

Family & Children's

SERVICE OF ITHACA

In This Issue

- 2 CEO Remarks
- 3 Renovations Expand...
- 4 Annual Meeting News
- 5 Grant Update
- 5 Fall Listings
- 6 Trauma-informed Agency...
- 7 Cayuga at Twilight

A Newsletter from FAMILY & CHILDREN'S SERVICE OF ITHACA

FALL 2017 | VOL. 21 NO. 3

Sun Sets on Beloved Cayuga at Twilight Event

On Sunday, September 10, Family & Children's Service hosted our 20th and final signature fundraiser, Cayuga at Twilight: An Evening in Aurora.

In the closing remarks, former President & CEO Jim Johnston described how the event began two decades ago. He and some others were brainstorming on potential fundraising methods and someone suggested private home tours. Someone else suggested local food and wine during the tour, and then someone else suggested local art, music, and flowers.

Then someone asked how the event will be funded.

"The community will help," a board member asserted. "The community will make this happen for us."

That was the starting point for Cayuga at Twilight: the faith and hope that a community of abundance would share its bounty for the cause of providing high quality mental health care to everyone who needs it in the area.

Over the course of the next 20 years, that hope was realized over and over again.

Cayuga at Twilight was held in several different area neighborhoods, including nearby towns such as Trumansburg. Visitors

loved the bus rides, the afternoon and early evening of lakeside socializing, bites and sips from so many caterers and vintners, and, of course, the chance to browse historic homes whose facades are familiar from driving by on major thoroughfares.

Thank you to our generous sponsors who made this event possible: Warren Real Estate, Palisade, True Insurance, Tompkins Trust Company, Triad Foundation, Morgan Stanley, Holt Architecture, MacKenzie-Childs, and EMI. The final event drew 343 people and **raised more than \$70,000** for the agency (including sponsorships and raffle ticket sales).

"It's been an honor for me, over the last 6 years, to work so closely with Sandy True and the rest of the Cayuga at Twilight committee to put on such a fantastic fundraising event," said David Shapiro, President and CEO. "Their commitment and dedication to the mission and the work at Family & Children's Service is unquestioned and the difference they have made through this event towards the mental

health of children living in our community is immeasurable."

We would also like to thank the caterers, vintners, florists, shops, artists, and musicians who generously donated their time, and of course, the generous donors who attended year after year. We could not have done it without you, and we are eternally grateful for your longstanding support and generosity.

continued on page 7

Clockwise starting at top right: MacKenzie-Childs; Stephanie Bailey and Lex Enrico Santi; Greg and Michelle Eells; Guests enjoying food, art, wine, and house tours at Cayuga at Twilight; Chris Gibbons and Sandy True; Bronwyn Losey and Jeff Turney





| CEO REMARKS |

Wellness Practices Are Smart Prevention

David Shapiro, President & CEO

Ralph Emerson once said, “For every minute you remain angry, you give up sixty seconds of peace of mind.”

You can substitute “angry” with shame, fear, worry or dread, and the quote means just the same. However, I think it’s fair to say that these feelings almost always last a lot longer than 60 seconds.

Peace of mind may seem out of reach for some, but it is achieving that level of consciousness that is our aspirational goal at Family & Children’s Service of Ithaca. The work we do helps people figure out the reasons for those difficult feelings: to ascertain what stands in the way of achieving peace of mind.

The kids who receive extra supports through our youth intervention programs, or in specialty clinical services, have often experienced significant traumas or have been impacted by other environmental or behavioral factors. However, those experiences don’t have to be the final chapter in their

development or define who they become as they grow up. When F&CS staff work with an individual, a family, and the community, we can often help bring about change that leads to increased peace of mind.

Our counseling program, clinic, and related social services all help those who are in mental health crisis. Our education classes, therapy groups, and programs are aimed at cultivating mental wellness: yoga and meditation practices can teach many people, at any age, to achieve peace of mind in between, or even during, life’s most difficult challenges.

