BY NANCY MCGRAW, MPH, MBA, MSW, **SULLIVAN COUNTY PUBLIC HEALTH DIRECTOR**

Nurses have always been on the front lines of crisis

ational Nurses Week this year occurs between May 6, National Nurses Day, and May 12, the birthdate of celebrated nurse Florence Nightingale, who laid the foundation for pro-

fessional nursing. At the end of the 19th century, "The Lady with the Lamp" founded modern nursing. Thanks to her strict use of hand-washing and hygiene practices while caring for wounded soldiers in the Crimean War, Nightingale and her helpers reduced the death rate from 42 percent to an astounding 2 percent ushering in nursing as we know it today. She created hy-

giene protocols and other

measures that drastically reduced infections and deaths in battlefield hospitals.

As the Public Health Director for Sullivan County, it is an honor to be able to take this opportunity to recognize National Nurses Week. Nurses have always been a critical part of the county's role in community improving health, but the COVID-19 pandemic has magnified the importance of these roles and the extent to which we all depend on nurses and their dedication to keep our communities safe and informed.

This week is a chance to honor the contributions and sacrifices of all nurses, especially over this past year in re-



From left, Ann Bivins, EMT, who is part of Sullivan County's homebound outreach, and RN Christina Haff, part of the county's core clinic organization/ operation team, are just two of the dedicated professionals working to get Sullivan County back on its feet after the COVID-19 pandemic.

sponding to the pandemic, as they have continued during extremely challenging circumstances to care for homebound patients, educate the community, and provide tens of thousands of vaccinations throughout the County to help protect our most vulnerable from COVID-19. They have played a key role in health emergency response planning in collaboration

CONTRIBUTED PHOTO RN Patti Casey administering

vaccine to Pastor David Coon of White Lake during a recent vaccine clinic at SUNY Sullivan. with Public Health and Garnet Catskills Medical Center, county leaders, and our health care partners.

Today, nurses work in a wide range of specialties and settings, from schools to correctional facilities and nursing homes. There are public health nurses who administer vaccines and conduct disease control investigations, along with hospice nursing, emergency room and highly specialized oncology nurses who assist in life-saving treatment decisions.

PLEASE SEE FRONT LINES, 3B



What is National Nurses Week?

National Nurses Week is celebrated each year in the United States. The American Nurses Association notes that the week begins each year on May 6 and ends on May 12, which coincides with International Nurses Day, a global celebration designed to highlight and celebrate the

contributions nurses make to society. May 12 also marks the birthday of Florence Nightingale, an influential 19th century British nurse who many consider the founder of modern nurs-

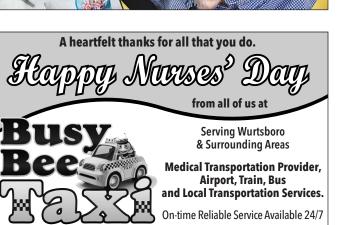
ing. The Canadian Nurses Association celebrates its own National Nursing Week, which begins on May 10 and continues through May 16. Student nurses and school nurses are honored during National Nurses Week celebra-

tions in the United States.

Celebrations honoring nurses Florence Nightingale across the globe figure to take on

greater meaning in 2021 as the world continues to confront the COVID-19 pandemic, during which hundreds of nurses have died from the virus while countless others have contracted it before eventually returning to work to continue helping those in need. This year, individuals, community leaders and privately held businesses can come together during National Nurses Week to celebrate the important work nurses do and the bravery they've shown while confronting one of the most devastating pandemics in history.

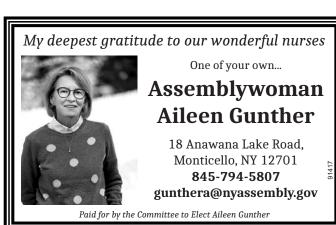




Catskill Dermatology salutes our nurse, clinical staff and our area nurses. Loree Ann Stanton, RN, HT, CDN Clinical Support Staff Stephanie Hauschild • Jessica Venditti Nicole Hendrickson

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Celebrating Our Nurses

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National Nurses Week

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We wish to honor and thank our nursing staff for the hard work, dedication, care, and compassion that they show our residents every day.

Wishing Nurses everywhere a Wonderful and Happy Nurse's week with sincere admiration!

