a parent able to manage our emotions through healthy outlets, they will start to mirror these behaviors, and we all want our kids to be healthy. Big emotions are completely normal, and it's okay to feel upset, angry, sad and overwhelmed. So how do we teach our kids how to manage these emotions? Kids can do breathing with us. Some easy techniques are Candle Breathing (belly breathing) and Dragon Breathing, because what kid doesn't like pretending to be a dragon!

Dragon Breathing

This involves taking a deep breath in through the nose and then forcefully exhaling through the mouth while making a "ha" sound. The goal is to make the exhalation look like a dragon breathing fire, or like fogging up a mirror. Youtube has some great videos teaching these skills. (*Dragon Breathing Exercise for Kids | Yoga for Kids | Yoga Guppy by Rashmi Ramesh* <https://www.youtube.com/watch?v=H2x8uFMxtog&t=132s>)

Candle Breathing (Belly breathing) for Kids

Imagine a birthday candle. Take in a deep breath through the nose and then exhale through the mouth to blow out the candle. Here's a great video to do with your kids for practice of belly breathing: (*Candle Breathing! Quick Breathing Exercise To Help Kids Learn To Self-Regulate Big Emotions!* <https://www.youtube.com/watch?v=GEvhsLOIC6Ac&t=181s>)

Mindfulness meditations help you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. Some great exercises can be found at: <https://www.mindful.org/meditation/mindfulness-getting-started/>

Ground techniques also help to calm the mind and body by shifting focus from past or future thoughts to the present moment. One technique is called 5-4-3-2-1 which is great for adults and kids. It involves identifying five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

Physical grounding involves connecting your skin to the earth, such as by walking barefoot in sand, grass, or mud, lying on the ground, splashing water on our face, holding ice, playing with sand, a fidget toy, and things that involve touch.

A great grounding activity for kids is the category game. Pick a category, it could be animals, cars, colors, movies and list out everything you can think of in the category. This helps shift our mind from uncomfortable feelings and thoughts.

There are so many different types of mindfulness skills that can improve our focus and shift our perspective to a place of acceptance and gratitude. If you have struggled with feeling overwhelmed, stress, disconnected or constantly on edge these are all great skills you can add to your toolbox! *SWM*



Jessica Carson is the founder and CEO of Fortitude Mental Health Counseling in East Syracuse. For more information, visit fortitudemhcounseling.com.

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Gen Z walks and money talks

July 11, 2024

It's that time of year again when we spend time celebrating the accomplishments of high school graduates and see them off into the world. This is another special year for us as we are getting ready to send our second daughter off to college! It is both exciting and nerve-wracking to think that in a few short weeks she will no longer be living in our house every day. The life transitions can be so hard so as parents and loved ones of those who are leaving the nest, it is our responsibility to send them into the world prepared for all things, including how to make smart money decisions.

Not all graduates will go to college and that is a good thing! We need people to enter the trades or go directly into the workforce. Some folks are military bound with the commitment to protect our country if called upon. It doesn't matter what path our young folks choose, money advice applies to every situation. Here are three main tips to pass onto the Gen Zs in your life that are making the transition to adulthood:

1. Create a budget. Everyone should know where their money is going so it is important to take the time to track your expenses. This will help you understand how much you spend and where you can cut back on unnecessary spending. If you are college bound and need to borrow money for school expenses, you will need to pay back your student loans so learning how to budget is especially important. Also, in your budget there needs to be a line item for savings. You should always pay yourself first so you can plan for bigger things you may want to do in the future and have funds on hand in case of an emergency.

2. Build credit wisely. Find one card that you can use with a limit you can pay back each month in full so you do not pay interest. It can be tempting to use credit cards for purchases, but it is important to remember that you will have to pay back the money eventually and interest rates are exceedingly high in the current

marketplace. Avoid the freebies on college campuses to sign up for a credit cards – you do not need another water bottle!

I always tell people to use a card for the things you always must buy, like gas or groceries, and then pay the balance in full each month. This will help build a solid credit profile and an excellent score, which is critically important to have for the long term.

3. Understand the basics of investing.

The days of earning decent interest rates on savings accounts are long gone and young adults need to look at long-term investments for real money growth. It is important to learn the difference among the types of investments you can make, such as a Roth IRA, how to participate in a 401(k) plan, and the value of compounding interest and time value of money. These are the tools that will help anyone retire sooner rather than later and accumulate significant wealth over time.

It is exciting for many young people to have a newfound sense of freedom as they make the transition into adulthood and independence. I know my daughter is looking forward to making new friends and exploring a course of study at college of her choosing to hopefully become an athletic trainer in the future. I also know she thinks I am a broken record when I talk about these things with her, but as more Gen Zs walk across the high school stage and into their future, these money talks will be the key to their long-term financial success no matter what path they are on.



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Linda sits at her piano at the Oneida Lake Arts & Heritage Center.

I had long envisioned creating a central gathering place for artists and people of all ages to learn, share and grow together. Founding the Oneida Lake Arts & Heritage Center allowed me to tap into my history and passions while achieving my dream.

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GWEN WEBBER McLEOD



Leading the way forward

Kate Hanzalik

If you follow Gwen Webber-McLeod on social media, you'd get her whole life. "I am very social in my community. I'm a proud activist. You'd see the work that I do. You'd see me being a mom, a wife and a grandma. And I'm just real public about all of it and the realities of being a woman counterbalancing all of these things."

Gwen has a lot to counterbalance professionally. As a Black woman leadership development expert, she is president and CEO of Gwen Inc. "Gwen Inc. is a private sector leadership development corporation. Clients are mid- to C suite leaders across industries," says Gwen.

Continued on page 20

"We help leaders achieve business goals by focusing on competencies of: Confidence, Competence, Courage and Calm."
—Gwen Webber McLeod

Photo by Alice G. Patterson

Leading the way forward FROM PAGE 19

“We provide individual leadership development services and organization development consulting in companies. We help leaders achieve business goals by focusing on competencies of: Confidence, Competence, Courage and Calm.” It’s crucial to define Gwen Inc. in terms of these competencies. “People constantly attempt to define Gwen Inc. as a narrowly focused business because it is not expected for me to have confidence, competence, courage and calm to create a full-service corporation,” says Gwen.

Her competencies are also inherent to her work as the founder of “You Can’t Fail Because Your History Says You Can’t,” which she explains is “a nonprofit leadership development company for emerging women leaders of color.” Aligned with all of Gwen’s endeavors, the company is strategic. She says, “You Can’t Fail Inc. is the vehicle I use to act on my historical obligation to pave the way for new generations of Black Women leaders.”

“It’s so important to understand the unique experience of women of color,” says Gwen, noting that 85 percent of new entrants to the workforce are women, millennial or younger, and people of color. “It’s a workforce that I don’t think America literally was designed to recruit, to hire, to retain and promote for executive leadership opportunities.”

