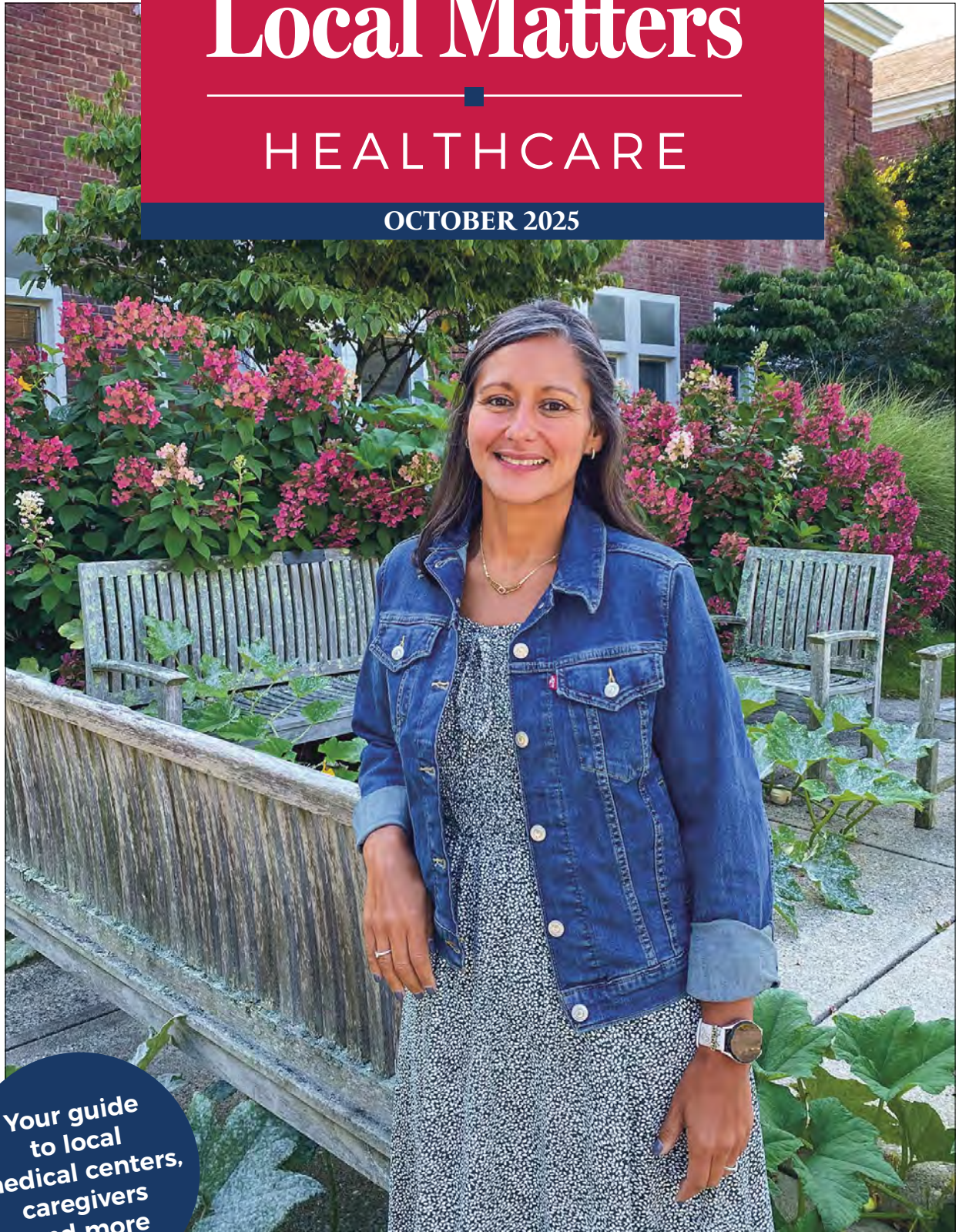


Local Matters

HEALTHCARE

OCTOBER 2025



Your guide
to local
medical centers,
caregivers
and more

Dawn Marie Klingner, Amenia's EMT Captain | 24

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Local healthcare

At a time when our national healthcare system feels precarious — not to mention impersonal, expensive and out of reach for many— local care has never mattered more. Across our region, small-town EMTs, naturopaths, hospice workers, massage therapists and acupuncturists are quietly doing what the system often can't — providing real, human-scale healing.

In this special section, we profile the practitioners, places and philosophies keeping our area well — one patient, and one neighbor, at a time.

—Natalia Zukerman, *editor*

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Horses heal: Time Out Foundation partners with Healing Hoofbeats in Lakeville

In 2008, Time Out Foundation became an official rescue and therapeutic riding facility, fulfilling a lifelong dream of founder, Corinne Kalser, M.D. With her husband, David McArthur, LCSW, and the rest of their staff, they offer a haven for children and adults through gentle, relaxed therapies centered around animals — rescued horses, dogs, cats, and goats — on their 35-acre farm in Lakeville.

