

TAKE ONE FREE

# HEALTH & WELLNESS

get on  
the  
move!  
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# When a helping hand is crucial

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies and community members come together to promote suicide prevention awareness. This year, #BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month, which helps spread the word about things we can all do to prevent suicide.

**#BeThe1To: ASK:** Research shows that people who are having thoughts of suicide feel relief when someone asks about them in a caring way. Asking the question "Are you thinking about suicide?" communicates that you're open to speaking about suicide in a non-judgmental and supportive way. The other side of the "Ask" coin is "Listen." Make sure you take their answers seriously and not ignore them, especially if they indicate they are experiencing suicidal thoughts. Studies show that talking about suicide may reduce, rather than increase, suicidal ideation.

**#BeThe1To: Be There:** This doesn't mean you have to physically be in the person's space, but rather to be there as a support, whether on the phone, making a weekly lunch date, or just being a regular presence in their life. Again, listening is an important part of this step. People are more likely to feel less de-

BY DEBORAH WORDEN, EXECUTIVE DIRECTOR, ACTION TOWARD INDEPENDENCE



pressed and less suicidal after speaking to someone who listens without judgment.

**#BeThe1To: Help Keep Them Safe:** After the "Ask" step, and the determination that suicide is indeed being talked about, it's important to find out a few things to establish immediate safety. Knowing the answers to these questions can tell us a lot about the severity of danger the person is in. For example, the more steps and pieces of a plan that are in place, the higher their severity of risk and their capability to enact their plan might be. Or, if they have immediate access to a firearm and are very serious about attempting suicide, then extra steps (like calling for emergency help or driving them to an emergency department) might be necessary. Again, studies show that when lethal means are made less available, suicide rates by that method decline as do suicide rates overall.

**#BeThe1To: Help Them Stay Connected:** Studies indicate that helping someone create a network of supports and connecting them to resources can help them reduce feelings of hopelessness. Isolation is the enemy. You can help people explore some possible supports – are they currently seeing a mental health professional? Have they in the





METRO CREATIVE SERVICES PHOTOS

past? Is this an option for them currently? Increasing someone's connection to others has shown to increase feelings of "belonging," and having a sense of purpose has shown to be very important in recovery.

**#BeThe1To: Follow Up:** Studies also show that ongoing contact may be an important part of suicide prevention. One way to help a person is to develop a safety plan. This can include ways for them to identify if they start to experience significant, severe thoughts of suicide along with what to do in those crisis moments. A safety plan can also in-

clude a list of individuals to contact when a crisis occurs.

For anyone seeking more information, or if you are having thoughts of suicide, please call 988, the National Suicide and Crisis Lifeline. It's free and confidential.

For Veterans, there is a special line just

for you and your family members: 988 and then press 1. Veterans Crisis Line responders are trained in crisis intervention and military culture.

We are all working to change the conversation from suicide to suicide prevention, to activities that can promote heal-

ing, help and give hope to someone who is struggling.

Can you #BeThe1To?

**988 is the fastest way to contact the Suicide & Crisis Lifeline.**

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Callicoon, NY 12723

September 19, 2023 • Vol. CXXXIII, No. 30



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# Shopping for a Medicare plan? Don't forget your umbrella!

BY MEIR HOROWITZ

**W**e have had enough rain in Sullivan County this year to last several lifetimes. So, the mention of an umbrella may spark some unpleasant feelings.

But Medicare Annual Enrollment is just around the corner (October 15– Dec 7) so it will soon be “raining” TV commercials, radio ads and direct mail -urging you to join a Medicare plan.

To help you get through the storm, here is a helpful reminder of how the system works.

Medicare has four letters that represent its four parts: A is Hospital; B is doctor and outpatient services; D is prescription drugs.

And C is Medicare Advantage. If you take the letter “C” and

turn it on its side, you have the shape of an umbrella - and that's exactly what Medicare Advantage is. A comprehensive health plan that combines Part A, B and D in a single package.

The plans are offered by private insurance companies - many of which are familiar household names. In an arrangement with Medicare, the insurance company agrees to offer a program that is at least the equivalent of traditional Medicare. The insurance company enrolls the member with the approval of CMS (Center for Medicare Services) -and then does all the work that Medicare used to do. Collecting premiums, paying claims, etc.