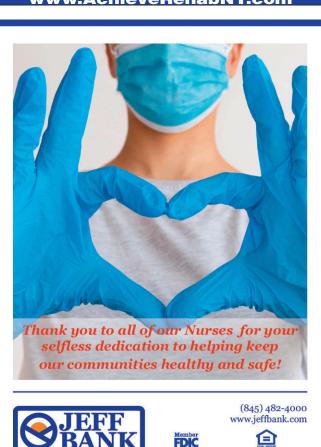


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The Center for Discovery nurses care BIG

CONTRIBUTED BY THE CENTER FOR DISCOVERY

ere at The Center for Discovery®, our nurses care BIG every moment of every day. They empathize BIG. And, they love BIG. This past year they taught us the very heart of humanity. "There truly are few words that can touch the depth of care and compassion our nurses have shown our residents and students during perhaps the most trying time of all of our lives," said Patrick H. Dollard, CEO of The Center for Discovery®.

When the pandemic essentially shut down New York and The Center, in the most difficult of all working conditions, the TCFD nurses trained hundreds of their colleagues in safety, personal protective equipment, and cleansing protocols. They worked literally day and night checking temperatures, fielding a 24/7 Hotline for sick staffers and family members, performing PCR tests, talking to families,

of the curve by establishing and continuously updating TCFD's own COVID -19 Database System. "They truly were and still are our frontline workers," Patrick added, "They pushed through exhaustion and fear and uncertainty. On many days they would come in and have to switch gears or add to their routines because we were responding on a daily and sometimes hourly basis to the shifting scientific knowledge base of a pandemic none of us had ever lived through before."

and strategizing to stay ahead

Then in the summer as the weather turned warm, our nursing staff helped ensure safe, healthy family reunions. Each step of the way, they planned, strategized and taught us deep lessons in what it really means to nurse others.

It's easy to forget that on a good day our nurses have hard jobs. We care for some of the most medically complex

individuals here at TCFD. They can be medically fragile or extremely sensitive to changes in routine and environment. They often have limited language, and so frustration and anxiety can turn into negative behavior. Our nurses had to consider all of these factors and more. How did they not become overwhelmed? TCFD Chief of Nursing, Susan Sayers, said her staff remained grounded by reminding each other that "This is what we trained for... this is what we do here at The Center for Discovery®." She added, "If they didn't have the motivation, stamina and ded-

ceeded."
As humble as they are, our nursing team will not take full credit for our success during the pandemic. It "takes a village" Susan said of her colleagues and the TCFD Leadership Team, "I couldn't

ication we wouldn't have suc-

imagine being a nurse anywhere else during this time." But the truth is they were at the heart of it all – helping create a thorough education plan and early large-scale (and ongoing) vaccination program. "I am so proud of the nurses and all they have done through this...no matter their fatigue or personal circumstances – they came to work." And, they also volunteered in

the larger community.

Susan and her team are still the calm, educated voices on the other end of the employee and family Covid-19 hotlines. They continue to watch and study the data on the ongoing pandemic from the Centers for Disease Control, state and local officials, and analytics gathered on the TCFD campus and adjust policy and

procedures as necessary.

They are our gentle giants.
Our nurses are benevolence personified.





Supporting our nurses means everything

BY ASSEMBLYWOMAN **AILEEN GUNTHER**

t has now been more than one year since the COVID-19 pandemic began and forever changed our lives. Our community has suffered greatly. Nearly 5,000 of our friends and neighbors in the Mid-Hudson region have lost their lives due to COVID, and more than 300 are still hospitalized. We have made tremendous strides in reducing the spread, but we're not out of the woods yet.

I have been fortunate enough to be able to volunteer my time doing intake at the Garnet Health Medical Center- Catskills vaccine clinic in Harris. Seeing the look of hope on people's faces as they walk in to get their shot has been such a privilege. I also have a front row seat to the amazing work our frontline nurses do on a daily basis. As a nurse myself,



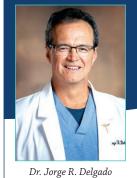
I have such an appreciation for their abilities to deliver care in an empathetic and professional way.