To ensure the foundation continues, Kalser is partnering with Healing Hoofbeats of CT, an organization with a similar philosophy of care.

“This is a way to keep it going after retiring,” said Kalser. Renee Bouffard, LCSW, founder of Healing Hoofbeats, along with Nikki Hedden, LMSW, and Re-

“Horses and other livestock maintain their wild instincts. They sense what we are feeling and that makes them amazing therapy partners.”

— Renee Bouffard, LCSW

becca Caruso, LCSW, will begin offering therapy at Time Out beginning Oct. 13. Based in Bethlehem, Connecticut, the Healing Hoofbeats team will bring their animal-assisted therapy services to Lakeville — and, as Kalser noted, “takes most insurances.”

Bouffard explained the process: “At the initial meeting, we introduce clients to all the animals with the intention of choosing who their therapy partner will be. This will be their partner for the duration of the therapy.”

“Through that process of building a relationship, issues come out — depression, anxiety, trauma. The therapist can address and can help solve them,” she added.

“Horses and other livestock maintain their wild instincts. They sense what we are feeling and that makes them amazing therapy partners.”

Relationships are built through groundwork and learning about your therapy partner.

“My oldest client is 89. We treat all ages — children, adults, families, couples, veterans,” Bouffard said.

For more information or to schedule an appointment at Time Out with the Healing Hoofbeats team, visit healinghoofbeatsofct.org or call 203-244-8411.

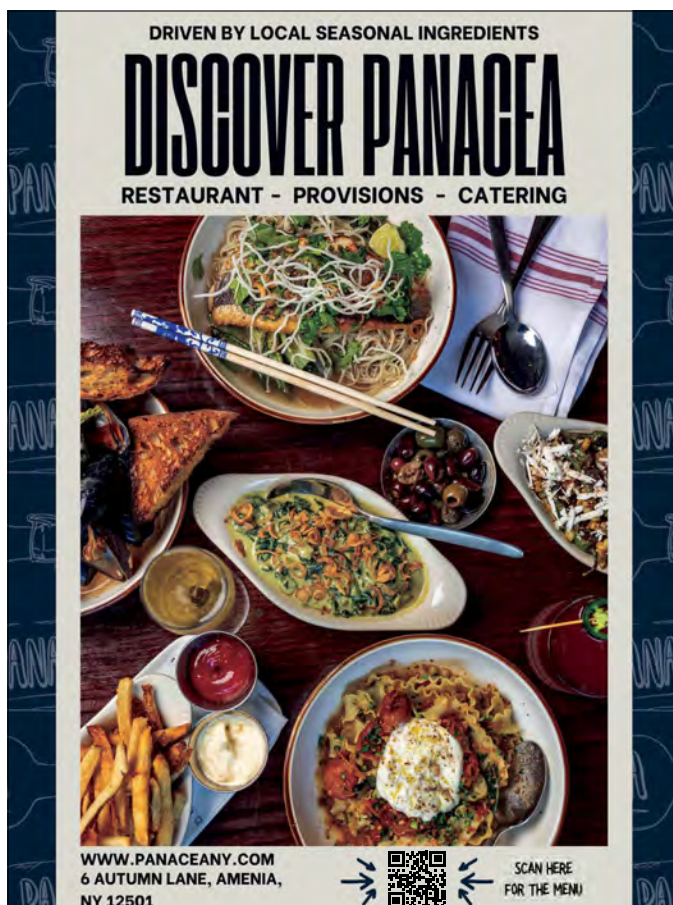




PHOTO BY L. TOMAINO

Corinne Kalser, MD, left, talks about the benefits of animals as therapy partners, as Renee Bouffard, LCSW, of Healing Hoofbeats of CT, on right, watches Harry Potter, a young horse at Time Out. In the background, Finnegan, lead horse at Time Out comes to see what's going on.

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A peaceful end at East Mountain House

Craig Davis and Keavy Bedell have opened East Mountain House in Lakeville. It is an end-of-life facility — a home, really — that can accommodate up to two guests at a time. The first guest arrived in mid-September.

The house, at 14 Bostwick St., is the one Davis shared with his wife Sandy Dennis, who died in 2020. Davis said her spirit lives on in the house itself and in the approach taken for the guests.

When a visitor enters the house from the back, the first thing to do is greet Lucy the dog.

Next is to change into a pair of slippers, supplied by management.

Then the visitor is led around, with a stop in one of the guest bedrooms, complete with hospital bed and television.

The living and dining area is spacious and comfortable.

And quiet. No TV in here, quite deliberately.

In fact, there are no televisions anywhere except in the two guest rooms.

Davis said the house had to be remodeled to some extent, including removing a spiral staircase for something more conventional and practical. But the antique windows remain.

On the second floor are bedrooms for nursing staff and family members of guests, plus an office for Executive Director Cristin Gallup.

The third floor has a quiet space or “hangout.”

The house is decorated with works from local artists.

The yard is fenced in, and guests can bring a pet if the pet “is nice and gets along with Lucy.”

The entire atmosphere is influenced by Buddhism.

