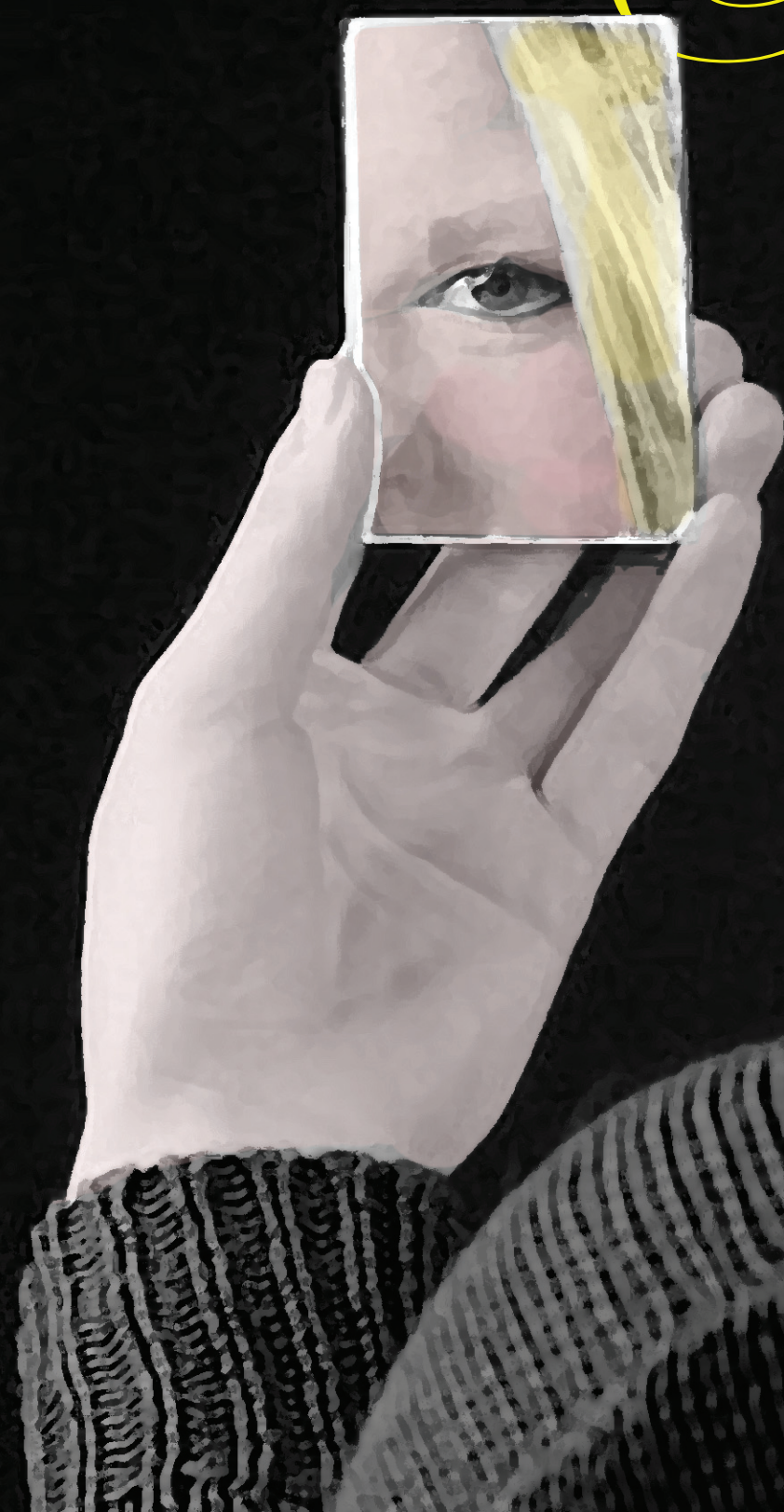


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Skin and hair need winter care

BY PATRICIO ROBAYO

turizer to lock-in that moisture throughout the day.

You should never go out with your hair damp because anything cold expands and that will cause breakage during the winter. It's a good idea to leave extra time in the morning to fully dry your hair.

At bedtime is one of the times you can pamper yourself and treat your hair by using an overnight oil or serum.

Also during the winter months, you should go easy with the heavy styling. Overdrying and heat can further damage your hair. Be sure to use heat protecting creams before drying, curling, or flat ironing your hair.

Hands

Due to the pandemic, everyone is washing their hands more and using hand sanitizers.

It is recommended you use a hand sanitizer that has at least 60 percent alcohol in it, which helps keep you safe from COVID-19. However, it will wreck your skin as the extra alcohol will further dry your skin.

There are hand sanitizers that have the correct amount of alcohol as well as lotions in it that help to not dry out the skin.

