

TAKE ONE FREE

HEALTH & WELLNESS

On a mission for nutrition
page 6



Stretching out The Janice Center now

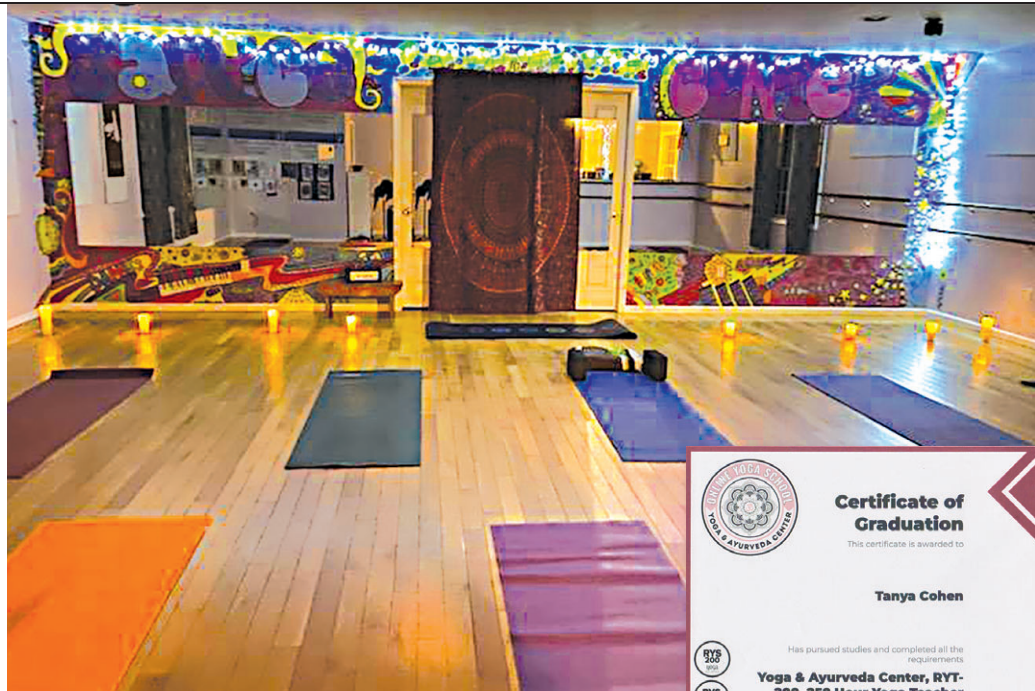
STORY AND PHOTOS
BY KEN COHEN

offering yoga

JEFFERSONVILLE – In its 16 years, The Janice Center has made its mark as a music/arts center and pre-school, opening its doors to thousands of kids. During that time, the award-winning Jeffersonville facility has also used its open-space second floor to host many health and fitness classes, including Zumba, Pilates, Tai Chi and Karate.

But never has The Janice Center offered traditional yoga classes, until now. Co-owner Tanya Cohen has long been interested in yoga and has taken many classes over the past 25 years. She always wanted to teach yoga at The Janice Center but never had the time to get certified.

It's a rigorous, time-consuming process that requires a determined mindset and free schedule. This winter, with her daughter away as a freshman in college, Cohen hit the books and spent 200 hours online getting the necessary training to become fully certified.



Janice Center yoga instructor Tanya Cohen pays a lot of attention to the set-up for each class, including lighting and ambience.

Tanya Cohen put in more than 200 hours online this past winter to become a certified yoga instructor.



With her certification in hand, she started offering twice-weekly yoga classes at The Janice Center in April. By all accounts the classes have been a hit, incorporating Tanya's unique teaching style empha-

sizing enjoyment and enrichment, the same formula which she has used to teach thousands of kids dance and music over the past 30 years.

“What I truly enjoy about the yoga classes at the Janice Center

is Tanya's instructional style,” said Sherry F. “She is knowledgeable in her craft and offers individualized modifications for yoga poses so you feel successful. She is genuine and very earthy. I leave yoga class feeling



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successful, well stretched and focused."

Tanya has purposely kept the classes relatively small so she can "be more personal and attentive to individual needs."

While she spends a lot of time prepping for each class, including creating her own music mix, she is "not afraid to go off plan if I see my students need something different. You can't really do that with a large class." In fact, Tanya will hold class if only one or two students show up. "That is honestly hard to find around here," said Jane, one regular attendee who did not want to be identified.

