



# National Nurses Week

# The heart of patient care

At Garnet Health Medical Center – Catskills, nurses are at the heart of patient care.

With campuses located in Harris and Callicoon, patients receive quality, compassionate care from an outstanding nursing team.

Garnet Health Medical Center – Catskills nurses are



Matthew Berger, RN



Marlene Josephs, RN



Christina Wood, FNP



Kerry Gladstone, RN



Lisa Ryman, RN

a huge reason for recent hospital recognitions such as the HANYS 2021 Pinnacle Award spotlighting patient and staff safety and the continual use of quality improvement methods even as the hospital experienced surging volumes of COVID-19 patients.

The Callicoon Campus continues to earn high marks as a Top Critical Access Hospital and most recently earning recognition as a 2021 Press Ganey Guardian of Excellence Award honoree and a 2021 Press Ganey Pinnacle of Excellence Award honoree.

These recognitions could not be realized without the strength and expertise of Garnet Health Medical Center – Catskills nurses. We'd like to say 'thank you' to all the nurses at Garnet Health Medical Center – Catskills and at Garnet Health Doctors for your dedication to the health of our community.

CONTRIBUTED PHOTOS

## How communities can recognize nurses

The vital role nurses play in health care settings across the globe was perhaps never more apparent than in recent months. When COVID-19 was declared a pandemic by the World Health Organization in March 2020, nurses were on the front lines in the battle against the virus, and have remained there ever since.

In recognition of the sacrifices nurses and other health care workers have made to help the sick, individuals across the globe have placed signs in their yards thanking essential workers.

In addition, many more have taken to newspapers, radio and social media to highlight the lengths individual nurses have gone to

while helping them or their loved ones who caught the virus or fought other illnesses. Communities can follow such individuals' lead by making collective efforts to thank the nurses who call their towns and cities home.

Many local service organizations, including Kiwanis, Rotary and the Elks, have made public statements, provided lunches and thanked the nurses for all they have done.

- Health care facilities have been stretched incredibly thin during the pandemic, so a donation to a charitable organization that benefits health care workers can be a great way for communities to honor local nurses.

- Encourage residents to lend a helping hand. The

work frontline medical workers have done during the pandemic has been endless and exhausting.

In recognition of that, community organizers can promote volunteer programs designed to lift some of the burden off local health care workers' shoulders. Local hospitals, blood banks and health centers may need volunteers, and this is a great way for local residents to show health care workers their efforts are appreciated.

- Celebrate holidays that honor nurses as a community. The American Nurses Association notes that National Nurses Week begins each year on May 6 and ends on May 12.

Though National Nurses Week is not a federal holiday,

communities can still come together during the week to highlight the work their local nurses do – as evidence by the tremendous outpouring of support in this special section!

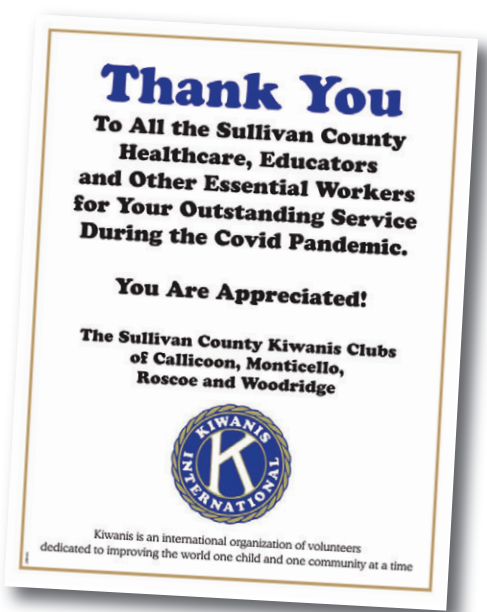
Townships or other local officials can encourage businesses in the community to offer special discounts to nurses during the week, while schools can take part in collective efforts to thank nurses.

- Highlight a local nurse each week in the newspaper. Community leaders can ask residents to nominate a local nurse each week and then choose one nominee to highlight in the **Democrat**.