“It’s Buddhist without being Buddhist” said Davis.

Bedell, who is a certified end-of-life doula, said she and Davis talked about starting something for end-of-life care for some time.

“East Mountain House is 10 years from inception, with three years of earnest, hard work” she said.

The facility is affiliated with Visiting Nurses and Hospice of Litchfield County (VNHLC), so there is a trained staff presence around the clock.

Plus there are between 20 to 30 volunteers involved.

To qualify, a guest must be enrolled with VNHLC, have a medical diagnosis of three months or less to live, medical insights on what to expect at the end of life, have a signed MOLST form indicating Do No Resuscitate, have a designated health care proxy and financial power of attorney, and have a hospice plan for continued care in case of discharge.

There is a sliding scale for payment, and if a guest has few assets, there is no charge.

The effort relies on donations and volunteers. East Mountain Foundation Holdings is a 501c3 nonprofit organization.

East Mountain relies on donations and volunteers, both of which are cheerfully accepted.

East Mountain House is “our gift to the community,” said Davis, and added, “Ultimately the community will have to keep it going.”

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PHOTOS BY PATRICK L. SULLIVAN

One of the two guest bedrooms at East Mountain House, with a hospital bed, television, and Lucy the dog being helpful on the couch.



The living room is light, airy, and quiet, with works from local artists on the walls...and no television.

Walk-in medical care locations in Torrington

With four urgent care centers and an emergency room, there are a number of options for immediate care in Torrington.

Emergency rooms are intended to treat severe conditions such as major trauma, chest pain, difficulty breathing, stroke, head trauma, neck or spine injury, severe bleeding, seizure lasting longer than 3 minutes, severe burn, vision loss, choking, electric shock or struck by lightning.

Charlotte Hungerford Hospital

Charlotte Hungerford Hospital, part of the Hartford HealthCare system, operates an emergency room in its main location at 540 Litchfield St. Live wait times can be checked online at charlottehungerford.org/services/emergency-room



PHOTOS BY RILEY KLEIN

Charlotte Hungerford Hospital emergency room

Urgent cares often treat conditions such as colds, flu, fever, asthma, allergies, emphysema, minor skin lacerations, cuts, burns, urinary tract infections, sport or occupational injuries, sprains and strains. Many locations offer x-rays, drug screening, biometric testing and physicals.

Hartford HealthCare GoHealth

Hartford HealthCare GoHealth operates two urgent cares in Torrington: The location at 996 East Main St. is open Monday to Sunday 8 a.m. to 8 p.m. Phone: 860-866-5809; the location at 112 South Main St. is open Monday to Friday 8 a.m. to 8 p.m. and Saturday to Sunday 9 a.m. to 5 p.m. Phone: 860-387-4365



Hartford HealthCare GoHealth on East Main St.



Hartford HealthCare GoHealth on South Main St.

Concentra

Concentra operates an urgent care at 333 Kennedy Dr. Suite 202, which is open Monday to Friday 9 a.m. to 5 p.m. Phone: 860-482-4552

American Family Care

American Family Care (AFC) operates an urgent care at 1171 East Main St., which is open Monday to Friday 8 a.m. to 8 p.m. and Saturday to Sunday 8 a.m. to 5 p.m. Phone: 860-407-5048

In the event of an emergency, dial 9-1-1.

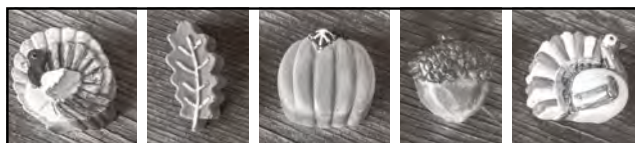


Concentra urgent care



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Understanding Medicare's hospice benefit

If you or someone in your care are approaching end of life, Medicare's hospice benefit provides comprehensive, coordinated care for people with a life expectancy of six months or less, as certified by a doctor who can prescribe hospice services. The goal of hospice is to improve quality of life by providing support rather than curative treatment.

Hospice care under Medicare is delivered by a team that typically includes doctors, nurses, home health aides, social workers, chaplains, counselors and trained volunteers. Hospice nurses can manage symptoms and medications; aides assist with personal care such as bathing and dressing; and trained volunteers may offer companionship, run errands or provide respite for caregivers. Drugs related to the terminal illness, as well as equipment such as hospital beds, oxygen, wheel-

chairs and wound care, are covered at no cost by the program.

The hospice benefit is available in a patient's home, a nursing facility, an assisted living community or an in-patient hospice center. Patients can continue receiving hospice as long as they remain eligible, and they may stop hospice care at any time if they choose to pursue curative treatment again.

The Hudson Valley Hospice in Poughkeepsie (phone: 845-485-2272) covers all of Dutchess County including the northeast corner. Visiting Nurse and Hospice of Litchfield County provides care in the Northwest Corner of Connecticut (Phone: 860-379-8561, Winsted office). In addition, your doctor or nursing facility may recommend private hospice services, which are also available at no cost.