Tanya had no idea the amount of knowledge she would gain about yoga from the online training. At times, she felt like she was in med school, learning about all the different parts of the body and how various yoga stretches and positions affect them. As she says, "The training is far more than just learning poses. You really get a full understanding of everything behind the practice."

The traditional yoga classes offered take students through various poses to help stretch the body and relax the mind.

As Tanya says, "everyone should incorporate that balance into their lives." The Janice Center difference is Tanya's low-pressure demeanor and her uncanny musical choices to complement the movements.

"I really like the warm and non-competitive environment," said Jane. "The class works for all skill levels and the music selection is good. I like that Tanya meditates, as it shows she gets the point of yoga which is mental as well as physical. I am taking the class because it helps me reset my mind and body when things get crazy."

Once a month Tanya switches gears and offers a mellow and low-energy Restorative Yoga class that is a perfect antidote for stress. Restorative yoga is a restful practice that is all about slowing down and opening the body through passive stretching. There is very little movement and just a few postures over the course of a restorative class.

Restorative yoga is completely different than other styles of yoga. It holds yoga poses for a longer duration using props like blankets, blocks and bolsters -- all which the Janice Center provides. It is a practice of deep relaxation that emphasizes the



meditative aspect of yoga: the union of body and mind.

With its roomy, open space, The Janice Center is the ideal environment for yoga. Couple its ample space with specific lighting Tanya sets up for each class, and there's no problem awakening all the senses.

Yoga classes are offered at The Janice Center on Mondays and Thursdays from 5:45-6:45 p.m. The cost is \$15 per class (adults); \$10 for high

The new yoga classes at The Janice Center have attracted several high school athletes and dance students looking to improve their flexibility, breathing and physical/mental balance.

school students. A 10-class plan for \$130 is available for adults only.

Restorative classes are scheduled once a month.

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LIBERTY – Sullivan County, in partnership with software vendor Unite Us, is rolling out a new referral service with local healthcare providers to make it easier for people to find the help they need.

“We have 34 partner agencies already looking to join and 27 employees who have started training to use this new platform,” Health & Human Services Commissioner John Liddle said. “Our go-live goal is August 28, and I’m excited about this chance to bring our provider community closer together and make it easier for folks to access healthcare and social supports.”

“This network will be a game-changer for us, allowing users to send and receive secure, electronic referrals and monitor patient outcomes in real-time,” explained Director of Community Services Melissa Stickle. “We’ll be able to more nimbly and effectively react to the needs of the people we serve every day.”

New Social Services initiative aims to ensure no “wrong doors”

“Our constant goal is to ensure there is no ‘wrong door’ for people to walk through to get the help they need, and this new initiative promises to get us a lot closer to that ideal,” stated Liddle.

The “no wrong door” concept of delivering human services isn’t new, but Sullivan County aims to take this concept to a new level of efficiency that will enable providers to connect clients and patients with all of the services they need at any location in the developing network. Human service agencies

and healthcare providers around the County who join the Unite Us network will be trained in the use of the network’s referral system, allowing each network member to receive and generate referrals to other network partners. Network members will also have the ability to confirm the effectiveness of their referrals through closed loop feedback. Perhaps most importantly for the community, the network will only require service recipients to provide their personal information once to be able to

obtain assistance from doctors’ offices, social services, behavioral health providers, disability resource providers, workforce development, and many more.

Unite Us aims to help the County and its partners:

- *Identify the right interventions for those being served*
- *Proactively and intelligently inform individual care management*
- *Design efficient community outreach, intervention, and funding strategies*

Unite Us accomplishes these goals by collecting and sharing network data with partners who aim to improve social determinants of health in their communities.

The service is currently funded by a Healing Communities Study grant via Columbia University and will likely be funded in future years with opioid settlement funds. Unite Us does not charge not-for-profit agencies to join the network, and referral services come at no cost to clients and patients.

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Garnet Health to host free diabetes prevention program

HARRIS – Garnet Health is offering a free 12-month Diabetes Prevention Program for qualified individuals. The program runs for one year, with 16 sessions occurring approximately once a week, and six to eight sessions meeting once a month. New classes are starting in July.

This scientifically proven and effective lifestyle-enhancement program can help prevent or delay Type 2 diabetes. It is designed to teach individuals how to make better food choices, increase physical activity and cope with stress. Qualified participants will work together to achieve their goals, under the guidance of certified lifestyle coaches.

