

HEALTH & WELLNESS



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The Importance of Zzz's

National Sleep Awareness

ARTICLE BY MIDDLETOWN MEDICAL

When it comes to well-rounded health, there are a number of factors that can make a difference. Eating nutritious foods, getting exercise, and maintaining regular check-ups all contribute to remaining healthy and happy. However, one area that many people overlook that has a huge difference on overall health is the importance of sleep.

“Sleep plays a huge role in our

overall health,” says Middletown Medical’s Dr. Zack Emery, who specializes in Family Medicine. “In fact, it’s just as important as eating healthy and exercising.”

In March, we recognize the importance of sleep during National Sleep Awareness Week. This annual health observation helps bring awareness to sleep health, and how important it is to prioritize sleep for improving overall health and well-being.

Take this month as an opportuni-

ty to improve your sleep health by applying the following tips:

- Go to sleep and wake up at the same time every day.
- Set a relaxing bedtime routine, such as listening to calming music, reading a book, or taking a warm bath.
- Make sure your bedroom is cool. A bedroom temperature between 60 and 67 degrees helps promote sleep.
- Make sure your bedroom is quiet. Turn off noisy distractions such as a TV.
- Make sure your bedroom is dark. Use blackout shade to block out unwanted light.

“Sleep is an essential part of life. Without it, your body suffers emotional and physical damage. Sleep disorders can be subtle to diagnose, but there are some useful warning signs to look out for. If you

find that you are waking up feeling tired, are drowsy during the day, or if anyone in your home notices that you snore loudly or even stop breathing in your sleep, it is important to talk to your doctor. You may be in need of a sleep study,” says Dr. Emery.

Sleep studies are a vital diagnostic tool for many sleep disorders, and provide your doctor with the information they need to get you a better night’s sleep.

The Sleep Center at Middletown Medical is accredited by the American Academy of Sleep Medicine (AASM), the gold standard by which the services provided by a sleep center are evaluated.

To learn more about sleep studies, or how a sleep study can benefit you, contact The Sleep Center at Middletown Medical by calling 845.342.4774.

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Feeling 'depressed?'

Is it just a reaction to the times or is it more?

BY M. LORI SCHNEIDER

A solid year into the pandemic and as we look back over the past year, our lives have been fraught with change, loss, missed gatherings and social isolation. Things we took for granted have been stripped from what we currently perceive as "normal" and we've all had adjustments to make in our daily routine. I have been saying for the past year that even people who don't have an underlying Depression or Anxiety Disorder have been feeling depressed and anxious since the onset of COVID. Of course, the difference is degree. To what degree are feelings of depression affecting your daily life?

When something bad happens, it's a normal response for us to feel down or depressed about it. We wouldn't be human if we didn't. When speaking with groups about mental illness, I differentiate depression (with a little 'd') from Depression (with a big 'D') by comparing a grain of sand to the

Desert. Clinical Depression is not "the blues" or "feeling down" in reaction to a life event.

Rather, it is a chemical imbalance in the brain of the neurotransmitters (chemical messengers) Serotonin and Norepinephrine. The brain is an organ of the body, susceptible to illness just like the heart, the kidneys or the pancreas. Depression is as real a physical illness as any other. And yet, there is a myth, a misconception that prevails in society that someone suffering from Depression should be able to "pull themselves up by their own bootstraps" and "snap out of it."

We would never say to someone who has coronary disease, "What do you have to be Cardiac about?" or suggest they cuddle puppies for their heart condition in lieu of taking medication. But scroll down your Facebook wall and I bet you'll find memes with a clutch of cute pups or kittens that read "The Only Antidepressant You Need."