This past year has not been easy for them. Seeing the look of pain and discomfort in a patient is something that never leaves you. It's something that strikes at our very core. Tragedy is, unfortunately, something that nurses must deal with on a daily basis. However, this year was different -- especially in a tight-knit community like ours. The patients in our community are not just patients, they are often family

The constant stress and exhaustion faced by our nurses will not fade easily, but I know the support of our community means everything to them. I am confident that will continue on well after this pandemic ends. It is now time that our state steps up and supports our nurses as well.

Nurses week is celebrated annually from May 6-12. May 12th marks the birthday of Florence Nightingale, the founder of modern nursing. This year, it will also, hopefully, coincide with the passage of my bills requiring safe staffing in hospitals and nursing homes. I have pushed safe staffing for many years, and it is unfortunate it took a pandemic for this subject to get the attention it deserves. However, I know the difference this legislation will make in the lives of nurses and patients, and I am excited to see it enacted.

As we approach Nurses Week this year, please remember there is no greater sign of respect and support than to continue wearing a mask where appropriate and socially distancing until health officials tell us it is safe to do otherwise. This, along with getting vaccinated, is how we keep people out of the hospital and how we will end this pandemic.



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Because of the current circumstances with the Coronavirus - COVID-19 pandemic to ensure your safety and ours we are taking every necessary precaution. Please take care to keep safe and healthy. We thank all of the

essential service providers for their dedication to our community!

COVID-19

Testing

Available



We thank our Sullivan County Nursing Community for your care, compassion, dedication and strength! **We appreciate all that you do for us, not just now but every day.**



FRONT LINES: of crisis

FROM PAGE 1B

Public health nurses are often the first line of defense to prevent illness and injury, and are also leaders in improving the quality of care and access to care through health policy advocacy that supports improving the qual-

ity of life for all. Nurses in public health roles help to lead initiatives that increase access to care and improve outcomes by focusing on access to primary care, prevention, wellness, chronic disease management, and the coordination of care among health care providers and settings. Nurses are also administrative leaders with specialized skills who work to improve the health outcomes oi entire popuiations, ratner than just one patient at a time. These nurses are even more crucial in helping plan how to expand communitybased clinics in the most efficient and cost-effective ways possible, while recognizing the distinct needs of diverse communities.

From the beginning of Public Health's collaboration with preparedness emergency agencies, our nurses have been critical in responding to public health crisis events that occur in Sullivan County as well as in advocating for their patients whose lives often depend on access to timely health care services or emergency medical interven-

I very much would like to encourage students to enter the public health nursing field, which is projected to continue to be one of the fastest-growing occupations. The demand for public health nursing care will grow rapidly as the current workforce of nurses looks towards retirement. Public health nurses are in great demand, and we certainly hope more nurses join in our efforts of improving population-based health initiatives, our county health rankings and our health outcomes, leading toward ever-

healthier communities. For more information about the public health nursprofession, go https://www.nursingworld.or g/education-events/national-

nurses-week/history For information on SUNY Sullivan's Nursing Program go to: sunysullivan.edu/academic-divisions-and-departments/nursing-program/

For job opportunities for nurses with Sullivan County departments: sullivan-portal.mycivilservice.com/jobop



We would like to recognize and thank our incredible team of nurses for their dedication, care and compassion that they bring to our patients every day. Thank you for going above and beyond!



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all of our Wayne County Nurses for the care and

compassion they show our patients every day.

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Community

Celebrating Healthcare Heroes **NATIONAL NURSES WEEK**

CONTRIBUTED BY MIDDLETOWN MEDICAL

This week, we honor something that should mean something to us every day of the year: National Nurses Week. Throughout the pandemic, it has been inspiring, heartwarming, and at times

frightening to witness the bravery healthcare professionals have exhibited throughout the battle with COVID-19.

To care for others is a special calling, and those who answer the call are truly special people. Our local nurses selflessly spend each day

protecting the health of patients while simultaneously managing long hours, unpredictable challenges, and difficult situations.

It goes without saying that nursing is both a rewarding and stressful profession. Now more than ever, those who serve our community in the nursing field across Sullivan County - and beyond deserve appreciation, admiration, and recognition for all

"More than anything, it is important for nurses to know their communities are behind them, and proud to support them," says Middletown Medical's McKinnley Conklin, PA-C, who provides primary care to Sullivan County residents from the Monticello office. "We'd like to take this week as an opportunity to remind nurses, and all of us, the importance of self-care and stress reduction during these difficult times. It is certainly well deserved after the hard work by healthcare heroes throughout the last year of the pandemic"

Sleep Well

When caring for a number of patients during the workday - along with family and personal commitments at home - it can be easy to feel overwhelmed. A regular

day-to-day stress.