When you wash your hands for at least 20 seconds, try to put on lotion right after.

This will help with keeping your skin moist throughout the day and keep you from getting cracked skin.

When winter rolls around, it brings along with it, beautiful snowy scenes, crisp clear nights where you can see hundreds of stars with the naked eye. It also brings with it cold air and cold brings with it low humidity and that means, yes, dry skin.

This is the time of year where moisturizers can become your best friends.

According to the American Academy of Dermatology Association, when the humidity drops, it causes dry air which makes fine lines and wrinkles noticeable. It creates dry itchy skin which can flake, crack, and bleed.

There are a few things you can do to make things go a little smoother during the winter months.

Baths and Showers

A shower is something we need to do daily, yes even through a pandemic. But did you know that baths or showers can be hurting your skin and making things worse during the winter?

To reduce dry skin from baths and showers, you

should close the bathroom door to keep the steam in the room.

You should use warm water rather than hot water and limit your time to five to 10 minutes.

Furthermore, use a gentle, fragrance-free cleanser and apply just enough to remove dirt and grime but not so much that you create a thick lather of soap.

When you are done washing and towel drying, immediately apply moisturizer.

The moisturizer will hold some of the water from the shower or bath in the skin.

You should also drink water and keep yourself hydrated throughout the day.

Hair

Another thing winter's cold air attacks is your hair. When you wash your hair, it's hard to get dry and if you end up putting a hat on before it dries, you might get hat hair.

Shampooing your hair less often can help prevent a dry, itchy and flaky scalp, according to self.com.

They also suggest that you switch to an oil-based mois-



PHOTOS COURTESY OF METRO CREATIVE SERVICES

Please note that these are all examples and in no way takes the place of advice from a dermatologist. If you feel you have a serious skin condition, please contact your doctor right away.

‘Everything is done as a family’

LaValley’s Loving Care Home fills need for elder care

BY CAROL MONTANA
PHOTOS PROVIDED BY FRIENDS OF LAVALLEY

Just over the Sullivan County border in the Delaware County town of East Branch is a lovely property on which you’ll find LaValley’s Loving Care Home.

It’s classified as a Level One Family-Type Home for Adults (FTHA), regulated and licensed by the NYS Office of Adult Protective Services. Unlike typical nursing homes, FTHAs provide residential and personal care in the operator’s own home to a limited number of residents.

LaValley’s owner and operator Lori Lamica has been in the business for 30 years.

Prior to opening LaValley’s 16

years ago, Lamica worked for the New York State Office for People with Developmental Disabilities. After a hiatus due to a medical condition, during which she had to close down three businesses she owned, Lamica, who had been taking care of a family member, saw a need for elder care.

Named after her great-grandmother Lily LaValley, Lamica’s FTHA has a top capacity of six residents, some in shared rooms and some in private ones. Placement is determined by mobility, cost, necessity and need.

There are activities galore. “Ordinarily [before COVID], we go out to eat, go shopping, and engage in a lot of outside activities,” said Lamica. The group is

especially involved in their community, and frequent school plays and concerts, and whatever activities are going on locally.

Additionally, Lamica and her family own a farm, which doubles as a park open to the public at no charge. “There are playgrounds and a petting zoo, and we’re open to anyone,” she explained. “We take the animals to schools and other places for teaching.” And, as a 4-H leader, Lamica and her family show miniature horses every year at the Delaware County Fair, and bring as many of the residents as they can.

The home is pet-friendly, with cats, dogs, guinea pigs and a chinchilla, and the residents delight in

CONTINUED ON PAGE 6H



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CONTRIBUTED PHOTOS

LaValley's Loving Care Home, located on Main Street in East Branch, treats everyone like family. When there isn't a pandemic going on, activities have included going out to eat, shopping and engaging in a lot of outdoor activities. Pictured at far left is one of the members of Lamica's extended 'family' enjoying a beautiful flower arrangement.

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CONTINUED FROM PAGE 4H

both the companionship and the care of their furry friends.

It's not only the animals that the residents care for. According to Lamica, they "can do anything they want to help with chores. ... Everything is done as a family, including birthdays and holidays."

During non-COVID times, because of Lamica's 4-H involvement, there are always a lot of kids at LaValley's. "The 4-H kids help serve food and help with transport. And they know who can eat what."

Staff includes a full-time housekeeper who helps with transport, paperwork, and other tasks, plus one additional employee and Lamica, who says her team has been with her for 10 years, so "there's no interruption in care from one day to the next."

Monthly visits from Adult Protective Services and a yearly fire inspection ensure everyone's safety and security.

Payments for services are handled privately on a monthly basis, and depending on the level of care, are normally a quarter of what a nursing home would charge. There is usually a waiting list.