“Approximately 96 million American adults have prediabetes—that’s more than one in three people with this very serious health

condition,” said Shelly DeHaan, Garnet Health director of diabetes education. “The Diabetes Prevention Program at Garnet Health teaches and encourages modest lifestyle changes that can make big gains in helping prevent or delay the onset of Type 2 diabetes.”

This program will motivate and support people with prediabetes to make practical, real-life changes to decrease their risk of developing Type 2 diabetes by more than half.

To be eligible for the program, participants must:

- Be at least 18 years old
- Be overweight
- Have an A1C between 5.7% and 6.4%

To learn more about the Garnet Health Diabetes Prevention Program, please call (845) 333-2705 or visit garnethealth.org/prevent-diabetes.

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On a mission for nutrition *Local firefighters focus on nutrition through Sullivan 180 Healthiest Fire Department Challenge*

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Lake Huntington Fire Department members get creative in their kitchen.

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Seventeen Sullivan County fire departments answered the call to compete in the Sullivan 180 Healthiest Fire Department Challenge and have been on a mission to improve overall department health since January.

According to the Firefighter Cancer Support Network, from the moment the tones drop, a fire-

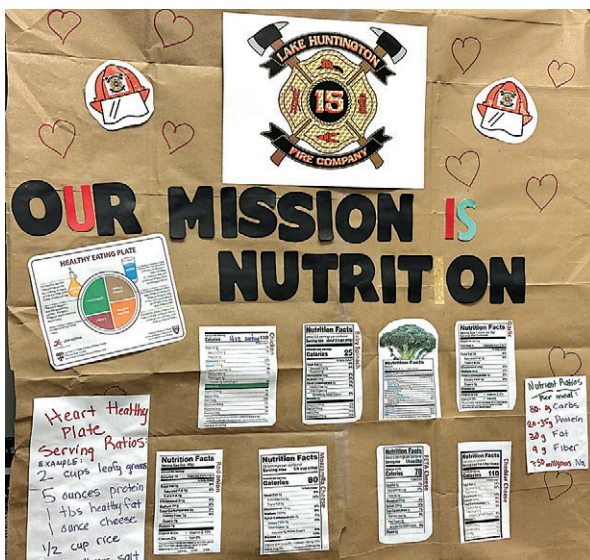
fighter's heart rate increases by 47 beats per minute. The dangerous work, heavy uniforms, and high-risk environment, accompanied by concerns of high blood pressure, heart health, and disturbed sleep patterns, are significant health stressors.

The health of these local heroes was the impetus for creat-

ing the Sullivan 180 Healthiest Fire Department Challenge, generously supported by Assemblywoman Aileen Gunther. Departments complete healthy activities and earn Turtle Points in hopes of winning a 1st prize grant of \$15,000 or a 2nd prize grant of \$10,000. Winners will be announced at the Sullivan County Firefighter's Parade on September 9th.

One area in which the competing departments have become particularly creative is nutrition. From replacing sodas with seltzers, fat-filled sides for salads, or fruit for dessert, departments have made a commitment to improve their overall nutrition over the past 7 months.

Lake Huntington Fire Department recently bonded while making homemade pasta and sauce, all from scratch. Lake Huntington Challenge Captain Jenna Sayers said, "After reading the ingredients [in jar pasta sauce] and finding out



Bulletin board at Lake Huntington Fire Department.

ON THE COVER: Cauliflower pizza crust at Jeffersonville Fire Department.

In nearby Jeffersonville, the Fire Department has been regularly replacing traditional pizza crust with cauliflower crust as a more nutritious alternative and using an air fryer rather than deep frying food. "When we started the Challenge back in January, I started to bring healthier food options to the fire house. I think the members thought I was crazy but now they look forward to some of our health-

ier choices of food that we have after drills and meetings," said Ross Turner, Commissioner of the Jeffersonville Fire District & President of the Jeffersonville Fire Department. Turner also remarked that the department members have also been bringing their newfound commitment to nutrition back to their homes and families. Sayers also noted the impact of the challenge on department morale. "Sullivan 180's Healthiest Fire Department Challenge is bringing us closer as a department one activity at a time." When health is a shared goal, a lot can be accomplished. For more information about the Sullivan 180 Healthiest Fire Department Challenge, visit Sullivan180.org and follow along on Facebook and Instagram.