Make Moving Fun! Physical activity not only

helps improve our sleep, but it can also help to renew our spirit. Take time to celebrate in fun ways. A dance party, taking in nature on a hike, or igniting your inner child with hula hooping are all great ways to release stress and spark joy!

The Power of Connection Sometimes, the best way to

recharge after a difficult day is as simple as connection. Spend time with loved ones, play with pets, or get together with a friend to help brighten any dark days.

Just Breathe

The weight of responsibility on the shoulders of healthcare professionals is heavy. It is important to remember to manage this daily pressure and stress. At times, this can be as simple as taking the time to relax your muscles, breathe deeply, and release the tension that tends to build over time.

'On behalf of all of us at Middletown Medical, thank you for all that you do. May all of our nation's nurse heroes spend this week feeling celebrated for their extraordinary work in unprecedented times. Please be sure to take care of yourselves. You certainly have earned it." says McKinnley Conklin, PA-

Roscoe Primary

National Nurses Week

care reopens

ROSCOE - It is with great pleasure that UHS Delaware Valley Hospital announces the re-opening of its primary care office in Roscoe. The new provider is family

nurse practitioner, Ormarir "O'Marie" Montero. O'-Marie began her career as a registered nurse working on both medical/surgical and intensive care units. She obtained her family nurse practitioner degree in 2017 from the Chamberlain College of Nursing in Downers Grove, Illinois. Coming to our area brought her closer to family members in Delaware County.

In interviewing for the position, she said it was very important to her that patients feel comfortable when coming for help and she would like to grow the Roscoe practice so she would be caring for entire families.

Both former and new pa-

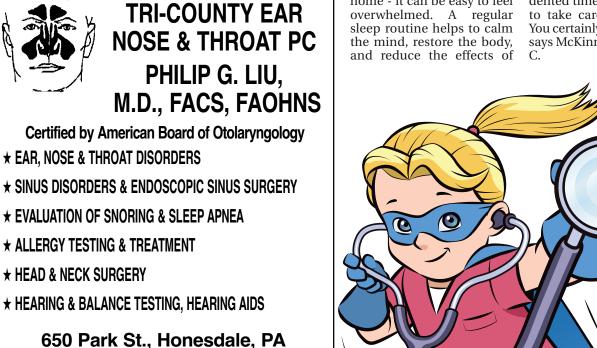


CONTRIBUTED PHOTO Ormarir "O'Marie" Montero

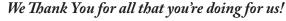
tients are welcome and the office offers same day and virtual appointments. The office is open from 8:30 AM to 5:00 PM Monday through Thursday and 8:30 AM to Noon on Fridays. To schedule an appointment, please call (607) 498-4800.

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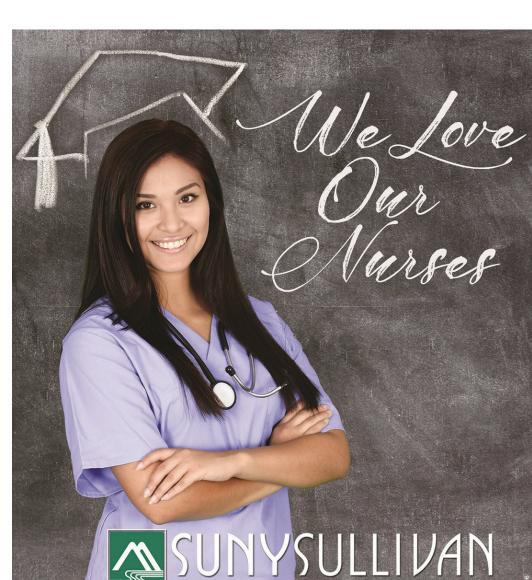
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Kristi Burkey receives employee recognition award