It is with that in mind that F&CS branded our newest fundraiser, the annual Peace of

Mind Yogathon. Held at Ithaca High School, our 2018 and 4th annual fundraiser is scheduled for Saturday, March 3rd. More than \$15,000 was raised in 2017. The funds raised in this event help us continue to make sure that our services are available to anyone in need.

Additionally, the event connects 150 people - from newbies to seasoned yogis - to the message that beyond counseling, and beyond the services offered at F&CS, we all need to find what we need in our lives to help sustain a positive mental outlook and a mindful approach to sharing our community. When we find that for ourselves, the awareness we raise is invaluable.

“There is no greater wealth in this world than Peace of Mind.”

- Author Unknown

4th Annual, PEACE OF MIND Yogathon Saturday, March 3, 10 a.m. to 2 p.m. ITHACA HIGH SCHOOL

Join us for a Saturday of peace, wellness, and mindfulness! The Yogathon celebrates our individual and collective ability to strengthen well-being through the mind-body connection. Many of the area’s well-loved and talented yoga teachers will volunteer their time to teach classes for this annual fundraiser. This event will be perfect for beginners, intermediates, and advanced practitioners: we will offer classes for all levels of yoga experience, and we will all gather in the large gymnasium for an all-levels community practice. Sponsorship and volunteer efforts will be coordinated by our development department. More information on registration and fundraising efforts will be posted on our web site, www.fcsith.org, in the coming weeks. To get involved right now, contact us at yoga@fcsith.org.



MISSION STATEMENT

Family & Children’s Service supports, promotes and strengthens the well-being of individuals and families by providing high quality, accessible mental health care and related social services, with a particular sensitivity toward the needs of children.

BOARD OF DIRECTORS

Rev. Douglas Green, Chair
Kevin Cartmill, Vice Chair of Development
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Amber Alpizar (Member at Large), Chris Apker, Claudia Brenner, David Brown, Dave Burbank, Beverly Chin, Colleen Colbert, Greg Eells, Catherine Hackett, Paul Kirk, Kevin Mahaney, Jason Trumble, Bryan Warren

All photos by Dave Burbank Photography unless otherwise noted

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CONTRIBUTORS: David Shapiro, Danielle Winterton
DESIGNER: Westhill Graphics



Renovations Expand to First Floor

Agency operations were slowed down for a few weeks this summer while the work of local contractors DSquared and Claudia Brenner Architecture was completed in our building. Last year, a grant from the New York State Dormitory Authority for \$402,832.81 allowed us to undergo major renovations in our home facility on State Street in downtown Ithaca.

The first phase included renovations to the second and third floors. Third floor renovations will include new paint and carpeting, installation of sound masking systems and calming lighting conducive to therapeutic environments, and construction of seating pods in the waiting areas to increase client privacy.

Second floor renovations created space to house the development, finance, and compliance departments, as well as constructing a new community space for F&CS staff and community members alike to access. The Pamela & Robert Swieringa Education Room is now home to our support groups meetings. Our Caregivers Support Group and Grandparents Raising Grandchildren Support Group both meet in this room, as did other therapy groups and yoga and mindfulness groups. We also hosted staff massage days, board meetings, and staff presentations and meetings in this beautiful new space.

The final phase was completed in the summer of 2017 on our first floor. Our intake department was moved to make space for more clinical offices. The new colors of navy blue and charcoal gray were extended to the walls and carpeting of the hallway and lobby area. The lobby was redesigned to increase patient confidentiality in several ways. Waiting pods were installed here as well. Access to front desk administrative staff will be done through individual window areas with dividers between them. Clients can also have private conversations with the billing department as a result of the renovation.



Jessica Brown and Nick Filippini of F&CS' Open Doors Program and Larry Farbman of the Learning Web table in Center Ithaca.

The Learning Web and Open Doors are collaborating this month to raise awareness on the issue of homeless and runaway youth in Tompkins County.

Photos courtesy of F&CS

A Lasting Legacy

This gift will provide support for families in need. Making a donation in memory of a loved one is a meaningful gesture that provides comfort to the living. Many donors choose to make memorial gifts at significant times during the year such as holidays, birthdays, or anniversaries. By remembering your loved one with a donation to F&CS, you help us continue providing high quality mental health and wellness services to those in need. Gifts designated in this fashion will be recognized in our annual report as well as acknowledged to the individual or their family in whose name the gifts have been made.

