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Mindful musings: Tackling stress

BY NICOLETTA LAMARCA-SACCO

Before I moved to Roscoe, NY I was busy and stressed as a full-time teacher and mom of two teenagers. I tried many stress-busting techniques: yoga classes, meditation apps, moms' coaching groups. All of these seemed to add more to my full plate: things to do and places to be that I didn't have time for. I thought, I am trying to "stress-bust" but I'm adding rather than subtracting the thing I'm having trouble with.

I was "rushing to yoga": running out the door trying not to forget my mat, then circling the block in search of scant parking spots, then entering the yoga storefront, breathless, one minute after class is beginning, while everyone is already in lotus pose, breathing, trying to tiptoe into class, not make the floorboards creak, set down my mat and water bottle without disturbing classmates, doing the little apologetic wave to the teacher with a semi-free hand, and simultaneously sneak my plus-size form to an unobtrusive spot between people giving side eye that I'm taking up room where they were peacefully and spaci-ously relaxing and breathing, undisturbed, a moment before.

Rushing to yoga. In a nutshell, a draft title of a chapter in my future memoir.

Fast-forward four years, and I am researching poets and poetic forms, freelancing and studying

creative writing, doing yoga on Zoom, and feeling less stressed.

Are there things that help manage stress when that full plate gets too full, as in Thanksgiving full but it isn't November yet?

- Commit your skills to helping others
- Make sure you are part of a team
- Remember to center your mind at key times in your day
- Chunk tasks into smaller steps to make them manageable
- Keep a set of index cards or a journal handy

When I volunteer these days, I join a team effort. Everyone understands we get busy, and it helps to collaborate for those times when life prevents you from doing everything you thought you could do to help at that particular time or by that date. The people on the team can all pitch in so no single team member has to feel a pinch all at once.

At the beginning of one of my classes, the professor simply reminds us to stop, center and breathe, just like in a yoga class.

The other day, she reminded us that those alerts on our phone would be there waiting when we turned the phone back on at the end of class, but if we silenced the device to concentrate on class, the lack of distraction would enrich our experience. She was right. I



Stress may not display itself as conspicuously as with this man, but it can be even more dangerous to your health to hide the feelings.

concentrated much better after the reminder to start class with a clean slate. And those reminders were still there when I walked back to my car for the ride back down NY-17 towards Roscoe after class.

I keep a set of index cards to jot down thoughts or inspiring quotes I hear as I listen to the radio in the car. It helps to shuffle

the cards when I've collected a few and reread them when I need a lift. I recycle them to jog my memory, recall the quote, and start again when no one is around to remind me to slow down rather than run to yoga.

LaMarca-Sacco is a graduate student living in Roscoe with her husband, Steven, and their dogs, Pupcake and PomPom. Their children are grown.

'How to Stay Healthy into the Fall Season'

Health & Wellness

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The Medicare Maze

BY MEIR HOROWITZ

delay enrollment.

If trying to find an answer to a Medicare question feels like ordering from a restaurant in a foreign language you're not alone. The Medicare Maze can be a very confusing place. Here are the ABC's - and some helpful suggestions-that we hope will make it easier to find your way to excellent health care.

Original Medicare consists of Part A (hospital) and Part B (doctor and outpatient services). You can apply at your local Social Security office or online at ssa.gov.

WHO IS ELIGIBLE?

- Anyone age 65 and above who is eligible for Social Security (even if you are not collecting benefits)
- A person who has been receiving Social Security Disability for 24 months
- A person who has End Stage Renal Dialysis or ALS(Lou Gehrig disease)

Remember that enrollment is not automatic. You must apply. If you are still working and have coverage from your employer you can

IS MEDICARE ENOUGH?

It depends on your personal preferences and a few variables.

Both Part A and Part B have deductibles that must be met before Medicare will pay.

Part A is \$1481 in 2021 and applies to each hospital stay of 60 days or less.

Caution: If you are re-admitted a new deductible could apply.

Part B is generally an 80/20 split between Medicare and you- once you've met the annual deductible- currently \$203. BUT...your 20% has NO upper limit. Which is why many people opt for a Medicare Supplement (aka Medigap) or a Medicare Advantage plan. Stay tuned for the details!

Part D - Drugs and the "Donut hole"

If Part A and B seem complicated, Part D puts them to shame!!

It features a combination of Phases (including the infamous Donut Hole- also known as the Coverage Gap) and Tiers of coverage for each



METRO CREATIVE SERVICES PHOTO

drug. This is probably the most complex part of the Medicare Maze. You can purchase a Drug plan separately or as part of a Medicare Advantage plan.

It is not mandatory to enroll into a Medicare Part D Prescription Drug Plan. However, if you go without creditable prescription drug coverage for 63 or more days in a row after you're first eligible, you may have to pay a late-enrollment penalty if you enroll into a Medicare Prescription Drug Plan or Medicare Advantage Prescription Drug plan later.