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Tending the body, mind and spirit at Violet Hill

Perhaps you've driven by the house on route 41 in Sharon that is undergoing a paint job transformation, blooming slowly into a deep, resonant purple. This is Violet Hill Naturopathic Clinic, run with deep care by Elizabeth Wing, Doctor of Naturopathic Medicine, who is devoted to tending to the whole person — body, mind and spirit. At Violet Hill, medicine is a conversation and a return to balance.

"Naturopathic medicine approaches the body and healing differently," Wing explained. "The body's natural state is health and if it's not healthy, we always ask: why not? We're trying to help the body heal itself."

Originally from Rhinebeck, the purchase of her new home and business at 40 Gay Street was serendipitous. "We moved here in the height of COVID," said Wing. "We didn't have housing worked out, and by some

"The body's natural state is health and if it's not healthy, we always ask: why not? We're trying to help the body heal itself."

— Elizabeth Wing, ND

miracle, we got this house." The building, formerly a doctor's office, seemed meant to be.

A graduate of naturopathic school in Seattle, Wing brings extensive experience to her practice. She primarily treats endocrine disorders, digestive issues, and autoimmune conditions, with a particular focus on reducing inflammation and improving overall health.

"New patient appointments are anywhere from 90 minutes to two hours," said Wing. "We go through a full health history and there's a lot of time for education around how certain things in the body are connected. For example, why your gut problems could be connected to your eczema, or how gut problems can also end up with some hormone dysregulation."

The clinic offers unique services, including quarterly CT thermography imaging and constitutional hydrotherapy, which every new patient receives for free. "It helps calm the nervous system and helps with detoxification," Wing explained. "This treatment has been shown to increase white blood cell count for several hours afterwards."

Wing is accepting new patients and the wait time for an appointment is generally less than two weeks. "I'm personally pretty committed to trying to be as accessible as possible," she said. "I try to be really good about responding to messages. That old kind of country doctor feel is kind of what I have in mind."





Elizabeth Wing,
ND at Violet Hill
Naturopathic
Clinic in Sharon

PHOTO BY NATALIA ZUKERMAN



Kathy Moss, Detail from *Untitled*



Suzanne Onodera, *The Falls*

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A look at the profound calling of in-home caregiving

Lolly Schroeder, a self-described member of the “caregiving mafia,” describes elder care as nothing short of a profound calling of compassion. Growing up on her family’s farm, Silamar in Millerton, Lolly discovered her unique talent for caregiving almost by accident, starting with her friend John Masters’ mother, Polly Jo.

“Her doctor gave her two years to live,” Lolly recalled. “She ended up living seven years. What a hilarious ride.” Polly Jo, a writer for the Roe Jan Independent and active in the Democratic Party, left an indelible mark on Lolly. Her approach to caregiving is deeply intuitive, drawing from her background in gardening and a Buddhist-inspired perspective on life and death.

“When you watch someone losing their ability to live life the way they’re used to, there’s a freedom in it,” she explained. “I realize now that I don’t see old age, sickness, and death as something to fear.” Her specialty is working with dementia patients, an area she approaches with remarkable humor and compassion. “I have to confess, I have a blast with dementia,” she said. “I meet people where they are. When someone is on a different ‘train’ of reality, I get on that train with them.” This approach allows her to create meaningful connections with her clients.

Currently managing four caregiving cases, Lolly maintains a diverse income stream by continuing her gardening business. She sees her work as part of the “Berkshire Shuffle,” maintaining multiple skills in a rural community. “At the end of the day, it’s about observing and tracking what matters,” she noted, describing her meticulous approach to tracking patient care through detailed graphs of food, fluids, and medical output. For Lolly, caregiving gives her a deeper appreciation for life, with all of its difficulties and all of its beauty.

“The relationship goes on,” she said, reflecting on the lasting impact of her work with clients. “There’s something beautiful about witnessing someone’s final chapter.”



PHOTO BY NATALIA ZUKERMAN

Caregiver Lolly Schroeder

“I meet people where they are. When someone is on a different ‘train’ of reality, I get on that train with them.”

— Lolly Schroeder

Support across Region One: HYSB

The Housatonic Youth Services Bureau, with offices on the campus of Housatonic Valley Regional High School, provides a wide range of services and programs to all students living in Region One.

In a phone interview Sept. 10, in response to a query about getting a photo of the entire staff, HYSB Executive Director Kelly Parker said that would be difficult to arrange because most of the time the HYSB staff are out at the six K-8 schools or the high school.

HYSB has a total of eight staffers: three full-time clinicians, one part-time art therapist, one part-time prevention coordinator, a finance employee (part-time), an office administrator (part-time) and Parker (full-time).

The clinical staff deals with mental health and behavioral issues such as anxiety and depression, school-based issues such as fighting, and problems students



PHOTO BY PATRICK L. SULLIVAN

HYSB clinician Taylor Rousseau works with a young client.

may encounter following a divorce or a death of a parent.