For more information about making a memorial gift, please contact Libby Demarest, Assistant to the CEO, at (607) 273-7494 ext. 201 or development@fcsith.org.

MAKE A GIFT TODAY!

**YOUR DONATION CAN MAKE A HUGE DIFFERENCE IN THE LIFE OF A CHILD!
ENCLOSED PLEASE FIND A GIFT IN THE AMOUNT OF:**

\$25 \$100 \$365 (a dollar a day) Other amount that's meaningful to you \$ _____

Legacy gift in honor of _____

Check Enclosed (please make checks payable to Family & Children's Service)

Visa MC Amex Discover

Card no. _____

3 digit CVV code _____ Exp. date _____

Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Mail to: Family & Children's Service of Ithaca, 127 West State/MLK Jr. Street, Ithaca, NY 14850

To make a gift online, please visit us at www.wheretoturnithaca.org

Family & Children's Service of Ithaca is a 501(c)(3) non-profit organization under IRS guidelines and all donations are fully tax deductible as allowable by law.

Where to Turn...At Every Age, At Every Stage of Life

Our 2017 Annual Celebration was held on May 16 at the Ithaca Country Club. Our noted guest speaker was Dr. Karl Pillemer, Director of Bronfenbrenner Center for Translational Research, Hazel E. Reed Professor in the Department of Human Development, and professor of gerontology in medicine at the Weill Cornell Medical College at Cornell University.

We breathed fresh life into an older theme this year by focusing on the message that Family & Children's Service of Ithaca is "where to turn ... at every age, at every stage of life" for help in dealing with life's challenges. Dr. Pillemer gave a poignant and touching presentation about the process and importance of finding true love and building healthy intimate relationships at any age.

We also awarded Bertrand Odom-Reed the Volunteer of the Year Award in thanks for all his help managing our sound production for many years; Serendipity Catering the Family Partner of the Year Award for their generous catering contributions to our many events including being the final home for Cayuga at Twilight; and Joan Jacobs Brumberg, founder of the Women Swimmin' event, the Agda Osborn Award for her outstanding lifelong service work in the areas of women's studies, human services, and palliative care.



Bertrand Odom-Reed **Volunteer of the Year**

Bertrand Odom-Reed is husband to Peggy, father to Emmanuel 2, Trinity 11, and older son Johnathan 27. Born in Louisiana, he graduated Ithaca High School. He was a brother of the international fraternity Alpha Phi Alpha, the first African American Fraternity, established in 1906 at Cornell University. He is the Multimedia Producer in University Relations at Cornell Broadcast Studio. He has volunteered as a youth coach for small fry football, soccer, girl's lacrosse, and Belle Sherman's basketball program.



Serendipity Catering **Family Partner of the Year**

Stephanie Holzbaur has been a longtime supporter of Family & Children's Service. As a graduate of FIT, she went on to start Serendipity Catering later in her career and remains the sole owner today. Serendipity has donated food and catering services to various Family & Children's events every year since 2011 and has been involved with several other local groups, nonprofits, and events. Serendipity is Ithaca Time's 2014 Best of Ithaca Caterer and Ithaca Journal Readers' Choice Award 2015 & 2016 Best Caterer.



Joan Jacobs Brumberg **Agda Osborn Award Recipient**

Joan Jacobs Brumberg is a Stephen H. Weiss Presidential Fellow and Professor Emerita at Cornell. For three decades, she had a unique interdisciplinary appointment in women's studies, history, and human development. She and her husband David have lived in Ithaca since 1977, where her primary community involvement has been with Hospicare and Palliative Care Services. After HPCS cared for her mother in 1996, she began service to the organization as a writer and then editor of the newsletter and as a Board Member. In 2004, she encouraged the Board to take the risk and sponsor a new event, Women Swimmin', which has raised over 3 million dollars for the agency since its inception.