Symptoms of a Major



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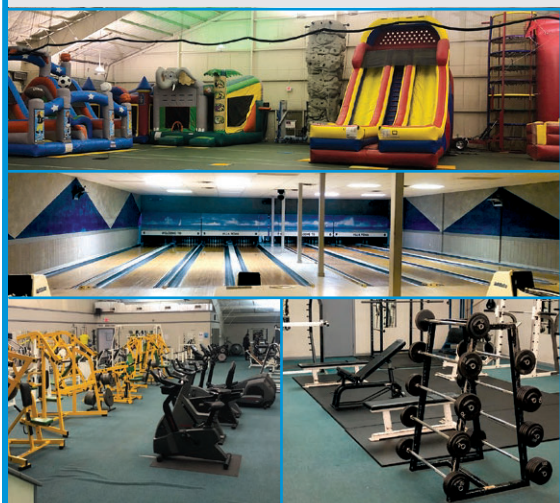
The pandemic has had an effect on everyone's mental health. It's important to know to what degree feelings of depression are affecting your daily life.

Depression include pervasively sad mood, changes in sleep patterns and eating patterns (either not able to get out of bed and

sleeping more than usual or having terrible insomnia and being unable to sleep at all), (eating everything that's not nailed down or not having an appetite at all), inability to concentrate, loss of energy, hopelessness, even bodily aches and pains. Some people have Suicidal thoughts or intentions. In order to be diagnosed with Depression, people must have experienced an episode where these symptoms have lasted for longer than two weeks.

If you, or someone you love has been experiencing these symptoms, the key is to get a specific evaluation and a treatment plan. There are a variety of treatment options available including: Medications (antidepressants, mood stabilizers and antipsychot-

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ic medications), Psychotherapy (cognitive behavioral therapy, family-focused therapy and interpersonal therapy), Brain stimulation therapies including electroconvulsive therapy (ECT) or repetitive transcranial magnetic stimulation (rTMS).

Light therapy is highly effective for Seasonal Affective Disorder and uses a light box to expose a person to full spectrum light and regulate the hormone, Melatonin. Exercise, and alternative therapies including acupuncture, meditation and nutrition, self-management strategies and education and mind/body/spirit approaches such as meditation, faith and prayer are also helpful in conjunction with more traditional approaches.

Though Depression is not curable (nor is Diabetes, Epilepsy or Emphysema), it can be treated effectively. Your first step should be to consult a Psychiatrist, a medical doctor who specializes in psychiatric illness. Your Primary

Care Physician would send you for a consult from a Cardiologist if you had a heart condition or a Pulmonologist for a respiratory ailment, so, too should they refer you to a Psychiatrist to evaluate and prescribe for Depression.

About NAMI

NAMI Sullivan County, NY is the local affiliate of the National Alliance on Mental Illness; primarily a family support and advocacy organization. While NAMI doesn't provide clinical services, we can put you in touch with local resources and arm you with knowledge and support with Family Support and Education and Peer Support groups. All of our meetings are being held virtually, for the foreseeable future and can be accessed either through ZOOM or by telephone. For information, phone (845) 794-1029.

M. Lori Schneider is the Executive Director of NAMI of Sullivan County, which is located at 20 Crystal Street in Monticello.

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Happy Feet

BY PATRICIO ROBAYO

Family Footcare keeps your feet healthy

For over 40 years, Family Footcare Group, LLP, has provided quality and friendly service for one of your most essential extremities, your feet.

Dr. Nancy Ann Condro and Dr. Eric Michael Kaplan say that the feet are very important to your basic health.

“It’s everything. Your feet can tell a lot about your health,” said Dr. Condro.

The services that Family Footcare offer is treatment for bunion, corns and calluses, custom orthotics, diabetic foot care, flatfeet, Haglund’s deformity, hammertoe treatment, heel spurs, ingrown toenails, Morton’s neuroma, plantar fasciitis treatment, plantar warts, stress fracture, tendonitis, and toenail fungus. They perform wound care and surgical procedures either in the office or at the hospital or surgical center



in Middletown.

Dr. Condro sometimes says patients come with concerns with their feet, but once an examination is done, systemic issues could be found that are at the root of the foot problem.

Some of the issues that can be diagnosed from the feet are diabetes, some cancers, arthritis, cardiac disease, peripheral vascular disease, kidney disease, and lung disease, and more.

Since the feet are such an important part of your daily life, Dr. Condro says there are plenty of things you can do to keep your feet healthy and happy.