Parker said HYSB typically does not get involved in substance abuse issues, but will make a referral. HYSB works with the McCall Behavioral Health Network on substance abuse matters, thanks to a federal grant.

HYSB also works with the State Police (Troop B) under the aegis of the Juvenile Review Board.

“It’s a diversion program,” Parker said, aimed at addressing problematic behavior before it gets to court.

Parker said the caseload as of Sept. 10 was 45 students. “That’s typical for the back-to-school period. We’ll probably get 30 referrals in the next couple of weeks.”

The average caseload is 90 clients. If the count gets up to 120, there is a waiting list.

Clinicians will see up to seven students a day, usually at their schools.

HYSB has worked with students at private schools as well.


“For 34 years, we have been honored to serve Region One, growing alongside this incredible community,” said Parker. “As a trusted partner to schools, students, and families, we are proud to continue providing services that support and strengthen the next generation.”





PHOTO BY PATRICK L. SULLIVAN

Taylor Rousseau with State Police troopers from Troop B. HYSB works with Troop B on a juvenile diversion program.

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A portrait of Lann Rubin, a man with dark hair, wearing a dark suit, white shirt, and red tie.

Lann Rubin

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Millerton Integrated Health

Lisa Wood holds a master's degree in acupuncture and Oriental medicine from Pacific College of Oriental Medicine. She has had a life-long interest in alternative medicines. Among her offerings are Internal Taoist Massage, Chinese Herbology, and Chinese dietary therapy.

"I believe in providing caring, affordable, effective health care to improve the quality of life for my patients," Wood said.

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PHOTO BY ROBIN RORABACK

Brian Crouse and Aimee Davis
of Millerton Naturopathic Acupuncture

Millerton Naturopathic Acupuncture

Brian Crouse is a licensed naturopathic physician, acupuncturist, and registered herbalist who blends modern science with traditional healing to address the root causes of illness.

“I offer personalized, integrative care using natural therapies, acupuncture, and botanical medicine to support whole-body wellness and empower patients in their health journey,” Crouse Said.

Aimee Davis, licensed massage therapist, said, “In addition to my thriving practice as a therapeutic massage therapist and intuitive healer, I am a relationship coach for couples and individuals. I am passionate about the inner workings of relationships, whether they are intimate, workplace, family dynamics or friendships.”

Davis offers a 30-minute introductory call and the first coaching session is free.

Brian Crouse, www.drbriancrouse.com,

518-592-1033, drbriancrouse@gmail.com

Aimee Davis, connectandbalance.amtamembers.com,

860-248-5452, connectandbalance@gmail.com

Location: 65 Main St, Millerton, New York



PHOTO BY ROBIN RORABACK

Tyler Van Steenbergen
of Relief Chiropractic Wellness Center

Relief Chiropractic Wellness Center

Tyler Van Steenbergen, is a doctor of chiropractic, specializing in neurological-based and functional medicine chiropractic care.

“As chiropractors, we are muscular and skeletal experts for a large range of injuries and should be utilized as a first line of defense to combat these injuries,” Van Steenbergen said.

Among the therapies he offers is are:

- Flexion-distraction manipulation: a gentle, non-force adjusting procedure.
- Joint manipulation: aims to improve joint function.
- Low level laser therapy and radial shockwave therapy: stimulate and speed up healing.

Tyler Van Steenbergen, DC

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Mental health matters: building a community of support

While mental health can sometimes feel like a sensitive or even stigmatized subject, Copake Grange is working to change that conversation, thanks to a grant from the National Grange Rural Life Initiative. On Thursday, Sept. 18, the nonprofit launched what it hopes will become an ongoing series aimed at bringing the Roe Jan community together to address mental health.

Copake Grange President Roberta Roll said in her opening remarks that the goal of this new series is to foster open conversations on topics connected to emotional and psychological well-being.

The evening's introductory program featured presentations by Veronica Brodsky, Psy.D., founder and clinical director of Interactive Discovery Consulting and Psychological Services, P.C.

"Mental health is health," Brodsky said, emphasizing

the importance of breaking the stigma. She shared her personal discovery of intergenerational trauma and presented slides on anxiety, depression, ADHD and how to recognize and manage their symptoms.

Additional presentations were offered by clinicians from Columbia Memorial Health and longtime volunteers from the National Alliance on Mental Illness (NAMI). One Copake Grange member also gave a deeply personal account of her family's struggles with mental health, offering both perspective and practical coping strategies.