Helpful hint: if your household income is under \$100,000 (\$75,000 for a single person) you can enroll in EPIC- New York State pharmaceutical program. You will get a twofold advantage: (A) a cap on any prescription cost once you meet your deductible; (B) a Special Election Period that will allow you to change Medicare plans without having to wait for Annual

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Enrollment (AEP).

We've covered A, B and D. Where is the C in ABC'S of Medicare?

Because Medicare (A&B) has some uncovered areas, and may leave you with a large unpaid bill from a doctor or hospital, many people opt to enroll in another plan.

Medicare Supplements are insurance policies issued by private companies that will pick up nearly all of the charges not paid by Medicare. This is a great "security blanket" - particularly for someone with an ongoing need for treatment (e.g. chemotherapy or Skilled Nursing Care).

But there is a monthly premium that may present a problem for many seniors on a fixed income. AND..drug coverage is not included and must be purchased separately.

Enter PART C!

This is what we know as Medicare Advantage. Also administered by private insurance companies, the Medicare Advantage plan replaces Part A and B with an approved plan that is at least equal to what Medicare offers. And it provides many other benefits such as dental, vision and hearing aids. Most plans have low or no premium and generally include a drug plan at no additional charge.

There are generally no deductibles to meet



Meir Horowitz

CONTRIBUTED PHOTO

and instead of coinsurance you have fixed copays whenever you see a doctor or specialist.

Although people usually associate Medicare Advantage plans with networks that restrict your access to care, there are many excellent plans called PPO (Preferred Provider Organizations) that enable you to use any doctor or facility that accepts Medicare payments. And the only difference is that the "Out of Network" visits have a slightly higher copay.

WHAT'S THE DIFFERENCE BETWEEN THEM?

A Medicare Supplement is like buying a commuter pass on Metro North. You can ride as much as you like but you have to pay every month whether you travel or not.

A Medicare Advantage plan is like a Metro card in the city. You only pay when you ride the train!! If you're in good shape you will have little or no medical cost, but the coverage is there if you need it.

If you still are not seeing the light at the end of the tunnel an Independent Medicare Agent can help. Unlike the "captive agent" who works exclusively for one insurance company- with only his or her product to offer- the independent agent is licensed and contracted with a wide variety of carriers. That means that you get an unbiased look at all of your options and the opportunity to shop many plans from one knowledgeable source.

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Meir Horowitz is an Independent Medicare Agent at MEH Associates.

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BY BONNIE LEWIS

Caregiving during COVID-19

Caregiving responsibilities have always included meeting the care receivers social, emotional, and healthcare needs and caregivers have always adapted (sometimes quite quickly) to meet the changes in their care receiver's needs.

Every caregiver's journey is unique, depending on their resilience, how they navigate the healthcare system, family dynamics, and their ability to pursue all community resources to assist them. But no caregiver could have imagined how COVID-19 could have made that journey exponentially more difficult.

The pandemic created an unprecedented public health emergency that has severely impacted older adults and unpaid caregivers.

According to AARP, NYS has approximately 4.1 million caregivers that provide unpaid care to their loved ones and caregivers provide an estimated 2.1 billion hours of unpaid care (if paid for at the market rate this would cost approximately \$31 billion annually).

While worrying about their care receiver's needs and keeping them safe, caregivers were also worried about how to meet their own health needs (both physical and mental). Caregivers have delayed their own medical appointments and they have experienced financial insecurity during COVID-19



PHOTO BY METRO CREATIVE SERVICES

The COVID-19 pandemic has created more challenges for caregivers.

due to a loss of employment, or balancing employment and caregiving responsibilities. Caregivers have always found it difficult to get in-home help and respite from their caregiving; the pandemic magnified this problem.

The Caregiver Resource Center (CRC), a co-partnered program between Cornell Cooperative Extension and Office for the Aging of Sullivan County, in response to these stressors and the social isolation due to COVID-19, increased

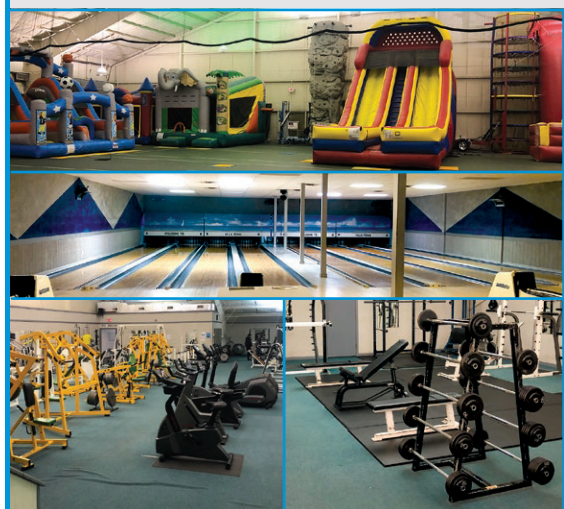
their support group availability in April of 2020 from monthly to weekly sessions (Wednesdays at 6:30 p.m. for all family caregivers). CRC also hosts a separate monthly support meeting specifically for caregivers who assist a person with a dementia (the third Tuesday of the month at 5 p.m.). Both groups are free, and caregivers can join whenever it is convenient (register on CCE Sullivan website <http://sullivanccce.org/>).