Students or local officials can interview the nominee, asking them about their ca-

reers, including what compelled them to become a nurse and their most interesting experiences on the job. Interviews can be posted on community social media pages so all residents can get to know the unsung heroes in their communities.

Communities can work together on a variety of collective efforts aimed at recognizing the extraordinary efforts made by local nurses every day.



This ad, turned poster, was printed in the Democrat and then distributed throughout the county to honor our nurses and all health care workers for their efforts.



# Celebrating





# Our



# Nurses







### National Nurses Week, May 6–12, 2022

Delivering exceptional care takes exceptionally caring people. At Garnet Health, our nurses are a critical component to helping us fulfill our mission to improve the health of our community. During National Nurses Week and every week, we thank our nurses for the expertise, dedication and compassion they demonstrate every day.

To join our team, visit [garnethealth.org/careers](https://garnethealth.org/careers).



Pictured are just a few of the many outstanding nurses who call Garnet Health their employer of choice.





# National NURSES WEEK

## Nurses never stop

BY YEHUDIS BRESKI,  
CREATIVE DIRECTOR,  
INFINITE CARE

As the founder of modern nursing, Florence Nightingale, so elo-

quently said, "Nursing is one of the fine arts: I had almost said 'the finest of fine arts.'"

It takes true skill for the nurses to balance aiding their patients efficiently with love and respect, while ensuring that they are healthy and well taken care of.

This week marks the official start of National Nurses Week, a weeklong event that aims to honor the work of healthcare heroes. The tradition began in the 1950s and has since evolved to include celebrations, events and special tokens of appreciation towards healthcare workers throughout the country.

National Nurses Week begins annually on May 6 and runs through May 12, concluding on Florence Nightingale's birthday. And while certainly throughout history, Nurses Week has been an important opportunity to celebrate the courageous and valiant work of these men and women, today—after incredibly difficult years for so many—this is a fantastic time to pay tribute to the selfless work and dedication of our heroic nurses.

Our angels in scrubs, who dedicate their lives to bettering the lives of those who are in need of extra care, dedicate their lives to their jobs. They breathe love, compassion and care as they tend to those under their care.

At Care Center of Sunset Lake, our nurses exhibit infinite amounts of selfless dedication to our residents - always and even more so during the COVID-19 pandemic and the ensuing months of lockdown. They never stop. They work overtime, pulling overnight shifts, yet their reserves of energy are unwavering. Our nurses never stop. They go home, yet they never leave their residents.

Megan Holton, the administrator of Sunset Lake, sings the praises of her nurses.

"There are twenty four hours in the day, and of those hours, there is not one moment that they are not one hundred percent there for our residents. We promise our residents and their families the best in care and love and it is our nurses that deliver our promise. Throughout the COVID-19 outbreak, when most of the world was protecting themselves from the virus, our nurses showed up to work to selflessly do their jobs. I thank you from



CONTRIBUTED PHOTOS

The Nurses of the Care Center at Sunset Lake work day and night to support their residents. Pictured (from left) are Wendy Ziedner, CNA, Alexis Cintula, TNA, and Mandi Jo Spaulding, LPN.



Nursing is "Heart" work, as shown by Wendy Ziedner, CNA.

To our dedicated nursing staff we thank you  
for the care, compassion and love  
that you show our patients every day.  
It takes a truly special person to be a nurse  
and caregiver and our patients are fortunate  
to have such loving individuals in their lives.  
We at Mid-Hudson Managed Home Care  
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We thank our nurses during nurses week  
and express our gratitude and appreciation.

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WEEK 2022

MAY  
6-12

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# The Arc Greater Hudson Valley



CONTRIBUTED PHOTO  
The nurses of the Arc Greater Hudson Valley give 110 percent.

Our nurses spend their days ensuring that the individuals we support are living their healthiest lives. Besides the usual things like ensuring meds are being given and ap-

pointments are happening we are very proud of one "extra" and that is the relationships that they form with providers, families and the individuals themselves are amazing. This has al-

lowed them to act as liaisons, educators and resources for this "team" that plays a huge role in what our individuals quality of life looks like. Our nurses give 110 percent everyday!