So why is an FTHA like LaValley's so popular? With only six residents and long-term staff,

"it's the same people dealing with the same people," assured Lamica. "It's almost always two of us here. ... It's a small town so if anyone goes for a walk, everyone in town watches out for them, or if they're at a church supper, everyone knows them. Some can even go to the post office themselves."

"The key point," confirmed Lamica, "is that with a smaller amount of people they get much more personal and one-on-one care. That's our strongpoint. We're not a sterile nursing home, we have pets and 4-H kids ..."

And, Lamica concluded, "I absolutely feel like these people are family – 100 percent."

Contact LaValley's at:
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When you live at LaValley's you are family. You eat together, enjoy the company of Lamica's 4H kids who often lend a helping hand. And there's plenty of affection from the household pets, who are eager for attention.



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Understanding heart disease

Hear disease continues to be one of the most deadly, and most preventable, diseases affecting us today. According to the CDC, heart disease is the leading cause of death in the U.S. Practicing prevention and working with a cardiologist for early diagnosis and treatment can dramatically improve these outcomes.

What Is Heart Disease?

Heart disease or Cardiovascular Disease (CVD) is a group of diseases that affect the heart and circulatory system, including:

- Coronary artery disease which affects blood vessels to the heart
- Cerebrovascular disease which affects blood vessels in the brain
- Peripheral artery disease which affects blood vessels elsewhere in the body
- Congenital heart disease which is usually present from birth

While there are many risk factors for heart disease, most of them are preventable, which is why a proactive approach to heart care is recommended.

Lifestyle choices, age, and family history can all affect your likelihood of developing heart disease. We can't control our family history or age, but there are many steps we can take to prevent and treat the disease. Almost half of all Americans have high cholesterol, high blood pressure, or are a smoker. These three controllable risk factors highlight the importance of speaking with your primary care physician or cardiologist about your personal risk level.

Steps You Can Take Now to Improve Your Heart Health

By taking care of yourself and working closely with your cardiologist, you can improve all the markers of heart health and take the earliest possible steps to combat heart disease.

Some of the best tips for preventing heart disease or treating it effectively are:

- Reducing your blood pressure.
- Lowering your cholesterol.
- Taking heart medications as prescribed.

Additionally, these lifestyle changes can also improve your

BY MARIA KRISTIN P. MERCADO, MD



CONTRIBUTED PHOTO

Maria Kristin P. Mercado, MD, is a Cardiologist at Crystal Run Healthcare

heart health and combat heart disease:

- Seeing a doctor for regular wellness visits.
- Maintaining or achieving a healthy body weight.
- Eating a varied and balanced diet.
- Exercising daily.
- Quitting smoking.
- Limiting your alcohol consumption.
- Managing your stress levels.
- Seeking treatment for other medical conditions, like diabetes.
- Getting enough good-quality

sleep.

All of these steps will help not only improve your heart health, but your overall health and quality of life.

After Prevention, Early Intervention is Key

If you already have high blood pressure or high cholesterol, management of these risk factors is key to prevent the onset of CVD. Your primary care physician may prescribe medications to help, including:

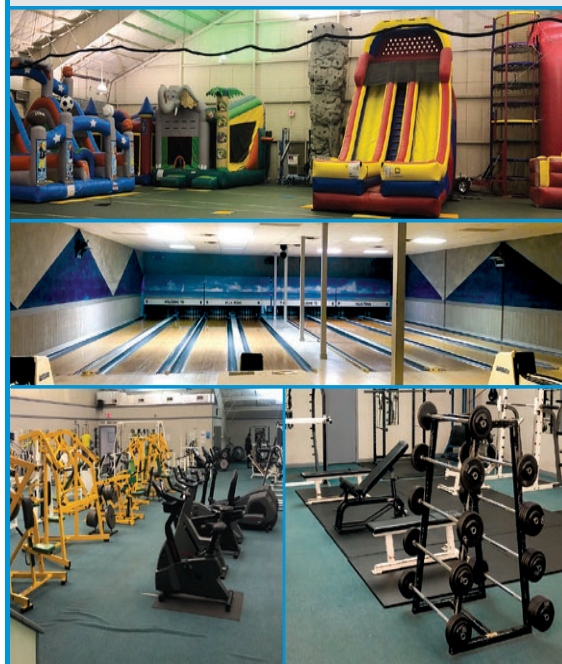
- Calcium channel or beta-blockers to lower blood pressure
- An aspirin or another blood-thinning regimen
- Statin treatment or another medication to lower cholesterol

By managing these risk factors, you can reduce your likelihood of developing heart disease and experiencing a cardiac event.