While caregivers join group meetings for many reasons (seeking specific services, getting answers to a health problem, how to address an unhealthy situation, meeting others on the same path of caregiving) the CRC's goal is to provide each caregiver the knowledge, method or link to other resources and organizations that will improve or stabilize their caregiving journey.

Through CRC's partnership with the Alzheimer's Association of the Hudson Valley (https://www.alz.org/hudsonvalley/helping_you/caregiver_support_groups), caregivers can access other tools for assistance, such as this list of "10 Symptoms of Caregiver Stress":

1. Denial about the disease and its effect on the person who has been diagnosed.
 2. Anger at the person or frustration that they can't do the things they used to be able to do.
 3. Social withdrawal from friends and activities that used to make you feel good.
 4. Anxiety about the future and facing another day.
 5. Depression that breaks your spirit and affects your ability to cope.
 6. Exhaustion that makes it nearly impossible to complete necessary daily tasks.
 7. Sleeplessness caused by a never-ending list of concerns.
 8. Irritability that leads to moodiness and triggers negative responses and actions.
 9. Lack of concentration that makes it difficult to perform familiar tasks.
 10. Health problems that begin to take a mental and physical toll.
- If you are a caregiver and find that several of the above ten items

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are an issue, there are many resources that may be helpful. On CCE Sullivan's website (<http://sullivan-vancce.org/home-family/caregiver-resource-center>) CRC offers these resource sheets:

- Caregiver Stress
- My Emotional Well-Being
- Self-Care for the Caregiver: Avoiding Caregiver Burnout I
- Self-Care for the Caregiver: Avoiding Caregiver Burnout II
- Self-Care for the Caregiver: My Portable Self-Care Toolbox
- Self-Care for the Caregiver: Signs of Caregiver Burnout
- Self-Care for the Caregiver: The Guilt

Caregivers are also encouraged to look at this section on the Alzheimer's Association's website (<https://www.alz.org/help-support/caregiving/caregiver-health/care-giver-stress-check>) for links to these resources:

- Lotsa Helping Hands: This online care team calendar helps you schedule weekly needs and organize offers of help from family and friends.

• Savvy caregiver: Helping family members of someone with memory loss regain control of their lives: This video gives you practical caregiving skills to help you become a confident caregiver and reduce your stress.

As we approach the festive season when focus is placed on family and quality time, take a moment in November (National Family Caregiver Month) to recognize and give thanks to the caregivers you know for the time they spend caring for a family member in need.

Caregivers will continue to work tirelessly this winter, keeping their loved one safe while managing healthcare priorities. In November and beyond, remember those caregivers in your community and consider the strength and patience they are providing to those who need it the most. Offer them a hand and ask if you can assist them in some way.

Bonnie Lewis is an RN/Dependent Care Educator at the Caregiver Resource Center, a program of Cornell Cooperative Extension of Sullivan County.



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Prostate Cancer is Highly Treatable, but Early Detection is Key

BY DR. SAMUEL ABOURBIH,
UROLOGIST AT GARNET HEALTH
DOCTORS

You may notice a need to use the restroom more often.

If you're a man in your 40s or older, your risk of contracting prostate cancer increases, and those additional visits to the restroom may be a telltale sign that treatment is needed.

Prostate cancer is the second-most-common cancer affecting men, topped only by skin cancer. Prostate cancer also is the second-leading cause of cancer-related death in men, behind lung cancer. If left untreated, prostate cancer

can migrate to other parts of the body, including the lymph nodes and bones.

But prostate cancer is not always easy to detect. Early symptoms are similar to a non-cancerous enlarged prostate. You may need to urinate more frequently or have a weak stream when urinating. You also may need to urinate a second time quickly after the first time because your bladder hasn't completely emptied.

Who is most vulnerable to prostate cancer? As men grow older, the chances of developing prostate cancer increases. If you have a family history of prostate cancer, or a family member has



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had cancer – even a mother or sister with breast cancer, or other types of cancers, you also may have a greater chance of developing it. Ethnicity also can play a role. African-American men and Caribbean men of African ancestry are at greater risk of getting prostate cancer and of developing it at an earlier age. Asian-Americans and Hispanic or Latino men are less likely to develop the disease.

There is no certain way to prevent prostate cancer. However, healthy lifestyle choices may reduce your risk. A diet low in fat and high in fruits and vegetables may help lower the risk. Regular exercise and getting a full night of quality sleep also can help.

But here's the good news: Prostate cancer is highly treatable, especially if it is caught early. Screening is key, and new, advanced technology provides more accurate and precise diagnoses than in the past. Garnet Health's UroNav Fusion Biopsy System combines MRI images of

the prostate with ultrasound-guided three-dimensional images in real time. The UroNav reduces the risk of overlooking a tumor and its advanced capabilities precisely target suspicious areas, reducing the need for multiple, random biopsies.

