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MAGAZINE

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**SUMMER  
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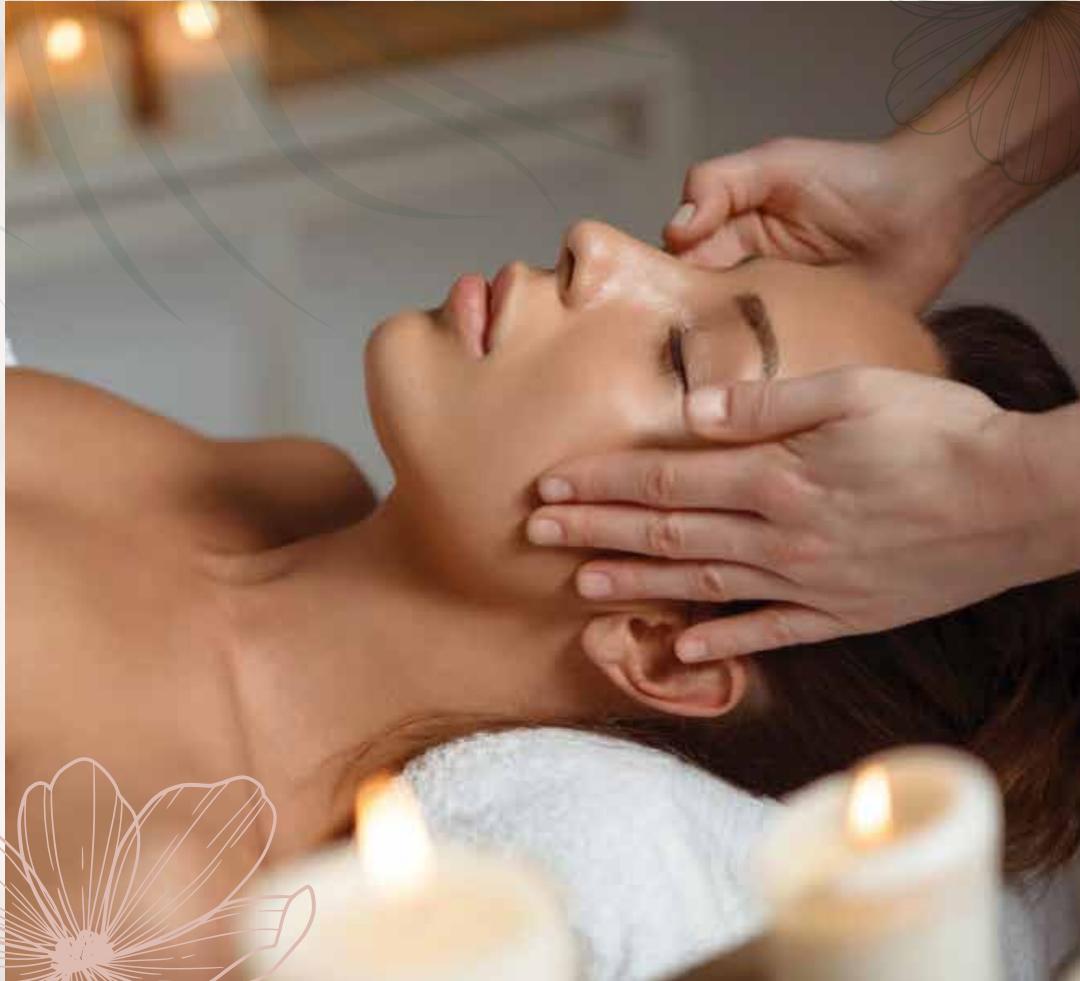
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At Home with Hurwitz:  
Beginner's Guide to Growing a Garden



WESTCHESTER  
**WOMEN**  
MAGAZINE

SPRING 2024

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# SUMMER Camp Guide

2024

BY JOYCE FARRELL

## NEW ROCHELLE YMCA SUMMER CAMP

The New Rochelle YMCA offers several camps based on the age of your child. Its Discovery Camp for ages 3-4 introduces children to the summer camp experience. Adventurers will engage in many fun activities in a traditional day camp for ages 5-8, which includes physical fitness, sports, dance, swimming, arts and crafts, and science activities. The Explorer Camp for ages 9-11 offers campers fun, traditional camp activities that revolve around a different theme each week. In addition to swimming, sports, arts and crafts, and STEM activities, campers will participate in innovative projects, shows, and special events. For older campers, those who are 12-15, New Rochelle Y offers the Teen X-treme Team, in which campers also participate in activities based on weekly themes and engage in the arts, sports, and science.



## GYMCATS GYMNASTICS SUMMER CAMP



At **GymCats Gymnastics Summer Camp** in Yonkers, mornings are filled with instruction in beginner through advanced gymnastics in a fully air-conditioned facility. Boys and girls will make use of all Olympic events, such as floor, uneven bars, balance beams, and vault as well as the in-ground trampoline, foam-filled pit, Tumbl-Trak®, cargo net, parallel bars, rings,

and rope. Campers will also participate in the NinjaCats Obstacle Course located in the same facility during the first half of the camp day! In the afternoon, children participate in special-themed events such as CARNIVAL, color wars, and intrasquad competitions. Creativity will also be enhanced with arts & crafts. Kids will enjoy active games such as dodgeball, capture the flag, sharks, minnows, and so much more!

## PELHAM COMMUNITY ROWING ASSOC.

Does your child enjoy hard work that's fun and invigorating?



Does he or she enjoy being near the water? If so, look no further than the Pelham Community Rowing Association's Youth Summer Camps, which take place at their boathouse on Glen Island, New Rochelle. There are weekly morning and afternoon sessions, which are co-ed, for youth who know how to swim, are 11 or older, and want to learn how to row. Campers may sign up for one session or multiple sessions, and there is a limit of 16 campers per session.

## SQUIRE ADVANTAGE CAMPS

Squire Advantage Camps, operating on the campus of Maria Regina High School in Hartsdale, has four different camping



*Squire continued on page 6*



## Learn to Row Summer Camps

**Week Long Camps**  
**Open Ages 11+**  
**Morning & afternoon sessions available**

Join us on the water!