## Celebrate EMS Week with local history; visit exhibit at the County Museum in Hurleyville

*Bring your own memories and memorabilia!*

HURLEYVILLE – In celebration of EMS Week May 15-21, the Sullivan County Museum in Hurleyville is featuring a display on the history of Emergency Medical Services and pre-hospital care to include videos, artifacts, photos, books, magazines, newspaper articles (and your stories) to help tell this often overlooked chapter of local history. The Red Cross' role will also be recognized.

A Get-Together/Reunion will kick-off the exhibit at 1 p.m. on Sunday, May 15 at the Museum, located at 265 Main Street, Hurleyville. If you have items to share and for more information, please contact Myron Gittel, myrongit@yahoo.com, (845) 794-3772 or (845) 434-8044.

CONTRIBUTED PHOTO  
At right, Town of Liberty EMS volunteers tend to a patient circa 1970.



## Sixth Meeting of the Minds Regional Dementia Conference to be held in Tarrytown on May 25

TARRYTOWN - The Alzheimer's Association Hudson Valley Chapter will host its sixth Meeting of the Minds Dementia Conference on Wednesday, May 25, at the Sleepy Hollow Conference Center in Tarrytown. The event is intended primarily for people with early-stage dementia and their family caregivers, but professional caregivers and health care workers are also welcome to attend. The first 200 people with dementia and family caregivers who register will be admitted for the discounted rate of \$25.

"We're excited to offer this discount to make it easier for caregivers and those in the early stages of the disease to attend. We hope people will take advantage of this great opportunity and look forward to having everyone gather in person at this conference for the first time since 2018," said Meg Boyce, Vice President of Programs and Services for the Alzheimer's Association Hudson Valley Chapter.

The keynote speaker will be Dr. Claire Sexton, Director of Scientific Programs & Outreach for the Alzheimer's Association, who will speak about the latest research advances into risk reduction, early diagnosis and treatment for Alzheimer's and other dementia, highlighting how the Alzheimer's Association is accelerating research through both its funding and convening of researchers.

The keynote address will be followed by five breakout sessions on dementia-related topics: A panel discussion on "Understanding Medicare, Medicaid and Long-Term Care Insurance" featuring three experts in the field; a talk on "Family Dynamics in Dementia Care" exploring how family roles, emotions and expectations

can change when a loved one has dementia; a talk on "Communicating Clearly," that explores modified communication techniques for interacting with the elderly and memory-impaired; a presentation on "Dementia, Delirium and Depression"; and a talk on "Making Difficult Decisions" that offer tips for making the difficult decisions faced by dementia caregivers and when these decisions should be made.

After this, lunch will be



Dr. Claire Sexton

served, featuring a panel discussion on legal and financial issues by three experts in the field. This will be followed by an educational program, "Healthy Living for the Brain and Body," before the event closes at around 3 p.m. For more details or to register, visit [AlzDementia-Conference.org](http://AlzDementia-Conference.org)

This biannual event was held virtually in 2020 as a series of webinars over a five-day period. It was last held in person in 2018.



Catskill Dermatology salutes our nurse,  
clinical staff and our area nurses.  
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Clinical Support Staff  
Stephanie Hauschild • Jessica Venditti  
Nicole Hendrickson • Jenn Reyes

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our Nurses for your  
continued dedication  
to helping keep our  
communities healthy  
and safe!

Doctors Philip and Rosita Liu would like to thank  
all of our Wayne County Nurses for the care and  
compassion they show our patients every day.  
Keep Up the Good Work!

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NATIONAL NURSES DAY  
MAY 6TH, 2022

CELEBRATING OUR  
INCREDIBLE NURSES

Thank you for your tireless work and dedication in  
ensuring our community stays safe, healthy, and  
strong – each and every day. Most of all, thank you  
for making a difference in our lives.