September is National Prostate Cancer Awareness Month. To help you learn more, Garnet Health is offering free prostate cancer screenings Monday, September 20 through Friday, September 24. The free screenings are open to men 40 to 75 years old who have no history of prostate cancer and have not been under the care of a urologist for the past five years. Appointments are available; just call 1-888-489-2038.

You also can learn about prostate cancer and other men's health issues facing men during a Garnet Health free webinar on Tuesday, September 28 from 7:30 p.m. to 8:30 p.m.

During this Community Health Self-Care Forum Series Webinar, medical experts will share insights

about overall wellness, including ways to limit men's risks of common illness and disease. The virtual seminar will provide information about topics including cardiovascular disease; urology issues and prostate screenings; dermatology concerns and skin-cancer screenings; the importance of sleep; and much more. Registration is required. Visit garnethealth.org/events or call 844-MY-GARNET (844-694-2763).

About Samuel Abourbih, MD, FRCSC

Dr. Abourbih obtained his medical degree from McGill University in Montreal, Canada. He completed his residency in Urology at McGill University Health Center in Montreal and a Fellowship in Endourology, Laparoscopy and Robotics from Loma Linda University in Loma Linda, CA. He is Board-certified in Urology and is a Fellow of the Royal College of Surgeons of Canada.

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Dr. Samuel Abourbih

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At left: Before the weather gets too cool, go fishing on the lake.

At right: Many back roads in Sullivan County boast great views of fall foliage. Take a drive, or better yet, go for a walk to get some exercise and enjoy the sights.

Below images: The Catskills are a great place to see the leaves change, from the multicolors of the fall maple tree to the classic farm setting against the colors of the season.

Below left: The brilliance of the colors can lift any spirits and inspire people to get outside.



Fall-in into good health

STORY BY JOSEPH ABRAHAM
PHOTOS BY CAROL MONTANA

Autumn is upon us. The swimsuits have been put away, and the flannel and jeans are out in full force. Living in the Sullivan Catskills, there's plenty of beautiful and scenic sights to enjoy this time of year.

While things may be a little bit cooler, there are many healthy and fun activities to partake in this time of year.

What's at the top of our list, you

ask?

Enjoying the fall foliage, of course! Car rides are great, but hit a trail or pull over on a scenic back road and take a walk or a bike ride.

Health benefits from walking include: reduced risk of heart disease and stroke, as well as improved management of high blood pressure, joint and muscular pain and diabetes. It can also lead to stronger bones and better balance.

On the bike side, Cycling Weekly lists many benefits of cycling including improved mental well-being, strengthens your immune system, promotes weight loss, builds muscle, cuts heart disease and cancer risk, leads to better sleep and boosted brain power, and increased spatial awareness.

Who knows, you might even make a few new friends along the way.

Physical health benefits aside, the



fall foliage also can promote better mental health.

In an article in Psychology Today titled "How Autumn Leaves Color Our Inner Lives" by Linda Wasmer Andrews, Michelle Harris who teaches counseling psychology and expressive arts therapy at William James College in Massachusetts, is quoted saying that "an autumn stroll can be an excellent stress reliever."

The article notes that stress shifts the brain and body into survival mode, but a positive experience that redirects attention can reverse this process.

"When you're walking and focusing on the changing leaves, you're no longer cuing your brain to run or fight," Harris told Psychology Today. "Instead, you're cuing your brain to pay attention to something beau-

tiful and enjoy it."

Harris added that looking at the changing colors and patterns "can be an exercise in mindfulness" which she finds meditative.

Scientific examples aside, how many people do you know that aren't in a better mood after taking in fall foliage?

While enjoying the changing leaves, you might lose track of time, and will probably get hungry at some point in your fall adventures.

This is especially true when the aroma of baked pumpkin and apple fills the air. A less healthy association to the season is the abundance of candy handed out at Halloween.

But if you are like the rest of us that have a sweet tooth and are looking for a healthier way to satisfy that craving, go search for the

perfect pumpkin or head to an orchard and go apple picking with friends. Not only will it give you a little exercise, but the fresh apples will provide a tasty and nutritious snack.

Pumpkin and apples are also great for baking. If you make a few changes to your recipes, such as using less sugar and mixing in some beneficial ingredients like flaxseed and chia seeds, your sweet treat isn't all that bad ... if eaten in moderation of course.

In conclusion, while we still might be in the midst of a global pandemic, the weather is still nice enough to be outdoors and keep the windows open. So if you practice social distancing and follow the guidance of health experts, there is still a lot of safe fun to be had.

Disclaimer: The author of this piece is not a health professional. If you are in need of medical guidance, please consult your doctor.

If I already had and recovered from COVID-19, do I really need the vaccine?