**Glen Island, New Rochelle**

**PCRArowing.com**

When school comes to a close for summer, many parents seek summer activities for their children. In Westchester County, we are lucky to have a wide range of camps, both half and full-day, that fit children's diverse interests. Among the camp choices are those focusing on art, language, music, sewing, and, of course, various sports. For more information about any of the camps described, see the camp ads in this guide.



**Session 1: July 1st - July 26th**  
**Session 2: July 29th - August 16th**

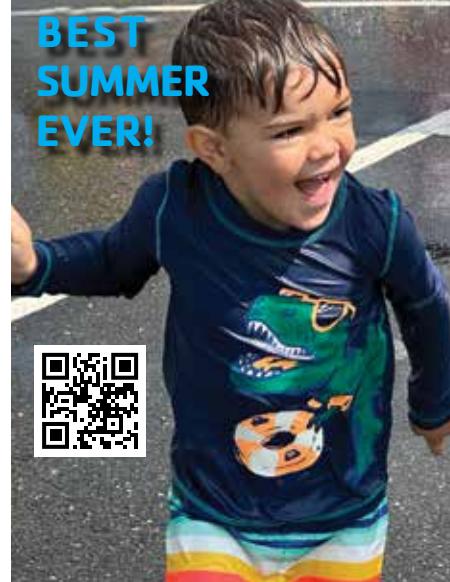
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## RYE YMCA CAMPS 2024



**BEST SUMMER EVER!**



**Ages 2-14**  
**Kinder, Discovery, Adventure, Gymnastics STEAM & Sports Camps**

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**ATHLETES 8-14**

**Expert Coaching**

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Tennis

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# SUMMER Camp Guide

2024



## Ultimate Summer Sports Camps

Visit [agamesports.net](http://agamesports.net) for info



NEW ROCHELLE, NY • (914) 278-9477

*Squire continued from page 5*

experiences, all of which include hot lunches that are nut-free; gluten-free and vegetarian options are also available. Squire Advantage Campers customize their very own set of courses for each session, offering exciting activities like swimming, robotics, sports, cooking, computers, pottery, and more. Campers who attend for the full summer may choose two different schedules for a total of 10 different fun activities. Squire Camp also has an all-sports camp and a tennis camp. Instructors are schoolteachers and classrooms are air-conditioned. Your child is sure to have a good time at Squire Camp. As one happy camper exclaimed, "I expected Squire Camp to be great, but not this great! I want to come here for the next 70 years, or more!"

### RISING STAR BASEBALL CAMP

Is your son or daughter an athlete



who's obsessed with diamonds – baseball diamonds, that is? If so, Rising Star Baseball Camp, for boys & girls ages 4-15, may be the perfect camp for him or her. In addition to the camp's home base of Pelham, New York, its campers reside all over the tri-state area, including Scarsdale, New

Rochelle, Larchmont, Bronxville, Rye, Mamaroneck, and Greenwich, Connecticut. Several campers have come from other countries, including Japan, Finland, Ireland, Bahamas, Scotland, Hong Kong, and Nigeria (Africa)! Unique to this camp are the sophisticated drills and activities and its excellent camper-to-coach ratio with instruction from coaches who have college and professional playing experience. This combination has helped the camp produce hundreds of high school players, dozens of current college baseball players, and several active professional players.

### SPORTIME

Sportime NY offers tennis camps for children at two Westchester locations. At Sportime Lake Isle/JMTA (John McEnroe Tennis Academy) in Eastchester, an intensive camp for ages 5 and up is designed for those who compete or hope to compete in Sectional, National, and ITF tournaments, for those intending to play in high school, college, or beyond, or for players at any level who want to play at their best. At Sportime Harbor Island in Mamaroneck, their experienced counselors and tennis professionals provide tennis and sports



# SEW HAPPY

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and mindfulness.  
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Website: [NRYMCA.ORG](http://NRYMCA.ORG)



Summer Camp 2024



**THE  
ROCK  
CLUB**

**SUMMER  
CLIMBING  
CAMP**

**AGES 6-16**

**Late June - August**

**Summer adventure starts here!**

New Rochelle, NY / [www.climbrockclub.com](http://www.climbrockclub.com)

# SUMMER Camp Guide

2024

programming for ages 5-17.

## FOSTER SOCCER

Whether your child is new to the game or is a seasoned athlete, FosterSoccer in Mamaroneck has options for all skill levels. Their half-day Pre-K & Kindergarten Soccer Programs, with fun, creative soccer activities, will help them develop fundamental soccer skills and a love



for the game. There are full and half-day options for those in first grade and up, who are divided into different groups according to their ability. Once again, Manchester United Academy Coach Ashley Hill will join them for two weeks of elite soccer from July 8-12 and July 15-19.

## A-GAME SPORTS

A-Game Sports in New Rochelle has a variety of sports camps. Children as young as 3-5 years old can start learning sports in a safe, indoor climate-controlled environment with low camper/counselor ratios, which ensures an amazing camp experience for all.

There is also a sports and academics option. Camps offered for older kids include ones focusing on baseball and softball, basketball, field hockey, flag football,



lacrosse, and volleyball, as well as multiple sports options. Parents are impressed with A-Game Sports. As one parent commented, "The young men and women that work with the kids are amazing as well. My son looks forward to going to camp each day. I am truly grateful and humbled by the wonderful treatment we have been getting at A Game Sports. Not only do the kids have a wonderful time, they also are learning universal skills."

## SEW HAPPY

Since 2011, Sew Happy has been delivering programs that give kids the best sewing foundation possible. Sewing builds fine motor skills, creativity, patience, and mindfulness. Students have fun and develop a skill they'll have for life! Hand sewing, machine sewing, fashion design... a wide range of great half-day and full-day options are available for boys & girls ages 6-14 with early drop-off and extended day options. Camps start July 1st and run through the end of August. Use code WW25OFF for \$25 off each camp booked.



## PINE BROOK FITNESS

For those interested in rock climbing or tennis, Pine Brook Fitness offers both. The Rock Club (TRC) has two camp options.



