

# SYRACUSE'S *Finest* 2018 PROFILE SERIES

Local Businesses We Discovered, Reviewed and **L♥ved** in 2018

## PRE-MEDICAID PLANNING & ASSET PROTECTION



224 Harrison St, #306  
Syracuse • 315-478-3500

Are you or a loved one concerned about the escalating cost of long term care, complicated Medicaid rules and protecting your hard-earned assets? Then you need **ATTORNEY ANTHONY F. COPANI** at **MANNION COPANI**. With more than 30 years experience, Mr. Copani focuses his practice on assisting clients with Medicaid applications and pre-Medicaid planning. He personalizes each plan to best accomplish every client's personal objectives, placing a high emphasis on assisting clients in protecting their hard-earned assets accumulated over a lifetime. As a former Medicaid attorney (DSS), Mr. Copani has extensive experience and insight in Medicaid planning and applications.

Mr. Copani helps to develop and implement plans that are absolutely critical in preserving assets. He focuses on long-term care scenarios and pre-Medicaid planning using trusts as a tool to protect assets. Smart and appropriate planning allows clients to maintain control over the disposition of their assets while minimizing elder care expenses. Visit: [mannioncopani.com](http://mannioncopani.com) and [medicaidlaw.net](http://medicaidlaw.net)

## COLLABORATIVE DIVORCE & MEDIATION



Syracuse • 315-439-1732

**ATTORNEY NANCY L. GIARDINA** has done it both ways, litigation and non-litigation, and firmly believes, after 23 years of experience, that alternative dispute resolution is the way to go for many family law clients. It is a way for Nancy's clients to plan their futures and make their own decisions in their divorce or co-parenting matter, with the appropriate amount of professional support. Nancy has settled numerous cases using mediation, collaboration and negotiation. She practices primarily in the areas of divorce and family law, and exclusively in settling matters outside of a courtroom.

Nancy is quick to point out that collaboration and mediation are private processes that allow the parties to decide the issues that matter to them, reaching a resolution that is tailor made for the parties. Collaboration and mediation allow the parties to move at a comfortable pace, improve post-settlement relationships, and reduce the negative impact of the divorce on the parties involved and their children. Visit: [www.nancygiardina.com](http://www.nancygiardina.com)

## COLLABORATIVE DIVORCE & FAMILY LAW



6519 Towpath Rd  
E Syracuse • 315-445-1500

With more than 20 years of experience, **ATTORNEY LISA M. FAHEY** practices family law, emphasizing litigation and collaborative law. Lisa is one of the founding members of the **CNY Collaborative Family Law Professionals**. She believes that collaborative law embraces the principle that sensitive family matters are best resolved when the parties commit to a private, non-adversarial process for resolution. She is uniquely qualified to represent clients in complex custody and divorce issues. Additionally, she advises and represents clients in custody and divorce litigation cases. Whether acting as collaborative lawyer or litigation advocate, Lisa is dedicated to a tailored approach and result, addressing with certainty the needs of the individual, and as appropriate, the family as a whole. She is dedicated to the integrity of the process and as such provides the needed reassurance that clients and families move forward in a positive and constructive manner. Visit: [www.faheyfamilylaw.com](http://www.faheyfamilylaw.com)

## LIFE-CHANGING MARTIAL ARTS & FITNESS



8075 Oswego Rd, #8  
Liverpool • 315-622-5425

Most people are aware of the need to get into better physical and mental condition. Established in 1990, **IMPACT MARTIAL ARTS & FITNESS** offers a scientific combination of physical fitness and self-discipline, together with developing a feeling of assurance that comes with knowing you can protect yourself in an attack.

The Centers' co-ed instructors have earned the black belt degree and are highly-skilled in the martial arts. Their teaching style assures you development of mind, body tone, physical fitness & knowledge of the masters in martial arts. Men, women & children have thoroughly enjoyed their instruction and the personal fulfillment they have derived from their courses. The martial arts are designed to teach self-discipline & self-esteem and to keep the body & mind in supple athletic form. There is no finer way to bring your body into the condition you wish and at the same time train your reflexes to react quickly in the event of a physical attack. Impact Martial Arts & Fitness-Team Feidt is a full time professional Martial Arts and Fitness Center offering flexible scheduling, daily and hourly classes, personal care and techniques appropriate to the skill level and age of the student. Visit: [www.ImpactMAF.com](http://www.ImpactMAF.com)