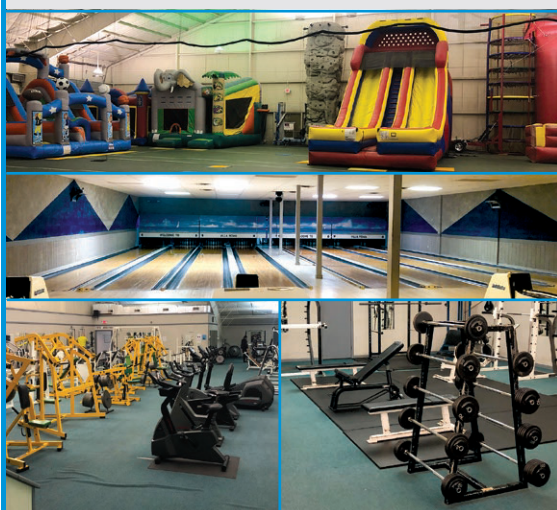
that it contained ingredients used in making rock salt we quickly decided it would be healthier to make our own. This challenge has really opened our eyes to what is put into the foods we consume daily."

Lake Huntington Fire Department Homemade Pasta Sauce Recipe

- Ingredients:**
- 2 cans (28 oz. each) Cento Organic San Marzano tomatoes
 - 3 tbsp. olive oil
 - 1 medium onion, finely chopped
 - 4 cloves garlic, minced
 - 1 tbsp. of dried Italian seasoning
 - 1/2 tsp. salt (adjust to taste)
 - 1 tsp. of sugar
 - 1/4 tsp. black pepper
 - 1/4 tsp. red pepper flakes (optional, for heat)
 - 2 tbsp. tomato paste (Cento)
 - 1/4 c. fresh basil leaves, torn
 - 1/4 c. fresh Italian parsley, chopped

- Instructions:**
1. In a large saucepan or skillet, heat the olive oil over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Stir occasionally to prevent the onions from burning.
 2. Add the minced garlic to the pan and sauté for another minute.
 3. Sprinkle in the dried seasonings, salt, sugar, black pepper, and red pepper flakes (if using). Add the tomato paste and stir well to combine the flavors.
 4. In a large blender, place the cans of tomatoes and contents of the pan. Pulse the blender to your desired "chunkiness or smoothness".
 5. Pour the sauce mixture back into your pan and bring the sauce to a simmer.
 6. Reduce the heat to low and let the sauce simmer for about 30-40 minutes, stirring occasionally. This will help the flavors meld together and the sauce to thicken.
 7. After the simmering time, taste the sauce and adjust the seasoning as needed.
 8. Finally, stir in the torn fresh basil leaves and chopped Italian parsley. Allow the sauce to cook for an additional 5 minutes.

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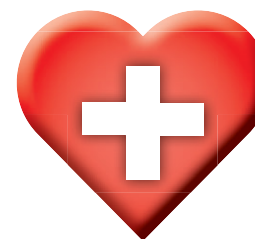
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Parenting a child with a disability

BY AKILAH Y. SUTPHIN CHILDREN AND FAMILY SERVICES PROGRAM MANAGER, ACTION TOWARDS INDEPENDENCE



When a parent learns their child has a disability either at birth or later on, the discovery can bring about emotions of distress, fear, uncertainty and sadness. There is no parent I know that wants his or her child to be unhealthy, debilitated or injured in any way, so it can come as a total shock and a burden of stress when they find out.

According to the Center for Parent Information & Resources, the feelings of guilt, anger, confusion and denial are very normal responses of parents when discovering that their child has a disability. The fear of what the future may hold for the family is a scary reality, and some parents do not know where to begin or who to turn to.

There are many challenges families will face when parenting a child with a disability. One of the first things that parents can do is to learn as much information as they can about their child's disability. Researching to find out what services are available, and getting information about the exact things they can do to aid in their child's development to the greatest extent is important and beneficial. At the same time, doing research can also prove to be an exhausting and daunting task. Finances can also become a challenge. Stress factors for parents may increase as one or both may have to alter their careers

to find other sources of income to tend to the needs of their child. Parents may have to take time off to attend countless appointments with medical providers, schools, therapists and advocates.