The evening concluded with a buffet-style meal prepared by the Grange's chef, Oleg Shcherbakov. Be-

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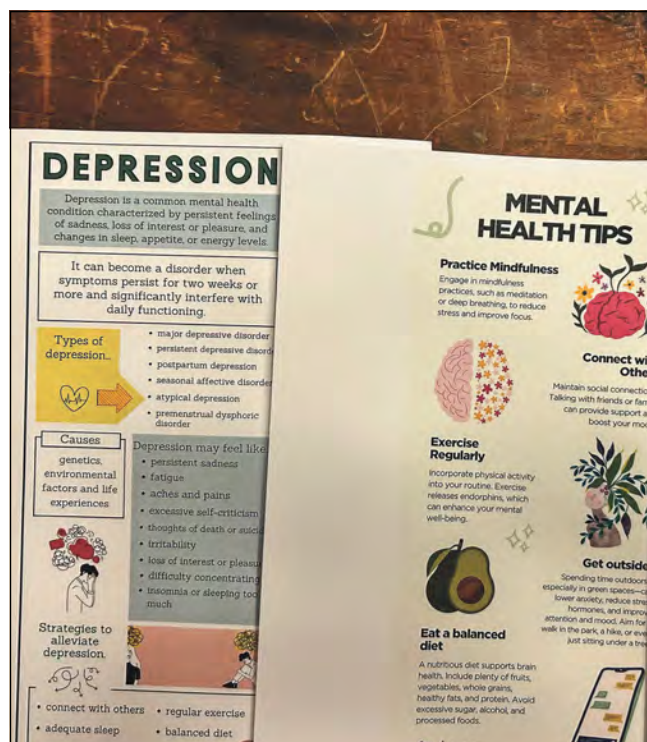


PHOTO BY ALY MORRISSEY

An array of informational and promotional material were available at the event.

“Mental health is health.”
— **Veronica Brodsky, Psy.D.**

fore dinner, attendees were invited to fill out surveys indicating topics of interest to help guide future programs.

Looking ahead, Copake Grange plans to partner with local hospitals, agencies and healthcare providers to expand awareness and resources. The event was free and open to the public.

Copake Grange 935 is the local chapter of the National Grange, a 150-year-old organization that advocates for rural communities and their agricultural heritage. Founded in 1903, the Copake Grange continues to serve as a civic and cultural center for the Roe Jan area.



PHOTO BY ALY MORRISSEY

Veronica Brodsky, Psy.D., founder and clinical director of Interactive Discovery Consulting and Psychological Services, P.C., engaged audience members in a presentation about mental health and personal discovery.



Fishes and Loaves Pantry is a 501(c)(3) that distributes free food on a weekly basis to residents of North Canaan, Falls Village and Norfolk.

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Healthcare oasis in a medical desert

The two story building that rose out of nowhere and opened in the spring of 2024 is serving up a wide range of healthcare services to meet a rural community's needs and its patient base is growing along with its staff.

The Northwest Corner has been marked by a scarcity of medical and healthcare providers. When the new facility opened, there was single primary care physician in North Canaan.

For months as the building was under construction and even afterward before the signs went up, the new building prompted curiosity. What is going into that new two-story building?

Now, the signs are up and the parking lot is filling up at the home of the Community Health and Wellness Center, a Federally Qualified Health Center (FQHC), a qualification given to certain healthcare organizations because of services provided, their community-oriented approach and accessibility to everyone regardless of ability to pay.

The new facility, one of 17 FQHCs in the state, is not a walk-in or urgent-care clinic. An appointment is required to be seen. However, if a patient is sick, they can call the center and see if same-day appointments are available to be seen for a sick visit.

Almost 1,800 patients have been served in the North Canaan office since it opened in May 2024, and that includes all services, including flu clinics.

There are 16 staff members in the North Canaan office and an additional four staff members travel from other sites to see patients one day per week.

The other sites are in Torrington and Winsted. In addition, the CHWC school-based services in seven Torrington schools and in three schools in the Region One school district: Housatonic Valley Regional High School, North Canaan Elementary School and Sharon Center School, both elementary schools.

There are hopes to expand the number of schools.

The range of services provided by eight medical providers on site in North Canaan include:

- General internal medicine, with infectious disease consultations, HIV primary care
- Youth autism evaluation (under age 6) and treatment/evaluation for individuals with developmental



PHOTO BY JOHN COSTON

Community Health and Wellness Center in North Canaan has served nearly 1,800 people since opening in May last year.

behavioral challenges (under age 21).

—Pediatric primary care from newborn through young adulthood. School based primary care at HVRHS and NCES.

—Primary care for adults and adolescents, and Dept. of Transportation physicals for CDLs.

—Psychiatric evaluation and medication management.

—Outpatient clinical services for adults.

—Diagnosis and management of musculoskeletal conditions.

And there is a Licensed Clinical Social Worker at the North Canaan facility.

Joanne Borduas, CEO of Community Health and Wellness, which is an award-winning 501(c)3 nonprofit serving more than 7,000 patients, told the Northwest Hills Council of Governments last May: "Access issues and unique challenges in rural areas lead to poorer patient outcomes compared to our urban counterparts."

She said those challenges are especially acute given heightened risk factors in many rural communities, such as increased socio-economic disparities, economic downturn, elderly populations who wish to remain at home as they age, and funding and resource scarcity for healthcare facilities.

Borduas described Community Health and Wellness Center as an indispensable resource for Northwest Connecticut, a region that she described as experiencing a "rural healthcare crisis."

EMS services in Amenia provide emergency assistance and community connection

Aligned with many aspects of Amenia, Emergency Medical Services (EMS) have a solid history of personal commitment from volunteers who take pride in their service and training, which prepares them to provide aid and comfort in times of emergency.