Treatment by an Interventional Cardiologist

When heart disease is diagnosed later, or early treatment does not show good improvement for those diagnosed with CVD, more intensive therapies may be needed to treat and manage symptoms, and reduce the risk of a second heart attack or stroke. Oftentimes, heart disease is diagnosed after a person has a heart attack or stroke. Procedures performed by an interventional cardiologist to treat heart disease include:

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Partnering with a Healthcare Team for Heart Health

Prevention goes beyond diagnosing and treating disease. At Crystal Run Healthcare, we provide the guidance and support you need to prevent or reverse the early markers of heart disease. Our fellowship-trained cardiology team includes general cardiologists, electrophysiologists and interventional cardiologists, offering everything from onsite cardiac imaging including

Echocardiography, Nuclear Cardiology, and Coronary CT Angiography, to minimally-invasive, catheter-based procedures in the hospital. With screening tests and resources to manage your lifestyle challenges, we truly partner with our patients to improve their quality of life.

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the-art technology at Crystal Run, we are transforming cardiovascular care with a proactive approach to reaching your wellness goals.

Maria Kristin P. Mercado, MD, is a Cardiologist at Crystal Run Healthcare. She earned her Medical Degree from the University of Philippines. She completed her Residency in Internal Medicine and Fellowship-training in Cardiology at St. Vincent's Hospital and Medical Center in Worcester, MA. She is Board Certified in Internal Medicine, Cardiovascular Disease, Echocardiography, Nuclear Cardiology, Cardiovascular Computed Tomography, and Adult Transthoracic plus Transesophageal Echocardiography. Dr. Mercado is seeing patients in Rock Hill and Middletown.

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Making healthy c



Nature's Grace Health Foods and Deli in Honesdale, Pa. has been a community staple since 1981.

Nature's Grace Health Foods and Deli has been a staple in the Honesdale community since 1981. Owned by Jamie Stunkard, a certified nutritionist and naturopath, the store offers food products, beverages, supplements, body care, home goods, and more.

While it may appear small in size, the shop has a variety of products to offer. You'll find frozen and fresh food, packaged food, teas, spices, vitamins and supplements from A through Z.

"I like to think of it as a place where I can get anything that I would want for my own health needs," Stunkard said.

They also have a deli that offers freshly made vegetarian items every day (except for when they are closed on Sundays).

They're known for their veggie burgers, which are made with fresh vegetables and brown rice, and also have daily specials and a soup of the day.

You can also get hoagies, pitas and wraps with your choice of hummus, or "missing egg salad," which uses tofu instead of eggs, as well as desserts such as baklava and Whole Earth Cookies (a healthier version of chocolate chip cookies made with dried fruits and nuts).

Stunkard likes to accommodate all kinds of diets, so many of the options are vegan or gluten-free.

"We have a pretty robust lunch crowd that comes in here every day from businesses that want a good healthy lunch," Stunkard said.

While health foods have become more popular in recent years, to Stunkard it's not just another trend.

Eating health foods and taking the right supplements is all part of a healthy lifestyle.

Someone might come into the shop



looking for a cure-all that will solve their ailments, but there isn't just one pill you can take to feel better.

Getting exercise, eating fruits and vegetables, drinking enough water and getting enough sleep are the foundations to feeling good. But of course, it's easier said than done.

Stunkard, who owned a wellness practice for many years, works with customers to figure out a course of action.

"There's so much information now on the Internet, so I like to help weed through it and give people some realistic research that's behind things and what's going to be helpful," he said.

That's his favorite part about owning the store: seeing people return and say they feel better after trying his approaches.

"I'm always gratified to see someone come in who has actually been able to make some significant change in their life in order to get themselves healthy," remarked Stunkard. "Because it's difficult to do, it's hard to stick with it."

Stunkard was living in Minneapolis working at a shop that made tofu when he moved to Honesdale to live at the Himalayan Institute. While there, they encouraged him to start a health food store in the community.

And now the store has grown over the years, offering events and workshops, a popular one being a whole food cooking class that teaches the basics.

Another popular option at the store is

choices available

STORY AND PHOTOS
BY ISABEL BRAVERMAN



the bulk section that has grains and dried beans. People can bring their own containers or use the paper bags provided, so it cuts down on plastic waste.

Stunkard said he has a great crew of people working with him, many of which are teenagers who are friends outside of work.

“My biggest joy is when people come in and say, ‘I’m so grateful that you’re here and Honesdale wouldn’t be the same without you,’ when you hear things like that it’s an affirmation for what you’re doing and makes you want to keep on working,” said Stunkard.