In the workplace, women of color are confronted with unique challenges. “On a daily basis, we are navigating the experience of being the first, only, and different . . . We are embattled by unchecked racism, sexism, microaggression and all related biases on a daily basis.”

These experiences take a significant psychological toll. “Every day we’re code switching, every day we’re masking . . . We’re in the car listening to everything from Jesus to Jay-Z, just to get the courage to walk into a building where we know upon entry someone’s already questioning us.”

“Every single woman that’s graduated from this program is doing exactly what she imagined herself being able to do.”

—Gwen Webber McLeod

The Road to belief

In the early 2000s, Gwen was in her car driving home from a meeting and heard the words of God guiding her to make an important decision.

Gwen had been working as the director of communications at Wells College, but she gave herself permission to “just imagine a company she would want to own” as a way to cope with the “death, dying, and destruction,” in her life. “[It] began with my daughter being diagnosed with cancer. We get her into remission. Five years later, my father wins a historic election in Watertown, New York. [He becomes the] first black county legislator, [for] 10 days, then dies from terminal cancer the year after that. One of my best friends from college was one of the firefighters who went into the World Trade Center [and] gets killed. It culminates in the 10th year with my 45-year-old sister collapsing and dying from cardiac arrest.”

Shortly after the tragic loss of Gwen’s sister, her mom called to see how Gwen was doing. “I said, ‘Mommy, I’m either going to crawl to the bottom of my bed and never get up or I’m going to muster the courage to do this thing.’” This thing was what Gwen Inc. is today. But she wasn’t sure if she was seriously going to muster up the courage.

In response to Gwen’s dilemma, her mother, a successful woman who taught Gwen that she could be and do anything she wants, demanded that Gwen quit her job. “She says, ‘If I’d known my 45-year-old daughter was going to collapse and die, I would have told her to quit her job too. And it’s important for you to do the thing you really believe you’re called to do.’”

So she quit her job and started consulting, all the while imagining something bigger. Her rationale was rooted in history. Gwen says,



“Black women are from birth raised to be extremely pragmatic, and I think for enslaved women, it was a matter of safety. And it is for us in a lot of ways. But the obstacle that that creates in the lives of women of color is that when you’re extremely pragmatic, you don’t give yourself permission to imagine what you want your life to really look like.”

She’d been successful with pragmatism. She held leadership positions since she was in her early 20s, serving as the executive director of organizations such as the Booker T. Washington Center in Auburn and the National Women’s Hall of Fame in Seneca Falls. She’d won awards for her talent, civic engagement, and ingenuity. But how could she bring her wildest dreams into reality? This was

the predicament of a woman of color on the precipice of materializing not just her wildest dreams but what she is entitled to, what Gwen calls her “birthright.”

Any doubts she had about her plan were dispelled by God as she was on the road. “I literally hear . . . ‘The Moment is now!’ And I said out loud: ‘To do what?!’ And I come home and happen to have a conversation with a friend of mine who’s a minister . . . [he said] ‘I think you’re thinking about doing something, but you’re afraid to do it. . . I need you to get your Bible and read this Scripture, Jeremiah 29:11.’ Basically, what this Scripture says is ‘I know I have the plans for you, plans for you to succeed, and I’ll make sure you won’t fail.’ So I said to him, ‘I’m going to tell you something that just happened today.’” The minister was certain that God was guiding her.

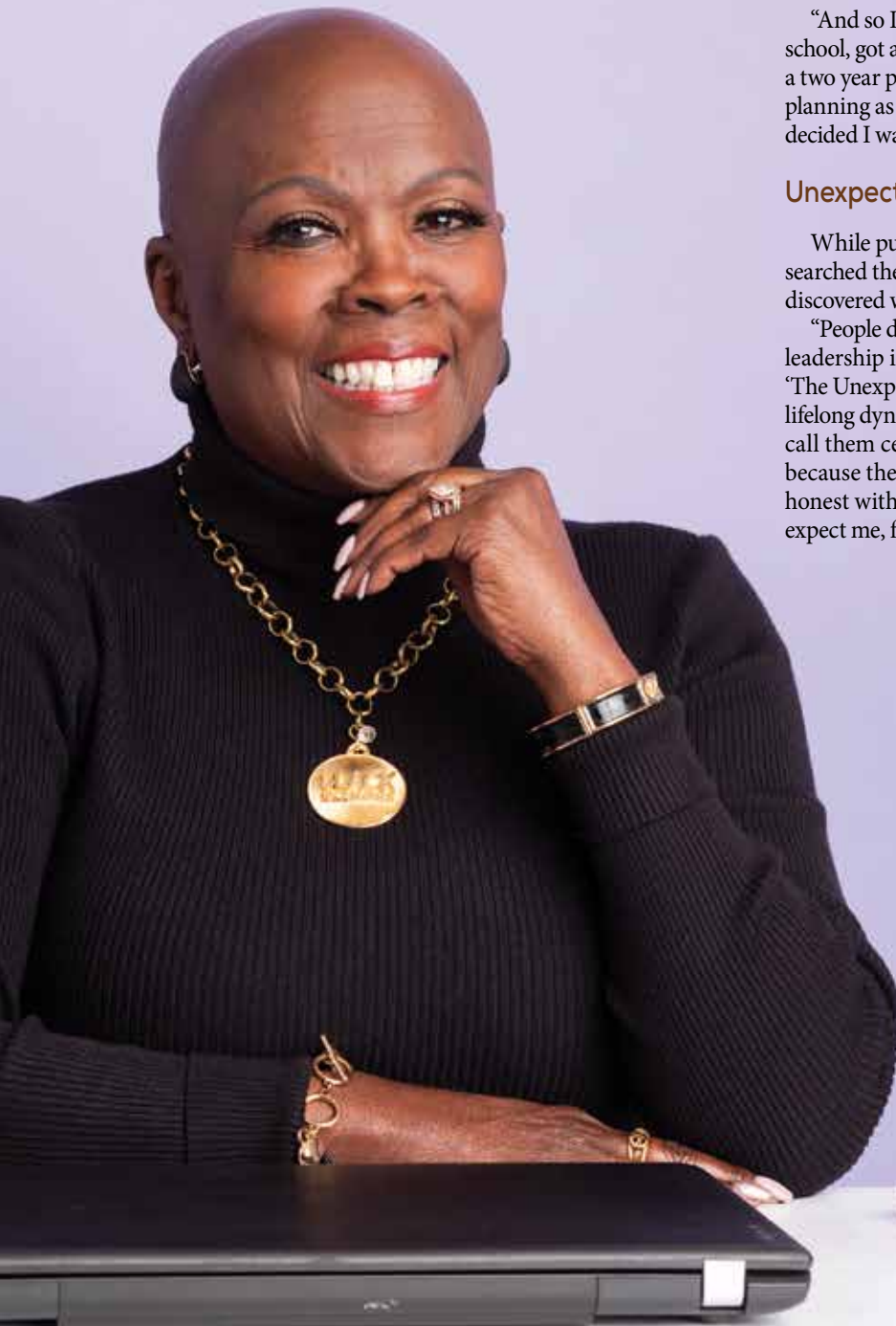
“And so I continued my consulting practice, went back to graduate school, got a master’s in executive leadership and management and in a two year period I went from incubating this idea to incorporating planning as my legacy building business, the business out of which I decided I was going to only do the work I believe God called me to do.”