“The most important is keeping them clean and dry and inspect-

CONTRIBUTED PHOTOS

One big happy family at Family Footcare, from the left, Office manager Christine Fair, Dr. Gregg Atlas, Dr. Eric Kaplan, Dr. Nancy Ann Condro, Dr. Paul Atlas, and Dr. Lonny Rosenfeld.



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Dr. Gregg Atlas seeing one of his many patients at Family Footcare.

ing them daily,” said Dr. Condro. She also said you should be changing your socks daily and your shoes often. Moreover, having proper fitting shoes and sneakers that are supportive is essential.

And in the wintertime, Dr. Kaplan says that you should keep your feet warm to help prevent frostbite.

For the 2020-21 winter season, the season has not been kind to the feet, according to Dr. Kaplan and Dr. Condro, and they are seeing a lot of patients with chilblains and frostbite.

“The feet are not being protected enough. [With] such cold temperatures, patients are coming in with issues with pain and wounds and discoloration from the cold,” said Dr. Condro.

During the pandemic, the doctors said they had seen some patients who have shown to have “COVID toes.”

COVID toes, according to the

American Academy of Dermatology Association, were when people who have tested positive were seeing a swelling or discoloration on the toes which can lead to blisters, itching, and or pain.

However, during the pandemic, Family Footcare never closed down; they only lessened the amount of time they were open to the public in order to fully convert their offices to make sure it was safe for their staff, doctors, and patients.

Dr. Kaplan said their cleaning of the office and patient rooms had increased tremendously.

“We have half the amount of chairs in the waiting room. We allow our patients to sit in their cars, and we call them when a room is empty for them,” said Dr. Kaplan.

Furthermore, there are six-foot

CONTINUED ON PAGE 8H



CONTINUED FROM PAGE 7H

markers throughout the office to help remind patients to keep their distance during the pandemic. Of course, everyone has a mask on when seeing patients.

When the patient could not make it to one of Family Footcare's many offices throughout the Mid-Hudson region, they held telehealth appointments.

They provided in-office care and do small surgical procedures in the office or, if needed, perform more intense surgeries at the hospital or a surgical center in Middletown.

Family Footcare also offers Footique, where you can find all your foot needs before leaving the office. You can purchase items like foot creams and foot powders, toe and foot devices, topical nail treatments as well as specially formulated nail polish to be used in conjunction with fungal nail

Dr. Eric Kaplan examining a patient.

treatments. You can also find shower water protectors to keep feet dry during treatment and diabetic therapeutic shoes, socks, and diabetic foot products.

Furthermore, you can also find extra long shoehorns, arthritic gels, and creams, along with temporary foot supports, ankle splints, fracture casts, surgical shoes, and custom biomechanical orthotic appliances.

The foot practices also participate in the diabetes shoe program with Medicare.

Dr. Kaplan says those who are diagnosed with diabetes and are at-risk patients, meaning, "they have either neuropathy, they don't feel things on their feet or circulatory issues or deformities on their feet, they would qualify for one pair of shoes and three pairs of inserts per year covered by the insurance at little to no cost for the patient."

And children, like adults, need to take care of their feet as well.

Dr. Kaplan says they see a lot of children come in with foot pain,



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Dr. Nancy Ann Condro consulting with one of her younger patients.

and he says sometimes it is due to inactivity, and once the child goes back to being active in gym class, that is where the problems begin. Other issues for children include not having the proper sneaker or wearing flat flip-flops, which Dr. Kaplan says is a huge problem in the summer.

Moreover, Dr. Condro said not having a wide toe box in your sneaker or shoe can cause ingrown toenails.

Family Footcare also takes care of patients in nursing homes and brings the care that patients would get at the office to the comfort of their nursing room. Moreover, the practice visits Arc

of the Greater Hudson Valley, Care Center at Sunset Lake, Center for Discovery, and more.

Family Footcare is there for your whole family and for the community. Dr. Kaplan says, "Most of the doctors are involved in the community as well."

Other doctors at the practice are Dr. Paul Atlas, Dr. Gregg Atlas, Dr. Lonny Rosenfeld, and Dr. Philip Jiang.

Dr. Condro said, "We've made this our home, and we treat our patients like our family."