THE CENTER FOR  
DISCOVERY



# New Hope celebrates exemplary team and advanced medical initiatives

SUBMITTED BY NEW HOPE COMMUNITY

It is often said that nursing is a work of heart. At New Hope Community, our residents are at the heart of everything we do. Our dedicated team of Registered Nurses, Licensed Practical Nurses and Nursing Assistants specialize in providing quality medical

care to people with intellectual and developmental disabilities (I/DD). From G-tube maintenance to monitoring catheters and managing insulin to administering intravenous medications, New Hope Community makes nursing available 24 hours a day, seven days a week. That level of service did not waiver during the

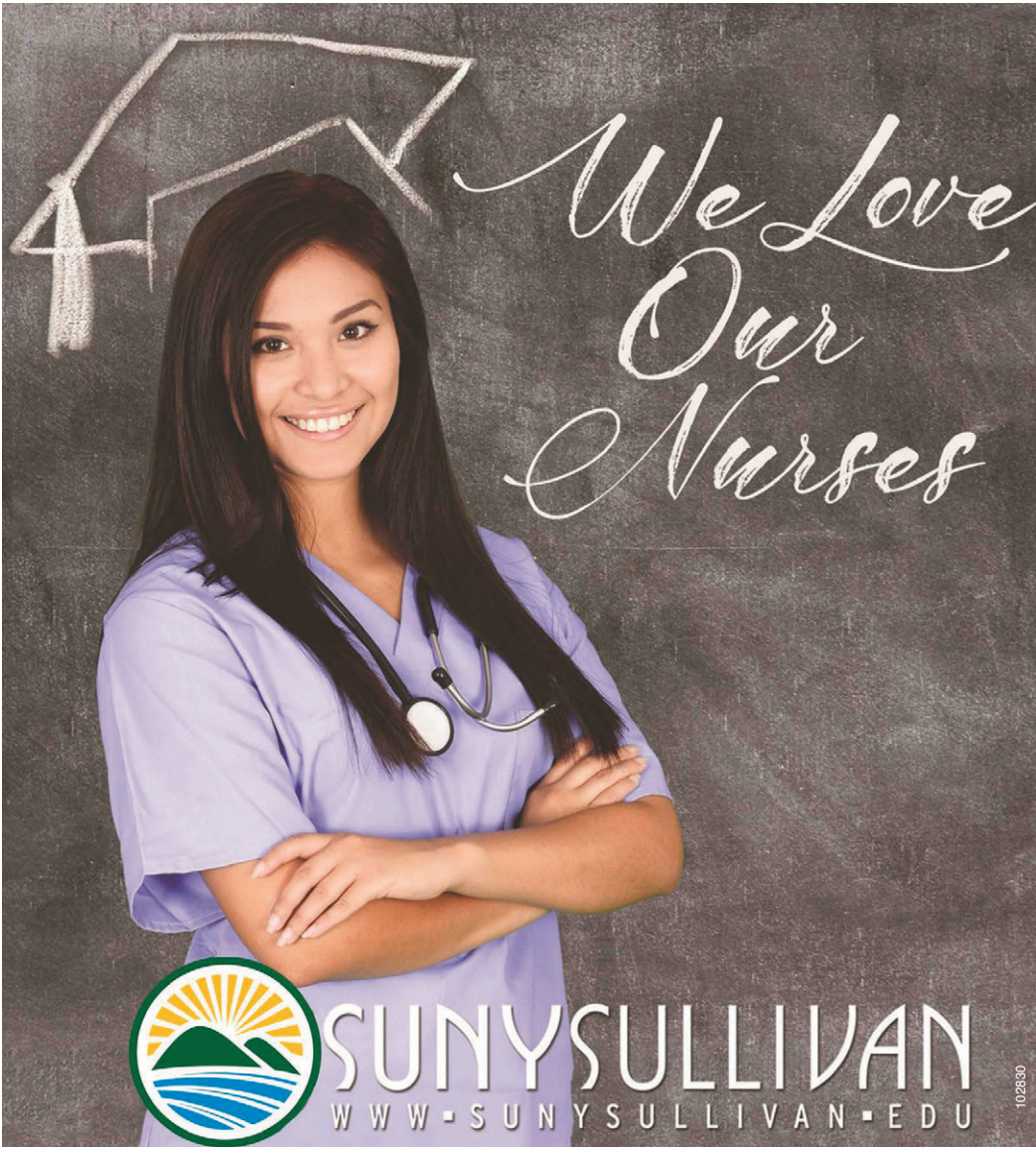
COVID-19 pandemic. With the help of StationMD telehealth services in all 42 of our residential homes, New Hope Community has been able to help our residents avoid exposure to the virus with easy remote access to urgent medical care whenever they need it. The use of StationMD telehealth services resulted in a 90 percent reduction in visits