Unexpectedness

While pursuing her master’s degree at Keuka College, Gwen researched the strategic development of African American leaders and discovered what she refers to as “unexpectedness.”

“People don’t expect women of color to ascend to higher levels of leadership in their career,” she said. “So I trademarked the term, ‘The Unexpected Leader’ to describe what this dynamic is. And it’s a lifelong dynamic . . . We are often shattering cement ceilings, and I call them cement because we seldom can see our way to the top, because there’s never anyone up there that looks like us. And to be honest with you, no one’s looking for us either because they don’t expect me, for example, to become the next CEO.”

Continued on page 22



Leading the way forward FROM PAGE 21

Gwen is an Unexpected Leader. In 2008, she became president and CEO of Gwen Inc. In 2009, she created “You Can’t Fail Because Your History Says You Can’t.” She applied what she knew about unexpectedness and African American leadership to a variety of beautifully nuanced leadership services for her clients. “As part of our overall work, Gwen Inc. specializes in executive coaching for Black

women leaders under the trademark brand The Unexpected Leader,” says Gwen. Within this specialization, newly hired executives are given a 90-day onboarding strategy that is tailored to their unique situation.

Gwen Inc. also offers Leadership Learning Communities, where women work with the company for six months “with the goal of living and leading in and on your self-defined purpose,” Gwen says. “So at the end of it, they create an individual leadership development plan where we invite them to imagine, what do you want your life to really be like over the next three years? And they create the plan. It looks very much like a personal strategic plan. They present it to a panel of high-level leaders. We always include a white, male colleague in that group.” Since the first cohort in 2018, “every single woman that’s graduated from this program is doing exactly what she imagined herself being able to do,” Gwen says.

Living her wildest dreams

Today Gwen’s satisfied with her accomplishments, including the fact that she’s a Black woman leadership expert, a nationally recognized thought-leader on leadership issues, particularly Black women in leadership, and a president and CEO in the white, male-dominated leadership development industry. “Now that I’ve accomplished all of these things, I’m not looking to start a new business. I’m now thinking, like, what is the next phase of my life about? And for me, it’s about deepening, amplifying, and being open to renewing the impact that I have . . . I can continue to act on this historical obligation.”

She was recently appointed Chair of the Auburn Industrial Development Authority, where she’ll play a key role in economic growth for the city she’s lived in for decades. “By being in these different spaces, I have the opportunity, when I’m at the table, to kind of disrupt all of the system kinds of things that have historically excluded women of color from having access to those opportunities.”


Now if someone asks Gwen, “What are you doing?” She’d tell them “What girl? I’m living my wildest dreams.” And Gwen wants women to believe that they can live their wildest dreams too. *SWM*

*For inspiration and guidance, pick up a copy of Gwen’s book, **Your Leadership Journey: Living & Leading “In and On Purpose.”** For more information about Gwen and her endeavors, find her online:*

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LUCRETIA HUDZINSKI



Photo by Alice G. Patterson

Lucretia Hudzinski is the Liverpool Chamber's connector in chief

Alyssa Dearborn

When the Syracuse Woman Magazine last highlighted Lucretia Hudzinski's work at the Liverpool Chamber of Commerce, it was 2020 and the chamber's director was busy keeping the Liverpool business community connected while tackling the effects of a global pandemic. Four years later, Lucretia is now finding that the chamber and the Liverpool business community have returned to normalcy. In many ways, Lucretia sees that some things are even better than normal.

"It's doing very well," Lucretia said when asked about how things have been post-COVID, "I mean, there were a few businesses that closed down. There were a couple people that were either going to retire or going to close their businesses in the near future, so they decided to do that. But there weren't many of them. Of course, during COVID, we all tried to keep the chamber together and people motivated. [We said] that even if they weren't open, there were ways to keep themselves open and still get in front of people"

Before she became the director of the Liverpool Chamber of Commerce, Lucretia worked at United Way. When deciding to leave for a new professional adventure, she told the head of a temp agency, "I don't know what I want to do when I grow up."

"Probably about a week later," she said about finding her job with the chamber, "she called me and she goes, 'I've got the job for you!' And that's how it all started. So, I came in and met with the board and the board liked me. I remember sitting at my desk and I go, 'Okay, now what do I do?' So, I reached out to a lot of people in the community and I just started from there."

As Lucretia looks towards the future of local business life, she hopes that people remember the camaraderie that local businesses and community members were able to foster during the pandemic. As larger companies arrive in Syracuse, she hopes that she'll have more opportunities to connect people with local businesses and others who have made Central New York home. When future workers move to the area, having unique local restaurants, retail, and services available will help newcomers become a part of the community. When asked about Liverpool's business future, she said, "We know that our community's going to be probably changing in the next five to 20 years because of all the excitement over bringing new businesses in the area... But I just hope that people engaging and that it helps grow their businesses and that they take advantage of all the opportunities that will probably be coming down the pipe."

"I feel like I'm the connector, the person who gets those businesses together and demonstrate to them as to how they can get connected and make their businesses grow," she continued. "I think something

during COVID we found when we had Coffee and Friends, the theme was 'your business is only closed if you wish it to be.' In the beginning, people didn't quite understand the concept. But we had an electrolysis, she was totally closed. She was the last to be open. And yet, on these Coffee and Friends meetings, they gave her some great opportunities to keep her business alive. When she physically opened her business, she had a waiting list because she was following some of the things that were given to her as ideas. I can't believe all the tips people share with each other. Sometimes, people are very protective of their ideas, and our group is not like that. We're very open and they want to help each other."

When she first moved to the Syracuse area in 2001, Lucretia was able to find similar community support with the WBOC. The group helped her make valuable connections and find her fitting within the community.

"There was a woman by the name of Brenda," she recalled, "and she said that if you want to get connected with the community, you should join WBOC. So I joined and it was great. It was great to connect with smaller businesses, people who were in the community who knew the community more than I did. So, for me, it was my beginning of being able to continue with the kind of work that I was doing, whether it was with a nonprofit or the chamber."

"Then I was elated when the WBOC wanted to become a partner with the chamber. And that has been very successful. We exchange numbers, people get connected, people will come to our meetings, and we'll go to theirs and kind of promote each other."

As the chamber's director, Lucretia feels like she is the connector between the chamber, local businesses, and the wider community. This connector aspect of her job is one of the most rewarding parts of her work. In this community connector role, she sees people get new jobs, local businesses help one another, collaborations develop and community members help each other. She has also seen the chamber become a place where the entire community looks to as a resource. When asked about her love for her work, she explained this further.