Family Footcare has offices in Monticello, Liberty, Callicoon, Middletown, Monroe, and Port Jervis.

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Health and Healing at River Family Wellness

BY ISABEL BRAVERMAN

Co-owners and partners Dawn Hyde and Jason Barnes opened River Family Wellness in Callicoon in January 2018 to bring their knowledge and passion for holistic medicine to the community they were raised in.

Both having grown up in the Cal-

licoon area and graduating from Delaware Valley High School they lived in Portland, OR for nine years before returning to the area to open River Family.

“This has been a dream of Jason’s and mine for quite a while when we were on the west coast,” Hyde remarked.

Barnes had been working as a massage therapist for a while and



Acupuncture is a form of alternative and Chinese medicine that uses very thin needles to target specific points on the body.



River Family Wellness in Callicoon has expanded to a second location, located on Gregory Street, and is re-opening.

Hyde experienced healing sessions in wellness centers in Portland after having a bad back injury.

The wellness centers inspired her and she wanted to be able to offer that experience back home.

She is also a Yoga teacher so River Family combines their two professions.

The first River Family location on Main Street in Callicoon includes a yoga and movement studio and upstairs a two-bedroom apartment for acupuncture and massage sessions.

But when the COVID-19 pandemic hit they had to close down. The yoga studio still remains closed but acupuncture and massage were deemed essential businesses and they were able to open back up.

Barnes and their other massage practitioner, Susy Ziegler, found themselves to be extremely busy with appointments.

One day Hyde and Barnes were driving by the old dentist office in Callicoon, which was owned by Hyde’s aunt, and thought it would



Gregory Street. The original Main Street yoga studio is closed currently due to COVID-19 but will

be a perfect spot for a second location.

Because the pandemic changed how they were operating they knew they wanted more space and to be able to expand their offerings in a building that was like a house.

“It felt like we needed to spread our wings and grow,” Hyde said.

They got into the building in October and after some renovations they opened in mid-January.

In addition to massage therapists, two new people joined the team—husband and wife duo Kathleen

Burns-Brandt and Thadeus Brandt, who offer chiropractic services.

“A lot of people that come in come in for chronic or acute situations, but a lot of people also come for preventative care,” Hyde said. “Self care is so important and carving time out of your crazy, busy life to have a practitioner listen to you is important.”

While the yoga studio remains closed they hope to open soon. Over the summer they held out-

CONTINUED ON 12H



There are many treatment rooms in which practitioners offer chiropractic, massage and acupuncture.



CONTRIBUTED PHOTOS

Relax and feel your tension melt away by booking a massage at River Family Wellness.



Good vibes only: River Family Wellness offers a welcoming and peaceful experience.

FROM PAGE 11H



door classes at a patron's property in Damascus, Pa. along the Delaware River and plan to do that again this summer.

Even though the pandemic has been a hit to business, they are excited to have the second location open and ready to help people.

"We've felt so much love and support from the community since day one," Hyde said. "And during the shutdown people were so generous."

River Family Wellness is located at 20 Gregory St. and 21 Lower Main St., Callicoon, NY. On their website you will find information on their offerings as well as COVID-19 safety procedures.

Visit www.riverfamilywellness.com, call 845-887-9004, or email info@riverfamilywellness.com.

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Deborah L. Worden is the Executive Director of Action Toward Independence.

Facing fatigue

BY DEBORAH WORDEN

Action Toward Independence, and Independent Living Center, has offices in Monticello and Middletown. In operation since 1988, they have been helping individuals with disabilities throughout Orange, Sullivan and neighboring counties.

People with disabilities, according to studies done by the CDC, are often at a greater risk for health problems and report difficulties with access to health care. One of the significant issues that

we are hearing a great deal about is fatigue.

Fatigue is different than drowsiness. It is a feeling of tiredness or lack of energy, and more importantly, a lack of motivation. It is a normal response to physical activity or emotional stress but it can impact the way a person feels and thinks, as well as affecting a person's activities of daily living.

Fatigue can be caused by many things and can occur with illnesses. Right now, we are hearing a great deal about COVID Fatigue. We have been living with a pandemic for over a year and most

people are being impacted in some way due to the circumstances that we are living under. Now the experts are talking about "Zoom Fatigue," where some of us have zero desire to be on camera and tied to a computer screen for hours on end.