Medicare compensates the insurer handsomely for taking the

burden off of them. And this allows the carrier to put a lot more under the umbrella. Many of the companies offer dental care, hearing aids and eyeglasses. Things that are NOT available from traditional Medicare and that many seniors find very important.

When the subject of Medicare Advantage comes up for discussion with potential members, very often we hear, “I like my doctor. I don't want to be limited to a network of providers.” That is a valid concern, but it's important to remember that Medicare Advantage plans come in two ‘flavors’ - HMO (Health Maintenance Organization) and PPO (Preferred Provider Organization).

The HMO does require you to use only network doctors and ser-



CONTRIBUTED PHOTOS  
Meir Horowitz

vices. However, And the copay (your share of the cost) for that visit will only be slightly higher if the provider is ‘not in network.’

So, when it starts raining Medicare ads, keep your umbrella handy. And feel free to call or email with any questions about this or any other Medicare related topic.

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# ATI's backpack program is back



CONTRIBUTED PHOTO  
(L-R) Vet 2 Vet's Veteran Peer Advocates Matt Klemen and Steve Murphy with his service dog Eva lent a hand with the packing.

At right: (L-R) ATI Disability Advocates Katie Horsham, Monique Torres, and Alexa Galeas with some of the finished backpacks.

For the third straight year Action Toward Independence (ATI) is working to gather, fill and distribute backpacks to eligible students in the community. This year ATI is donating backpacks to the local school districts' Special Education Departments for students in need.

ATI is teaming up with New York State Electric and Gas (NYSEG), as well as NYSEG's employee volunteers.

Children and Family Services Program Manager for ATI, Akilah Y. Sutphin arranged the program.

"We are happy to have been contacted by Uthman Aziz, Program Manager, NYSEG Government &

Community Relations to collaborate with NYSEG and their wonderful volunteers," Sutphin said. "In addition to volunteering with us, NYSEG is donating corporate sponsorship and hosting a backpack and school supplies drive at its facilities where its employees are donating to us as well. NYSEG volunteers assisted with the shopping at Walmart as well as assembling and filling the backpacks."

Sutphin then sent a letter to area school districts explaining the mission of ATI and the goal of the Backpack Program which is to provide some financial relief

to parents and caregivers, as well as show support for schools and educators in Sullivan County. She asked the district superintendents to arrange for an in-person presentation of the backpacks. The backpacks will be distributed to elementary, middle school and high school students under the discretion of the school districts.

Action Toward Independence is a non-profit organization based in Sullivan and Orange Counties whose main function is to advocate for persons with disabilities. For additional information, please call 845-794-4228, or visit [www.atitoday.org](http://www.atitoday.org).



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# Tips for staying active when your mind says ‘Go, Go, Go,’ but your body says, ‘No, No, No!’



BY ERIC MARTIN, MD, MEDICAL DIRECTOR FOR SURGICAL SPECIALTIES, GARNET HEALTH DOCTORS

We’ve all been inspired by the stories of a man in his 70’s who runs a marathon or a woman in her 60’s who enters body-building competitions. For some, good genes and dedication to healthy living have provided quite an edge when it comes to being active beyond their “days of youth.”

However, the majority of us may find that many of the activities we once took for granted are becoming a little more challenging as we age. Still, most older adults enjoy being active—whether it’s swimming, biking, hiking, running, yoga, Pilates, weight training, walking or all of the above. And we all know it’s good for us!

So, as an “aging athlete” how can you make sure your body can keep up with your mind’s drive and desire to stay active? Here are

three “golden” rules to start with.

## 1: Focus on the Benefits of Physical Activity as You Age

According to the Centers for Disease Control and Prevention (CDC), physical activity is one of the most important things you can do for your health. It can help prevent or delay many health problems that seem to come with age by:

- Reducing risk of disease
- Strengthening bones and muscles
- Managing weight
- Improving brain health
- Making day-to-day activities easier

The CDC recommends adults aged 65 and older need:

- At least 150 minutes per week of moderate-intensity activity such as brisk walking, or 75 minutes per week of vigorous-intensity activity such as hiking, jogging, or running
- At least 2 days per week of activities that strengthen muscles



You can fall asleep and dream of all your activities or you can get up and enjoy the benefits of doing the real thing.

- Activities to improve balance, like standing on one foot
- ## 2: Understand How to Respond When Your Mind Says “Yes,” But Your Body Says “No.”