BY CRYSTAL RUN HEALTHCARE

With much of our daily lives affected by COVID-19 and the rapid, sometimes confusing coverage of the vaccine creation process, many people have been asking a question that often accompanies new medicine: If I already got sick and recovered, do I even need this new vaccine? Gina DiCostanzo, a Board Certified Nurse Practitioner at Crystal Run Healthcare specializing in allergies and immunology, provides a few answers for those curious and confused.

Like other viruses, studies sup-

port that exposure to COVID-19 results in some immunity as the body produces protective proteins called antibodies in response to this exposure. Once we recover from the virus, our bodies create memory cells to recognize the virus and recruit antibodies quickly if we are exposed again. But how long do these antibodies last after the virus is defeated?

DiCostanzo said, "One of the key issues in addressing and successfully countering viral illnesses like COVID is determining precisely how long a person continues to produce these 'protective proteins' once they are

recovered from COVID."

Most studies have shown that antibodies begin to develop within one to two weeks of a COVID-19 infection and can last up to a year in the body.

Another method for producing antibodies is to receive an mRNA (messenger ribonucleic acid) vaccine, which introduces a small, inactive portion of the virus protein into the body. The inactive virus protein offers the body a way to identify the virus without actual viral exposure or infection.

...this virus, like other coronaviruses, mutates and forms variants the longer they are able to spread.

However, this virus, like other coronaviruses, mutates and forms variants the longer they are able to spread. These variants allow the mutated

virus to bypass our naturally acquired immunity. This also increases the chances of new types of COVID-19 infection and outbreaks. Antibodies formed by mRNA vaccines help combat or prevent these outbreaks because they target the virus in a different way than naturally-formed antibodies.



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“Ultimately, the two types of antibodies may react to COVID variants differently,” said DiCostanzo. “By targeting a specific area of the virus, vaccine-generated antibodies seem to be more effective at recognizing and fighting variants and new mutations of the COVID virus. With this in mind, we need to consider that even antibody-positive individuals will likely stand a better chance of fighting COVID variants if they are also vaccinated.”

It is important to recognize that although many treatments and recommendations for COVID-19 are new, they are backed by many years of related research. Keep yourself informed and optimize your health by having honest, informative, and fact-based conversations with trusted health care providers, like the immunologists at Crystal Run Healthcare, who provide world-class expertise for adults

and children. Whether it's for allergies or immunology, they work to diagnose, treat and manage allergies, asthma, and immunologic disorders, including primary immunodeficiency disorders in both adults and children. When it comes to your health, depend on providers like those at Crystal Run Healthcare who care about keeping you well!

For more information about the COVID-19 vaccine or to schedule a vaccine appointment at one of Crystal Run Healthcare's locations in Orange, Sullivan, and Rockland counties, visit crystalrunhealthcare.com/covid-19-vaccine.

Gina DiCostanzo, RN, MS, ACNP-BC, is a Board Certified Nurse Practitioner specializing in allergy and immunology. DiCostanzo treats people of all ages and has clinical interests in allergies, dermatology, urgent care, and geriatrics. DiCostanzo is seeing patients at Crystal Run's West Nyack office.

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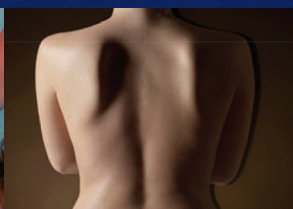
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I am not sick; I don't need help –

Lack of insight can be a barrier to mental health treatment



CONTRIBUTED PHOTO

Most of us know of someone (maybe even ourselves) who need some form of mental/emotional support and healing, but are reluctant to get help.

BY M. LORI SCHNEIDER

One of the most difficult questions mental health advocates get asked by families is “How can I get help for my ill family member who doesn’t think anything is wrong with them?”

When someone experiences a psychiatric illness, particularly with a thought disorder like Schizophrenia or an illness that has a component of a thought disorder, there can be a lack of insight — the \$10 word is Anosognosia — to the fact that they have an illness.

Rather than being actively “in denial,” or “being stubborn,” they are literally unaware - because the portion of the brain that controls insight is impaired by the illness, itself. A similar condition is often found with stroke victims when the portion of the brain involving insight is affected by the stroke. Studies indicate that poor insight occurs in 57- 98 percent of people diagnosed with Schizophrenia and 40 percent of people with Bipolar Disorder and that approximately 30 percent of people diagnosed with Schizophrenia and 20 percent of people diagnosed with Bipolar

Disorder experience “severe” lack of awareness of their diagnosis.