Camp TRC for ages 6-13, offers rock climbing and a full range of activities such as tie-dye, gaga ball, and lots of fun games. For older climbers ages 10-16, check out ROCKON! Camp, a week-long program in which young

climbers will learn all the skills they need to start climbing indoors while also learning and practicing the skills and techniques applicable to outdoor climbing.

If tennis is your child's preferred sport, Pine Brook Fitness Tennis Camp at The New

Pinebrook Fitness continued on page 8



## SUMMER TENNIS CAMP

**Ages 5+**

**July 1 - August 23**

New Rochelle, NY / [www.nrrc.us](http://www.nrrc.us)

Ask us about camp for adults!



# SUMMER 2024

**BOYS ENTERING: 6th, 7th, 8th & 9th GRADES  
AS OF SEPTEMBER 2024 (9th grade applicants must be registered as incoming Stepinac freshmen)**

## STEAM DAY CAMP

**July 1 - 26 • 9am - 3pm**

An immersive program in Science, Technology, Engineering, Art and Mathematics and TACHS prep curriculum in our state-of-the-art STEAM Center.

Campers will be exposed to robotics, engineering, video game design and Scratch animation, art and digital design, 3D printing, computer programming, Math, gaming, Physics and mechanics and so much more.

**PROGRAM INCLUDES:** field trips, recreational sports and non-sports activities  
**FEES:** \$1600/month \$400/week (includes \$100 non-refundable registration fee) No refunds after June 1st.

STUDENTS MUST HAVE AN ELECTRONIC DEVICE (LAPTOP, IPAD, CHROMEBOOK)

## SPORTS DAY CAMP

Train with the coaching staff of our nationally-ranked championship teams.

**Basketball** Grades 5-9

**June 25-27** 5:30 - 8 pm (\$25) **July 1-3** 9 am - 3 pm (\$25)

**July 29 - August 1** 9 am - 3 pm (\$35) **August 5-8** 9 am - 3 pm (\$35)

**Baseball**

**June 18-20** 5:30 - 7:30 pm (\$25) **July 22-25** 9 am - 2 pm (\$35)

**Youth Non-Contact Football** Grades 2-7

**June 24-27** 9 am - 2 pm (\$35)

**Tackle Training Football** Grades 5-9

**July 8-11** 4:30 - 7:30 pm (\$35)

**Soccer** **July 15-18** 4:30 pm - 7:30 pm (\$35)

## TO REGISTER

Visit: [STEPINAC.ORG](http://STEPINAC.ORG) - Summer at Stepinac  
For more information contact:  
Diane Jaile at [djaile@stepinac.org](mailto:djaile@stepinac.org)

## RISING STAR

### BASEBALL CAMP® Est. 1998



The Ultimate Baseball Experience  
102 NCAA Camper Alumni

**SESSION I:**  
July 8 - July 11  
**SESSION II:**  
July 15 - July 18  
**SESSION III:**  
July 22 - July 25

[www.RisingStarCamp.com](http://www.RisingStarCamp.com)  
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Ages 4-13  
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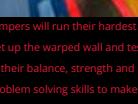
**GYMNASTICS**  
NINJA OBSTACLE COURSE  
COLOR WARS  
CARNIVAL  
THEME DAYS  
GAMES, EVENTS & MORE



Boys and girls will make use of all Olympic events, such as floor, uneven bars, balance beams, and vault as well as our in ground trampoline, foam filled pit, Tumbl-Trak®, cargo net, parallel bars, rings and rope.

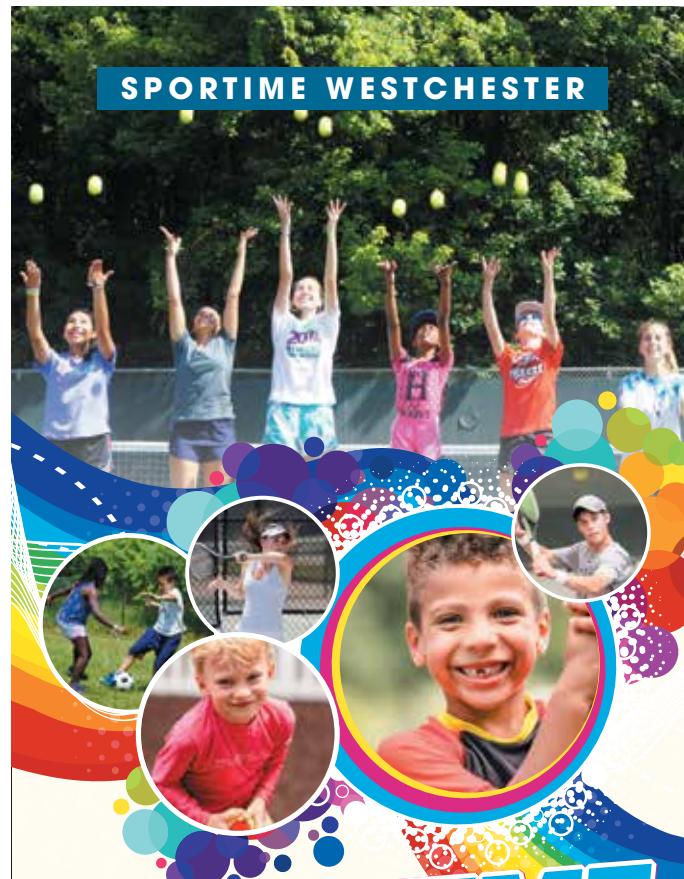


Campers will run their hardest to get up the warped wall and test their balance, strength and problem solving skills to make it through the many obstacle course options on the Ninja Course!