There are some things that we can do to help with feeling fatigued.

- Get enough sleep each night. Try to maintain a routine with your sleep schedule and avoid caffeine.
- Make sure your diet is healthy and well-balanced, and drink

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plenty of water throughout the day.

• Exercise regularly. This can include walking, gardening, and other low-intensity activities. Just keep moving.

• Learn better ways to relax. Try yoga or meditation.

• Change or reduce your stressors, if possible. For example, take a vacation or resolve relationship problems. Sometimes, seeking professional assistance with a therapist or counselor can really help as well.

• Volunteer: Studies have shown that volunteering has a positive impact on health outcomes. The small social engagement from volunteering, even if it is just over the phone, is a great way to help with our mental health.

• Talk to your healthcare provider about what is best for

you as they might recommend a multivitamin or learn about an underlying medical condition.

• Avoid alcohol, nicotine, and drug use.

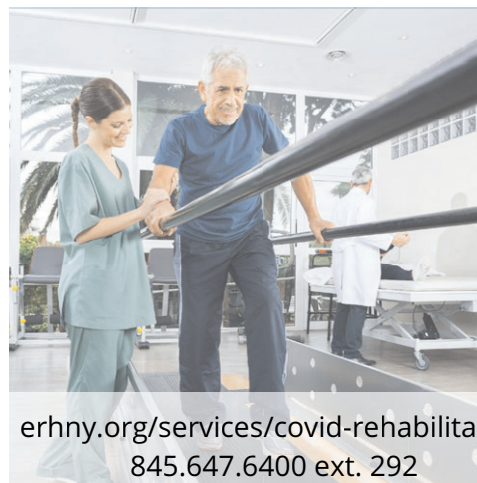
• Maintain a reasonable work and personal schedule. Perhaps, this might be the hardest thing to do. Especially during COVID, we have so many things to deal with, or focus on, that we simply keep adding to our incredibly busy schedules.

Some of us have children in school, or are caregivers of aging parents, or both. We might need to shift our focus on self-care versus crazy busy. Practicing putting ourselves first is never easy. Especially if you are the primary caregiver of family members.

But don't forget... "crazy busy" isn't a badge of honor, but self-care should be.

Are you feeling long term effects from COVID?

Ellenville Regional Hospital's COVID Rehabilitation Program is dedicated to providing care to patients suffering from post-COVID symptoms.



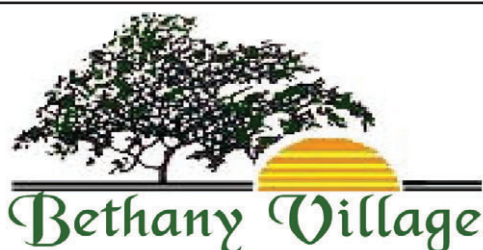
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The importance of colorectal cancer screenings

ARTICLE BY
CRYSTAL RUN HEALTHCARE

March is Colorectal Cancer Awareness Month. Crystal Run Healthcare Gastroenterologists are reminding patients of the importance of colorectal cancer screenings.

According to the American Cancer Society, colorectal cancer is the third-leading cause of cancer-related deaths in men and women, and the second most common cause of cancer deaths in the United States. This year, it estimates that more than 104,000 new cases of colon cancer and 45,000 new cases of rectal cancer will be diagnosed, and that colorectal cancer will cause more than 52,000 deaths.

The statistics are startling, but there is something you can do about them. Getting screened for colorectal cancer can help reduce the mortality rate associated with the disease. As with any form of cancer, knowing your risk can make all the difference.

The truth about colon cancer:

It may be preventable

About 50% of colon cancer deaths are preventable, according to the American Cancer Society, which is why getting screened is so important. Here's more information about the disease:

— Colon cancer starts with growths, called polyps, on the inner lining of the colon.

— Not all polyps become cancer. During colonoscopy screenings, doctors can find and remove polyps to test for cancerous and precancerous cells.