EMS Captain Dawn Marie Klingner, who has served as Amenia's town clerk for 13 years, exemplifies that sense of community commitment. Her service to the Amenia Fire Company began in 2006 at the urging of Chief Shawn Howard. She began as district secretary and treasurer, a position she continues to hold.

Training in fire police duties ensued, enabling her to direct traffic during emergencies. She then trained in scene support and later learned to assist with exterior

firefighting. Nexts came an Emergency Medical Technician (EMT) training class. Both giving and receiving training are ongoing parts of her role.

The Klingners are an EMT family, well known locally for their service. Dawn's husband, Chris, has served as an EMT for 30 years. Their son, Zach, began at 16 to volunteer with the Amenia Fire Company and has served for seven years as both a firefighter and EMT.



PHOTO BY LEILA HAWKEN

Dawn Marie Klingner, Amenia's EMT Captain

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“My father and my grandfather were firemen. There is something in the blood when it comes to giving back.”

— Dawn Marie Klingner, EMS Captain

Their daughter, Karlie, now has six years of service as an EMT.

“I’m here to help my community and all of the residents and visitors alike,” Klingner said of her various roles within the community, finding that they are all related, bound by commitment to service.

“My father and my grandfather were firemen. There is something in the blood when it comes to giving back,” Klingner added.

“Every call has a special meaning,” Klingner said of emergency calls, noting that each one presents its own set of circumstances. She emphasized that follow-up

care is also important to show that EMS and the community care. “It can be an emotional roller coaster,” she said.

“You just want to be there to hold a hand,” she added.

“Balance is important,” Klingner said of life as an EMT. “We are learning how to balance family life, raising children and volunteering. It is not easily learned.”

“We are constantly trying to recruit new members,” Klingner said, encouraging anyone interested in knowing more to contact her in the Town Clerk’s office or come to the fire department on Mechanic Street any Monday at 6:30 p.m. to obtain an application.



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PHOTO BY LEILA HAWKEN

Sun River Health in Amenia is well positioned to offer the region a variety of health care services provided by dedicated doctors, nurses and clinical staff.

Sun River Health offers a variety of medical services

The greater Amenia area, extending throughout eastern Dutchess County and the northwest corner towns, is well-served by Sun River Health. The front office staff is welcoming and personable, poised to help and provide caring reassurance.

Sun River Health doctors, nurses, and clinical staff work with patients to provide high quality, complete care that each individual deserves, including telehealth. The website's patient portal provides a chance to view lab results. Patients can also use the portal to ask a question or request a prescription refill.

Care services and specialties offered at Sun River Health include general primary care for adults and children, dentistry, behavioral and mental health, pediatrics, substance use treatment, nutrition, sexual health, and more.

A food assistance program makes fresh garden produce, meats, cheese, yogurt and more available to all visitors, regardless of need or patient status. On the occasion of a visit on Thursday, Sept. 18, a bountiful table in the entryway was laden with garden fresh cucumbers, celery, romaine lettuce, red leaf lettuce, summer squash and tomatoes.

There is also a care team to address issues with Medicare or Medicaid, along with providing help with housing insecurities.

Sun River Health, located at 3360 Route 343 in Amenia, is open Monday through Friday, from 8 a.m. to 6 p.m. Monday through Wednesday and from 8 a.m. to 5 p.m. on Thursday and Friday.

Appointments can be scheduled on-line at: www.sunriver.org.

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PHOTOS BY NATHAN MILLER

Mobile healthcare in Millerton

The Dutchess County Mobile Health Unit provides healthcare and insurance help to families and individuals across Dutchess County. The bus features a fully stocked examination room complete with supplies for a wide range of screenings and examinations, including a blood spinner. Insurance company representatives and a group from Sun River Health in Amenia join the Mobile Health Unit crew to help visitors sign up for insurance and find more permanent care.



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A fleet of stationary bikes at the Interlaken Inn gym ready for a spin class. The gym is only open to the public during Studio Lakeville sessions.

PHOTO BY ALEC LINDEN

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Where to stay fit in the Northwest Corner

While exercise is vital in maintaining physical fitness, staying active can have profound impacts on mental health as well. According to the Center for Disease Control, regular physical activity can bolster memory and critical thinking skills, learning, regulate emotions, improve sleep, and ameliorate depression and anxiety. Maintaining a program of moderate to vigorous exertion has even been shown to aid in preventing dementia later in life.


While Northwest Connecticut and the Taconic Region of New York are rife with opportunities for outdoor exercise, for many people finding instruction and community is essential to sticking with long-term fitness goals. And of course, sometimes it rains. Find below a brief primer of some of the facilities on offer in the region that keep Tri-State residents moving and healthy.