(914) 965-7676 | [INFO@GYMCATS.NET](mailto:INFO@GYMCATS.NET) | [WWW.GYMCATS.NET](http://WWW.GYMCATS.NET)

**SPORTIME WESTCHESTER**



# **SPORTIME SUMMER CAMP**

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Summer fun and learning for children & teens at two locations in Westchester:  
● Preschool & Under 10 Tennis Camps  
● Tennis & Sports Camps  
● High Level Tennis Training at the John McEnroe Tennis Academy

## **FULL & HALF DAY CAMP OPTIONS!**

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(914) 777-5050  
[SPORTIMECAMPSCOM/HI](http://SPORTIMECAMPSCOM/HI)



CALL LAKE ISLE  
(914) 777-5151  
[SPORTIMECAMPSCOM/LISE](http://SPORTIMECAMPSCOM/LISE)

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McENROE  
TENNIS • PICKLEBALL • SPORTS  
TENNIS ACADEMY



# **SUMMER Camp Guide**

2024

Pinebrook Fitness continued from page 7



Rochelle Racquet Club provides kids with a fun and engaging environment where they can excel at the sport of tennis, whether they have been playing for many years or are new to the game. They offer two camp options for ages 5+ (JD) and 13+ (TTP), grouping kids according to age and skill level. They even have an adult camp as well for those ages 18+. Parents are impressed with the tennis instruction here.

## **J SPORTS ACADEMY**

Elevate your game! J Sports Academy offers campers ages 8-14 expert coaching in basketball, soccer, and tennis, as well as recreational swimming and other camp activities—all in the world-class facilities at The Masters School in Dobbs Ferry.



# **SUMMER SOCCER CAMPS**



FULL DAY

HALF DAY

FosterSoccer is running multiple weeks of Full & Half-day summer soccer camps in lower Westchester. Camps for different ages and abilities, from Pre-K (4yrs) up to High School.

FosterSoccer specializes in age-appropriate fun soccer instruction in a safe and enjoyable environment by experienced professional soccer trainers.

[www.fostersoccer.com](http://www.fostersoccer.com)

Experienced coaches ensure athletes of all levels improve their skills while making friends and having fun! Flexible scheduling and transportation options make J Sports Academy the perfect choice for parents, too. Register now to secure your spot!

#### STEPINAC



Stepinac High School in White Plains runs several different camps each summer including a STEAM Camp (Science, Technology, Engineering, Art, Mathematics) and TACHS prep, in which campers will be exposed to robotics, engineering, video game design, Scratch animation, art and digital design, 3D

printing, computer programming, Math, gaming, Physics and mechanics, and much more. The program includes field trips, recreational sports, and non-sports activities. Stepinac's Sports Camps include Baseball, Basketball, Football, Youth Non-Contact Football, and Soccer options.

#### RYE YMCA SUMMER CAMP

A variety of camp options for ages 2-14 are available at the Rye YMCA. Their Kinder Camp, with half and full-day options, located in both Mamaroneck and Rye introduces children ages 2-5 to the camp experience. Their Discovery Camp, for ages 4-11, is a full-day camp, with a variety of activities packed into each week, including STEM, sports, crafts, music, swimming lessons, performing arts, and special guests. They also have STEAM, Sports, and Gymnastics Camps. For older kids, those in grades 6-9, there is the Adventure Camp, which takes place mostly off-site with trips to water and amusement parks, baseball games, NYC attractions, science centers, and more. Finally, their CIT/LIT (Counselors in Training/Leaders in Training) Camp is for teens who have completed grades 9 or 10 (CIT) or those who have completed grades 6-8 (LIT). Visit [www.ryeymca.org](http://www.ryeymca.org) for more information.



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# ANATOMY OF A BRA THE PERFECT FIT

BY LAUREN HURWITZ

Are you busting out of your bra? If so, you're not alone. Laura Burke, Founder of Fit by Burke in Larchmont says only about one percent of women who come to her for a custom bra fit walk through her doors in the proper size. The undergarment guru welcomes customers into her shop right near Metro North for a one-of-a-kind fitting experience that online reviewers have called "life-changing."

Burke says, "One of the biggest issues in the lingerie world is that you go to places like the mall, Target, or Kohl's and think we're in the right size, but we aren't paying attention to ourselves. We're paying attention to our kids or what we're buying for other people. In the store, maybe there are 40 sizes – but in reality, there are about 200 sizes."

Allison Walker, another local bra fit expert who has served as the owner of Lilies and Lace in Armonk for nearly seven years agrees that size is a major issue. "People come here to get personalized service and attention – we know our brands inside and out and everybody is different, but not every bra is made for everybody. You need someone who can measure and get proper sizing, knows what is going to work, and listens to you," Walker says.

Shockingly, bra bands start at a 28 and go all the way up to a 56, and cups start at AA and travel north to O. "Often times if you have to go down in the band size, you have to go up in the cup size – but the cup actually stays the same, and some people don't grasp that concept," Walker shares. She also advises the fit of the bra should be snug sharing, "You get 90% of your support from your band and only 10% from your straps. People think the band is supposed to be super comfortable, but you are supposed to feel the band – that's how you know it's doing its job." One thing that often surprises Walker is the age of the bras her first-time customers come in wearing when they visit her boutique. "Most people don't know the average bra is meant to last only one year. If you only have one or two bras, and you're wearing the same one every day, you're not going to get a year out of it. You need to cycle through a few bras over the course of a year," Walker suggests.

Burke says a lot of us are being shoved into sizes that are available and that's not right. The other problem she says is that we were never educated on how bras were fit. Burke says, "As a stylist, I work with hundreds and hundreds of brands and it's very specific to what that individual needs. What a 15-year-old might need is very different from what a 90-year-old might need, and they're all being put in the same thing," she says. So, how does she get the perfect fit? Every appointment starts the same but ends with a customized result, beginning with an in-person consultation Burke describes as an "exploratory meeting where we talk about current fit, the issues you're having, and the discomfort you're having." Then she talks about what the client's perfect bra wardrobe would look like meaning some people just want everyday bras, some want help with sports bras and strapless bras – it runs the whole gamut. Then, she fits them and puts each client into a lingerie

profile including the shape of their breast, frame, close-set or far-set meaning how many fingers are in between your breasts, body type and personal preferences. Clients discuss what styles and fabrics they like, demi versus plunge versus full. The whole process takes about an hour, and then clients get to have fun trying on different bras. Over the next two weeks, Burke goes shopping for that client specifically based on everything she learned about the individual and then the client returns to try everything on. The fee for the services is \$200 plus the cost of the bras with most of her findings coming out of the UK, Australia, and Europe. "You have to be prepared to spend about \$70 on a good bra but I like to stay between \$50-\$80," Burke says.

