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September is Suicide Prevention Month

BY M. LORI SCHNEIDER

The issues of Suicide, its causes, awareness about Suicide and its prevention are observed nationwide during the month of September; National Suicide Prevention Month. On average, in the United States, there are 123 suicides each day. Suicidal thoughts can plague people of all ages and socioeconomic backgrounds. When people seriously contemplate Suicide, they are convinced that there is no hope for things ever getting better. But Suicide is a permanent 'cure' for a temporary problem. On a global scale, Suicide is a major public health concern that claims one life, world-wide, every 11 seconds. On a personal level, it's a tragedy that every 12 seconds, world-wide, leaves behind family, friends and colleagues to deal with the aftermath. Statistically speaking, Suicide is one of the fastest growing 'epidemics' in the world; the tenth leading cause of death in America — second leading for ages 25-34, and third leading for ages 15-24.

Suicidal thoughts or attempts are a sign of extreme distress, never "harmless, attention-seeking behavior." They should always be taken seriously. If you are worried about someone you know, don't be afraid to ask them, "Are you thinking about Suicide?" Don't be afraid to use the S word; you're not going to put the idea in anyone's head. It's important to



**EVERY 40
SECONDS
SOMEONE IN
THE WORLD
DIES BY
SUICIDE.**

know whether they have a specific plan, and not to leave them alone. Try to get them to seek immediate help from their doctor, the nearest hospital emergency room or call 911 or the newly established, 988. Remove any access to firearms or other potential hazards, including medications. If you or someone you know is in an emergency, call The Suicide and Crisis Lifeline at 988 immediately. There is hope. The Lifeline provides 24/7, free and confidential support to people in suicidal crisis or emotional distress. The Lifeline helps thousands of people overcome crisis situations every day.

The risk for Suicidal Behavior is complex. Research suggests that people who attempt Suicide differ from others in many aspects of how they think, react to events



**EVERY 41
SECONDS
SOMEONE
IS LEFT TO
MAKE SENSE
OF IT.**

Psychotherapy (talk therapy) can also effectively reduce Suicide risk. Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) can introduce new ways of dealing with stressful experiences when self-harming thoughts arise, training people to consider alternative actions.

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 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, including a Suicide Bereavement Group for anyone who has lost a loved one to Suicide. Support Groups are currently meeting as a Hybrid, combining Live and in-person meetings with a Virtual element, 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, 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.



and make decisions. These differences can coincide with Depression, Substance Use, Anxiety and Psychosis and can be triggered by troubling life events. Medication can be very helpful for people with serious mental illness to combat the symptoms.

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Home health care and Medicare

By Meir Horowitz

“What happens if I need help at home because of my medical condition?”

It's one of the main concerns of seniors as they age. But the cost of a home health aide can be prohibitive. Fortunately, there is a solution.

Many Medicare Advantage plans offer “Home Health Aide” services as one of the additional benefits of the plan.

Medicare Advantage, also called Medicare Part C, is the supplemental plan that covers non-skilled in-home care. Medicare Advantage plans are an alternative to traditional Medicare (Medicare Part A and Part B), both of which don't cover non-skilled in-home health care.

Not all Medicare Part C plans have the same coverage and benefits. Because they're sold through independent insurance companies, rather than delivered by the federal government, some of the benefits vary by company.

Most Medicare Part C plans do cover non-skilled in-home care, including medication management, personal assistance with bath-

ing and grooming, mobility assistance and help with catheters or colostomy bags. They also provide subscribers with postsurgical or recovery services to prevent complications and reduce the need for extended or emergency hospital stays. Medicare Part C plans vary by region, as well. Applicants are encouraged to research available plans in their area and the services offered.

We assist seniors in finding plans in their state or city to fit their budget.

What Services Are Included With In-Home Health Care?

In-home health care allows seniors and those with a qualifying disability to maintain independence in their own homes. Medicare Part C plans have changed to allow some of the newly covered services to be provided by a professional caregiver of the recipient's choice. However, Medicare Part C-covered caregiver services are limited to a certain number of hours per year.

As with other aspects of Medicare Advantage plan, there are “In Network” and Non-Network



CONTRIBUTED PHOTO

Meir Horowitz

providers. In general, a home health aide from a “Network” agency will have NO copay.