It’s no surprise that adults who are extremely active typically want to stay active. But as we age, our body may have other plans. New aches and pains or an unexpected injury can derail a fitness routine at any age, but we may find this occurring more often as the years go by. Additionally, it may take longer to recover after a workout, or you may notice your pace slowing or your endurance dwindling. Why is this?

While everyone is different, we can’t escape the fact that as we age, muscles can lose size and strength, bones change and can become less dense, and joints can become stiffer and less flexible. Believe it or not on average, we lose 30% of our muscle mass over our lifetime!

The good news is that physical

activity can slow down or prevent many of these age-related changes! Studies have shown exercise can make bones stronger, improve balance and coordination, increase muscle mass and strength, and maintain joint flexibility.

But take caution. There are times when a nagging injury—such pain in your knee, hip or elbow, or a degenerative condition like spinal stenosis, or arthritic joints—makes your once beloved activity no longer possible. In such a case, don’t give up. Instead heed rule #3.

## 3: Identify the Cause of Your Pain

It’s important to recognize the difference between pain from an injury, which comes on quickly and is sharp and persistent, and soreness in the muscles, which is temporary, comes on slowly, and feels more like a burning or tightness. If you are experiencing acute pain, or consistent pain or

inflammation, visit an orthopedic specialist who can assess exactly what is going on.

Once the cause is diagnosed, an orthopedic specialist can help get you on a treatment plan. This may include, for example, physical therapy to strengthen certain muscles, or targeted treatment for back pain or arthritis in your neck.

Unless you have an injury or condition that requires complete rest or possibly surgery, being active is the best thing you can do! However, your orthopedic specialist may suggest varying your routine, trying a new activity, or adding new exercises to help maximize your efforts while still helping you achieve your goals.

As an “aging athlete” you are already ahead of the game. You have the mindset for exercise and dedication to remaining active, and you’ve experienced the many rewards physical activity can offer. No matter what your age, there are activities you can do to keep you mentally and physically fit, while respecting the toll age may be taking on your body.

Garnet Health offers a comprehensive approach to orthopedic care that includes diagnosis, treatment, and rehabilitation. Garnet Health Doctors orthopedic specialists—with expertise in a wide range of injuries and conditions—will help relieve your pain with advanced orthopedic procedures, so you can keep you doing the activities you love. Visit [garnethealth.org/ortho](http://garnethealth.org/ortho) to learn more or call 845-333-7575 to make an appointment with an orthopedic specialist.

Dr. Martin is Board-certified in Orthopedics by the American Board of Orthopedic Surgeons is also a fellow of the American Academy of Orthopedic Surgeons. Dr. Martin earned his medical degree from New York University, completed both his general surgery internship and his residency at Stony Brook University in addition to his reconstructive joint surgery fellowship from Rush University/St. Luke’s Medical Center & Central DuPage Hospital in Chicago, Ill.



**NEWS NOTES IN HEALTHCARE**

# Medical Director of Lake Region Urgent Care appointed

HONESDALE, PA — Wayne Memorial Community Health Centers (WMCHC) is proud to announce the appointment of Matthew Cellini, MD, as Medical Director of Lake Region Urgent Care (LRUC) and Occupational Medicine. LRUC, located at 273 Grandview Avenue in Honesdale, treats non-life-threatening conditions on a walk-in basis, from 9 am to 7 pm, seven days a week.

“Dr. Cellini comes to WMCHC with a great deal of experience in emergency medicine – both military and civilian,” stated Teresa Lacey, RN, BSN, chief executive officer, WMCHC. “His expertise will benefit our patients and staff in the urgent care setting.”

Dr. Cellini served in the U.S. Air Force for 14 years attaining the rank of Major. Throughout his military career he held various leadership and direct patient care roles. While stationed at Joint Base Andrews, Prince George’s County, MD, for five years Dr. Cellini was entrusted with the following assignments: EMS Director Air Force National Capital Region; Medical Director of Emergent Care Center; Interim Flight Commander and ED physician. He also served as the Chief of Emergency Medicine

to the Defense Health Agency and consultant to the Surgeon General for two years. Following deployment to southern Syria on two separate tours, Dr. Cellini acted as the Trauma Officer in Charge of the U.S. Air Force Ground Surgical Team in direct support of Special Operation Forces.