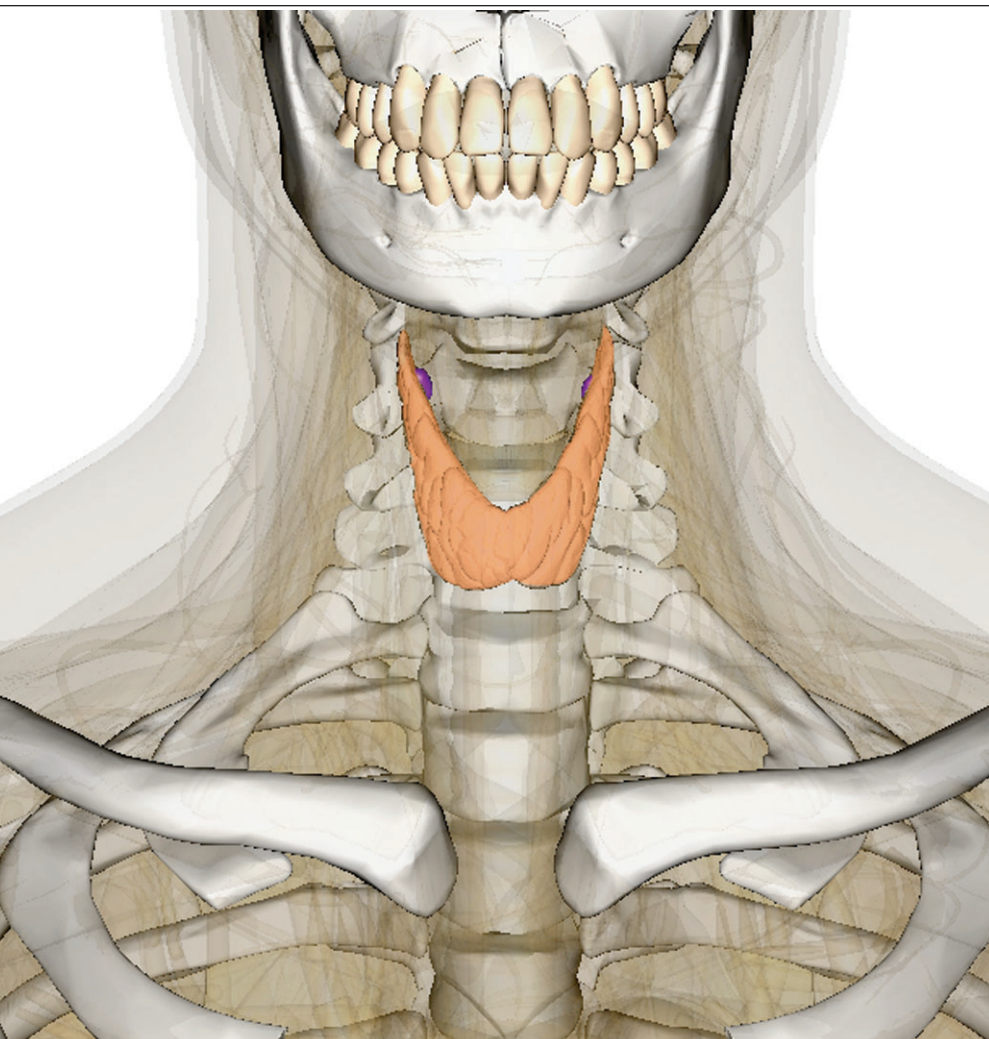
Clockwise from top right: Sky Sugram, left, and Erik Gregory, right, are pictured with the owner of Nature's Grace, Jamie Stunkard, center.

The bulk section has many varieties of grains, beans, rice and legumes.

The deli offers freshly made specials every day and they always have their famous veggie burgers and enchiladas.

You'll find a large variety of vitamins and supplements at Nature's Grace to help you on your health journey.

You'll also find natural home products like laundry detergent, cleaning spray and dish soap.



WIKIMEDIA COMMONS

Thyroid Care and Pediatric Endocrinology

ARTICLE PROVIDED BY MIDDLETOWN MEDICAL

January marks National Thyroid Awareness Month. The thyroid, a small, butterfly-shaped gland located at the base of the neck, produces hormones that affect every cell in the body. The healthcare professional who assists patients with conditions or diseases of the thyroid is an endocrinologist.

Endocrinologists are doctors who specialize in treating disorders of the endocrine system, such as diabetes, hyperthyroidism, and many others. The body's endocrine system includes the pancreas, the thyroid, parathyroid, pineal, hypothalamus, adrenal and pituitary glands, and the ovaries and testes. It also involves many other organs that respond to,

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Middletown Medical features a distinguished Division of Endocrinology, Diabetes, Metabolism, & Nutrition, offering two locations in Middletown, another in Chester, as well as doctors who travel for patient convenience.

In addition to treating and evaluating patients for endocrine and metabolic disorders, Middletown Medical also features a Pediatric Endocrinology Division. Here, providers are able to provide highly specialized care to children and families in the region, right in their local communities.