For questions on this- or any other Medicare related topic please call or email: Meir Horowitz, MEH Associates LLC at 845-428-5101 or mhinsures@gmail.com.

Meir Horowitz is an Independent Medicare Agent at MEH Associates. He can be reached at 845-428-5101 or at mhinsures@gmail.com.

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Important legal issues facing seniors

BY CYNTHIA HAND

Will You Need Community Medicaid? Community Medicaid covers care and medical services that will enable an applicant to continue living on their own, as opposed to living in a nursing home; in other words, applicants will remain in the community. It is available to eligible New York residents who are living in their own home.

October 1, 2022 will mark the beginning of new transfer rules in connection with Community Medicaid in New York.

Any person applying for Medicaid Home Care benefits after that date will be subject to a 15-month lookback period. Medicaid Home Care includes home health aides, adult day care, and community-based services. Applications made prior to October 1, 2022, are not subject to a lookback period.

Timely applications could make a very important difference in the cost of care for yourself or someone that you know. Financial records for the lookback period will be required from the applicant and their spouse.

The cash value of assets sold or given during the lookback period for less than fair market value could result in periods of ineligibility for Medicaid benefits. The lookback period may increase again in the future to 30 months.

Another serious issue for elders, identity theft, is now a recognized form of Elder Abuse. Earlier this year, Governor Kathy Hochul signed new legislation to protect New York's aging population



CONTRIBUTED PHOTO

Cynthia Hand

against the harmful effects of fraudulent use of personal information.

This misuse of information has caused many to go into bankruptcy and to lose their retirement savings. The legislation gives the Office of the Aging and law enforcement the necessary tools to recognize this as abuse and manage it properly to protect our area seniors.

Seniors and other qualifying groups in need of affordable housing received a much-needed boost when the Governor recently signed three new bills.

Some of the highlights include:

- Raising the maximum income eligibility standard. Now seniors with an annual income up to \$50,000 can qualify for a real property tax exemption.

- Senior homeowners now have 60 days to complete RESTORE projects and the maximum cost per project has increased to \$20,000.

- A new \$300 million plan for the construction of senior housing.

Planning early for probable eventualities can provide peace of mind and a smooth transition into the later years of your life.

Designating agents to act on your behalf during your life when you are unable to make decisions for yourself, in advance of needing the help, allows you to have control over who will be there to help you to make important financial and medical decisions when you need them most. Inquire about Power of Attorney forms and Healthcare proxies to meet this need.

Wills and trusts allow you to plan the division of your assets after you pass away. New York State intestacy laws govern who within your family is next-of-kin and then designates that all among the same class of relatives will inherit an equal percentage of your estate. Contact an attorney to find out who would inherit from you if you passed away without a Will. Decide if that meets your needs or wishes, and then ensure your intended result by speaking with legal counsel about your options. Do you wish to disinherit someone? Do you

intend for one member of your family to receive more than an equal share? Is there someone completely unrelated to you that you wish to leave something to? These are plans made during your life for the benefit of others after you pass. Protect the assets that you worked so hard to acquire for the people that you care about and consider the protections afforded by trusts.

The best decisions and plans come from a place of being well informed of the options and the laws that affect them.

We often provide free webinars on estate planning, and you can visit our website at www.jacobowitz.com/events to learn more. We also offer free consultations for estate planning documents.

Cynthia J. Hand is an associate at Jacobowitz and Guibits, LLP, a full-service law firm located in Monticello and Walden. For over 50 years, J&G has provided sophisticated legal representation to individuals, businesses, nonprofits, and municipalities throughout the Hudson Valley. With over 20 highly skilled attorneys practicing over 30 areas of law, we can deliver optimal legal solutions using a team approach. www.jacobowitz.com.

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Medicare Annual Election 2022

BY KELLY SOLLER, COORDINATOR OF
SERVICES FOR THE AGING, HIICAP
COORDINATOR, SULLIVAN COUNTY
OFFICE FOR THE AGING

Fall Annual Election Period is quickly approaching! From October 15 through December 7, you can make changes as you need to your Medicare coverage such as your Part D (prescription coverage) or your Part C (Medicare Advantage Plan.) Any changes you make will take effect January 2023. If you choose to stay with your current coverage, nothing will change.