to the hospital and urgent care facilities for ailments such as rashes, pink eye, minor infections or nausea. Easy-to-use medical stations enable our nurses, with the use of tablets, to electronically connect when needed with StationMD's board-certified physicians. Addressing the unique needs of individuals with I/DD goes beyond the medical and physical. Our nurses are trained to provide professional and compassionate care to the most vulnerable people. They find innovative ways to communicate with those who are nonverbal, support sensory needs and strive to make a purposeful impact in their lives. New Hope Community's nurses enjoy supporting our individuals on a long-term basis. This allows for meaningful bonding and the building of strong trusting relationships.



With the exemplary team and advanced medical initiatives, we are confident that our residents receive the highest quality of wellness support. Additionally, our nurses care for each other, providing encouragement, mentorship and friendship. New Hope Community's nurses thrive as a team and root for one another on-the-job and off. They know they are never alone in their work, which can at times be challenging. The camaraderie among our nurses builds pride in their work, a culture of respect, and, overall, a positive impact on New Hope Community and the population we serve. Whether they are meeting weekly to review their caseloads and provide

experience. This program brings together the expertise of educators and health professionals working within the I/DD community to prepare students for addressing the physical, social and emotional well-being of people with disabilities. The program complements nursing students' coursework and opens their eyes to working with a population whose needs may not be addressed in the typical nursing school curriculum. New Hope Community nurses are making a meaningful difference in the lives of many. We recognize our employees are our greatest asset and our success is due to their talent and dedication. We pride ourselves on our commitment to making



CONTRIBUTED PHOTO  
The Nurses of New Hope Community make a meaningful difference in the lives of many. Pictured (back row from left) are Bionca Colton-Somers, Trudy Unger, Pat Lamb, Pat D'Agata, Bobbi Noren, Karen Kerendian, Sheila Moore, Nicole Daw (sitting). Also pictured are (front row from left) Catherine Payne, Jennifer Reeb and Leslie Irwin.



Thank you for making this world a safe, better, and healthier place.

Happy Nurses Week!



Care Center™  
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New Hope Community Celebrates

NATIONAL NURSES WEEK



We recognize and thank you for your dedication and commitment to New Hope Community's mission.

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Thank you to our Nursing Community for going above and beyond every day!



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# How do they help thee? Let us count the ways

BY DAN HUST,  
DIRECTOR OF COMMUNICATIONS,  
SULLIVAN COUNTY

I'm no nurse. I admit that right up front. Ask my friends and family, and they'll tell you it can take a little while for me to go seek healthcare when "I'm not feeling that bad."

Nor do I think I ever could be one. I'm OK with blood, but not guts; pee, but not poop; bandages, but not needles; bug bites, but not snake bites; calm appointments, but not frightening emergencies. What nurses deal with day in and day out would quickly send me ... well, to the hospital!

That said, I know many nurses, including two family members, a director of nursing, and a number of coworkers here in County government. And I've been cared for by quite a few nurses, all of them professional, most of them very friendly, and a few slightly intimidating (no disrespect intended!).

So permit me to list a few of the ways they help me and the rest of humanity, despite the daily challenges thrown in their way.