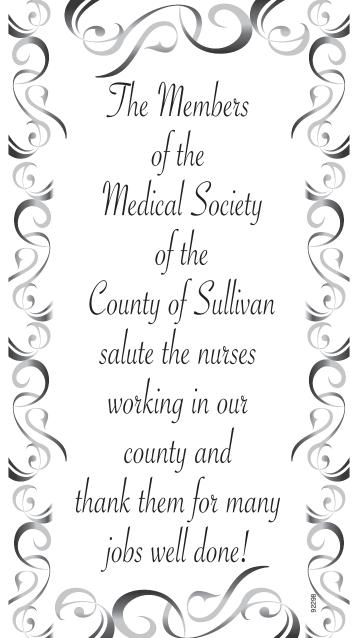
ALBANY – Kristi Burkey, director of activities at Roscoe Rehabilitation and Nursing Center in Roscoe, has received the 2021 Manager of the Year Award from the New York State Health Facilities Association/New York State Center for Assisted Living

(NYSHFA/NYSCAL). Ms. Burkey began her career at Roscoe Rehabilitation and Nursing Center as a CNA in 1995. She transferred to the activities department as an activity leader in 2005. For the past four years she has served as the Activity Director. Ms. Burkey works long hours, comes in on weekends, not only for special events, but to assist her staff. She has been creative with planning activities during COVID and has transformed many of the activities to be able to be provided in hallways. She has been providing facetime visits with families a CNA when needed and she even uses her own money to shop for the residents.

"Kristi is always going the extra mile and is well respected by her peers, and loved by our residents and families," said Joy Wood, administrator of Roscoe Rehabilitation and Nursing Center. "We are proud that she has been honored with this prestigious award from NYSHFA/ NÝSCAL."

The Employee Recognition Awards honor individuals for their outstanding contributions to skilled nursing facilities. They are awarded in the categories of Registered Nurse of the Year, Licensed Practical Nurse of the Year, Certified Nursing Assistant of the Year; Manager of the Year and Heart and Hands Award. Winners receive an engraved trophy and were honored on April 29th during the NYSHFA/NYSCAL Virtual An-



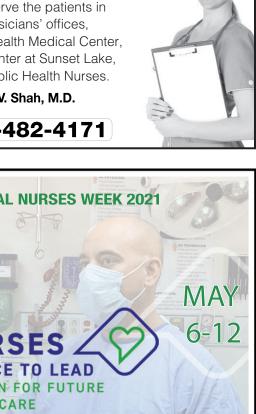


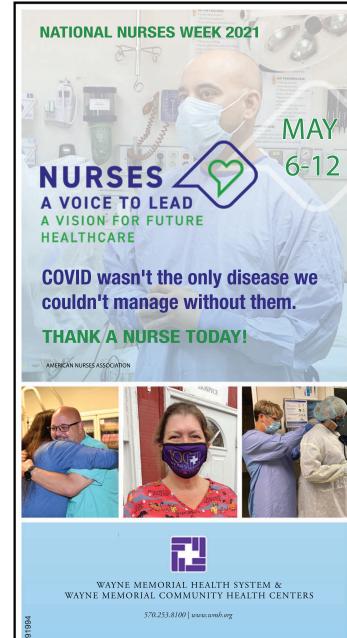
Thank you

to all of the dedicated nurses who serve the patients in Physicians' offices, Garnet Health Medical Center, Care Center at Sunset Lake, and Public Health Nurses.

S.V. Shah, M.D.

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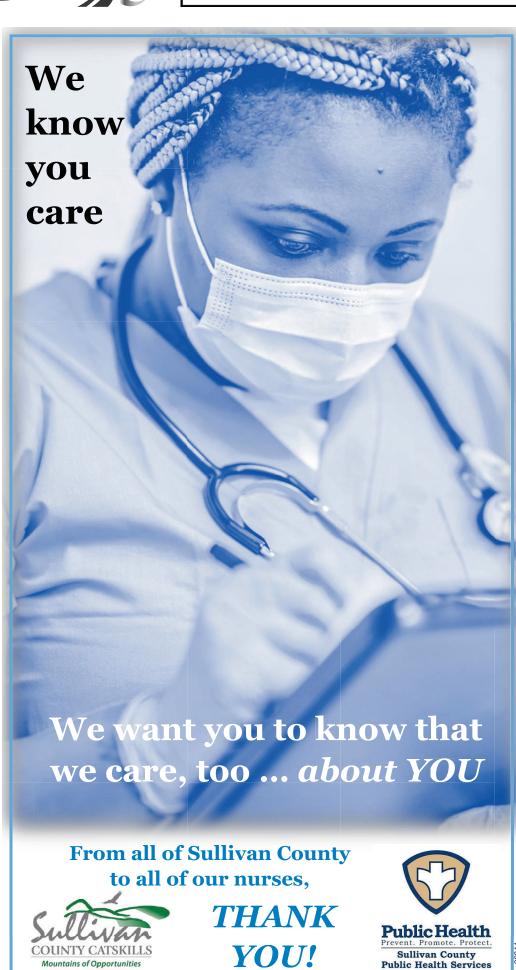