The White House • 7030 E Genesee St  
Fayetteville • 315-445-3005

**ATTORNEY MICHAEL UNDERWOOD** represents parties going through a divorce or matrimonial matter. He is sensitive to the emotions involved and offers clients the options of either collaborative practice (resolving cases outside of court) or conventional divorce litigation. Attorney Underwood's experience is extensive as he has practiced for over 13 years and resolved over 1,000 matters in CNY. Fierce litigation battles cannot only consume a lot of time and money; they make difficult family situations worse. Attorney Underwood encourages clients to consider using collaborative practice methods to resolve their matrimonial dispute quickly and with less conflict. Collaborative practice focuses on reaching a solution that works for everyone involved by using a non-adversarial, respectful process. Attorney Underwood uses his extensive trial experience to help guide clients get the results they deserve. He and his staff are dedicated to providing exceptional service and quick results. Contact Attorney Michael Underwood to request a free consultation today. Visit: [www.CNYdivorce.com](http://www.CNYdivorce.com)

## YOUR CHILD IS OUR TOP PRIORITY



475 Irving Ave, #210  
Syracuse • 315-471-2646

The special medical needs of children require the experience and family-centered care that Board Certified Pediatricians Kristina Hingre, MD, Tamora Gallagher, DO and Megan Campbell, DO at **MADISON IRVING PEDIATRICS** provide. They have a passion for their work, bringing a warm and caring touch parents seek in a community-based pediatric practice. They specialize in general pediatric care from newborn through age 21.

With a clear mission in mind - Health, Family, Community - Madison Irving Pediatrics supports the health of every child and family. The practice promotes health education and is committed to walking with you through parenthood, embracing the care of healthy children as well as those with special needs and complex health conditions. Madison Irving Pediatrics features a caring and kind staff that makes their practice feel like home. Visit: [www.mipeds.net](http://www.mipeds.net)

## COLLABORATIVE LAW & DIVORCE ATTORNEY



428 S Main St  
N Syracuse • 315-458-5040

**ATTORNEY CINDY A. GRANGER** at **KARP LAW OFFICES** recognizes that going through a divorce can be an extremely difficult, emotional process. She is experienced in helping clients navigate every obstacle in their dissolution of marriage, including parenting plans, time-sharing, maintenance, distribution of assets and liabilities, child support, and more. Experienced in domestic violence, relocation, and modification actions, as well, Cindy uses her 35 years of experience to advise clients in making their own emotional and financial decisions, especially when it comes to complex issues regarding children and co-parenting.

Trained in collaborative divorce, a voluntary legal process enabling couples to work towards settlement with their lawyers and, on occasion, other family professionals without the underlying threat of litigation, Cindy recognizes that the adversarial process is not always in the client's best interest. *She is one of the founding members of the CNY Collaborative Family Law Professionals.* Visit: [www.karp-law.com](http://www.karp-law.com)

## WELCOME TO THE JOURNEY...



5900 N Burdick St, #201  
E Syracuse • 315-256-0356

Offering individual, couple/marriage, & family therapy, **RACHEL GILLESPIE, LMFT**, works with all ages and stages of life and operates from a person-centered, strength-based, trauma informed, systemic perspective. She enjoys assisting individuals in their search for identity and purpose; helping individuals, couples and families improve their communication, intimacy, and relationships; and supporting clients in pursuing their goals.

While working with her clients, Rachel creates an authentic, collaborative and non-judgmental therapeutic space where clients are able to address areas in life that aren't working (anxiety, anger, depression, low self-esteem, relationships, painful experiences); to explore and resolve the internal and relational barriers that limits healing and personal growth; and to create an action plan that empowers clients to live out their full potential. Rachel utilizes gifts of compassion, insight, discernment, and engagement to bring about healing and restoration to the broken hearted and encourage a process of positive change in the lives of individuals, couples, and families. Visit: [www.rachelgillespielmft.com](http://www.rachelgillespielmft.com)

## HOPE • HEALING • HARMONY



Syracuse • 315-750-6909

These are especially stressful times for many people in Onondaga County and beyond. When the usual patterns of coping do not seem to be producing solutions, there are alternatives available in the form of therapy. Licensed Clinical Social Worker, **LINDSAY M. ROWE, LCSW** can help.

Lindsay's passion is her clients. She is inspired by her experiences that have allowed her to gain valuable knowledge and specialized training in the area of child and family wellness from birth to adulthood. Her goal is to engage with clients of all ages in an interactive and collaborative effort to find sustainable change through growth and learning experiences in the context of an encouraging and nonjudgmental environment. Her primary areas of clinical focus are children and families; parenting and child development; trauma, anxiety, and depression. Contact Lindsay today to schedule a FREE phone consultation or schedule an appointment. Visit: [www.cnychildandfamilytherapy.com](http://www.cnychildandfamilytherapy.com)