INCOMING BOARD MEMBERS

DAVID BROWN

David Brown has worked as a policy analyst and research administrator for the federal government. At Cornell, he was Professor of Development Sociology. His scholarship and teaching focused on population studies with a particular focus on migration and population redistribution, rural community development, and rural population aging. He wrote or edited 10 books on these subjects in addition to over 100 articles and book chapters. David is married to Nina Glasgow and has two adult children, both of whom live in New York City.

GREG EELLS

Dr. Gregory Eells is a licensed psychologist in the State of New York and has worked in higher education mental health for 23 years. He currently serves as the Director of Counseling and Psychological Services at Cornell University and has served as a director of a university counseling service for the past 19 years. He received a Presidential Award and a Lifetime Achievement Award from AUCCCD and has been a strong advocate for college mental health issues. He lives in Ithaca with his wife and three children.

Grant Update

Family & Children's Service of Ithaca was very grateful to receive 2017 grants in the amount of \$5,000 for our Open Doors: Homeless and Runaway Youth program and \$5,000 for our Rural Outreach Program from the Community Foundation of Tompkins County. This money will help fill deficits in both programs to allow them to keep operating through this year.

We were also honored to receive \$10,000 from The J.M. McDonald Foundation for Open Doors and \$2,500 from M&T Bank.

Open Doors was founded in 2015 to address the lack of a homeless and runaway youth program in Tompkins County. With a mix of government funding and philanthropic grants, this program has been able to serve about 80 unique individuals per year under the age of 21 who were not able to return to their homes because they felt unsafe. With an ultimate goal of family reunification, this program has been outstandingly successful at mediating problems between young people and their parents or caregivers, with the ultimate result of keeping families together. The program also serves an additional approximate 50 individuals through a warm line in which they can consult on their issues or refer others who they think are in danger. We are grateful for the community support that funds this valuable program and makes our entire community safer.

The Rural Outreach Program is a socialization initiative for young people with social, emotional, psychological, or developmental problems that are often the result of living in poverty, amidst addictions, or other social stressors. While this program does have an important mentorship component, it goes beyond the model of a "Big Brother Big Sister" kind of program by matching graduate level interns with young people to develop relationships with their entire families. These interns have much more education and professional training than a neighborhood mentor would, and they focus on getting to know the important people in their client's life in order to treat the client holistically. They visit with the client's families and teachers and stay informed on behavioral patterns and life events. Rural Outreach mentors can act as powerful role models as well as strong support systems for young people who may not have any access to either of these things otherwise. While much of our funding and services do go to serve the dense population of the City and Town of Ithaca, we are committed to reaching our vulnerable rural neighbors and finding ways to help them enhance well-being and increase mental wellness. We cannot do it without the support of our generous funders!

Education Programs: Fall 2017

Wellness Community Programs & Continuing Education Professional Training

The F&CS C&CE program offers mental and emotional wellness resources for everyone in the community.

We have programs and workshops designed for individuals seeking to manage mental health conditions; family members who support people with mental health conditions; mental health professionals seeking career development and enrichment; & anyone who wishes to learn more about mental wellness to improve psychological health and overall quality of life.

NOVEMBER 15, 2017 | 4:00-7:00PM **Using Traditional Folk & Fairy Tales to Elicit Personal Stories & Coping Strategies** \$65 | 3 CONTACT HOURS

Many stories from the world's folk and fairy tale tradition mirror issues prevalent in mental health including confusion, depression, loss, addiction, and hopelessness. Research supports that when hearing a traditional story, patients more readily recognize and articulate their feelings and fears while stimulating coping techniques that lead to resilience, resourcefulness, and personal empowerment.

In this interactive session, participants will learn how to utilize a traditional story in an engaging way in order to:

1. Elicit stories about the client's personal experiences.
2. Help clients identify and clarify conflicts, feelings and self-defeating beliefs.
3. Offer coping solutions for a client.
4. Identify action steps that lead to desired outcomes and goals.

Contact Hours: 3 contact hours for NY State Licensed Master Social Workers and Licensed Clinical Social Workers, Licensed Marriage & Family Therapists, and Licensed Mental Health Counselors.