A great tip Walker shares for overall bra shopping is to bring a preferred top with you and be open-minded. "You're probably not the size you think you are. We provide a t-shirt for you to try on, but you can bring in one of your favorite shirts that you wear often to make sure you like the shape of the bra and the overall look with something you'll actually wear from your own wardrobe." At Lilies and Lace, bras range from \$60 up to about \$200 but Walker says something cheaper doesn't necessarily mean it's not good quality. "Some of the more expensive bras have hand-done elements meant to cater to fuller breasts that require more structure and support, the fabrics are usually different – more structured – and those are things that sometimes make the pricier bras more expensive. As a parting pro tip, Walker reminds all women to visit their local bra store at least once a year for a refit. "Our sizes change all the time even if our weight has not."

If you're going to invest in a better bra, it's important you care for it correctly. Burke says once they have their first birthday they've overstayed their welcome. "Wear your bras for a year and rotate them – do not wear the same bra every day. Wash them every 3-4 wears. I like a company called Soak & Wash that makes a really nice lingerie wash. I don't like highly scented stuff. Never put your bra in the dryer – make sure to lay it flat or hang it to dry." She also says it's important to start off wearing the bra properly by starting on the tightest hook and eye. "As it stretches, you move in. So, think about it being like every quarter you're moving on the next hook and eye. By the time you're on the tightest and you're not getting the fit integrity you got the first you put it on, it's time for that bra to go."

And what does the right bra do for your bosoms from a medical perspective? Dr. Alessandrina M. Freitas, MD, MPH, double board certified in general surgery and plastic and reconstructive surgery, who practices at White Plains Hospital has some thoughts. "There is actually no scientific evidence that wearing a bra (or not) can prevent breast ptosis (sagging). Breast ptosis is a result of gravity acting on your body and the relaxing of the suspensory ligaments of the breasts that happen naturally over time. However, the good news here is that you can think of your bra in a less 'medical' way and choose whatever well-fitted bra you fancy! Underwire or not, material choice, style of cut - as long as they are fitted properly and provide you with the appearance you like - go for it," she says.



# WOMEN IN BUSINESS

Lifting Up Westchester (LUW) announced the appointment of **Jessica Timms** as the organization's Chief Development Officer. Timms comes to Lifting Up Westchester with two decades of experience in nonprofit fundraising and marketing.

Timms has dedicated her career to the nonprofit sector in Westchester County. Most recently, she served as Senior Director of Advancement at Latino U College Access, an organization that empowers first-generation, low-income Latino students on their journeys to and through college. Prior to Latino U College Access, Timms held development positions of increasing responsibility at Project Sunshine, ArtsWestchester, and the Sisters of Divine Compassion.

In her role as Chief Development Officer, Timms oversees LUW's development operations and advancement efforts. "I am grateful for the opportunity to join Lifting Up Westchester and continue my journey of supporting individuals in our community. LUW's commitment to serving people in Westchester experiencing homelessness, hunger, and other fundamental challenges aligns with my passion for making a difference, and I look forward to contributing to their ongoing success," said Timms.

For more information about Lifting Up Westchester, visit [www.liftingupwestchester.org](http://www.liftingupwestchester.org)



To kick off last month as American Heart Month, five Westchester County women joined the American Heart Association to fight their number one health threat, cardiovascular disease (CVD) through the Woman of Impact initiative. Woman of Impact is an extension of the American Heart Association's Go Red for Women® movement, a comprehensive platform designed more than two decades ago to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally. This year's Woman of Impact class will work from through April 4 to raise funds to support research and education to better identify, diagnose, treat, and prevent CVD in women.

Cardiovascular disease remains the leading cause of death in women, claiming more lives than all cancers combined, it's vital for all women to take charge of their heart health and encourage others to do the same. Nearly 45% of women over age 20 are living with some form of CVD [2]. Women need to raise their voices and make sure all Westchester women know how to take steps now to protect our hearts later.

At the start of the campaign, hundreds of nominees nationwide embark on a nine-week journey to help transform the health of women through education and fundraising. Each week, nominees participate in activities designed to create a culture of wellness and advance health equity. Activities may include educational events, learning and spreading the word about CPR, getting physically active, recruiting women to participate in research, and more. Nominees also raise critical funds for the Westchester County American Heart Association's Go Red for Women movement.

Westchester's 2024 Woman of Impact Nominees are: Dana Colasante – Port Chester, NY; Project ADAM NY; Christina Collins – Mount Kisco, NY; NeverStopMoving365; Marla Koroly – Somers, NY; Northwell Health Physician Partners; Alice Schoen – Rye Brook, NY; Project ADAM NY; and Betty Wu – Old Greenwich, NY; Franklin Templeton Investments.

On April 4, one nominee will be named the Westchester County 2024 Woman of Impact Winner. To learn more about the American Heart Association's Go Red for Women movement visit [GoRedforWomen.org](http://GoRedforWomen.org).

MJHS Health System (MJHS), a premier not-for-profit provider of quality care across the greater New York area, announced that Bronxville resident, veteran physician and health care executive, **Kerrianne P. Page, MD, HMDC**, has been promoted to chief medical officer of MJHS Hospice and Palliative Care. A lifelong educator, she will also head the organization's fellowship program.

"Dr. Page is a multi-dimensional leader whose focus on delivering quality care, patient experience, and staff



*Women in Business continued on page 14*

# March into Self Love

Skincare specialist Diana Rainsford believes everyone needs to be kind to themselves. Her creation, the health and beauty award-winning sanctuary POSH Beauty Boutique in Bronxville, mirrors this.

"We treat everyone that steps into our boutique as a whole from Hydrotherapy treatments to our specialized Lymphatic Drainage Massage, pampering facials to Medical Grade Micro-needling," Rainsford said.

At this time of year, our skin needs all the help it can get to feel good and look radiant. To achieve that lit-from-within look, we should up our hydration levels. There is a whole host of cosmetics to assist in boosting that coveted glow.

Some of our spring favorites are Eminence Organics:

- Neroli Hydrating Mist to hydrate.
- Camilla Solid Face Oil to lock in moisture.
- Wild Plum Eye Cream that soothes fine lines.
- Coconut Age Corrective Moisturizer that fights free radicals and is loaded with antioxidants.