Medicare Part D, the prescription drug benefit, is the part of Medicare that covers most outpatient prescription drugs. Part D is offered through private companies either as a stand-alone prescription drug plan (PDP), for those enrolled in Original Medicare, or a set of benefits included with your Medicare Advantage Plan.

You should make sure to find

a Part D plan that meets your specific health care needs. Before you start looking at plans, gather a list of the prescriptions you take, including their dosages and usual costs, and the pharmacies you regularly use. There is no one best Part D plan for everyone.

Here are some questions you should ask before choosing a Part D plan:

- Are my prescriptions on the plan's formulary?

The formulary is the list of prescription drugs for which a Part D plan will help pay.

- Does the plan impose any coverage restrictions, such as prior authorization, step therapy, or quantity limits?

Prior authorization means that you must get approval from your Part D plan before the plan will pay for the drug.

Step therapy means that your plan requires you to try a cheaper version of your drug before it will cover the more expensive one.

Quantity limits restrict the quantity of a drug you can get per prescription fill, such as 30 pills of Drug X per month.

- How much will I pay at the pharmacy (copayments or coinsurance) for each drug I need?

- How much will I pay for monthly premiums and the annual deductible?

- How much will I have to pay for brand-name drugs? How much for generic drugs?

- Do I need to enroll in Part D if I have other creditable coverage?

- Do I need to enroll in Part D if I have job-based drug coverage?

While the majority of people with Medicare get their health coverage from Original Medicare,



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some choose to get their benefits from a Medicare Advantage Plan (like a HMO or PPO), also known as a Medicare private health plan or Part C. MA Plans contract with the federal government and are paid a fixed amount per person to provide Medicare benefits. Remember: MA Plans may have different networks of providers, coverage rules, premiums (in addition to the Part B premium), and cost-sharing for covered services. Even plans of the same type offered by different companies may have different rules, so you should always check with a plan directly to find out how its coverage works.

Here are some questions you ask before choosing a Medicare Advantage Plan:

- Providers, hospitals, and other facilities: Will I be able to use my doctors? Are they in the plan's network? Do doctors and providers I may want to see in the future take new patients who have this plan? If my providers are not in network, will the plan still cover

my visits? Which specialists, hospitals, home health agencies, and skilled nursing facilities are in the plan's network?

- Access to health care: What is the service area for the plan? Do I have any coverage for care received outside the service area? Who can I choose as my primary care provider (PCP)? Does my doctor need to get approval from the plan to admit me to a hospital? Do I need a referral from my PCP to see a specialist?

- Costs: What costs should I expect for my coverage (premiums, deductibles, copayments)? What is the annual maximum out-of-pocket (MOOP) cost? Note: PPOs have different out-of-pocket limits for in-network and out-of-network care. If you're considering a PPO, find out what the different out-of-pocket limits are for in-network and out-of-network care. How much will I have to pay out of pocket before coverage starts (what is the deductible)? How much is my copayment for services I regularly receive, such

as PCP or specialist care? How much will I pay if I visit an out-of-network provider or facility? Are there higher copays for certain types of care, such as hospital stays or home health care?

- Benefits: Does the plan cover any services that Original Medicare does not (such as dental, vision, or hearing)? • Are there any rules or restrictions I should be aware of when accessing these benefits?

- Prescription drugs: Does the plan cover outpatient prescription drugs? Are my prescriptions on the plan's formulary? Does the plan impose any coverage restrictions? What costs should I expect to pay for my drug coverage (premiums, deductibles, copayments)? How much will I have to pay for brand-name drugs? How much for generic drugs? What will I pay for my drugs during the coverage gap? Will I be able to use my pharmacy? Can I get my drugs through mail order? Will the plan cover my prescriptions when I travel?

Beneficiaries should keep their Medicare card in a safe place because they'll need it if they ever switch back to Original Medicare.

Programs that can assist with costs of medications:

There is income based programs that may help offset the costs of prescriptions. Programs such as EPIC, Extra Help or the Medicare Savings Program. A HIICAP counselor will be able to assist you in finding out if you are eligible and even help you in applying for the appropriate program.