My nurse:

- Is somehow ready to handle anything I come to them

- with
- Deals with a dozen different bosses and a thousand different regulations
  - Lets me know – without having to tell me – that I'm not the boss or expert
  - Inserts that dreaded needle with only the tiniest pinprick of pain
  - Constantly works within the smallest margins of error
  - Understands math better than I ever will
  - Knows the difference between aphagia and aphasia, abduction and adduction, a flexor and a flexure
  - Juggles dozens of patients in a single day, some easy, some a real pain in the ... well, you know
  - Endures ongoing stress and pressure, yet constantly empathizes with patients
  - Witnesses the traumatic

- on a regular basis, but keeps going
- Loves to help, even when it's exhausting
  - Maintains a sense of humor amidst sometimes grim circumstances
  - Treats a child as competently as a centenarian
  - Brings the compassion, even when they're not feeling it
  - Does what they do because of who they are, not the money or credit they might receive
- I bet a few things popped in to your head that I didn't list. Don't keep them to yourself – let your nurse know how grateful and amazed you feel when they've yet again blown past your expectations. They are very special people who could use some uplifting words more often



CONTRIBUTED PHOTOS

Sullivan County Public Health, along with its partnership agencies, stands ready and able to answer the needs of our community. In two photos above, Public Health staff attends a breakfast.



Sullivan County nurses have worked on the front lines throughout the COVID-19 pandemic, including the distribution of vaccines at SUNY Sullivan vaccination clinics.



Sullivan County Public Health, along with its partnership agencies, stands ready and able to answer the needs of our community.

**We know you care**

**We want you to know that we care, too ... about YOU**

**From all of Sullivan County to all of our nurses,**

**THANK YOU!**

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Nurses Week is May 6-12.

**Happy Nurses Week to our heroes on the frontline**

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National  
NURSES WEEK

# Celebrating compassionate caregivers

BY DAWN HARSCH, DIRECTOR OF CORPORATE COMMUNICATIONS  
FOR ROSCOE REHABILITATION AND NURSING CENTER.

Roscoe Rehabilitation and Nursing Center's team of compassion-

ate caregivers is committed to pioneering and integrating the progressive programs and services that define our local health care

community. We're honored to recognize our caregivers and our entire team of professionals, not just during this week, but all year long. Our team is proud to offer a variety of services in a

*Likewise, our long-term care services provide family members with peace of mind...*

modern and home-like environment. Our subacute rehabilitation program is designed for individuals who have been discharged from the hospital but require short-term rehabilitation in order to return home. With unique training protocols in kitchen, bedroom and bathroom settings, our patients work with a team of specialists to regain the skills and stamina necessary to return back into the community safely and independently.

Likewise, our long-term care services provide family members with peace of mind knowing that their loved one's daily needs are being met around the clock. Residents receive comprehensive treatment from a full team of health care providers, including physicians, nurses, certified nursing assistants, therapists, nutritionists and more. The team focuses on providing high quality hands-on care and assistance with activities of daily living. A special focus is given to retaining residents' overall function while ensuring dignity and quality of life.

In addition to providing progressive care, Roscoe Rehabilitation and Nursing Center is a place where you'll find fantastic employment opportunities! Our team is expanding in nearly every department with openings for nurses, certified nursing assistants, dietary, activities, therapy, housekeeping, maintenance, activities and more. We're happy to offer referral and sign-on bonuses, competitive wages, excellent benefits, tuition assistance and more. Those who are interested can apply online at <https://vestracare.com/employment-roscoe>.

Amanda T	Freda	Fiona
Valerio	Karen	Karel
Sharon	Nan	Grace
Maria	Laura	Kayla
Alma	Allyssa	Keneisha
Victorine	Donna	Barbara
Colleen	Amanda N	Amanda P
Debra	Diane	Heather
Krystal	Sally	Wanda
Marilyn	Lynne	Lori
Danielle	Lauren	Adriana
Beatrice	Kelly	Kathleen

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102380

My deepest gratitude to our wonderful nurses

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**Assemblywoman  
Aileen Gunther**

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[gunthera@nyassembly.gov](mailto:gunthera@nyassembly.gov)

Paid for by the Committee to Elect Aileen Gunther

91417

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We appreciate all that you do for us, not just now but every day.

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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.

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