Instructor: Regi Carpenter
Location: Family & Children's Service of Ithaca, 127 West State/MLK Jr. Street, Swieringa Education Center, Ithaca, NY 14850
Questions: edemarest@fcsith.org, 607-273-7494

NOVEMBER 6, 2017 | 9 AM - 4:30 PM **{SOLD OUT: COURSE FULL}** **Applications of Bowen Family Systems Theory in Clinical Practice** \$135 | 6.5 CONTACT HOURS

Learning how to work with clients to tolerate the anxiety of being independent yet connected to the system, or defining the self in the system, is the subject of this workshop. Participants will use the context of Bowen Family Systems to explore the function of the therapist's role in relation to the person or people present for therapy. Bowen Family Systems Theory assumes that a clinical problem originates and is perpetuated by the system, e.g., the family. Participants can expect to:

- Learn to use family diagrams to trace family emotional and behavioral patterns.

- Exercise thinking about relational problems and clinical symptoms in accordance with the Bowen Theory.
- Learn to develop, alongside the client(s), contracts for change that are consistent with a systems model of thinking.
- Understand the role and function of the therapist in relation to the client(s).

Contact Hours: 6.5 contact hours for NY State Licensed Master Social Workers and Licensed Clinical Social Workers, Licensed Marriage & Family Therapists, and Licensed Mental Health Counselors.

Instructor: Arpi Hovaguimian
Location: Family & Children's Service of Ithaca, 127 West State/MLK Jr. Street, Swieringa Education Center, Ithaca, NY 14850
Questions: edemarest@fcsith.org, 607-273-7494

Mindfulness-Based Stress Reduction Course *Note: This course will be offered again in 2018, beginning on September 19 and running for 8 weeks.*

\$410 FEE FOR 8-WEEK COURSE | 22 CONTACT HOURS

This stress reduction program is appropriate for people with physical pain, stress, and stress-related conditions. Many people have also found it helpful in managing anxiety and habitual negative thought patterns. There is a FREE orientation session on Wednesday, September 20 for anyone who would like to learn more about the course. Note: Attending the orientation is a prerequisite for taking the course.

Date: Wednesdays, 9/27-11/8/2017, from 6:00 - 8:15 pm; all-day workshop on Saturday, November 14, 2017

Contact Hours: 22 contact hours for NY State Licensed Master Social Workers (LMSW) and Licensed Clinical Social Workers, Licensed Mental Health Counselors, and Licensed Marriage and Family Therapists

Instructor: Anna Salamone
Location: Firefly Farm Retreat Center, 2121 Houghton Rd, Ithaca, NY
Questions: info@annasalamone.com or 607-256-3959
Register: info@annasalamone.com or 607-256-3959

Agency Conducts Trauma-Informed Assessment

Family & Children's Service staff works on the front lines of major mental health crises. Our therapists, psychiatrists, intake department, and front desk regularly interact with individuals and families who are suffering, traumatized, or experiencing violence at home or inside their minds. These professionals are similar to emergency responders in that they must be able to confront potentially dangerous situations and de-escalate them, as well as be aware of how their own speech and actions can trigger traumatic reactions and responses in clients.

With that in mind, the Agency has been undergoing a trauma-informed agency assessment. This has involved two parts: a training and a staff assessment.

The hour-long training with Marisa Matsudaira, Director of Youth and Outreach Services, focused on educating staff members on what trauma is, who is at the most risk, and how trauma affects individuals. Inter-generational, social, individual, and organizational traumas were defined and discussed. Next, staff members shared their experiences encountering other people's trauma in the workplace as well as their own. Our ongoing discussion about cultural literacy and sensitivity was also incorporated in discussing how to best avoid trigger-

ing traumas in high risk individuals such as some of our clients.