In his civilian life, Dr. Cellini treated patients as an Emergency Department physician at community hospitals in Virginia and Maryland. During the pandemic, he was employed as a consultant by Vigilant Medical Solutions serving as Medical Director for FedEx Flight Force, a COVID-19 response initiative which facilitated 60,000 tests globally.



CONTRIBUTED PHOTO  
**Matthew Cellini, MD, Medical Director, Lake Region Urgent Care and Occupational Medicine.**

Dr. Cellini earned his Medical Degree from the Uniformed Services University of the Health Sciences, Bethesda, MD and completed Emergency Medicine resident training at San Antonio Military Medical Health Consortium, Brooke Army Medical Center, TX. He is certified by the American Board of Emergency Medicine.

Dr. Cellini is married to Veronica Cellini, MD, who also recently joined WMCHC’s Medical Staff as a pediatrician for Waymart Pediatric Center and Sterling Pediatric Center.

WMCHC is a federally qualified health center clinically affiliated with Wayne Memorial Health System, Inc. For information on all of WMCHC’s services, visit [www.wmchc.net](http://www.wmchc.net).

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NEWS NOTES IN HEALTHCARE

**CCE Sullivan to offer virtual caregiver support groups**

LIBERTY — Are you a caregiver of a family member or friend? According to Blue Cross Blue Shield, The Health of America, “Caregivers play an important role in the U.S. healthcare system. An often unpaid and invisible workforce, caregivers manage medications, administer care, assist with daily tasks and handle finances for their loved ones. The commitment of time, labor and emotional support this role requires can have a substantial impact on caregivers’ physical, behavioral and emotional well-being” (BCBS, 2020, The Impact of Caregiving on Mental and Physical Health).

If you take a loved one regularly to the doctor, or buy their groceries, or have a sibling with special needs whom you support, advocate for an ill spouse, or engage in long-distance care of a loved one, you are a caregiver. The important thing

to recognize is that your caring role is important and there is support and information available to you.

Weekly Family caregiver support groups will be offered, providing guidance, community resources and educational materials to individuals assisting an aging or ill family member or friend. These weekly meetings will take place on Tuesdays from 4 p.m. – 5 p.m. and are open to all types of caregiving (not specific to any disease). The first weekly meeting is scheduled for September 26.

Caregivers who care for a person with dementia, such as Alzheimer’s disease, can join meetings held on the third Wednesday of each month from 4 p.m. - 5 p.m. through the remainder of 2023.

October 18

November 15

December 20

Registration is required to participate by Zoom or phone if unable to join by computer.

Caregiver support groups are facilitated by the Caregiver Resource Center of Cornell Cooperative

Extension in partnership with Office for the Aging of Sullivan County and the Alzheimer’s Association.

Please call Cornell Cooperative Extension Sullivan County’s Caregiver program at (845) 292-6180 ext. 122 or by email at [sullivancrc@cornell.edu](mailto:sullivancrc@cornell.edu) for further information or register using CCE’s website <http://sullivancce.org/home-family/caregiver-resource-center>.

**National Immunization Month screenings**

HUDSON VALLEY — In honor of National Immunization Month, Cancer Services Program (CSP) of the Hudson Valley aims to raise awareness about the importance of immunization for Human Papillomavirus (HPV), the leading cause of cervical cancer – particularly for individuals up to age 26 for whom the HPV vaccine is recommended.

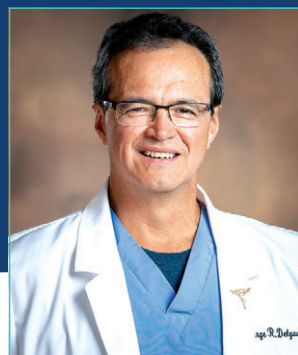
Cervical cancer, predominantly caused by HPV, is a preventable disease. Yet, it remains a major health concern worldwide. The good news is there are two effective ways to address this concern: immunization and regular screening for HPV and cervical cancer.

Immunization against HPV is most effective when administered at a younger

age, ideally before the onset of sexual activity. The vaccine is recommended for individuals up to age 26. However, getting vaccinated does not eliminate the need for regular cervical cancer screenings, which should be part of every woman’s health routine.

For those who have missed the age window for immunization, cervical cancer screenings and HPV testing remain crucial. These tests serve as an effective secondary line of defense, enabling early detection and treatment of any abnormalities. The earlier it is detected, the easier it is to treat.