Exceptions:

Of course, there are always exceptions. My advice to you would be to contact the Office for the Aging and let a HIICAP counselor assist you in navigating the system and help you find the best possible coverage for your situation. You can do this by calling 845-807-0241.

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RSVP Volunteers: An inspiration to all

BY MARTHA TULLY

This year marks RSVP's 49th anniversary in Sullivan County. The Retired and Senior Volunteer Program known as RSVP was created by Congress in 1969 under the National Older American Volunteer Program and in August of 1973 RSVP of Sullivan County was established. RSVP is sponsored through the Sullivan County Legislature for which we are most grateful for their continued support in allowing this vital program to thrive. Their continued investment in this program allows our senior residents to remain independent in their homes and in our community. Our program provides: seniors and veterans with med-

ical transportation to important appointments; home delivered meals; weekly check-ins by phone for those living alone or who are isolated; Friendly Visiting while providing in-home companionship where they may share a meal, help with shopping and even be there in a case of an emergency; they are creating blankets for our veterans; they are sending out cards to our veterans year round as a small token of thanks as we are most grateful for their service and the sacrifices they have made for our country; and so much more. RSVP is also sponsored in part due to a competitive grant through AmeriCorps and the Corporation for National and Community Service and the New York

State Office for the Aging. AmeriCorps and AmeriCorps Seniors has been engaging hundreds of thousands of volunteers throughout the country each year in sustained, results-driven services. These dedicated citizens helped communities manage COVID-19 response, ensure students stay on track to succeed, combat hunger and homelessness, respond to natural disasters, fight the opioid epidemic, help seniors live independently, support veterans and military families, and so much more. More than 1.2 million Americans have served their country through AmeriCorps, and millions more have served in AmeriCorps Seniors since 1994. We are thankful for our partnership with Ameri-

Corps as they provide vital support and guidance to ensure that RSVP continues to meet the needs of our community. Our volunteers serve through a network of 49 community RSVP Volunteer Stations by providing support and capacity building assistance to meeting their community goals and needs. Our volunteers dedicate their precious time to helping others in our community and they are making a difference in someone's life every day. Without our Volunteers unwavering support of the RSVP program, we would not be the success we are today. As an AmeriCorps RSVP Program, we can never thank our volunteers enough. We are thankful for their continued dedication,

imparting wisdom within our program and community, giving us their precious free time, and their heartfelt acts of kindness. Our volunteers are the lifeblood of our nonprofit organizations throughout Sullivan County that we have partnered with. We honored our RSVP AmeriCorps Volunteers at our annual Recognition Event on September 12 at the Villa Roma. We currently have 132 active RSVP AmeriCorps Volunteers and I am thankful for their many contributions and support they have given us and our local partners. RSVP Volunteers are a rare breed as they roll up their sleeves and get things done in our community. RSVP Volunteers are an inspiration to us all and truly make a difference in our society. I cannot thank them enough for the selfless work that they provide in our community as they help to build a better place to live. If you are interested in making a difference in your community, consider volunteering with the RSVP Program. We can use and share your skills and talents and life experiences or develop new ones while serving in a variety of volunteer activities at any one of our 49 volunteer stations. We are recruiting adults aged 55 and over for the RSVP program to volunteer a few hours each week while helping our neighbors throughout Sullivan County. We welcome you to join our rank of volunteers and bringing smiles to the many residents we serve. Our volunteers make a difference every day and make our community a better place. If you are interested in joining RSVP of Sullivan County AmeriCorps, please contact RSVP Coordinator, Martha Tully, by calling (845) 807-0255.

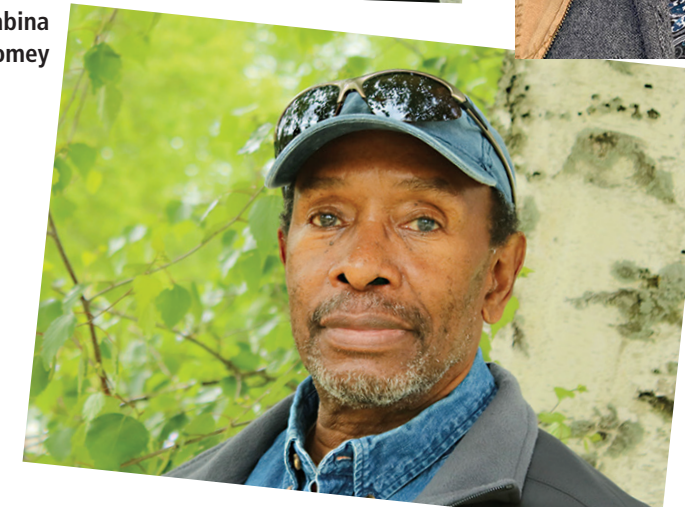
Martha Tully is the Sullivan County RSVP Coordinator.