— If cancer does form in a polyp and isn't removed, it can spread to the walls of the colon and eventually to the lymph nodes in other areas of the body.

Colon health may be an uncomfortable topic for some people, but it's important to discuss any health concerns with your doctor. Even just truthfully answering all of the questions your doctor asks can help determine if they should have cause for concern.

A common myth: A colonoscopy is the only way to screen for colon cancer

"As a gastroenterologist, I

understand how scary a colon cancer screening sounds which is why we always encourage patients to speak with a provider about it," said Robert J. Scoyni MD, a specialist at Crystal Run Healthcare. "A conversation can help ease your worries because, contrary to popular belief, a colonoscopy isn't the only way to get checked anymore; screening options have come a long way in recent years. Based on your health and family history, a gastroenterologist will help determine which screening option is right for you."

Possible colon cancer screen-

'About 50% of colon cancer deaths are preventable, which is why getting screened is so important.'

American Cancer Society

ing options include:

— Colonoscopy: Still considered the gold standard for colon cancer screening, a colonoscopy is when a gastroenterologist examines the inside of your

colon using a colonoscope, a tubelike instrument with a light and camera, inserted into the anus.

— Stool testing: In this alternative to a colonoscopy, a stool specimen is collected at home and sent out for testing. The tests look for the presence of abnormal DNA or blood in the sample.

— Imaging testing: This type of testing offers two other alternatives to a colonoscopy:

• Virtual colonoscopy: In a virtual colonoscopy, a small, passable camera is swallowed that shows the physician the same

information as a colonoscopy. The difference is that the camera is taken orally.

• Barium enema: This X-ray exam can detect changes or abnormalities in the large intestine, also called the colon.

Talking about colorectal cancer screening is the first step in determining when and how you should be screened for the disease.

Should I be screened for colorectal cancer?

Marie K. Devore, D.M.D.

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Yes, everyone should be screened for colorectal cancer. If you're at average risk for colon cancer, the recommended age to start screening is 45 for African Americans and 50 for non-African Americans. A family history of colorectal cancer and having certain other health conditions means you're at high risk for developing these diseases. If you're at high risk, you should discuss the appropriate time for screening with your primary care physician.

Crystal Run Healthcare's advanced onsite Endoscopy Suite is conveniently located in Rock Hill, where our world-class gastroenterologists perform colonoscopy and same-day gastrointestinal procedures including Upper Endoscopy, also known as EGD or esophagogastroduodenoscopy. Colonoscopy and Upper Endoscopy are also



CONTRIBUTED PHOTO

Robert J. Scoyni MD is a Fellowship-trained gastroenterologist at Crystal Run Healthcare. He earned his Medical Degree at the Chicago Medicine School in Chicago, IL. He completed his Residency in Internal Medicine at Long Island Jewish Medical Center in New Hyde Park, NY. He is Board Certified in Gastroenterology and Internal Medicine and is seeing patients at Crystal Run Healthcare in Rock Hill.

offered in Middletown, Newburgh, and West Nyack.

Fighting cancer with prevention at Crystal Run Healthcare

Crystal Run Healthcare's gastroenterologists, primary care providers and oncologists all have the same goal in mind: to keep you healthy. The practice treats patients first with prevention and then responds to any diagnosis with a proactive, coordinated treatment plan. That's why its providers recommend age- and risk-appropriate screenings to identify anything that warrants further testing.

To schedule your colorectal cancer screening or to learn more about Crystal Run Healthcare, visit crystalrun-healthcare.com and follow the practice on Twitter, LinkedIn and Facebook.

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Catskill Claws Inc. awarded the first 2021 Sullivan Renaissance Healthy Community Initiatives grant

Sullivan Renaissance awarded its first 2021 Healthy Community Initiative grant in the amount of \$2,500 to Catskill Claws Inc. The funds will be used to purchase mountain bikes that will be made available on loan to participants who may not have bikes of their own.