"Many of the presenting problems that bring clients into our programs have their roots in prior experiences of trauma," said CEO David Shapiro. "Bearing witness to these traumatic stories that involve pain, abuse and neglect can also leave our therapists, case workers and other staff with emotional scars – also known as vicarious trauma. It's with this understanding that I supported the trauma-informed assessment currently being administered at F&CS. My hope is to learn ways to improve our policies, procedures and client interactions, while also making sure to recognize all the ways we currently support our clients and staff through a trauma-informed lens."

The Agency also administered a comprehensive survey to all staff members. This survey took about 15 to 20 minutes to complete and focused on gathering information about how educated and safe staff members feel regarding trauma in our workplace. The Agency's intent in asking staff to complete this assessment is to gather feedback on how F&CS can become more trauma-informed. The results of the assessment may be used to update personnel policies and to inform how new staff are oriented and trained.

Erik Hillman fishes with a youth enrolled in the Dispositional Alternatives Program during their summer mentorship social outing. (Photo courtesy of F&CS)

Insets: Karen Schachere, Associate Executive Director and Clinic Director; Tammy Baker, Community Outreach Worker at the 2017 Annual Meeting in early May at the Ithaca Country Club.



Sun Sets on Cayuga at Twilight (continued)

Family & Children's Service would like to extend a very special thank you to the Cayuga at Twilight Committee members and to all the people who opened their homes to host our event.



Clockwise starting at top left: Former CEO & President Jim Johnston and current CEO & President David Shapiro; Jerry and Margaret Dietz; guests; Larry and Trudy Baum; and Ray and Erin Durkin



COMMITTEE MEMBERS: PAST AND PRESENT

Kat Anderson	Madeline Estill	Fran Ramin
Laura Andolina	Joan Horn	Joan Relihan
Nancy Bellamy	Elsa Hyde	Mo Reycroft
Brenda Bricker	Vicki John	Diane Shafer
Kelli Cartmill	Jill Kobus Johnson	Sandy True
Connie Colbert	Lisa McCutcheon	Julie Uhlig
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Nancy DiCicco	MaryLu McPheron	Cynthia Wild
Robin Driskel	Carolyn Neuman	
Joan Duesing	Donna Prybyl	

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 Warren & Kathie Allderige
 Elizabeth Classen Ambrose
 Laura & Bob Andolina
 Susan Backstrom & Jon Minikes
 Maryanne & Richard Banks
 Brett de Bary and Victor Nee
 Mr. & Mrs. Larry Baum
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 Argos Inn
 Bridges at Cornell
 Cornell Plantations: Nevin Center
 Dewitt Park Inn
 Dorothy's Music Room
 Inn at Gothic Eves
 Inns of Aurora
 Ithaca Yacht Club
 Juniper Hill Bed & Breakfast
 King Ferry Winery/Treleaven Wines
 MacKenzie-Childs
 New Park
 William Henry Miller Inn



RETURN SERVICE REQUESTED

Peace of Mind Expands Mental Health and Wellness Programming

The spirit of our annual Peace of Mind Yogathon – now all year long!

This fall, F&CS and Rasa Spa collaborated to host Community classes that focused on mental health and wellness practices. These classes were organized and promoted by Family & Children's Service under our Peace of Mind brand and hosted by Rasa Spa in their beautiful community room that overlooks the West End of Ithaca.

The first community class was in mid-October. This was a level one, 1 hour and 15 minute class that incorporated pranayama (breath exercises), vinyasa, and rejuvenation taught by Shimon Darwick, senior massage therapist at Rasa Spa.

On November 7, Shimon also led a meditation class that incorporated breathing techniques, light stretching, and a 30 minute silent meditation.

Shimon has been practicing yoga since 2000. He became a certified 200hr teacher through Yoga Alliance in kundalini yoga in 2007 and an additional 300hr teacher in 2012. He has been practicing silent meditation and mantra meditation since 2000 and did his training in Shambhala, vipassana, and kundalini yoga meditation.

Registration will open soon for our annual Peace of Mind Yogathon, which will be held on **Saturday, March 3, from 10 a.m. to 2 p.m.** at Ithaca High School. Please watch our web site, www.fcsith.org, for more information about the event.

Questions? Email us at yoga@fcsith.org or call at 607-273-7494.