"I just want to say that this is the best job that I've ever had. I love the community here, the businesses, and the various folks that come in and walk into my office. Sometimes I'm helping and sometimes they're helping me... In the last couple of years, the people have seen the chamber as the place to know what's going on. There's been many times when people have called us and said, 'we need this or that and we know that the chamber knows.' And I think that's what I want people to know in the community: if you have a problem or you need to know some information, call us." SWM



Back-to-school nutrition

PACKING HEALTHY LUNCHES FOR YOUR KIDS

Chef Eric Rose



As summer ends and back-to-school season begins, parents are busy shopping for notebooks, backpacks, and clothes. Amidst all this, it's easy to overlook one crucial aspect: nutrition. Children are growing rapidly, and their diet significantly impacts their health now and in the future. Packing a nutritious lunch is one of the best ways to help them do well in school and stay healthy.

The importance of balanced meals and snacks

Providing your child with smaller, balanced meals throughout the day can help keep their blood sugar levels stable. Stable blood sugar levels enable students to concentrate, perform academically, and stay energized. This means packing not only a healthy lunch but also nutritious snacks. Don't forget something for after school, especially if your child is involved in sports or other extracurricular activities.

The role of carbohydrates, proteins, and fats

Combining carbohydrates with protein and fats can help stabilize blood sugar levels by slowing down digestion and delaying carb absorption into the bloodstream. This can prevent glucose spikes, particularly important for children with type 2 diabetes, hypoglycemia, or hypotension. Additionally, protein helps promote a feeling of fullness and satisfaction.

For example, if you pack a large apple for your child, include a cheese stick or some nuts. This combination will keep them feeling full for about two hours, compared to just 45 minutes with only the apple.

The USDA recommends that teens consume roughly 45–65% carbs, 25–35% fats, and 10–30% protein of their total daily calories.

Tips for packing a nutritious lunch

Here are some tips to create a balanced and appealing lunch for your child:

1. Invest in a good lunch bag

Purchase a soft lunch bag with enough room for multiple small containers, silverware, and ice packs. Thermal containers are great for hot food, making lunchtime easier and more exciting.

2. Meal prep

Choose one day a week to prep. Wash and chop vegetables and store them in containers. Prepare a batch of protein like chicken, beans, or eggs. Involve your kids by having them help wash produce or put food into containers. It's okay to buy pre-chopped items or canned beans. Remember, it doesn't have to be perfect to be healthy!

3. Pack good portions

To avoid food waste, pack appropriate portions using snack-sized ziplock bags and an assortment of small containers. Consider making healthy protein balls, homemade granola, parfaits, or low-fat cheese sticks with nuts or fruit. Include a variety of veggies with a small side of low-fat dressing, hummus, or guacamole.

4. Rethink your drink

Instead of sports drinks, juice, or soda, opt for healthier options like fruit-flavored water, sparkling water or low-sugar drinks. Water is the best for hydration. Invest in a reusable water bottle that your kids like and write their name on it. This not only keeps them hydrated but also helps reduce plastic waste.

5. Leave packaged foods behind

When packing snacks, minimize chips and sweets. For something sweet, try fruits like dates or pineapples. They offer natural sweetness and essential nutrients without the added sugars and preservatives found in many packaged snacks.

Encouraging healthy eating habits

Beyond cooking healthy meals, it's crucial to encourage healthy eating habits in your children. Here are some tips to help:

Be a role model: Children are more likely to adopt healthy eating habits if they see their parents doing the same. Show them that you enjoy eating fruits, vegetables, and whole grains.

Make it fun: Get creative with your meals. Use cookie cutters to shape sandwiches, make fruit kabobs, or create colorful salads to make healthy foods more appealing.

Involve your kids: Let your children help with meal planning and preparation. They are more likely to eat what they've helped make.

Educate: Teach your children about the benefits of healthy eating. Explain how different foods help their bodies grow, stay strong and feel good.

Continued on page 28



Back-to-school nutrition FROM PAGE 27**SUGGESTED RECIPES**

To make things even easier, here are four kid-friendly recipes that are nutritious and simple to prepare.

No Bake Protein Balls

The easiest no bake protein balls with four different flavors – chocolate peanut butter, pumpkin chocolate chip, cinnamon raisin, and almond joy. Take 10 minutes to whip up a batch and snack healthy all week long!

Prep Time: 10 minutes

Total Time: 10 minutes

Servings: 24

Chocolate Peanut Butter Protein Balls**INGREDIENTS**

1½ cups old fashioned rolled oats

1 cup natural peanut butter

¼ cup honey

2 scoops (about 50-60 grams) chocolate protein powder

3 Tbsp chocolate chips

Almond Joy Protein Balls**INGREDIENTS**

1½ cups old fashioned rolled oats

1 cup natural almond butter

¼ cup honey

2 scoops (about 50-60 grams) chocolate protein powder

2 Tbsp mini chocolate chips

1 - 2 Tbsp unsweetened shredded coconut

2 Tbsp unsweetened shredded coconut (to roll ball in)

Cinnamon Raisin Cookie Protein Balls**INGREDIENTS**

1½ cups old fashioned rolled oats

1 cup almond butter

¼ cup maple syrup

2 scoops (about 50-60 grams) vanilla protein powder

2 Tbsp raisins

¼ tsp cinnamon

Pumpkin Chocolate Chip Protein Balls**INGREDIENTS**

¾ cup old fashioned rolled oats

¼ cup almond butter

¼ cup pumpkin puree

1 scoop (25 grams) vanilla protein powder

3 Tbsp mini chocolate chips

½ Tbsp ground flaxseed

½ tsp pumpkin pie spice

1 tsp chia seeds

3 Tbsp maple syrup

Pinch of cinnamon

INSTRUCTIONS

1. Place all ingredients in a large bowl and stir to combine.
2. Getting the mixture to combine takes a little arm muscle and it may seem too thick at first, but it will come together

as you keep mixing. I used my hands to knead the dough near the end and that seems to help.