"Certain medical conditions diagnosed by a pediatric endocrinologist can modify the risks and could significantly help children to lead a successful teenage and adult life, such conditions include hypothyroidism, hyperthyroidism, short stature due to growth hormone deficiency, childhood obesity and insulin resistance," said Middletown Medical doctor Prajith Mepparambath.

Early identification of endocrine problems in children and evaluation by a pediatric endocrinologist is important, as most of the hormone problems are often present for life. The observation and assessment made by pediatric endocrinologists are often quite different from those made by endocrinologists for adults.

"In the field of pediatric endocrinology, I not only help patients with a number of health concerns," said Middletown Medical doctor Prajith Mepparambath. "I also provide support to pediatric patients' unique feelings and anxieties, and ensure they know I am sensitive to their needs."

As a parent, it can be difficult to determine when your child is in need of a doctor with specialty training and skills.

"There are various reasons children are treated by a doctor in my field," said Middletown Medical doctor Prajith Mepparambath. "The most common include growth problems, weight issues,



GETTY IMAGES

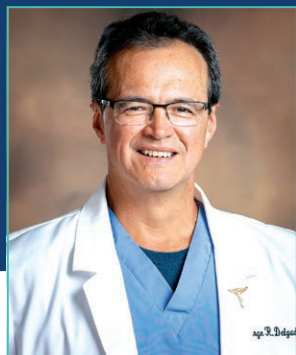
Many issues in children (including behavioral) can be traced to endocrine problems.

developmental issues, pediatric diabetes, or concerns with puberty. With specialized care so close to home, I urge any parent to take advantage of our services to obtain not only answers, but peace of mind."

Patients or families interested in learning more about Middletown Medical's Endocrinology Division may visit the website at www.middletownmedical.com/endocrinology or by calling

845.342.4774.

For patients with an illness or injury that requires immediate but not emergency attention, Middletown Medical's Urgent Care is available. Middletown Medical has Urgent Care offices available in Monticello in Sullivan County; Chester, Middletown, and Newburgh in Orange County; and Ellenville in Ulster County. Telemedicine visits are also available.



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**BY JOSEPH CHAVEZ CAREY, MD
PRIMARY CARE MEDICAL DIRECTOR,
GARNET HEALTH DOCTORS**

First came COVID-19. Now, winter is here. That combination means it's even more important to follow tried-and-true strategies to protect your health and prevent illness during the next few frigid months.

Overall, it's essential to be physically active and get outside. Just layer up, go for a walk and get some sunshine. The sun is a key source of Vitamin D, and being outside on a bright day helps stave off the seasonal blues and mood issues. Fresh air also can protect against allergies acting up, which is a possibility if you're in confined spaces. If you can't get out, find ways to move around

because physical activity burns calories.

While you're outside, remember that cold air can aggravate conditions such as heart disease, so take it easy if you're shoveling snow or exerting yourself. Wintry air also can affect your asthma. In fact, if you have asthma, wearing a mask will help protect you against COVID-19 and help guard against an asthma attack because the mask helps you inhale warm, moist, just-exhaled air. Pain from arthritis also tends to get worse in the winter.

Falling temperatures also should prompt awareness about the dangers of frostbite and hypothermia. Frostbite can set in quickly. You'll know there's a problem if your skin turns pale or becomes red. Also be on the alert

Heart attacks are more common in the winter because the cold causes blood vessels to contract.

if your fingers, toes and/or nose lose feeling, become numb or feel firm. Hypothermia sets in when your body temperature drops below 95 degrees. Senior citizens are particularly sensitive to hypothermia. If you feel disoriented or confused, get to a warm area quickly.

Heart attacks are more common in winter because the cold causes blood vessels to contract. That can increase blood pressure and the potential for a heart attack.

The heart also has to work harder to maintain a healthy body temperature during winter because the body loses heat more quickly. And, Vitamin D deficiency increases the risk of a heart attack. Ask your doctor if a supplement might be appropriate.

Throughout winter, and year-round, it's important to take charge of your health. That's even more crucial during the pandemic. Don't delay that doctor's visit, picking up that prescription, or doing the things that keep you healthy. Please remain vigilant against COVID-19. Stay masked. Be socially distant. Wash your hands often. And, consider getting the COVID-19 vaccine when

CONTINUED ON PAGE 16H



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- Social programs to help people with the disease and loved ones get out and interact.
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CONTINUED FROM PAGE 15H

you are eligible for it.

To learn more about winter health, or if you have any other health concerns, Garnet Health Doctors is here to help. With eight locations and convenient hours, our skilled, compassionate team will partner with you to maintain well-being.