Studio Lakeville at the Interlaken Inn

Leslie Eckstein, licensed personal trainer, massage therapist and esthetician, operates a holistic wellness program from the amenities on offer at the Interlaken Inn, focusing on individually-focused classes and sessions that promote fitness and relaxation alike. Services range from spin classes, Pilates, personal training, massage, facials, weights training and more. Virtual classes via skype and group personal training appointments are also possible, as well as an array of online classes for those who prefer to work out at home. A full menu of services, a regular class schedule and pricing are available online.


74 Interlaken Road, Lakeville, Connecticut
860-671-1741, studiolakeville@yahoo.com
www.studiolakeville.com

continued on next page



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Danica Center

Sharon's Danica Center offers the skills and knowledge of licensed physical therapists Dr. Bente Dahl-Busby and Doctor Sabina Busby, alongside the Pilates instruction of Donnell Oakley, to help clients looking to improve mobility, ease pain, recover from injuries or surgery, or just assist in improving general flexibility and body strength. The facility also offers Pilates classes in two levels, alongside Tai Chi Chuan and Tai Chi balance and therapeutic movement classes. More detailed information regarding the varied services, which range from individual sessions to group classes, can be found on Danica's website.

101 Gay Street, Sharon, Connecticut
860-397-5363
danicacenter@gmail.com
danicacenter.com

Riga Yoga

Conveniently located in downtown Salisbury, certified instructor Nina Embiricos's studio offers a variety of classes for all ability levels, drawing inspiration from Hatha, Vinyasa, Iyengar and Katonah Yoga practices. There are group classes programmed every day, and Embiricos also offers private sessions alongside specialized workshops that occur several times a month that concentrate on a specific focus, such as sound-bathing or specialized instruction from a visiting instructor. Pilates classes are also available. For more information and pricing, visit the studio's website.

15 Academy Street, Salisbury, Connecticut
347-206-0366
info@rigayoga.com
www.rigayoga.com

North Canaan YMCA

The Canaan Branch of the Northwest CT YMCA has been serving the people of Northwest Connecticut since 2004. Located on the campus of Geer Village in North Canaan, the Y offers a great facility and staff who care about you and our community.

860-499-3195

Amenia Yoga

Certified instructor Sarah offers a range of classes that she keeps accessible for residents of all ages, body types and budgets to participate in and maintain their strength, mobility, and mental well-being, all while having a good time. She particularly focuses on keeping older residents strong and active. She offers regularly scheduled classes alongside personalized sessions for individual goals such as strength resistance or yoga for those with osteoporosis. Visit Sarah's website to learn more about her studio's services.

18 Old North Road, Amenia, New York
646-401-4188
info@ameniaiyoga.com
www.ameniaiyoga.com

Litchfield Hills Fitness

For those looking for a fully equipped membership gym that also offers fitness and strength classes from a broad array of professionally-certified instructors, take the short drive south and west to Litchfield. Litchfield Hills Fitness offers regular hours seven days a week to its varied facilities, which includes a weight room, stretching room, cardio deck, and extensive main fitness room. For gym-goers who fancy a post-workout sauna, this is the place to be. Individual and small-group personal training are also on offer, alongside a full-curriculum of specialized classes. A full schedule and information on pricing and hours are all available on the gym's website.

599 Bantam Road, Litchfield, Connecticut
860-567-3510
www.litchfieldhills.fit



Happy 24th Anniversary

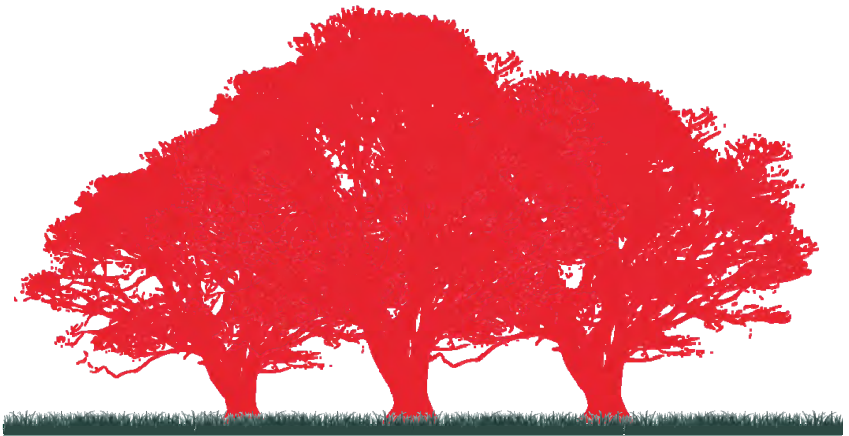
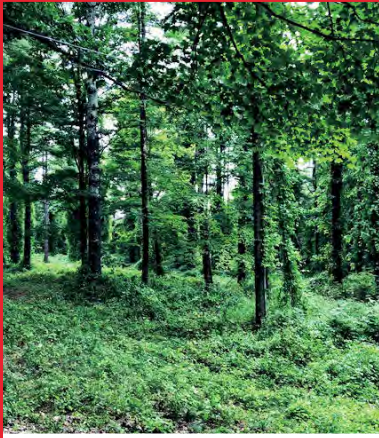
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