Catskill Claws, Inc. is a non-profit 501(c)(3) organization for Sullivan County youth in 6th-12th grades. The organization is a sanctioned team in the National Interscholastic Cycling Association (NICA) and the New York Interscholastic Cycling League. Their mission mirrors that of the NICA organization - building strong minds, bodies, character and building communities through cycling with an emphasis on inclusivity. Catskill Claws provides student-athletes

the opportunity to compete as a team in cross country mountain bike events hosted by the New York Interscholastic Cycling League.

"Receiving a Healthy Community Initiatives grant this year to get more kids on bikes opens up the opportunity for more kids in our county who wouldn't otherwise have the chance to participate in one of the fastest growing school sports today," said Catskill Claws Founder, Director and Head Coach Keith Stephenson.

"Mountain biking is a satisfying lifelong sport which promotes a healthy active outdoor lifestyle that will continue long after high school and often influences other healthy choices such as diet and nutrition. Sullivan County ranks 60 out of 62 counties according to



CONTRIBUTED PHOTO

Keith Stephenson, Founder, Team Director and Head Coach of Catskill Claws receives grant award from Colleen Emery, Healthy Community Initiatives Program Manager at Sullivan Renaissance.

summaries of a variety of health measures in the County Health Rankings & Roadmaps report in 2020.

"Having the ability to get more kids on mountain bikes introduces not only students but also families to a healthy outdoor activity that may help to alleviate some of these factors contributing to our county's health ranking," Stephenson added.

The all-volunteer coaches work with athletes on drills and technical skills so that they can ride all the features on the trails confidently and safely. To learn more about the program, explore volunteer opportunities or offer support, visit their website

www.catskillclawsmtb.org or email info@catskillclawsmtb.org. Sullivan Renaissance is a beautification and community development initiative of the Gerry Foundation.

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Garnet Health Doctors earns National Recognition for Patient-Centered Care

^National Committee for Quality Assurance’s New York State Patient-Centered Medical Home™ standards emphasize enhanced care through patient-clinician partnership



Dr. Gerard Galarneau, President of the Garnet Health Doctors

Garnet Health Doctors has received the National Committee for Quality Assurance’s (NCQA) New York State Patient-Centered Medical Home (NYSPCMH) recognition for using evidence-based, patient-centered processes that focus on highly coordinated care and long term patient relationships.

“This puts our medical group among a select few practices nationwide to be recognized for its ongoing commitment to advancing quality, patient-centered healthcare, and lets people know that we have the tools, systems and resources to provide patients with the right care, at the right time,” said Dr. Gerard Galarneau, President of the Garnet Health Doctors.

Garnet Health Doctors’ Pediatric practices in Liberty and Middletown and the Bethel Primary Care practice have received this prestigious distinction from the NCQA and are now certified as NYSPCMHs. Certification is valid for one year.

These offices join Garnet Health Doctors’ Primary Care offices in Callicoon, Livingston Manor, Middletown, Monroe and Monticello, which are all currently recognized NYSPCMH practices.

What this means for our patients
The NCQA’s PCMH is a model of

care that combines teamwork and information technology to improve care, improve patients’ experiences, and reduce costs. Certified practices foster ongoing partnerships between patients and their care providers. Patient care is overseen by clinician-led care teams that coordinate treatment across the healthcare system.

Patients who are treated in PCMH certified practices tend to receive preventative services and screenings at a higher rate than patients not treated in PCMHs, helping to keep them healthy.

NCQA standards are aligned with the joint principles of the PCMH established with the American College of Physicians, the American Academy of Family Physicians, the American Academy of Pediatrics, and the American Osteopathic Association.

For more information about Garnet Health Doctors visit garnethealth.org/doctors.

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- Anne Louise Scandariato, Sullivan Renaissance Volunteer Program Manager

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THURSDAY, APRIL 15 at 12:30 PM

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HEALTHY COMMUNITY INITIATIVES GRANTS

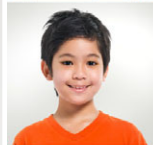
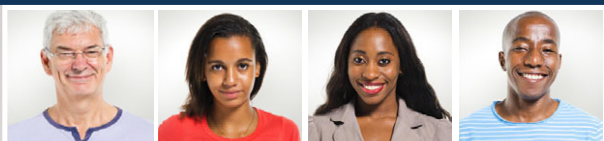
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