Thank you to all of our Nurses and Nursing Staff for all you do for the people we support!



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The Arc Greater Hudson Valley Supplies Supports & Services to People With Developmental Disabilities in Sullivan, Orange and Dutchess Counties



Garnet Health launches new Website and Mobile App



To all dedicated nurses

serving our community and caring

for those who are most vulnerable. We at Wellness Home Care send you our gratitude and love. MIDDLETOWN - Garnet Health, formerly the Greater Hudson Valley Health System, is excited to announce the launch of its new system website and mobile app. "In this new digital are, it's

"In this new digital age, it's more important than ever to offer our patients and staff a user-friendly experience," said David Smith, Garnet Health Vice President of Marketing and Strategic Planning. "The new website, www.garnethealth.org brings together

Garnet Health, formerly the Greater Hudson Valley Health System, is excited to announce the launch of its new system website and mobile app.

our hospitals' services and programs in one place, providing a unified approach with access to all services and our health care providers."

In line with the System's pa-

tient-first approach, the website connects our community to the numerous and comprehensive services offered - and provides a seamless experience for users. With advanced capabilities, the new site's purpose is to be a useful resource and tool to patients, employees and community members. It features a robust database of providers at Garnet Health Doctors with online scheduling, as well as a service/location finder, community health class and event finder with online registration, a standout blog/news section, and more.

Through intuitive navigation, the site also offers:

- An efficient search tool to find information and services
- An enhanced Find-a-Doctor feature
- Updated content so users can discover and learn about Garnet Health more easily during online searches
- A sophisticated design providing advanced functionality and display on all devices, particularly Smart phones and tablets
- A content-hub reference

center providing illnesses' causes and treatments, enabling the community to make even more informed healthcare decisions

• Online bill payment

• Access to electronic medical records via MyChart

Additionally, the official Garnet Health mobile application has been released to both the iOS and Android stores. Visit the app store to download it.

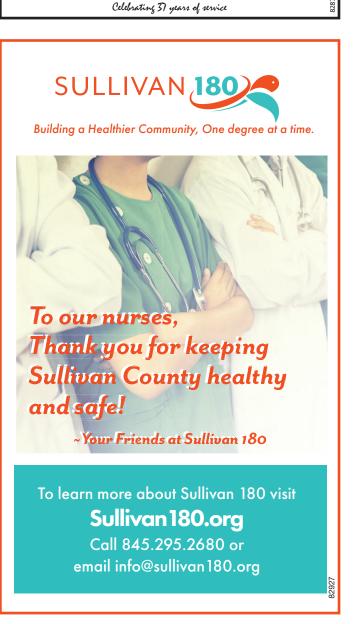
"The release of the mobile app continues our digital transformation and allows for a consistent user experience across multiple platforms," said Craig Filippini, Garnet Health Chief Information Officer. "Future versions of the application will deliver new functionality and continue to enhance the user experience."

The first version of the mobile application contains such features as:

- Embedded MyChart electronic health record functionality
- Find a Doctor, Location or Service
- Instant Driving Directions
- Online SchedulingBill Pay
- News
- MyChart Notifications

To learn more about Garnet Health, visit garnethealth.org.





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Wendy Moore, RN
Giapaola Santini, RN
Kaitlin Slater, RN
Julie Starner, NP

CELEBRATING OUR NURSES OUR HEROES

Thank you for all that you do to keep our community safe and strong. Thank you for providing compassionate care – during times of crisis – and always.

LER FOR LERY WE'S HUZO HUZO HUZO HUZO



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