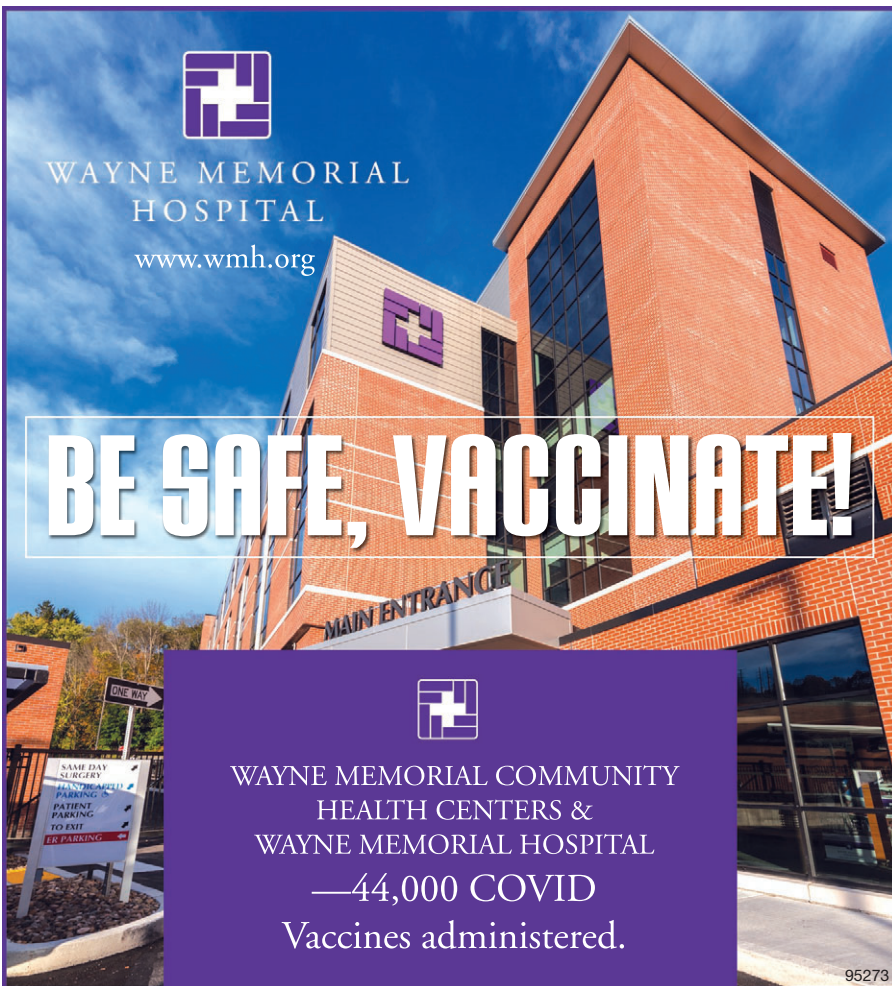
Treating mental health conditions is much more complicated when lack of insight is one of the symptoms. Lack of insight is the main reason for people to refuse or to stop taking prescribed medication. When you think about it, why would someone agree to take a medication for an illness they firmly believe they don’t have? If you don’t have Diabetes, and someone were to try and convince you that you need to take Insulin (for the Diabetes you don’t have), you would think they were trying to hurt you!

Xavier Amador, Ph.D. wrote the quintessential book, “I Am Not Sick – I Don’t Need Help!” subtitled, How to Help Someone with Mental Illness Accept Treatment. Dr. Amador’s brother had been diagnosed with Schizophrenia and showed extreme lack of insight, leading to him discontinuing his medications when he was released from the hospital. Rounds of butting heads and arguments led nowhere and Dr. Amador set out to research (starting in 1989) what was then called “denial.”

His groundbreaking book has helped people around the world. Integral to Dr. Amador’s work is an evidence-based communication program, LEAP (Listen, Empathize, Agree, Partner) which helps create relationships that lead to acceptance of treatment and services, even when the person does not believe he or she is ill. For families dealing with a loved one who does not recognize they are ill, Dr. Amador’s book and the LEAP program can be life changing. For information, log onto <https://leapinstitute.org>.

NAMI Sullivan County, NY is the local affiliate of the National Alliance on Mental Illness. Primarily a family support and advocacy organization, NAMI Sullivan has been providing services in our area since 1983. 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 Peer Support groups. Support Groups are currently meeting live at 20 Crystal Street, Monticello as a hybrid meeting, via ZOOM or by phone. If you or someone you love has been diagnosed with a mental illness or are experiencing symptoms, you are not alone. For information about mental illness or the services provided by NAMI Sullivan County, 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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NEWS NOTES IN HEALTHCARE

Dr. Ebi Rowshanshad practicing at Hamlin Family Health Center

The Hamlin Family Health Center welcomes Ebi Rowshanshad, DO, as the newest member of its staff. As a physician specializing in family medicine, Dr. Rowshanshad will see patients ranging from newborn to geriatric as their primary care provider. Hamlin Family Health Center, part of Wayne Memorial Community Health Centers (WMCHC), has been offering primary care and walk-in services in Lake Ariel since 2014.

"Families in the greater Hamlin area rely on WMCHC to provide quality patient-centered care, stated Frederick Jackson, executive director, WMCHC. "It's through recruiting physicians such as Dr. Rowshanshad that we fulfill that commitment."