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Lifestyle Medicine

BY DR. DAVID MORCOS

An apple a day keeps the doctor away." Remember that adage? In today's high-tech, high-complexity world, advice like this may seem old-fashioned and shortsighted.

But there's truth in the saying—even today! Of course, an apple a day by itself isn't enough. However, studies show that simple lifestyle changes, including what we eat, can add up to better outcomes for our health and well-being.

Like the adage, this isn't a new concept. Anytime a patient has come into my practice with high blood pressure, new-onset diabetes, or even chronic heartburn, we've prescribed the proper medication, if needed, and recommended appropriate lifestyle changes. What is new is the recognized practice of "lifestyle medicine" as part of the treatment plan.

What is lifestyle medicine?

Lifestyle medicine is an evidence-based approach to health-care that integrates six "pillars"

of good health to help treat, slow down, reverse and even prevent chronic diseases that are directly related to how we live our lives. Incorporating lifestyle medicine into a patient's treatment plan requires motivation and dedication. But the end result could benefit health outcomes well into a patient's future, helping them reduce or even eradicate the need for medication over time.

What diseases can lifestyle medicine help treat?

High blood pressure, Type 2 diabetes, asthma, chronic heartburn, obesity, arthritis—these are all illnesses we have been programmed to believe we just have to "deal with" as we get older. While our genetics definitely can play a role in some of these illnesses, many times, it's how we live our lives that makes a greater impact on our health and well-being.

Consider a patient coming to my office for a follow-up appointment after being diagnosed with new onset diabetes. Along with



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prescribing the proper medication, we talk about small lifestyle changes that can improve their health. These include:

- Dietary changes—reducing red meat and dairy, and increasing fiber
- Exercise—finding an activity that is enjoyable and sustainable
- Identifying stressors—determining what’s causing stress for the patient and developing ways to manage it

Within two to three months, this patient’s diabetes is much better controlled, and we can start to wean them off medications.

How does it work?

The goal of lifestyle medicine is to help a patient make small yet significant changes that can encourage larger changes and lead to better health outcomes. This can happen by introducing these

six evidence-based pillars:

1. Nutrition: Perhaps most obvious, altering one’s diet can have a significant impact on long-term health. We encourage a diet rich in whole, mostly plant-based foods such as vegetables, fruits, beans, nuts, and seeds.
2. Physical activity: No one is asked to run a marathon. Rather, we try to find regular exercise routines and activities a patient can enjoy daily—and maintain throughout their life.
3. Stress management: Stress can impact both mental and physical health. We focus on helping patients manage their stress by learning coping mechanisms and reduction techniques.
4. Avoiding risky substances: Habits like smoking can be hard to break. But the benefits can reap huge rewards. We talk with patients about how to stay away



CONTRIBUTED PHOTO

Dr. David Marcos from high-risk substances like tobacco and addictive drugs, and limit others such as caffeine and alcohol.

5. Restorative sleep: More than just how many hours, quality of sleep also matters. Poor sleep can cause reduced immunity, inflammation, and other health issues. We work with patients to help them improve their “sleep hygiene” so that they sleep better and feel more rested.

6. Positive social connections:

Studies show that when people have a strong network of social support, they increase their chances of making and maintaining healthy lifestyle changes.

Lifestyle medicine isn’t replacing, but rather complementing, what we consider traditional approaches to modern medicine.

If you really look at these six pillars, we can all integrate them into our lives, along with regular checkups with our primary care provider, whether we are 5, 15, 55 or 85 years old. It’s never too late to change. It’s never too late to reverse our behaviors and improve our health. Small, simple, and consistent steps can lead to large leaps toward better health. So, start with that apple a day and see where it leads!