Diana Rainsford

Spring is in the air! It's time to spring out of bed, pull open the curtains, open the windows, and let that fresh air surround our souls. Visit [poshbronxville.com](http://poshbronxville.com).



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# Battling Gestational Diabetes Begins with Education

Gestational diabetes—a type of diabetes that can develop during pregnancy in women who don't already have the disease—can sometimes be overlooked when discussing the diabetes pandemic.

Although researchers have yet to pinpoint why some women develop gestational diabetes and others do not, they have identified some risk factors for developing the disease, which include:

- Having had gestational diabetes during a previous pregnancy
- Having given birth to a baby who weighed over 9 pounds
- Are overweight
- Are over the age of 25
- Having a family history of type 2 diabetes
- Having a hormone disorder called polycystic ovarian syndrome (PCOS)
- Are an African American, Hispanic or Latino, American Indian, Alaska Native, Native Hawaiian, or Pacific Islander

In addition, while various hormones are usually working consistently to maintain blood sugar levels, hormone levels are affected during pregnancy—making it more difficult for the body to process blood sugar efficiently. Gestational diabetes is like type 2 diabetes, and in many instances goes away once the baby is delivered.

The Centers for Disease Control & Prevention estimates that every year, 2% to 10% of pregnancies in the U.S. are affected by gestational diabetes. And just like non-gestational diabetes, cases are on the rise. The CDC reports that among women giving birth in 2020, the overall rate of gestational diabetes was 7.8%, a 30% increase from 2016's 6%.

As noted, an unhealthy and/or sedentary lifestyle can be a major contributing factor—as it is with the rise in non-gestational diabetes around the world, which research firm BMC calls, “the greatest epidemic in human history.” Lifestyle changes can play a positive role. Consuming a healthier diet is a great idea for everyone. I recommend following the MyPlate model (<https://www.myplate.gov/>), where half of your meal consists of fruits and vegetables. I also recommend 30 minutes a day of exercise, even if it’s just walking. Before you get pregnant, you

may be able to prevent gestational diabetes by losing weight if you’re overweight.

Fortunately, being unaware of whether they have gestational diabetes is highly unlikely, as most pregnant women have a glucose screening test between 24 and 28 weeks of pregnancy (or even earlier if they have been found to have a high glucose level in routine checkups) or are otherwise at risk of developing gestational diabetes.

Having gestational diabetes can increase your risk of high blood pressure during pregnancy. It can also increase your risk of having a large baby that needs to be delivered by cesarean section (C-section). If you have gestational diabetes, your baby is at higher risk of:

- Being very large (9 pounds or more)
- Being born early, which can cause breathing and other problems
- Having low blood sugar
- Developing type 2 diabetes later in life

Your blood sugar levels will usually return to normal after your baby is born. However, about 50% of women with gestational diabetes go on to develop type 2 diabetes. You can lower your risk by reaching a healthy body weight after delivery. Visit your doctor to have your blood sugar tested 6 to 12 weeks after your baby is born and then every 1 to 3 years to make sure your levels are on target.

Patient education is also highly recommended; while a primary care physician, obstetrician, or endocrinologist can provide some general insights, a certified diabetes care and education specialist (CDCES) can help develop a strategy that meets each woman’s specific needs.



With proper precautions and education, gestational diabetes does not have to be a frightening prospect. Discuss your background and risk factors with your provider during one of your regular prenatal visits; they will refer you to an endocrinologist if necessary.

**Dr. Gayotri Goswami** is an endocrinologist with White Plains Hospital Physician Associates and sees patients in Larchmont. To make an appointment, call 914-849-7400.

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# In with the **NEW** Does Not Have to Mean Out With the **OLD**



By Dominique & Maxine,  
LaGravinese Jewelers of Pelham

Do you have a few pieces sitting in your jewelry box that you no longer wear or inherited jewelry that is outdated or not your style? With gold prices as high as they are now, over \$2,000 an ounce, we are seeing a lot of people selling or trading in their old jewelry. This is a great time to do that, however, some pieces might not be worth selling for the metal quantity or resale value, especially for the potential redesign that they encompass. You might be hesitant to sell or part with other items because of the meaning and/or sentimental attachment you have to them. By recreating these pieces into something



different you will be able to maintain the sentiment while adding new meaning and making them something you can wear and enjoy instead of having them sit in a jewelry or safe deposit box.

With a little attention and design work, stones from older pieces or even broken chains can be recreated to make beautiful new modern looks. You can simply reset the stones into an existing setting, or you can repurpose your pieces to create a completely custom and unique piece of jewelry that is made just for you. As an added bonus, by using your own material, it can dramatically cut the cost.

Common redesign options include – but are not limited to – removing stones from clusters

or ballerina rings to create a classic everyday diamond by the yard necklace. Perhaps you want to take a stone from a brooch and resetting it into a solitaire bezel ring. Another possibility might be to turning side stones from an outdated ring into stud earrings. Adding charms from an old bracelet with others creates a brand-new look.

It's easy to get started. Gather together everything you aren't wearing and are considering parting with. Certain pieces or stones can be combined in the most unexpected ways. Bring those pieces to a trusted jeweler to go over the value of each, both sentimental and monetary. From there, discuss your style and the outcome of a newly designed finished piece. Everyone's style is different. While some might like a number of pieces combined into one bold statement piece, others might like to have them made into multiple items that can be stacked together or worn for different occasions. Your jeweler can have images made and the associated costs for you before you decide to take any pieces apart.

**Have fun with it! The possibilities are endless!**



## Meet Yaresty (Yari) Flores the Woman behind Casaroma in New Rochelle

By Lilian Peña

I recently discovered an outstanding coffee and tea spot in downtown New Rochelle, and sat down with Yari Flores, one of the amazing Owners behind Casaroma.