You can trust that you'll be safe from COVID-19 when going to a Garnet Health hospital or doctor's office. Providers are highly trained on how to protect patients. Precautions include taking your temperature using no-contact thermometers when you enter. All registration and waiting areas use social distancing. Facilities have installed plastic shielding in key areas, and patient appointments are staggered to minimize foot traffic. These steps are complemented by

aggressive cleaning and sanitizing 24 hours, seven days a week.

Telehealth visits are also available. Telehealth is an easy, convenient way to talk to a doctor via a phone call or live video. This means you don't have to leave your home – and that you can receive care from anywhere. Most insurance plans cover Telehealth, so don't ignore symptoms that you would typically visit or call your doctor about.

To set up a Telehealth or in-person appointment, call (845) 333-7575. To learn more about primary care provided by Garnet Health Doctors, visit garnethealth.org/doctors or call our Bethel office at (845) 583-5620, the Callicoon office at (845) 887-5693, the Harris office at (845) 794-5335, the Liberty office at (845) 292-6684, our Livingston Manor office at (845) 439-3579, the Middletown office at (845)

333-7575, the Monroe office at (845) 333-7830 or the Monticello office at (845) 333-6500.

About Joseph Chavez Carey, MD, FAAFP

Primary Care Medical Director Dr. Chavez Carey is Board-certified in Family Medicine. He received his medical degree from New York University School of Medicine and completed his internship and residency at Contra Costa Regional Medical Center in California. Dr. Chavez Carey sees patients of all ages – including kids – and is fluent in Spanish. He is a Castle Connolly 2018-2019 Top Doctor and was ranked as the 2018 Favorite Doc by Hudson Valley Parent.

About Garnet Health Doctors

Garnet Health Doctors is part of Garnet Health, comprised of the well-established and highly regarded Garnet Health Medical Center and Garnet Health Medical Center - Catskills. Garnet Health Doctors is a growing Urgent Care, Primary Care and multi-specialty, Hospital-supported medical practice. With Board-certified Physicians, Board-certified Family Nurse Practitioners and Board-certified Advanced Practice Professionals, we provide outpatient care to patients in Orange, Sullivan, Ulster, Pike and Sussex Counties. Appointments are available at offices in Bethel, Callicoon, Harris, Liberty, Livingston Manor, Middletown, Monroe and Monticello. Visit garnethealth.org/doctors.



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Garnet Health Primary Care Medical Director Dr. Joseph Chavez Carey is Board-certified in Family Medicine.

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Mental Illness

The shame is in not getting the help that's available

BY M. LORI SCHNEIDER

When you or someone you love is experiencing a psychiatric illness, it's easy to feel that no one else could possibly understand what you're going through. There's a shame and a stigma associated with these illnesses that have no place in this day and time. As much as the symptoms of illnesses like Major Depression, Bipolar Disorder, Schizophrenia, Anxiety Disorders and other psychiatric illnesses can be difficult to live with, it's the stigma associated with these illnesses that often make it even worse.

With all chronic illnesses, not only the person with the diagnosis, but the entire family is affected. But other physical illnesses don't normally carry the additional burden of blame, shame and misunderstanding.

"Mental Illness" is, in my estimation, almost a misleading term for psychiatric illness – it suggests that the illness is "all in the mind" – rather than in the brain, an organ of the body as susceptible to illness as the heart, the liver, the pancreas or the lungs. "Mental" Illness is every ounce as real and physical in nature as any other physical illness.

Mental illness affects the way people think, feel and relate to others. It's hard to look at a behavior and not see it as intentional or willful, rather than the symptom of an illness; and this often leads to misunderstanding that undermines the serious nature of the illness. People cannot simply "pull themselves up by their own bootstraps" and "snap out of" a psychiatric illness.

These illnesses are biochemical in nature and medication, prescribed

by a qualified physician – preferably a Psychiatrist or Psychopharmacologist (a Psychiatrist who specializes in Pharmacology) along with other forms of therapy is the best treatment.

Any doctor worth their salt would refer patients with heart problems to a Cardiologist. Patients with Diabetes would be referred to an Endocrinologist, with Emphysema to a Pulmonologist. So, too, should anyone with a diagnosis of any psychiatric illness

be seeing a Psychiatrist, and not a Primary Care Physician or General Practitioner alone.

As is the case with many physical illnesses, Mental Illness is not

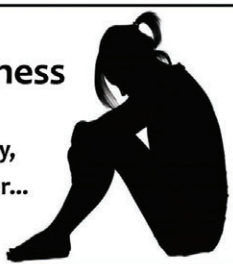
curable, but highly treatable. Treatment works – and many people live rich, fulfilling lives, relatively symptom-free with a treatment regimen that works for them. There should be no shame in having a mental illness or in having a loved one with a mental illness – the shame is in not reaching out for the services and resources that are available.