David Marcos, DO, is a Family Medicine practitioner at Garnet Health Doctors. If you’d like to make an appointment, call (845) 333-6500.



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Providing life-changing care at home

BY KAREN HOLDEN

Have you considered that home health care may be the answer to you or your loved one's needs?

Sullivan County Certified Home Health Agency provided life-changing care to nearly 1,400 County residents last year, allowing people to heal, grow stronger, and regain independence in their own homes after illness or injury.

Whether short-term or long-term, basic or more complex needs, home health care is something for you consider. Comprised of dedicated and professional Nurses; Physical, Occupational, and Speech Therapists; Social Workers and Home Health Aides, our Certified Home Health Care Agency provides a range of medical, social, assistive, and other services beginning at birth and continu-

ing care throughout the life spectrum.

The focus of our patient-centered services includes prevention, education, recuperation, regaining autonomy, and can be an alternative to care that would otherwise be provided in a hospital or skilled nursing facility.

Patients that have benefited from receiving our home care services include newborns and mothers eligible for maternal infant care services, young children and adults in need of at-home therapy or advanced technology-based care and support, patients in need of the skilled services of a nurse to assist in treating chronic medical conditions, patients receiving wound care following surgery or injury, and those who are homebound and require assistance to meet activities of daily living, such as feeding, bathing, walking, transferring to a car, and other forms of self-care.

We are proud to be the sole Certified

Home Health Agency in Sullivan County, dedicated to delivering a wide range of health and social services to our community, and routinely receive letters and calls complimenting the care provided:

"My husband and I want to take this opportunity to express our gratitude...Without your expertise and the hands-on help your staff provided us, he would not have been able to return home from the 14 weeks spent in the hospital and rehabilitation."

"They all recognized every small step he made forward and supported him on the days that he was feeling frustrated. As a team, they worked as a well-oiled machine; they made him feel like 'himself' again."

"Through it all, the team also supported me. They educated me, listened to my concerns, and always supported me."

"As a Nurse myself, this means the

world to me, seeing the care and concern and how hard they worked to get me back to myself."

"All were very professional, kind, and motivating."

"We are both incredibly thankful and could not be happier with the quality of care and services provided to us."

Referrals for care are accepted from self/family, primary care providers, nursing homes, hospital discharge planning/case management, rehabilitation centers and community agencies. We accept Medicare, Medicaid, commercial insurance, and can work with your specific financial needs using a sliding scale fee.

Have questions? Please reach out to us 845-292-5910, ext. 2216.

Karen Holden is the Sullivan County Deputy Director of Public Health and Acting Director of Patient Services.



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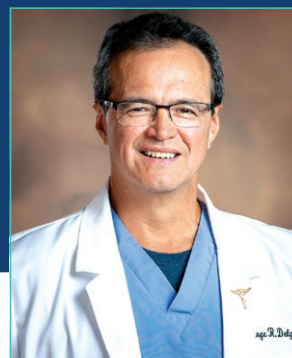
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DEMOCRAT FILE PHOTO BY JOSEPH ABRAHAM

Last February, the now Immediate Past President of the Monticello Rotary Club, Dr. Jeffrey Weinstein, donated blood at the club's blood drive at Resorts World Catskills. The drive was held on the same day as the Heart-A-Thon.

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Resorts World to host blood drive challenge

Resorts World (RW) Catskills announced recently that it will be hosting the “Monticello Rotary Community Blood Drive Challenge for Childhood Cancers” this Monday, September 19 from noon to 6 p.m. in the RW Epicenter.

September is Childhood Cancer Awareness Month and eligible donors are encouraged to give blood or platelets to support kids, teens and young adults battling cancer, as well as others in need of transfusions. Mary Kendell, a local nurse who had a terminal blood disorder when she was 11 years old, will serve as honorary chairwoman of the event.

Appointments are preferred,

but walk-ins are welcome if space permits. All donors should bring their donor ID card or ID with name and photo and remember to eat and drink. The New York Blood Center only collects blood from individuals who are healthy and feeling well at the time of donation – and who meet other eligibility requirements.

