

# MEMBER SPOTLIGHT

Each month, we are shining a spotlight on one of our members, in the hopes of us all finding out a bit more about each other. This month, Karen Totino is in the Spotlight.



Karen with her dog, Jordi

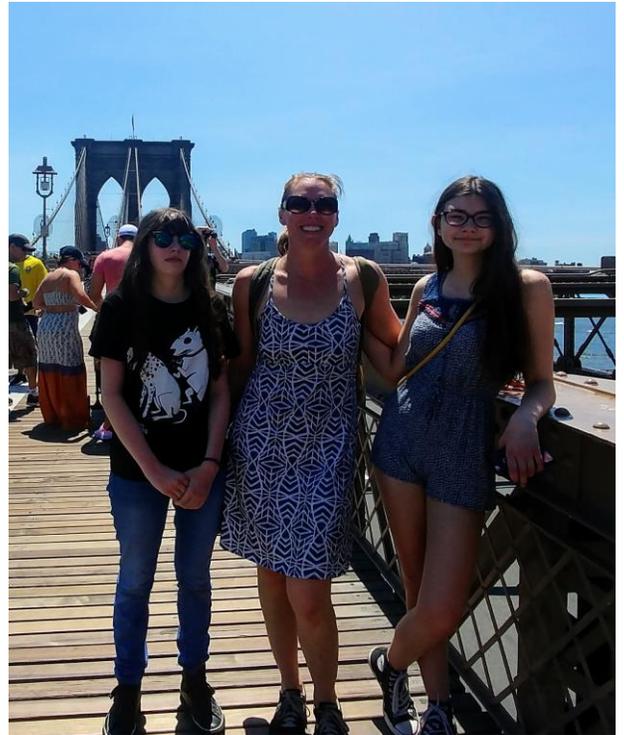
After Marie Hoffman recruited Karen to be a vendor at our first Sunnyside event, Karen started attending our dinner meetings and found out more about our mission. Through her business, Green Conscience, Karen had already been donating pillows for Wellspring's shelter. Her commitment to supporting women and girls causes came together for us when she became a Soroptimist in 2016, sponsored by Marie. Karen has served on the Secret Gardens Committee since then.

Karen is a lifelong Saratoga County resident having grown up in Malta and is now living in Ballston Spa. She has been married to her husband, Rich, for nineteen years. He is an environmental consultant.

Karen outdoors with husband, Rich.



Karen with daughters, Lydia and Bela.



Together they have two daughters: Béla, 15, and Lydia, 16. They will soon be embarking on the college tour phase with them. They also have a pet Schnoodle (Schnauzer/Poodle mix) named Jordi. He is four years old and keeps them entertained!

In 1998, Karen received her Masters' Degree in Occupational Therapy from Russell Sage College. She worked as an OT at Glens Falls Hospital, as well as in the Burnt Hills School District. For the past ten years, Karen has owned Green Conscience, a retail showroom providing interior finishes that are healthy and sustainable for homes and businesses. The floors, paint, and bedding from Green Conscience have been featured in both Showcase and Parade of Homes.

Karen received her Real Estate license in 2016 and is focusing on that full time now. She works with Monticello Real Estate in their Saratoga office. Karen's focus is the 50+ market and aging in place. She is a Senior Real Estate Specialist.

Karen's love of the natural world and the outdoors are evident not only in her business, but in another volunteer position she holds as a Board member of Saratoga P.L.A.N. (Preserving Land and Nature). This organization is an open space and land trust. They work to conserve land such as nature preserves, farmland, and trails, through easements. They also give guidance to communities who need help with their master plan.

Karen also enjoys physical activity. She regularly plays tennis at Tri-City Tennis in Latham. She is now learning to play doubles and is trying to get in a league. Over the past few years, Karen has gotten into weight training. At the time of this printing, she will have received her Certificate as a Functional Strength Coach and will start to work at Gunning Elite, where she trains.

Karen loves to travel, but with two full time jobs over the past few years, has not travelled much. She most recently went on the Edventures trip to Italy. Karen also loves seeing live music performances. Now that her

daughters are older, she looks forward to sharing concerts with them. Some of her favorite venues are The Palace, Upstate Concert Hall, Troy Music Hall and the Omegang Brewery. She favors alternative and indie rock. The music will be certainly be flowing through her body when she takes an Intro to Hip Hop Dance class this Spring at Adult and Continuing Ed. How fun!

Not surprisingly, Karen's favorite thing to do in Saratoga is spend time in Spa State Park. Walking with friends or family, or her dog Jordi, gets Karen out into the nature she so loves. She also loves dining at Osteria Danny and Taverna Novo and having a pint at Pint Sized. Karen lives a mostly Paleo lifestyle, and also enjoys cooking and reading.

Something you may not know about Karen is that she rides a motorcycle. Her riding interest expanded, when at age 37, she took up dirt biking! While she no longer does that, she can't wait for Spring to get back on her BMW motorcycle.

SISC is lucky to have found Karen to be part of our group. Her commitment to the mission of SISC, as well as her work in our community, makes us proud! Be sure to say hello to Karen if you haven't met her yet!

*Submitted by Marie Buckley Hoffman, Past-President*