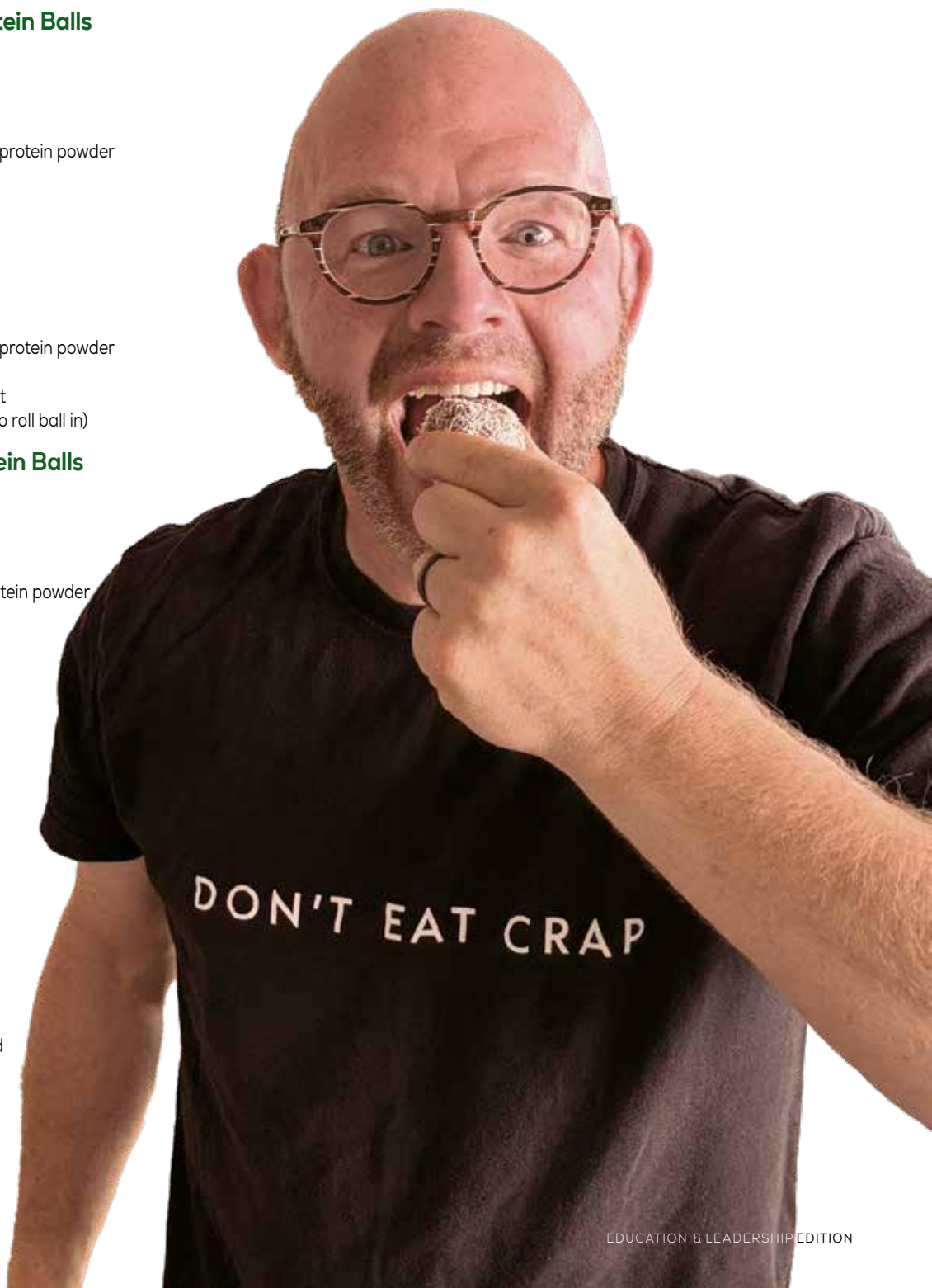
3. Once combined, let sit for 15 minutes so the ingredients can hydrate.

4. Adjust moisture if needed. Use a small cookie scoop to scoop and form the dough into balls.

5. Store in a covered container in the fridge or freezer.

Notes: If the protein ball mixture seems a little too dry or crumbly, add water 1 tablespoon at a time, until the mixture forms together.

Chef Eric Rose is an award-winning chef and nutrition coach.





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BETH BONIN



CENTRAL SQUARE



RAVENS HAWKS



Ready to make coaching history

Phil Blackwell

To anyone who has ever known Beth Bonin throughout her young and successful life, it's not the least bit surprising to see her coaching high school basketball this winter.

"I love coaching," she said. "And I love being around kids."

Who she is coaching, though, makes this upcoming 2024-25 season special. Earlier this spring, Beth was tapped to coach the varsity boys basketball team at Central Square. It's believed to be the first time in Section III history that a woman is in charge of a varsity program.

And all this was accomplished just eight years after she graduated from high school in 2016, with stops in between at Queen's College, SUNY-Cortland and Dryden High School along with a three-year stint as the boys basketball assistant coach at her alma mater, Cicero-North Syracuse.

"We have hired the best possible coach for (our players)," said Central Square athletic director Jamie Grimshaw.

"We are super excited."

Women coaching male high school programs is not new or novel. Jennifer Griffin coached the Marcellus boys soccer team to the 2005 state Class B championship, and at New Hartford Jill Davies-Nelson has coached the Spartans to back-to-back sectional Class A finals appearances.

That it would happen in basketball, too, is not a total surprise, given the equal attention given to both sports during the winter. Women have served as assistant coaches all the way up to the NBA level, including Becky Hammon with the San Antonio Spurs before she won back-to-back WNBA titles in Las Vegas.

It helped Beth to go through a program with a strong legacy for both winning championships and developing exceptional athletes.

Beth said the greatest influence on her future career was Eric Smith, her high school coach at C-NS, who gained prominence mentoring Breanna Stewart on her way to a pair of state championships before future college and professional glory.

From Eric, Beth said she gained an appreciation of what it takes to build an entire program from the youth level on up, from the time spent with each player to the attention to detail.

"With Eric, there was no fooling around," Beth said. "It was all business, and he was able to both lead the program and be involved in it at all levels."

After three years playing Division II softball at Queen's College, Beth transferred to SUNY-Cortland, long a place known for developing fine coaches at every level. Graduating from Cortland in 2020, she returned home and waited out the initial portion of the COVID-19 pandemic. When schools returned to in-person learning early in 2021, an opportunity arose.

Beth's younger brother, Brian, was a senior on a C-NS boys basketball team which had a new head coach, Kyle Martin, who had as his assistant former Syracuse University player Demetris Nichols.

When Nichols had to leave before the abbreviated 2021 season started, Brian Bonin suggested to Martin that his sister was interested in coaching. In what Martin called "an out-of-the-box idea," he hired Beth.

"She had known this group of kids their whole lives," said Martin. "And this generation of kids just doesn't care. To them, she was just a coach, so let's listen to her."

That's exactly what happened. Over the next three years, Beth helped turn around a Northstars team that went 2-18 in the 2019-20 season to contender status.

More importantly, said Martin, there were many instances where she ran the team when he was unavailable, from practices to workouts to summer tournaments – "it was seamless," in his words.

This ended in the fall of 2023. With a chance to coach varsity softball and girls basketball teams at Dryden (located halfway between Cortland and Ithaca), Beth left C-NS and spent the next year there.

As Beth was gaining that head coaching experience at Dryden, Central Square was going through its own painful transition.

A 2023 sectional finalist, the Redhawks fell to 1-19 last winter, and soon needed a head coach. Grimshaw said it was Martin who alerted him to Beth as a possible candidate. An interview followed.

Grimshaw said that what stood out about Beth was "her understanding of the work that needs to be done and what it takes to be successful and build a program."