After earning a medical degree from Touro College of Osteopathic

Medicine, New York, New York, Dr. Rowshanshad relocated to Scranton, PA to complete his family medicine residency at the Wright Center for Primary Care. During this time, he served in leadership roles including Chief Resident as well as 1st and 2nd Year Class Leader. He holds a Bachelor of Science degree in Cognitive Science from the University of California, Los Angeles, CA.

Dr. Rowshanshad believes the highest level of care begins with the physician and patient working together. "I aim to involve every patient in their care through explaining why certain tests are being ordered, what the results signify, and what the treatment options are," he stated.

To make an appointment with Dr. Rowshanshad, call (570) 689-8566. Most private insurance,



CONTRIBUTED PHOTO

Ebi Rowshanshad, DO

managed care plans, Medicare and medical assistance are accepted. A sliding-fee scale is also offered for those who qualify. WMCHC is a federally qualified health center clinically affiliated with Wayne Memorial Health System, Inc.

For more information about WMCHC and all of its services, visit www.wmchc.net or call (570) 253-8390.

Wayne Memorial's Midwifery Mingle returns October 7

The Midwifery Mingle is back! After taking a year off due to COVID, Wayne Memorial will once again be hosting its annual in-person gathering to recognize National Midwifery Week.

Scheduled to take place on Thursday, October 7 from 1 p.m. to 3 p.m. at the Cooperage Project, Honesdale, the event will be held outdoors with adjustments such as fewer vendors and safely-served refreshments.

"The Mingle has always been a very popular way to recognize our nurse midwives," stated Frederick Jackson, executive director, Wayne Memorial Community Health Centers. "We wanted to bring the event back but felt some modifications were necessary."

Vendors will be limited to Wayne Memorial departments or entities;

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NEWS NOTES IN HEALTHCARE



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Women enjoying the 2019 Midwifery Mingle. After skipping last year, the annual event is back on October 7th from 1 – 3 p.m. at The Cooperage.

however, a good variety will still be showcased including: maternity, pediatrics, and lactation services. Additionally, Wayne Memorial Community Health Centers' staff will be on hand to answer COVID-related questions one-on-one. Food, catered by the Kitchen Cricket, will be charcuterie cups with assorted meats, cheeses and vegetables. Guests can also choose sweet offerings -- chocolate dipped apple slices or rice crispy pops—all individually wrapped. In place of raffle prizes, a small keep-

sake will be given to all in attendance. The event is free and open to all. No RSVP is required.

The theme for National Midwifery Week, observed from October 3 to 9, is "Midwives for Every Community" identifying the key part midwives play within a community through a compassionate and personalized model of care for all women. For more information about Wayne Memorial's Midwifery program or the New Beginnings Birth Suite, visit www.wmh.org.

Some benefits of longer maternity leave

Today's working mothers face an incredibly difficult decision after giving birth. How soon to return to work after having a child is a decision new mothers grapple with every day. While a host of factors must be considered before women can make their decision, research shows that longer maternity leave benefits mother and child in a variety of ways.

Paid maternity leave is not guaranteed in the United States, and the Organization for Economic Cooperation and Development notes that the United States is the only country in the developed world that does not mandate paid leave for new mothers.

The financial component merits strong consideration for mothers. But new mothers know that there are other factors to consider as well. The following are some benefits to lengthier maternity leaves.

- **Maternity leave, partial breastfeeding and its effects on SIDS risk:** Researchers at the University of Auckland recently determined that even partial breastfeeding in the first two to four months of a child's life reduces the child's risk for Sudden Infant Death Syndrome, or SIDS, by roughly 40

percent. Many working mothers experience difficulty breastfeeding their children after they've returned to work.

- **Maternity leave and children's health:** A recent study from researchers at the Melbourne Institute of Applied Economic and Social Research in Australia found that children can reap the benefits of their parents' paid parental leave for at least seven years. The study, released in 2015, found that children whose parents were able to care for them with the support of paid leave during infancy had a reduced risk of developing asthma and hearing and vision problems.

- **Maternity leave and postpartum depression:** A 2013 study found that women who return to work sooner than six months after giving birth had an increased risk of postpartum depressive symptoms.

Maternity leave can benefit mother and child for years to come, especially when mothers are capable of taking several months of leave after their children are born.



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Family Doctors: Trusted allies when you need them most

BY JOSEPH CHAVEZ CAREY, MD, FAAFP,
PRIMARY CARE MEDICAL DIRECTOR,
GARNET HEALTH DOCTORS, AND ALICIA
OLOWU, DO, FAMILY MEDICINE AND
PRIMARY CARE DOCTOR,
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Having a family doctor is crucial, especially with COVID-19 still a potent danger. Family practitioners are experts in a wide range of areas, and they stay up to date on the latest medical advances – all to provide exceptional care.

By regularly receiving care from your family doctor, you'll benefit from advice on living a healthy lifestyle, receive treatment for illnesses and be provided strategies to manage chronic conditions such as heart disease, diabetes and arthritis. Family doctors also provide preventive care, conduct routine checkups, and perform health-risk assessments and immunizations. They'll also be there for you throughout a pregnancy and any other health situation.