Maintaining the health and safety of guests is Resorts World's top priority. Donors are asked to self-screen for COVID-19 before coming in to donate. Wearing face masks is optional for both donors and staff.

Donors must be 14 days symptom-free, if recovered from COVID-19. You may NOT donate if

you have a positive diagnostic test or have experienced symptoms of COVID-19 in the last 14 days. You may NOT donate if you have been told to self-quarantine due to exposure risk, including travel. If

you are unsure whether to donate, or if you have donated recently and you develop symptoms of COVID-19 or you test positive for COVID-19, please call 800-688-0900.

Free ‘simple will’

for area first responders and military

WALDEN – Jacobowitz and Gubits, LLP (J&G), the Hudson Valley's premier full-service law firm, is extending a special offer to area active and retired first responders and military personnel during the month of September 2022.

This offer is valid from the J&G Walden Office only. This is a one-time offer. Proof is required.

In honor and remembrance of 9/11, J&G is offering a free simple will to active and retired first responders and military personnel who reside in Orange, Sullivan, or Ulster Counties.

“We understand the importance of our first responders and military personnel who are at the forefront of incidents and disasters to help ensure our safety and well-being,” said Michele Babcock, Managing Partner. “They are often put in harm's way, and this is something we like to do to show our appreciation to them and their families. This is our seventh consecutive year of honoring our area first responders and military personnel with this service.”

When a person in New York passes away without a will, state law determines how the person's assets

are distributed. Having a legal will in place is the only way to ensure that a person's wishes will be carried out upon their death.

Area first responders (police officers, fire personnel, EMT's) and military personnel interested in having J&G prepare a simple will should contact them by phone at (845) 764-8828 or through the website at www.jacobowitz.com.

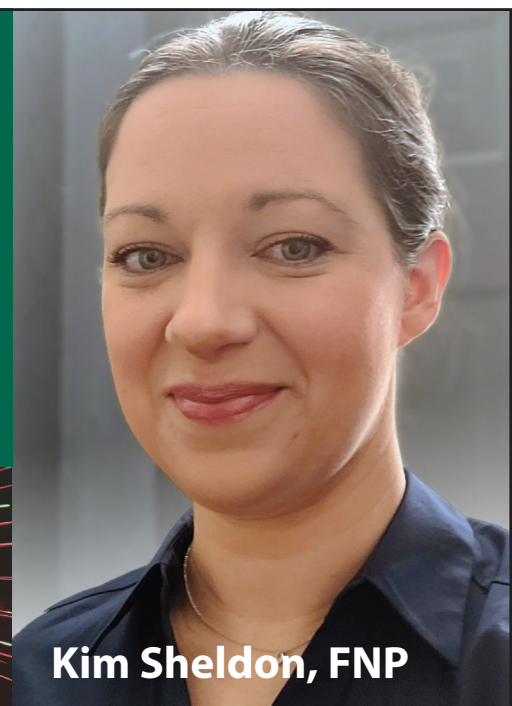
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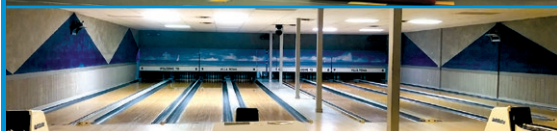
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Garnet Health offers free Prostate Cancer screening

Garnet Health Medical Center, in partnership with Garnet Health Doctors, is offering free prostate cancer screenings September 27 through September 30 at the Outpatient Services Building, 707 East Main Street, Middletown.

Pre-registration is required. To schedule an exam, call the Garnet Health Event Registration line at 1-888-489-2038. Deadline to register is September 23, noon. Appointments are limited and are first come, first serve.

The prostate screening program is for men who meet the following criteria:

- Have not been under the care of a urologist in the past 5 years
- Have no personal history of prostate cancer
- Are between the ages of 40 and 75

The prostate screening consists of a digital rectal exam (DRE) and a prostate specific antigen (PSA) blood test, each of which take about a minute to perform. The combination of these two methods is the most effective procedure for detecting prostate cancer at an early stage.