For her part, Beth said the similarities between the work she did at C-NS and the current situation at Central Square was a key factor in her interest, and so far it's gone quite well.

In fact, it hasn't taken long for Beth to make a large impression at Central Square. She has already met with returning players and their parents and started to

run weekly practices and summer programs.

"So far I've gotten really positive feedback," she said.

A lot more work remains before formal practices get underway in November and the season starts in December, but Martin said that Beth embraces that fact.

"Her best intangible is that she's a gym rat," he said. "Central Square has a coach that wants to be in the gym year-round, works hard and is incredibly smart."

While mostly downplaying the gender aspect of her position, Beth acknowledged that she has an opportunity to show other women that they need not only coach female teams.

"I'm doing this for young girls to see that there is no limit to what you can do," she said. SWM



HUSNA LAPIDUS

Practice as pedagogy

Maggie Nerz Iribarne

Husna Lapidus has a dream for education.

Ten years after taking over leadership of Kumon Math and Reading Center (now in Manlius) from her mother, Husna has built this dream on the foundation of Kumon concepts and ideals in which she passionately believes, as well as the changes she has observed firsthand in students and education since the COVID-19 pandemic.

Kumon is not only a learning method but also a philosophy with implications that extend well beyond any individual student, family, or classroom, into society itself.

In 1954, Japanese math instructor Toru Kumon developed a series of step-by-step worksheets to enable his son, Takeshi, to teach himself math. Toru “believed that the work of an educator is to foster a mindset for self-learning in children” (kumongroup.com). He dedicated the rest of his life to perfecting the Kumon educational model based on this tenet.

New Kumon students are evaluated so they may begin with work they can do easily, without any input from parents or other educators. They are sent home with worksheets (a derivation of Toru’s originals) to finish every day until their next Kumon classroom visit. Students return the sheets for review by supportive instructors who then assign the next appropriate level of work. The students leave the center with more sheets to complete independently at home until handing them back the following week.

“It’s not a miracle; it’s a practice,” Husna says.

“The secret sauce, the golden ticket of Kumon, is students starting where they are... where there are no gaps in learning... even if that seems lower than where they think they should be. When they do this, they are accessing the portion of their brain that’s automatic... automaticity. That way, they build on their knowledge gradually so that at every stage they’re growing that foundation... By greasing the wheel, getting them confident, and getting their habits ingrained, we change their mindset and we empower them with an unstoppable ability to impact the world in the ways most important to them.”

Indeed, Kumon teaches students about themselves as much as it teaches math and reading.

Husna says, “All knowledge is self-knowledge.”

Moving through the Kumon curriculum reveals to students their own tendencies, their useful and not so useful habits, allowing them to change their approach to study, become better.

“They will want to be better,” Husna says.

Since COVID, Husna observes changes in all of her Kumon students. “It’s said by the Department of Education that American children are behind by an average of three years of learning. There are a lot of kids today who have gaps... that started from COVID-time education that have never been addressed. These kids are now embarrassed to even get help or attend school. Nationally, we’re finding a higher than ever percentage of chronically absent students, and I think it is in large part because of this ripple effect,” she says.

She notes how the pandemic exposed the deficiencies in the American education system, causing parents, teachers, and students to question everything from how information is delivered and by what means and by whom and in what time frame to how learning is measured and assessed.

“As our world becomes even more globalized, parents will appreciate knowing that their child’s ability stacks up on an international scale rather than just the USA, NYS, their district, or teacher. As we know, American standards in primary education are lacking, even more so since the pandemic,” she says, referring to the international standard by which Kumon measures its students.

In short, COVID turned education, like so many things, on its head. But what can be more important than how our children are formed, nurtured, informed? As a highly educated adult who experienced the trauma of academic pressure, a parent of three independent, unique learners, and an educator herself, Husna mulls this question regularly.

She recognizes the emotional legacy of COVID, as she and her Kumon colleagues detect anxiety, social skill challenges and emotional regulation struggles amongst their students, highlighting the need for strong mental health support and social-emotional learning.

“At Kumon, we address these needs by providing a structured, supportive learning environment that fosters resilience, and academic growth,” she said. “The brain training we do at Kumon has been neurologically studied and found to enhance other prefrontal cortex functions beyond calculations and comprehension. It strengthens the brain’s abilities to elevate self-control, empathy, and emotional well-being for both students and their families.”

The mastery acquired by practicing knowledge from a place of confidence and independence naturally spills out into other places in life.

Kumon’s aspirations, as outlined on their website, line up with Husna’s: “By discovering the potential of each individual and developing his or her ability to the maximum, we aim to foster sound, capable people and thus contribute to the global community.”

Husna questions if American schools currently achieve this goal. She knows that school serves many purposes outside of simply the pursuit of academic knowledge. But what if school could be reimagined using the Kumon model? What if school could be shorter, self-regulated, different? What if students had more time to pursue their own interests and passions? What if they had no anxiety around homework and tests, no fear of trying new things, no personalization of mistakes?

“We believe the more we talk and teach, the less the students will think for themselves. The difference with the Kumon method is that the aim is to foster independent learning ability.”

Husna dreams of a time in the future when all students are encouraged to think for themselves.

During COVID she taught herself how to play guitar and she recently bought a cello.

The Kumon method of starting where you are and practicing from there, the patience and humility she’s learned as a student and practitioner of the Kumon method, gives her the belief in herself, the confidence that she can and will learn.

“I don’t know the first thing yet,” Husna says, “but I know I’m going to be able to do it.” SWM

HUSNA'S ONE WORD

KAIZEN. Kaizen is a Japanese word that means "continuously improving." I like this to describe myself because it emphasizes the journey rather than a single attribute that could be a snapshot in time. I'm multifaceted, but one thing is consistent in everything I do - I want to do it well, I want to do good, and I want to keep doing better.





Challenge Island

MAKING LEARNING A FUN ADVENTURE

Janelle Davis

Challenge Island is all about sparking kids' curiosity and creativity. They focus on STEAM, which stands for Science, Technology, Engineering, Arts, and Math; instead of reading from a book, kids at Challenge Island dive right into hands-on projects. They build, experiment, and solve puzzles together. It's like a big adventure where they learn by doing and having fun.

"We're a hands-on project-based program where we utilize the kid's imagination. It's a kid-led approach rather than an electronic approach," said Rachel Gleason, director of Challenge Island CNY. "We want the kids to learn how to use their brains and hands."

Rachel stumbled upon her Challenge Island opportunity completely by chance. A busy mom of three (with another one on the way), she was scrolling through Facebook in January 2023 when she saw a job posting from Terri Lowe, owner and CEO of Challenge Island CNY. Terri was seeking someone to take over some of the responsibilities. "It was perfect timing for me to pick up something that would keep me busy but also let me stay home with my kids. My nine-year-old comes with me often and assists me. I love being able to watch what I do affect my kids positively and include them, which is so important," Rachel said.