For more information about HPV, the vaccine, and cervical cancer screenings, please visit our website at [www.hitch.org/cancer-services-program](http://www.hitch.org/cancer-services-program) or call 855-277-4482.



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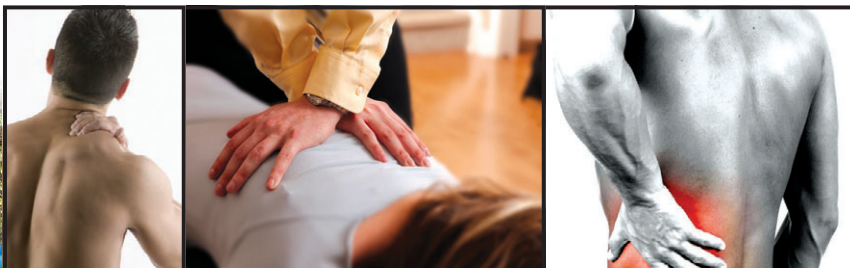
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Front row, Rylan Morgan, 7; Lucan Turner, 3, with mom Susan; Althia Frey, 2, with mom Stephanie; Annabelle Ostrander, 7. Back row, are Haytko and Ellen Corbett, iPad winner. The second iPad winner, Alex Stashik, was absent when photo was taken.

**WMCHC’s National Health Center week prize winners**

HONESDALE, PA — Congratulations to the winners of Wayne Memorial Community Health Centers (WMCHC) Patient Appreciation and Children’s Health Day raffles! During National Health Center Week, August 6 – 12th, patients who visited any of WMCHC’s offices were eligible to enter drawings for prizes which included four children’s bicycles and two 10.2 inch 9th generation iPads. Winners, chosen by random draw, are shown with WMCHC

Administrative Assistant Katelyn Haytko who organized the contest.

WMCHC is a Federally Qualified Health Center clinically affiliated with Wayne Memorial Health System, Inc. WMCHC provides primary care, pediatric, women’s health, dental, behavioral health and urgent care services with sites across Wayne and Pike Counties as well as the Carbondale and Forest City areas. For more information on all services, visit [www.wmchc.net](http://www.wmchc.net).

# Community goodwill promoted by local food markets



CONTRIBUTED PHOTOS

At right: Grover M. Hermann Hospital Auxiliary 2023 Purchases for the Emergency Department – Tools for an Award-Winning Team! On left, Auxiliary President Peggy Richardson with Barbara Donatelli, immediate past President.

SULLIVAN COUNTY — Peck’s Markets in Callicoon and Jeffersonville, and Pete’s Market in Narrowsburg are hosting a 3rd Annual Fundraiser for the Grover M. Hermann Hospital Auxiliary Columbus Week, October 6th through 15th! The generosity of the Cashiers and Customers will help with our latest endeavor to pay for a new MAC VU360 ECG, aka EKG for the Grover Hermann Hospital Emergency Department. This is an all-in-one resting ECG workstation, featuring the full suite of analysis programs for faster, more informed cardiac care decisions at point of care.

Our Auxiliary continues to work to support our local hospital for our community’s best patient experience. Please, step up and join us, call (845) 932-8104. Grover M. Hermann Hospital Auxiliary has been serving the

community for over 50 years. Last year’s purchases pictured above is the PATHFAST with President Peggy Richardson and immediate past-President, Barbara Donatelli. Below is the Sonosite Ultrasound Scanner that the Auxiliary also funded. Pictured l-r, Kim Wall, Peggy Richardson, Maureen Donnelly, Barbara Donatelli, Beth Doyle, and Kerry Gladstone. We are proud to list Grover M. Hermann Hospital in Callicoon, Hospital Recognitions: 2020-2022 Press Ganey Guardian of Excellence Patient Experience, Emergency Department; 2022 Press Ganey Guardian of Excellence Patient Experience, Outpatient Rehabilitation; 2020-2022 Press Ganey Pinnacle of Excellence Patient Experience = an Award-Winning Team!

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# NEWS NOTES IN HEALTHCARE

## Wayne Memorial's Midwifery Mingle back to full scale October 5



CONTRIBUTED PHOTO

Left to right, shown outside of The Cooperage Project, venue for Wayne Memorial's Midwifery Mingle on October 5 from 1 p.m. – 3 p.m., are Certified Nurse Midwives of the Women's Health Center Lorraine Lamm, CNM, Christina MacDowell, DNP, CNM and Patricia Konzman, CNM. Absent from photo is Amy Borove, CNM.