Many patients visit the same family doctor throughout their

lives. The best care results from your doctor knowing you at all levels of your health; this knowledge and familiarity, both of which breed trust between you and your physician, are invaluable. You'll get treatments and medical suggestions that are specifically tailored to your personal needs. That familiarity also extends to families. A doctor's knowledge of an entire family's health can help frame the best course of treatment for everyone.

Even if you need more specialized care, seeing a family doctor is the best first step. Family doctors who know your health history can recommend the right specialist for the care you need.

So don't delay that doctor's visit, picking up that prescription, or doing the things that keep you healthy.

When you visit a Garnet Health hospital or doctor's office, you'll immediately experience Garnet Health's numerous safeguards to protect you from COVID-19. This includes taking your temperature

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 a day, 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 or ailments that you would typically visit or call your doctor about.

To set up an in-person or Telehealth 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) 333-6600, the Callicoon office at (845) 333-6800, the Goshen office at (845) 333-7200, Harris office at (845) 794-



Joseph Chavez
Carey, MD, FAAFP



CONTRIBUTED PHOTOS
Alicia Olowu, DO

5335, the Liberty office at (845) 333-6900, our Livingston Manor office at (845) 333-6555, the Middletown office at (845) 333-7575, the Monroe office at (845) 333-7830 or the Monticello office at (845) 333-6500.

For more convenient access to Garnet Health Doctors, be sure to download the new Garnet Health app. It's free and available via the App Store on Apple devices and Google Play for Androids. Features include access to MyChart health-information resources, including Visit Notes that summarize information provided by your physician; how to find a doctor, location or service; driving directions to our locations; the ability to schedule an appointment with Garnet Health Doctors; online bill pay; news and information; MyChart notifications and more.

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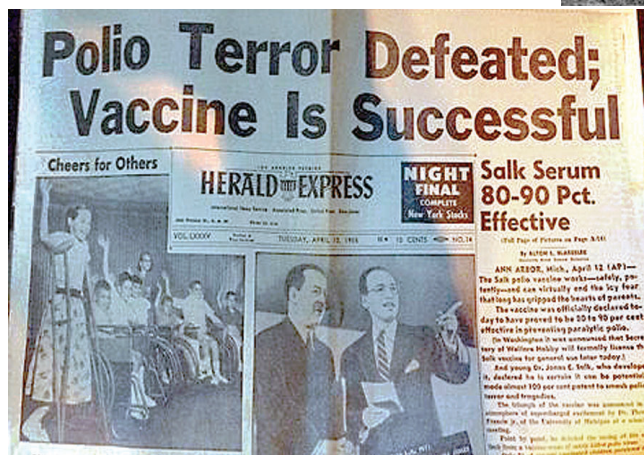
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It's A "No-Brainer"

BY PROFESSOR
MICHAEL KOSSOVE

There was no Dr. Fauci, Pfizer, or Moderna... There was no Food and Drug Administration. There was no Centers For Disease Control. Trials were minimal. But yet, they were lined up for miles, children and adults. Just to get immunized. We're talking about Polio.

The best motivation was the pictures of the children and adults with leg braces and crutches. Pictures of children and adults fighting for their lives in Iron Lungs (respirators). Many had no idea that children and adults died from polio. All it took was the President of the United States, a polio survivor himself, after discussions with Dr. Salk and his team leaders, and a very short trial, ordered the manufacture of the polio vaccine. He wanted to put a stop to 25,000



These images offer a flashback to a time when the population had been terrorized by the threat of another disease and its eagerness to receive a vaccine.

CONTRIBUTED PHOTOS

plus children and adults being paralyzed annually. If you can do your math, only 1/2 of 1% of the people who came in contact with the polio virus became paralyzed. Many didn't know they had it. Those that did, never got better, and most survivors got worse later in life with Post-polio Syndrome. Many who didn't know they had it, began to feel the effects of Post-polio Syndrome later in life.

Those who became sick from the

polio virus had no choice. There was no vaccine.

Today, there is a CDC, FDA, and Dr. Fauci. The COVID vaccine safety is unparalleled in vaccine history. Bioengineering and genetics made all of this possible. Words you never heard of back then. The trials were extremely successful with thousands of people enrolled. Those who survived COVID are begging the public to get immunized. Today, the hospitals are full of people on respirators, fighting for their lives, and I'm sure, wish-

ing that they had the shots.

You have a choice that wasn't available to the polio survivors.

If you survive COVID, there is a good chance that there will be a Post-COVID Syndrome with multi-organ problems, and you will suffer throughout your lifetime. **It's a "no brainer." Get immunized.**

Michael Kossove is a Microbiologist, and polio survivor. He's Professor Emeritus at Touro College, School of Health Sciences, and now Adjunct Professor of Microbiology. He teaches Physician Assistant and Nursing Students. He has a home in Kauneonga Lake.



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