I asked her about the concept for the name and environment of Casaroma. Yari explained, she wanted the name of the shop to celebrate her English and Spanish background...that it should be totally translatable and create a homey and comfortable vibe. She and her life partner, Kevin Rucker, came up with several names. Because they had a strong social media following through their pop-up cart around the city, the Owners turned to their family and close circle of friends to help choose the right name. Overwhelming "Casaroma" was the immediate favorite...the combination of "casa" and "aroma". It also fit perfectly with the concept of the three C's .... Culture, Community, Collaboration. Everything their company stands for.

Kevin, was the one to encourage Yari to open her own coffee shop. They moved to New Rochelle from Queens and noticed the need for a shop like this in the neighborhood. Coming from Queens where there is always something to do and places to go and hangout, they saw great potential in New Rochelle. So, they embarked on developing a solid business plan, got the loans necessary, and then

partnered with their friend Donnell Culver. Donnell has his own production company and was essential in the design of their menu and marketing videos all over social media.

Yari grew up in the Dominican Republic where coffee was not considered as an energy drink, but rather part of the culture as a morning ritual—something to be enjoyed with friends and family, at any occasion, and any time of day! Smiling at her years in college, Yari shared that coffee for her was for energy and less for pleasure. After college, she concentrated more on the craft coffee side by starting her own YouTube series reviewing local coffee spots. She became her own at-home barista, trying out different recipes and combinations that highlighted her culture. One of her signature drinks, highlighting the Dominican Republic is called Morir Soñando, or "to die dreaming."

Working with her background in the hospitality, specifically with food and beverages, Yari considers herself not in the coffee business, but in the people business. She has definitely created a space where people can gather for great products -- a place where people leave feeling better than when they came in. Casaroma offers exactly this, a warm, welcoming, and positive atmosphere.

Yari's favorite concoctions on the menu is the Dominican Mocha Latte. The ingredients to create this is specially shipped from the DR. It is a true delicious treat! Casaroma also partnered recently with Tazo and by doing so, this allowed for another favorite mix drink called the Tazo Sunrise. What are some of their bestsellers? The well-balanced Cinnamon Agave Latte is by far a popular choice. It's perfect in cooler weather as well as on ice during the spring and summer months. Their Peppermint Tea is another refreshing favorite. And of course, the Matcha Latte, topped with fresh strawberries is delicate and smooth. Casaroma is always adding new choices for her growing clientele.

Collaborating with local pastry shops in the

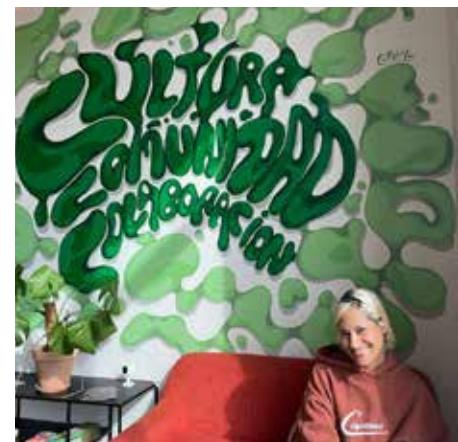
area that deliver the best pastries. Some with a Caribbean flair! It's extremely important to support and partner with local businesses in order to help them out.

Yari has been and is inspired by the women in her life. They have persevered through many things and have inspired her to achieve her own dreams. They keep in contact through group chats. When asked who makes the best coffee in her family, the answer was easy ... her mom! She makes the best drip coffee. She said it doesn't matter if you have a \$20,000 coffee machine, it's all in magic and love.

Casaroma is working on their spring and summer schedule to include random pop-up appearances around New Rochelle and the county. They will post their pop-ups throughout the season on Twitter, Tik Tok and Instagram...so be on the lookout!

When giving advice to other female entrepreneurs, Yari says to surround yourself with people

*Chef's Corner continued on page 14*



*Women in Business* continued from page 11

development will enhance the way we care for, support, and guide patients, as well as their loved ones," said Terese Acampora, chief operating officer of hospice, palliative care and home care at MJHS Health System.

Dr. Page has been an assistant clinical professor of medicine on the New York Presbyterian/Columbia Vagelos College of Physicians and Surgeons faculty since 1997. She is also board certified in internal medicine and hospice and palliative medicine.

"Since joining MJHS in March 2023, it has been an honor to be part of an amazing clinical team that cares for patients and families of all backgrounds," said Dr. Kerianne Page. "As the new chief medical officer," she added, "I look forward to collaborating more with colleagues outside the organization, in addition to having an expanded role as an educator and mentor in the MJHS Fellowship program."

For more information visit [mjhs.org](http://mjhs.org).

*Chef's Corner* continued from page 13

that support and inspire you. It's not going to be easy, but at the end of a difficult day, you can rely on the support of those who care. Follow your dreams at whatever age you are.

She is versatile in arranging the floral arrangement, interior design of the shop as well as making the business decisions. You can do it for someone else or decide to do it for yourself.

They work with Coffee Labs in Tarrytown and have guided them through coffee tastings and bean choices. Even use their beans for espresso! A coffee roasting in Brooklyn supplies Dominican beans as well as from Costa Rica for their drip coffee and other blends.

At Casaroma, patrons can come, hangout and play board games. Dominos is a favorite.

The future of Casaroma is solid. Whether it's a quick stop in the morning for a beautifully prepared cup of coffee and a delectable pastry or to meet friends and relax for a while. Casaroma is exactly the vibe you're looking for ... a home away from home. Cheers!!

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## GATHER CULINARY RECIPE



### SEARED LIONS MANE MUSHROOMS

1 ½ pounds lion mane mushroom, broken into 3- 4 inch pieces  
4 tablespoons coconut oil  
2 teaspoons kosher salt  
1 teaspoon ground black pepper

Preheat a cast iron skillet over medium-high heat.

- When the pan is hot, add 1 tablespoon oil, and immediately add the mushrooms, giving them enough room in between so they don't create steam. Season with salt and pepper.
- Cook for 4-5 minutes, pressing down firmly with a metal spatula a few times until deep golden brown adding another 1 tablespoon of oil if necessary.
- Flip the mushrooms with tongs, and add another 1 tablespoon of coconut oil. Let the mushrooms cook for 4 minutes or more, until deep golden brown
- Remove the mushrooms from the pan and set aside.
- Keep the pan to cook the swiss chard.