"With successfully raising four children and now having six grandchildren, it has been a passion of mine to work with kids and provide a way to 'unplug' from technology and get back to creative play learning," Terri said. "I am pleased to bring this award-winning program to our community's schools, children, and families."

Growing up, Rachel assisted her mother, who worked in daycare, fostering an early interest in child development. Throughout her college years, she gained practical experience as a nanny. Additionally, she contributed to the community by volunteering at the Jordan-Elbridge pre-kindergarten program.

Imagine a classroom where kids are the boss. That's what kid-led learning programs like Challenge Island are like. Instead of the teacher always leading the way, kids get to pick what they want to learn about. They can ask as many questions as they like and go as deep as they want into a topic. Think of the teacher as more of a guide, helping them out when needed but mostly letting them explore independently. It's like giving kids a map and saying, "Go explore!"

Terri explained that Challenge Island immerses children in an energetic, engaging environment where they collaborate in teams to solve critical thinking challenges. Utilizing only the supplies provided and their imagination, children actively participate in hands-on activities to foster creativity and problem-solving skills.

Challenge Island is all about fun and learning without even knowing it. Kids become little scientists and engineers as they tackle cool challenges. They brainstorm ideas, build stuff, and test things out. It's okay to make mistakes — that's how we learn and improve. They're encouraged to be creative and try new things, even if it's silly. Everyone wins. There's no wrong answer when you're having this much fun.

"We walk kids through the whole process of being an engineer. We show them how engineers think and work together," said Rachel. "They learn to brainstorm crazy ideas, figure out what's possible,

and then build and test their creations. It's amazing to watch them go from 'I have no idea' to 'Aha! I get it!' Seeing their little minds light up when they finally understand something is the best part. Like when they're building a roller coaster and it actually works — you can just see the excitement in their eyes!"

She describes it as a very structured but unstructured program. "Being kid-led, if the children are expanding on something but getting away from the end goal, as long as I see them working together and creating, it's OK. We just transition to—Where do we take this? Where's this going to go for us?"

Teamwork can be a challenge for some kids. "Even if they work a little better by themselves, they still contribute and learn teamwork skills. It's taking them out and giving them that sense of independence but still being included and sharing with the rest of the group. They are so proud of themselves. It is so rewarding to see," Rachel explained.

Challenge Island programs are structured around themed "islands," which serve as the framework for hands-on learning experiences without relying on computers or gaming technology.

Children select an island theme for an extended period.

Each island consists of six to ten individual lessons, approximately one hour in length. Children typically participate in two to three lessons per day.

Popular island themes include Amusement Park Island and the recently introduced Arcade Mania Island. The program also incorporates current popular culture, such as a *Barbie*-themed project that coincided with the release of the *Barbie* movie.

Challenge Island offers fun, hands-on STEAM learning for kids age 4, Pre-K, all the way up through high school and even beyond. Children develop teamwork, communication, and early engineering skills while remaining engaged with relatable topics in a fun, educational way that takes them out of the usual classroom setting.

Challenge Island's hands-on project-based curriculum includes what they call 'on-site' field trips, where they bring the teacher, supplies and curriculum to a school and let the kids 'travel' without ever leaving. Aside from on-site field trips, they offer after-school enrichment, family events, birthday parties, senior citizen brain-enhancing enrichment, corporate team building lessons, home-schooling enrichment, library programming, as well as week-long or mini camps throughout the year.

"I have seen the direct effect that COVID-19 had on our kids and the way that they missed out on opportunities to work together. This program is amazing because it's not just about STEM. It's about bringing kids back together, having fun, and showing them that learning can be a blast!" Rachel said.

She continued, "Being part of the Challenge Island franchise is incredible! It's like having a built-in support system. I've got Terri, and other owners I can always count on. And Miranda, my amazing assistant, is a lifesaver. We've been through a lot together — last summer alone we ran 32 programs! It's pretty cool that Challenge Island was founded by a woman and is mostly led by women, especially here in New York. It's a total girl power situation!" SWM



Named VP for development at Alzheimer's Association



Christine Corbett

Christine Corbett has been named vice president for development for Upstate New York chapters of the Alzheimer's Association. In this newly created position, she is responsible for the fundraising and development operations of three Upstate New York chapters of the Alzheimer's Association, including Central New York, Rochester, Finger Lakes Region and Western New York.

Her primary focus is the Walk to End Alzheimer's®, the world's largest event to raise awareness and funds for Alzheimer's care, support and research programs.

Fourteen Walks are held throughout the Upstate New York Chapters each fall, with a combined 2024 revenue goal of \$2.2 million. In addition, Corbett will supervise development staff in all three chapters, manage corporate sponsorships and partnerships, cultivate major and planned gifts, and oversee special events.

Corbett most recently served as director of philanthropy for David's Refuge, a nonprofit organization providing respite, resources and support to families of children with special needs or life-threatening medical conditions. In her six years at David's Refuge, revenue nearly tripled through engaging dedicated and hardworking volunteers and philanthropists. During that time, she also successfully managed special events, corporate partnerships, leadership giving and grant funding.

Prior to David's Refuge, Corbett served as director of development for Make-A-Wish Central New York and in development positions at the Hospice Foundation and United Way of Central New York.

"I've been privileged to spend nearly 20 years fundraising in the Central New York community," Corbett says. "As a local 'friend-raiser,' I'm driven by connecting people to missions of impact in order to create positive change and as a wife and mother of three girls, I embrace philanthropy and giving back in every aspect of my life."

A graduate of Mount Saint Mary College, Corbett holds a dual bachelor's degree in psychology and public relations. She currently serves on the Board of Directors at the Central New York Association of Fundraising Professionals and Eastwood Rotary.

Solvay Bank announces two recent hires



Danyel Akins

Solvay Bank, the oldest community bank established in Onondaga County, is pleased to welcome two recent hires to its team: Danyel Akins and Barbara Clark.

Danyel recently joined the Westvale branch as head teller. A 2020 graduate of Le Moyne College with a degree in psychology, Danyel has extensive experience in client-facing roles. She has worked previously as a shift supervisor, held receptionist positions for the Le Moyne Quantitative Reasoning Center as well as a social services provider, and most recently served as lead teller with a popular financial services company.



Barbara Clark

Barbara joined the Branch Administration team as a retail risk & audit specialist. Barbara began her career in financial services more than 30 years ago as an assistant branch manager and has since worked with various well-known financial institutions throughout her career, most recently as a branch manager. Barbara brings extensive experience to Solvay Bank as she shifts her career focus to branch administration.

Promoted at Oswego

A local nurse who has dedicated her career to Oswego Health and the community, Melissa Purtell, RN, BSN, MSN, has recently been elevated to the position of VP of nursing operations.

Since becoming a registered nurse in 1991, Purtell has spent her career in the nonprofit healthcare system. She's worn many hats, from Intensive Care Unit staff educator to director of intensive care in 2010; director of intensive care, ambulatory surgery, post anesthesia care, and pre-admission testing units in 2017 to her most recent title in 2019 as director of nursing.