HONESDALE, PA — For the first time since 2019, Wayne Memorial's Midwifery Mingle, a gathering for women of all ages and their children, will be celebrated on a full pre-pandemic scale. Traditionally held during National Midwifery Week, the Mingle is set for Thursday, October 5th from 1 pm to 3 pm at the Cooperage Project, 1030 Main Street, Honesdale, PA. Refreshments as well as educational and vendor tables by Wayne Memorial and other community organizations will be onsite.

Hosted by the nurse midwives of the Women's Health Center, Patricia Konzman, CNM; Christina MacDowell, DNP, CNM; Lorraine Lamm, CNM and Amy Borove, CNM, this free event is sponsored by Wayne Memorial Hospital's New Beginnings Birthing Suites and Wayne Memorial Community Health Centers (WMCHC).

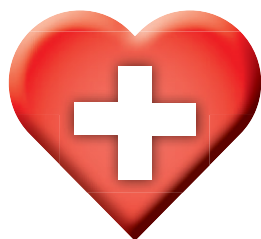
This will be the 13th time the

celebration has taken place albeit with variations over the past three years due to COVID. With 2023's Mingle being a return to the past, Wayne Memorial's midwives chose the theme "With Women." Christina MacDowell, CNM, director, Women Health Center, explains, "the word midwife originates from the old English word 'mid' plus 'wife' or woman, in essence 'woman who is with the mother,'" she stated, "While our profession has seen advances throughout centuries, the concept of women-centered, individualized care - 'with women' - remains the focal point of midwifery."

Local businesses and non-profits interested in participating as vendors are asked to email [diehlma@wmh.org](mailto:diehlma@wmh.org) or call 570-253-8390 for a registration form and more details.

For more information on Wayne Memorial's maternity services, visit [www.wmh.org/givingbirth](http://www.wmh.org/givingbirth).

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# Veronica Cellini seeing pediatric patients in Waymart and Sterling



CONTRIBUTED PHOTO

Veronica Cellini

HONESDALE, PA — Wayne Memorial Community Health Centers (WMCHC) is pleased to announce that Board-certified Pediatrician Veronica Cellini, MD, is now seeing patients at both its Waymart and Sterling Pediatric Centers. Dr. Cellini and her husband, Dr. Matthew Cellini, who has been appointed Medical Director of WMCHC's Lake Region Urgent Care & Occupational Medicine, recently relocated from Maryland.

As a pediatrician, Dr. Veronica Cellini looks forward to helping families navigate the challenges

and rewards of parenting in each stage of child development. "I want families to feel that they have a pediatrician they can trust to provide honest, respectful, and science-based care for their children," she stated. "I want to partner with parents to help their children become healthy and happy adults."

Prior to joining WMCHC, Dr. Cellini spent seven years as a general pediatrician at Annapolis Pediatrics in Maryland providing sick and well care for patients ranging from newborn up to young adults of age 22. She is

certified by the American Board of Pediatrics and a member of the American Academy of Pediatrics. Dr. Cellini is a graduate of Drexel University College of Medicine in Philadelphia, PA where she earned a Doctor of Medicine degree. She completed her pediatric residency at the University of Texas Health Science Center at San Antonio in Texas. She obtained a Bachelor of Science degree in biology with a minor in psychology from Allegheny College, Meadville, PA.

To make an appointment with Dr. Cellini, parents may call either

the Waymart Pediatric Center at 570-488-9550 or the Sterling Pediatric Center (located in Lake Ariel) at 570-689-7565.

WMCHC is a federally qualified health center clinically affiliated with Wayne Memorial Health System, Inc. For information on all of WMCHC's services, visit [www.wmchc.net](http://www.wmchc.net).

## Empowering a Healthier Generation Competition

Sullivan 180's Empowering a Healthier Generation Program has 5 schools competing for awards in the amount of \$75,000 and \$50,000 that will be presented September 21.

### Participants in the competition include:

- Benjamin Cosor Elementary, Fallsburg
- Livingston Manor Elementary
- Livingston Manor High School
- Cooke Elementary, Monticello
- Sullivan West Elementary

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Residents Ingrid and Thomas with their daughter Carol, Business Manager of Promenade at Middletown



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