About NAMI

NAMI Sullivan County, NY is the local affiliate of the National Alliance on Mental Illness. 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 Conference Call. 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.

Mental Illness
is a flaw
in chemistry,
not character...



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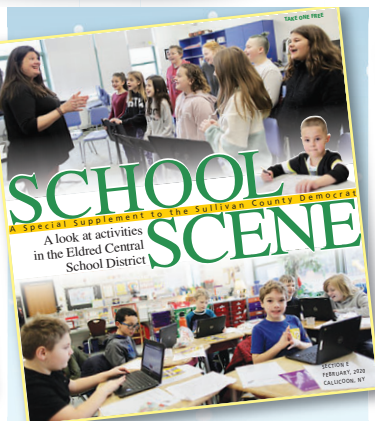
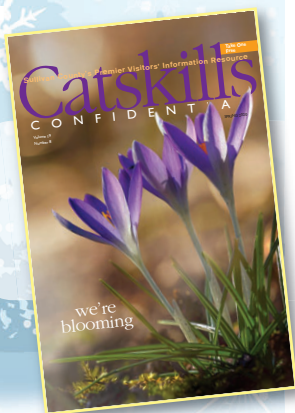
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The Sullivan County Democrat has ideas to keep your business hot in the cold, Winter months!



All in the Family

This section features families who run their own business and help to make our Main Streets strong

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A look inside the Eldred Central School District and how they are managing a challenging year in education.

Publication Date:
February 5
Advertising Deadline:
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FALLSBURG SCHOOL SCENE

A look at one of Sullivan County's largest School Districts and what's new in 2021.

Publication Date:
February 12
Advertising Deadline:
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A look at our area's great outdoors and the people who help us keep it beautiful.

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Publication Date: March 15 **Advertising Deadline:** February 25

Wayne Woodlands Long-Term Care Residents, Staff vaccinated

With their approval and their families' knowledge, most of the 70 residents of Wayne Woodlands Manor, Waymart, received a COVID-19 vaccine today, as did many staff members, from CVS pharmacy personnel.

Long-care communities have been especially hard hit by the pandemic, prompting the CDC and the Pennsylvania Department of Health (DOH) to schedule them in the very first – Phase 1A – category for vaccinations.

"We feel this is a great start," said Wayne Woodlands Administrator Michael Freund. "We continue to wear full PPE during resident care and follow social distancing protocols, but I hope this is the beginning of our journey back to normalcy, to receiving visitors and having group activities."

Wayne Woodlands, like other nursing homes, has limited all group activities including dining-room services. Except for a few months, visitation has been suspended since last spring.

"To date, we have had no residents who tested positive for COVID-19," Freund continued. "Staff are tested twice weekly and residents once a week as per CDC and DOH guidelines."

The most current DOH statistics show there have been 57,724 cases of COVID among residents of long-term care facilities, 10,754 cases among staff and 9,418 deaths or about 50% of all deaths in the state so far.

Overall, the vaccines were well received at Wayne Woodlands, Freund said, adding, "We are very pleased that the CDC and the DOH were able to offer our residents and staff the opportunity to be vaccinated through CVS phar-



CONTRIBUTED PHOTO

Wayne Woodlands' Sondra Holmes, physical therapist, is all smiles behind her mask as she receives a COVID-19 vaccine from a CVS Pharmacy staff member.

WMH curtailing Saturday Lab Services in Hamlin

Effective immediately, Wayne Memorial Hospital is temporarily closing laboratory services on Saturdays at the Hamlin Family Health Center. Lab services will still be available Monday – Friday, 6:30am – 3:00pm at the facility, 533 Easton Turnpike (Route 191) in Hamlin, PA.

The temporary closure is due to staff re-allocation primarily to meet increased demand for COVID testing. Wayne Memorial is now performing close to 1,500 COVID outpatient tests per week at its Wayne County

Fairgrounds site in Honesdale. Services there recently expanded to include Saturday mornings.

Wayne Memorial offers PCR (polymerase-chain-reaction) tests, which are considered the "gold standard" as they offer the most accurate results available for COVID-19. The tests are sent to LabCorp for analysis.

For more information about Wayne Memorial's COVID-related services, visit COVID-19 (novel coronavirus) - Wayne Memorial Hospital (wmh.org).

macy so soon after the vaccines were approved." Wayne Woodlands received the Pfizer-BioNTech vaccine, which received emergency-use FDA approval in December.

Wayne Woodlands, a 121-bed

skilled nursing facility, is a part of Wayne Memorial Health System.

For more information about Wayne Memorial's COVID-related services, visit COVID-19 (novel coronavirus) - Wayne Memorial Hospital (wmh.org)



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