Emotional stress can be significant and impactful on a parent who is worried about their child's well-being and the other challenges they are experiencing. Parents may question: Is my child in pain or suffering? Am I doing enough and is it the right thing to do? Parents sometimes feel guilty for having feelings of resentment towards other parents whose children do not have a disability. There may be a significant amount of grief for feeling as though their hopes and dreams for their child has been dashed by this unplanned reality. A parent's self-care routine may become depleted or non-existent. Self-care is important, especially for parents of a child with a disability because they need the strength, energy and motivation to continue to care for the unique needs of their child.

Thankfully, there are many sources of information and support services for families to help decrease the burden of stress brought on by the many challenges. Families can find the strength to overcome the challenges, building supportive inner circles and leading a fulfilling quality of life.

Joining or starting a support

group with parents who share similar experiences is a great way to gather information and gain support. Books written by health professionals or other parents of children with disabilities are also a great source of information. Seek out advocacy groups, independent living centers and other community agencies that support and provide services for individuals with disabilities. Family Peer Advocates and Disability Advocates assist families to navigate the social system to access the services and support they may need.

Action Toward Independence in Monticello has Family Peer Advocates on staff to help individuals, parents and children by providing many services and programs tailored to their needs. Currently ATI

provides a Parent for Parent Support Group that is held twice every month for parents of children with a disability. For more information, please call and speak with one of our Advocates at 845-794-4228.



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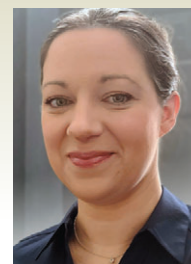
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Ready to run

Running with my dogs always makes it more fun. Baxter came in first place in the pup division of his first 5k at Bethel Woods back in 2018.



STORY AND PHOTOS BY MAGGI FITZPATRICK

Have any of the local races caught your eye, but still feel slightly out of reach? Completing a race, no matter the distance, is no easy feat and is always something to be proud of. This time of year there are races everywhere, what seems like every weekend. So many people gather in one place to run all sorts of distances, from 5Ks to marathons and everything in between. Running, especially preparing for a race, requires a lot of mental and physical training and is definitely challenging, but also is something anyone can do.

Running often feels impossible because we watch other people who have been running longer than us and think we need to train like them. Whether you are training for your first race or for your hundredth, we all have to start training exactly where we are. While you run against other

people, it truly is a race against yourself, and it begins the day you decide to step outside for your first run. Let's dive into some tips to go from where you are now to your first race (or next race!) and have your training experience be as enjoyable as possible.

When starting to run, it's easy to get caught up in thinking we need to run a certain amount of miles. Running for distance can create a sense of overwhelm, especially if you've never run that distance before. To build up confidence and stamina, set a time goal instead. Your first session only needs to be five to ten minutes long, and I promise you'll feel empowered, excited, and full of life after accomplishing that first goal.

Second, don't be afraid to walk! Let's go back to that first five to ten minute run. What if you can only run for one minute at a time, or even thirty seconds? Even if you're



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only able to run for ten seconds at a time, that's ten more seconds than you've ever done before. Walking is a very important part of the training process and is not failure. Every step forward counts, and you'll be running consecutively for your entire time goal before you know it.

Lastly, start slow. Not only in pace, but also in frequency. We tend to overwhelm ourselves by thinking every run needs to be as fast as possible and that we need to run every single day. While you

absolutely can run every day, you don't need to. When I am training for a race, I like to run three days per week. I find this gives me the best balance of actually progressing, while also being able to rest my body. Out of those three runs per week, only one of them would be anywhere near my fastest pace. The name of the game is easy miles, and this can look like a slow run, a jog, or even mostly a walk.

Running a race this summer is possible for you, but only if you start exactly where you are. Re-



My goal for my first half-marathon in 2016 was to finish the race in under two hours. I just barely missed my goal when I finished in 2:00:38, but I was so proud of myself for completing it.



I finally beat my goal of finishing a half-marathon in under two hours this year at the Lake Placid Marathon and Half. I completed the race in 1:57:56 on one of the most challenging courses.

member that you don't need to be like anyone else you see, and it doesn't need to be a competition between you and those around you. Running is a race against

yourself, and it's one you can always win if you just take the first step.

Xoxo
Coach Maggi

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Thursday, August 31, 2023 at 7pm
Sullivan County Courthouse Lawn,
414 Broadway, Monticello
Rain Date: Friday, September 1

Join us as we raise awareness about overdoses and reduce the stigma surrounding drug-related deaths.
Visit Sullivan180.org for more information.

This event is brought to you by a community of organizations working together to end the opioid epidemic in Sullivan County.

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