

Kelly Swierski-Loiodice

Author and yoga instructor

Age: 50

Walkill

WHAT I LOVE MOST ABOUT

ORANGE COUNTY

The sense of community and the warm feeling I get when I see a familiar face at a store or restaurant that I've been going to since I was a kid (like DeFilippis Bakery in Middletown).

MY FAVORITE ORANGE COUNTY HANGOUT

Shanti Mandir Ashram. I love the people, the space, the beautiful sacred ground, especially when an inspiring program or some sweet chanting is happening. I'm also a fan of our local wineries.

THE PEOPLE WHO MEAN THE MOST TO ME

My children Kailee and Paige, my husband Jim, and my family and friends all over the world

A KEY EVENT IN MY LIFE

The birth of my two daughters, without a doubt. Their presence and all of the changes that took place within and around me sparked an internal spiritual journey that led me to India, where I experienced a love and connection to All that changed my life.

MY LATEST ACCOMPLISHMENT

The publication of my first book, a memoir, "Finding Balance: A Mother's Journey to Inner Peace." It will take you from the sands of the Jersey Shore to the doors of psychics, yogis and a guru in the heart of India; ultimately, to deep places within.

THREE THINGS THAT MAKE ME THE HAPPIEST

Laughing out loud with family and friends; hanging out with kind, wise people; and cuddling with my family on the couch at home

QUOTE I TRY TO LIVE BY

"Spread love everywhere you go. Let no one ever come to you without leaving happier." — Mother Teresa

MY FAVORITE ORANGE COUNTY DESSERT

Crepe Brulee at the Wildfire Grill in Montgomery

MY FAVORITE SONG

"Piano Man" by Billy Joel — the best when sung with friends at his concert

THREE FAVORITE TV SHOWS

"Seinfeld," "Jane the Virgin" (Netflix), "Grace & Frankie" (Netflix), & "Bob's Burgers" (I know that's 4, but my daughters won't let me leave off "Bob's Burgers"! I love watching it with them!)

MY FAVORITE ORANGE COUNTY MUSIC VENUE

Paramount Theatre in Middletown

BEST ADVICE I'VE EVER RECEIVED

"See God in each other." Jesus and other wise, spiritual beings have shared this recipe for peace and love in countless ways.

THE STAR WHO WOULD PLAY ME IN THE MOVIE OF MY LIFE

Tina Fey

IN HIGH SCHOOL, I WAS

Head over heels for my future husband

MOST EMBARRASSING SONG ON MY PLAYLIST

"Girls Just Want to Have Fun" by Cyndi Lauper

MY FAVORITE WORTHY CAUSES

St. Jude's Children's Hospital, Shanti Mandir Mobile Health Clinic, Food Bank of the Hudson Valley

FIVE PEOPLE, LIVING OR DEAD, I'D INVITE TO A DINNER PARTY

The Dalai Lama, Gilda Radner, Gene Wilder, Swami Nityananda, and my family (We're Italian so we'd all squeeze in)

THE BEST GIFT I'VE EVER RECEIVED

The gift of life from my parents, and the love and wisdom of family, friends and teachers

IN A PAST LIFE, I MIGHT HAVE BEEN

A rock star — I play a mean air guitar



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