Melissa Purtell,
RN, BSN, MSN

Purtell graduated with a master of science in nursing with a specialization in nursing management and organizational leadership from the American Sentinel University in 2020 and her bachelor of science in Nursing in 2014.

In this critical nursing leadership role as VP of nursing operations, Purtell will partner with Oswego Health's executive team to provide comprehensive operational leadership and strategic clinical guidance.

St. Joseph's Health welcomes new midwife



Jessica M. Brown
MS, BSN, CNM, RN

St. Joseph's Health recently hired certified nurse midwife Jessica M. Brown, MS, BSN, CNM, RN, to St. Joseph's Physicians Primary Care Center OB-GYN office in Syracuse.

Jessica is a member of the American College of Nurse-Midwives and the New York Association of Licensed Midwives. Before joining St. Joseph's, Jessica has worked as a registered nurse in labor and delivery at Upstate University Hospital-Community Campus and Crouse Hospital in Syracuse. She was also a registered nurse for the Surgical Inpatient department

of Upstate University Hospital-Downtown Campus.

"My goal as a professional midwife is to care for those in underserved communities," said Jessica. "I want to bring forth the vision of birth as a physiological process, decrease maternal mortality rates and intercept health disparities. I think St. Joseph's Health is a perfect place to plant my roots."

Jessica earned her Master of Science in Midwifery from Thomas Jefferson University in Philadelphia, Pennsylvania; her Bachelor of Science in Nursing from Roberts Wesleyan College in Rochester, New York; and her Associate of Science in Nursing from St. Elizabeth College of Nursing in Utica, New York. She is pursuing her doctorate in nursing practice with a conferral date of June 2024.

Sloan Delaney, P.C. merges with Bousquet Holstein, PLLC



Karin Sloan DeLaney

Bousquet Holstein PLLC has announced that attorney Karin Sloan DeLaney and her staff will join the firm's Trusts and Estates Practice. DeLaney will serve as a member, bringing extensive experience and legal prowess to the firm.

DeLaney joins the firm after 10 years of successfully leading Sloan DeLaney, PC, her boutique trusts and estates law firm in Baldwinsville. With nearly 30 years of experience, DeLaney counsels clients in all aspects of estate planning and administration including the

preparation of wills and trusts, estate tax planning, long term care planning, special needs planning, and business succession planning.

"We are thrilled that Karin and her team are joining us," said managing member, David Holstein. "They bring a wealth of talent and experience to our firm, and a commitment to personalized client service and community involvement. We are confident they will be a great fit here."

DeLaney began her career handling high-net-worth estate planning for actors, artists, and other high-profile clients at a distinguished law firm in New York City. After moving back to Central New York, DeLaney practiced in local law firms, working exclusively on trusts and estates and tax matters.

She is a published author and frequent lecturer on the intricacies of estate planning and recently completed her term on the Board of Directors for the Central New York Community Foundation.

DeLaney earned her Juris Doctor from Western New England University School of Law and holds master of laws in taxation from Syracuse University College of Law. She has a bachelor of arts degree in political science from the State University of New York at Albany.



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Weekly

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Where: Epicure, Downtown Syracuse.

When: 5 to 9 p.m.



August 2-4

St. George Macedonian Festival

What: Celebrate Macedonian culture with music, a tour of the church, vendors, and traditional food and drink.

Where: St. George Macedonian Eastern Orthodox Church
5083 Onondaga Rd, Syracuse, NY 13215

When: Friday: 4 to 10 p.m. Saturday: Noon to 11 p.m.,
Sunday: Noon to 5 p.m.



August 2, 3, 4, 9, 10 & 11

**Syracuse Shakespeare in the Park:
The Two Gentlemen of Verona**

What: Dive into a whirlwind of romance and betrayal in this delightful comedy!

Where: Thornden Park Amphitheater
Thornden Park Dr, Syracuse, NY 13210

When: Fridays and Saturdays: 5:30 p.m., Sundays: 2 p.m.

Info: Free. Donation and premium tickets available. www.ssitp.org.



August 3

Blueberry Jam Festival

What: Come to the farm for a beautiful summer celebration! Enjoy live music, children's entertainment, farm tours, food trucks, u-pick berries and more.

Where: Critz Farm
3232 Rippleton Rd, Cazenovia, NY 13035

When: Noon to 6 p.m.



August 7

Summer Social & Networking

What: WBOC will host this Summer Social and Networking event at the 443 Social Club & Lounge.

Where: 443 Burnet Ave., Syracuse

When: 4:30 to 7 p.m.

Info: wboconnection.org



August 10

CNY Scottish Games and Celtic Festival

What: Celebrate Celtic culture with highland games and competitions, pipes, dancing, vendors, food, clans and societies and more.

Where: Long Branch Park
106 Lake Drive, Liverpool, New York 13088

When: 9 a.m. to 8 p.m.



Cruel Summer:

An Eras Tour Tribute Concert

What: Join for a live band tribute to Taylor Swift's Eras Tour. All ages welcome.

Where: Middle Ages Beer Hall
120 Wilkinson St, Syracuse, NY 13204

When: 8 to 10 p.m.

Info: 18 and under must be accompanied by a guardian. Advanced tickets: \$25. Tickets at the door: \$30. www.middleagesbrewing.com.



August 17

2024 Syracuse Latino Festival

What: Join for one of the area's oldest ethnic festivals! This annual event will bring music, food, arts, vendors, children's activities and more.

Where: 101 N. Clinton Square, Downtown Syracuse.

When: Noon to 9 p.m.



August 23

Night Sensory Hike

What: Explore Beaver Lake at night! Take a guided hike and learn about how our senses differ from nocturnal animals.

Where: Beaver Lake Nature Center
8477 E Mud Lake Rd, Baldwinsville, NY 13027

When: 8 p.m.

Info: \$2 for members. \$3 for nonmembers. Includes park admission. www.beaverlakenature.org.



August 23-25

Weekend Healing Retreat

What: World renowned yoga therapist and educator James Bae presents a retreat focused on mind, body, and self care.

Where: Thekchen Choling Syracuse, 109 East Ave., Minoa.

Info: Tickets are \$125-\$165. Deadline to register is August 16. Email tccl.syracuse@gmail.com. www.thekcholing.us.



Wednesday, Aug. 28

Women's Day at the Fair

What: A mini fair sponsored by Fidelis Care & Wellcare by Fidelis Care featuring many advocacy groups for women... feel free to stop by to get information, learn and ask any questions. There will also be a Women's Day Brunch from 9 to 11 a.m. featuring presentations from women in agriculture.

When: Held from 11 a.m. to 4 p.m.

Where: Chevy Court Pavilion at the New York State Fairgrounds

Info: For tickets: etix.com/ticket/p/69552078/womens-day-brunch-syracuse-new-york-state-fair



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