"Prostate cancer is one of the most common cancers among men," says Samuel Abourbih, MD, Garnet Health Doctors Urologist and Garnet Health



CONTRIBUTED PHOTO

Samuel Abourbih, MD

Chairman Genitourinary Program Leadership. "According to the Prostate Cancer Education Council, one out of every nine men will be diagnosed with prostate cancer. If detected early, treatment options are much broader, and the chances for a cure are much greater."

September is National Prostate Cancer Awareness Month. Garnet Health is holding this free prostate screening event to promote awareness, the importance of prostate health and how screenings and early detection can save lives.

For more information on Garnet Health, please visit www.garnethealth.org/cancer.

Caring for someone with dementia? We're here to help

The Alzheimer's Association Hudson Valley Chapter offers free programs and services:

- Consultations with professional social workers to help your family find community resources and make plans.
- Groups where you can share experiences and find emotional support.
- Online and in-person classes with tips on how to handle challenges at every stage of the disease.
- Information on legal and financial issues to consider following a diagnosis.
- Social programs to help people with the disease and loved ones get out and interact.
- Financial aid to pay for respite care.

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This advertisement is supported in part by a grant from the New York State Department of Health.



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Wayne Memorial opens appointments for Bivalent COVID Booster Clinics

Wayne Memorial Community Health Centers (WMCHC) will be offering both Pfizer and Moderna bivalent vaccines starting September 21 in Honesdale and September 28th in Lords Valley.

In order to meet demand, WMCHC decided to reopen its public clinics specifically for these booster doses.

The Centers for Disease Control and Prevention (CDC) recommends bivalent booster doses (Pfizer-BioNTech) for anyone 12 years and older and (Moderna) 18 years and older who has completed their primary series and is at least two months out from their primary or first-round booster vaccination.

Booster shots for adults and children age 12 and over will be offered at the Stourbridge Professional Complex, 600 Maple Avenue, Suite 4, in Honesdale on the 1st and 3rd

Wednesday of the month and at the Pike County Training Center, 135 Pike County Blvd in Lords Valley the 2nd and 4th Wednesdays.

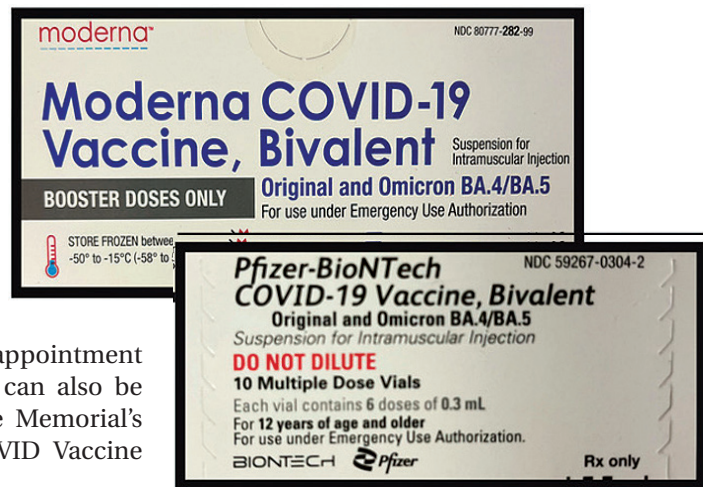
"The clinics will be held on Wednesdays through the end of October," stated Erica Brown, development manager, WMCHC. "If patient demand remains high, we will extend public clinics into November. Otherwise we may transition to giving them only at the scheduled office clinics."

COVID booster appointments must be made online by visiting Wayne Memorial's website, www.wmh.org and clicking on SCHEDULE A COVID VACCINE - Wayne Memorial Hospital (wmh.org) Patients are reminded to bring their vaccine card, insurance card and ID.

WMCHC continues to offer pediatric doses of COVID 19 vaccine for ages 6 months and older at its pediatric

offices and the primary series vaccine for adults at most of its Family Health Centers. A list of days, times, office locations and information on how to make an appointment for those shots can also be found at Wayne Memorial's Schedule a COVID Vaccine page.

WMCHC is a Federally Qualified Health Center clinically affiliated with Wayne Memorial Health System, Inc. For information on all WMCHC services, visit www.wmhc.net or call 570-253-8390.



CONTRIBUTED PHOTO

Wayne Memorial Community Health Centers will be offering both Pfizer and Moderna bivalent vaccines starting next week.

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