### Swiss Chard

1 large bunch swiss chard, ends trimmed, but leaves left whole  
½ teaspoon salt  
¼ teaspoon ground black pepper  
¼ cup chopped flat leaf parsley  
¼ cup thinly sliced scallions, green and white parts  
1 large lemon, zested  
¼ cup toasted pine nuts, optional

- Using the same cast iron pan, heat over medium heat.
- Once the pan is hot, add the chard and allow it to sit. Once it begins to wilt, flip the chard over.
- When the chard is lightly wilted, season with salt and pepper, and add parsley, scallions, lemon zest, and pine nuts. Remove from the heat.

Divide among four plates and serve seared lions mane atop the swiss chard.

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# At Home with Hurwitz

## Beginner's Guide to Growing a Garden

In honor of the spring season, we connected with some of notable nurseries to learn top tips on what you can plant at home this spring!

**Gardening 101:** Once the frost has lifted and the soil is workable, you have the green light to grow according to Sal Bulfamante, one of the owners of Domenick Bulfamante & Sons Nursery in New Rochelle, (photo below) which is family owned and operated since 1977. With a bit of insight in your back pocket, he says it's easy to start growing by making sure you pick a site that is flooded with sunlight, with well-drained soil. You can prepare the garden site by turning over the soil and adding soil amendments such as compost, garden manure, and lime. Then, you have to think if you want to begin with seeds or plants. If you choose seeds, the process begins indoors which takes more time and requires greater attention. If you choose seedlings, you can begin the process outdoors because the plant has established roots. It's a personal preference, but for new gardeners, seedlings are recommended.

Bulfamante knows what's on local minds when it comes to planting and is often asked three things: how often to water, how often to fertilize, and what does partial vs full sun actually mean?

- 1) Plants should be watered at least every other day depending on the temperature. Once the temperature rises in the summer months, it is recommended to water daily preferably in the early morning. Evening watering can result in fungal development.
- 2) Plants should be fertilized using a slow-release fertilizer. Typically, two applications in the growing season are adequate. The first application takes place when you plant, and the second application should be done two months later.
- 3) Partial sunlight means your garden gets less than 4 hours of sunlight per day. Full sun means your garden gets between 6-8 hours of sun per day.  
When planting a new garden, there are a few rookie mistakes Bulfamante says you can avoid:
  - 1) Oftentimes, new gardeners think they need to stake everything they put in the ground. Bulfamante says you do NOT need to do this to every single new tree. If the trunk of the tree is straight and strong, it typically does not need to be staked. If a tree has compromised roots and its trunk is not strong and straight, you may opt to stake it.
  - 2) The more the merrier – when it comes to water. It is important to keep your



plants well-watered. It's always best to water the roots, not the leaves. Remember the best time of day is early morning and not during the hot midday hours. How do you know how much water your plants need? Your plants will show you signs. If you notice the plant is wilting, additional water is necessary. Do you water it with as much water and as frequently when you first plant the garden as you do throughout the entire season? When you first plant, you should drench the surrounding soil to allow it to settle around the root system and to avoid air pockets.

- 3) Water the right part of the plant. Don't focus on watering the leaves but rather the roots of the plant. Why do you need to water the roots and not the leaves? The roots supply all the nutrients necessary to help plants thrive. You risk damaging the plant if you water the leaves since the heat and water can damage the overall health of the plant.

Of course, not all gardens are created equally. Bulfamante says to make sure the land where you plant gets at least six hours of sunlight per day in spring and summer, has good soil depth, and be sure to refer to the hardiness zone chart when selecting plants that would be best suited for your area. If you're missing one of these steps, it might be worth picking a different area. Then of course you need to consider that every plant has different growing seasons. For example, tulips bloom in the spring, annuals bloom during the summer months, and certain perennials flower in the fall.

Another pro tip for maintaining a key garden is to mix in compost. Bulfamante says to look for a compost that contains all organic matter. These ingredients will benefit the garden by providing the most nutrients. But of course, your garden will only grow as good as the soil it's planted on.

Last but not least, make sure you invest in the proper tools to prepare your garden. Bulfamante suggests a hand or pruning shears, garden shovel, hose, gloves, and hand trowel. The total cost of these supplies should be anywhere between \$25-\$100 – a small investment that will bring you countless smiles over the course of the year as you enjoy your newly planted garden.

**Hummingbirds Welcome Here:** According to its manager, Heather O'Connor, Rose Hill Nursery, which dates back to 1862, is the oldest business in New Rochelle. O'Connor loves planting and says her favorite garden is a hummingbird garden. To begin, she suggests finding a sunny area on your property and prepping the soil by removing weeds and debris. Next, you simply add new garden soil and mix it in with existing soil. "Hummingbirds love a variety of annuals and perennials that thrive here in Westchester County. In my years of experience, I would recommend some of the following annuals starting mid-May forward: black and blue salvia, tobacco plant, lantana, cleome, red mandevilla, and calibrachoa. As far as perennials, the following are some hummingbird favorites and be planted year-round so long as the ground is not frozen: Pineapple sage, red bee balm, honeysuckle, columbine, butterfly weed, spring camellias, and Perfecto Mundo azaleas."

O'Connor says one of the biggest factors when creating this type of garden is proper spacing. She reminds first-timers not to overcrowd the garden as "each plant needs space to grow." In addition, watering and weeding the garden will "help maintain its ability to be beautiful and thrive. You will feel true joy when you experience the magical beauty of the hummingbird!" according to O'Connor. "The hummingbird will return yearly once they discover you have a garden for them to eat nectar and get the energy they need for their unbelievable metabolism," she adds.

Lauren Hurwitz is a Licensed Real Estate Salesperson and Founder/CEO of MediaHouse. 2024, 2023 Best of Westchester Award Recipient + Compass-Approved Agent Coach. Featured in The Wall Street Journal, Westchester Magazine, The Real Deal, Insider, Westchester Women Magazine, Realtor Magazine, and more.



Heather O'Connor (manager) and Henry Camardella (owner) of Rose Hill Nursery in New Rochelle with their three dogs Luigi, Sophia and Guiseppe



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