

TAKE
ONE FREE

HEALTH & WELLNESS

Unveiling
the magical
world of
mushrooms

page 10





Ellenville Regional Hospital A Multitude of Services, For a Multitude of Care



- Pain Management
- Physical Therapy
- Ambulatory Surgery
- Speech Pathology
- Subacute Rehab
- Wound Care
- Digital Diagnostic Imaging
- Emergency Department
- Cardiac Rehabilitation
- Occupational Therapy
- Laboratory
- IV Therapy

Call for an appointment!

845.647.6400

10 Healthy Way
Ellenville, NY 12428



ERHNY.org



ERHNY
Ellenville Regional Hospital

119330

Understanding the vital role of a hospitalist

BY LEROY CORDERO FLOYD III, MD,
GARNET HEALTH'S CHIEF CLINICAL
TRANSFORMATION OFFICER

A hospital stay can be an overwhelming time. The flurry of activity in and out of your inpatient room can be dizzying, all in the name of ensuring you get the highest quality of care focused on helping you heal and return home to your normal activities.

While you may recognize the role of the nurses, specialists, and others who tend to you, you may not be as familiar with the vital role a hospitalist plays in your care. Their contributions sometimes can go unnoticed, but their impact is indeed profound.

Available 24/7 during your hospital stay, hospitalists are board-certified doctors whose specialty is managing the complexities of inpatient care. They function as in-house primary care doctors who help to diagnose your condition, coordinate your treatment plan during your hospital stay and collaborate with all members of your clinical team—helping to make sure you have the best possible care and experience. A hospitalist will also communicate

key information to you and your family, explaining everything you need to know about your illness and what to expect in the treatment and recovery phases.

What Hospitalists Do

- **Coordinate your care.** Think of the hospitalist as your primary point of contact during your hospital stay. They will communicate with you, your family, your primary care provider and others so that—from admission to discharge—there is seamless coordination and a continuity of treatment.

- **Are available 24/7.** Hospitalists are available around the clock, so they're easily accessible in emergencies or when questions arise.

- **Provide expertise in acute care.** Hospitalists specialize in the clinical problems of acutely ill hospitalized patients. Their experience and expertise allow them to respond to emergent medical needs, make timely decisions and interventions, and promptly follow up on test results and procedures.

- **Collaborate across disciplines.** What makes a hospitalist so unique is their ability to collaborate and communicate with everyone, including nurses, doctors,

RIVERSIDE
Remedies
PHARMACY

Main Street Callicoon
845-887-3030
RiversideRemedies.com

GIFTS & TOYS • HEALTH & BEAUTY • HOUSEWARES

Local & Regional Products

- Prescriptions
- Compounding
- Custom Medications
- Over the Counter Needs
- Pet Medication

Melissa & Doug PAPHYRUS

therapists and pharmacists. Hospitalists will advocate for you. They will address your questions and concerns while also recommending the best course for treatment as established by your care team.

During your hospital stay, should you or your family members need to speak with the hospitalist, simply ask your nurse to contact them.

Garnet Health recently increased its hospitalist team to 46 providers, who care for inpatients at Garnet Health Medical Center and Garnet Health Medical Center – Catskills. With more hospitalists on staff 24 hours every day, they are more easily accessible, ensuring all patients have the best possible experience in our hospitals.

To learn more about Garnet Health's hospitalist services, visit garnethealth.org/hospitalist-program.



Garnet Health Medical Center-Catskills in Harris offers hospitalists 24/7 whose specialty is managing the complexities of inpatient care

DEMOCRAT FILE PHOTO | FRED STABBERT III

At Catskill H.A.C we really are here to help you hear.

Crystal Run Rock Hill canceled all their Hearing Aid Services - We are NOW providing and honoring all Services & Warranties for all Crystal Run Patients! Our prices are low because we keep our overhead low. We don't send out expensive mailers to clutter your mailbox and forget about those TV ads. Nor do we pay outrageously high commissions to high pressure salespeople. You will find the pricing for our premium products and services to be moderate & affordable. Low cost financing is available.

Catskill HAC We are here to help you hear...
39 years and counting...

Catskill Hearing Aid & Audiological Services[★]

343 Broadway, Monticello • 794-7766

Here to help you hear

Sales • Service • Repairs • Batteries • Accessories • House Calls

***Certified audiologist by appointment only.**

Testing is to determine a need for and/or adjustment of hearing devices.

Not a medical evaluation.

Accepting These & Other Insurances:

TruHearing Humana

HearUSA Empire
Hearing Care Network BlueCross BlueShield

Our NEW hearing aids are...

Convenient – One charge can run for 24 hours of uninterrupted use

Flexible – Can use rechargeable or traditional batteries

Innovative – Hi-tech battery engineered by NASA. Advanced digital audio processing by Starkey.

Amazing NEW
Technology



What is mental health?

BY SHAWN COMFORT
PROGRAM MANAGER
ACTION TOWARD INDEPENDENCE

The world has changed so much in recent years. The introduction of social media platforms and the isolation caused by the pandemic are just a couple of the biggest contributors. While everyone feels worried or anxious or a little down from time to time, does that mean our mental health is at risk?

It very well may be. We could be suffering from a mental illness.

The Center for Disease Control (CDC) defines mental health as including our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress and how we relate to others. It even affects our ability to make healthy choices.

Harvard Health characterizes mental illness as a mental health

condition that gets in the way of thinking and relating to others. It also influences day-to-day function.

Mental illness is an equal opportunity issue. It affects young and old, male and female, and individuals of every race, ethnic background, income and educational achievement.

According to the American Psychiatric Association half of all mental illnesses begin to manifest themselves by age 14.

Some of the early warning signs we can identify in ourselves or loved ones are personality changes, emotional changes, increased isolation, sudden decline in hygiene or self-care, and a feeling of being overwhelmed or hopeless.

If you notice any of these differences in a loved one, urge them to seek out mental health professionals. And watch for those same signals in yourself. The



Mental illness is an equal opportunity issue affecting all segments of society.

earlier we address the symptoms, the sooner we can start on the road to mental wellness.

The stigma associated with mental illness can be a major block for some to access the help they need. It is up to us as a society to turn that around. We need to start recognizing that mental illness is not a

character flaw or a deficiency in our biological make-up. Rather it is a combination of many factors including environmental, socio-economic, and even our biological make-up.

So, where do we go from here?

A big first step is to start talking about how we feel, and we need to listen to others when they talk

We are Hiring

Apply
Today



Open Positions:

- Direct Support Professional (Pediatrics/Adults) 3:00-11:00pm shift, \$17/hour. Salary based on experience, CNA & RBT credentials preferred
- Registered Nurse, 3x12 hour shifts, \$40-48/hour
- Nurse Practitioner: \$120-\$140k/yr

Rates based on experience

Extensive Benefits Package Includes:

- Health Insurance, Dental, Vision
- Staff Ride Share
- Daycare
- 401k Plan
- Life Insurance

THE
CENTER FOR
DISCOVERY

For more information visit: thecenterfordiscovery.org/careers
or contact Recruitment@tcfd.org

about their feelings. Don't be afraid to discuss the changes you may notice in someone.

Suggest that talking to a mental health professional will help. They might not actually have a mental illness; they may just be having a difficult time.

Other steps we can take to help our mental health include reducing stress, relaxing, spending time with nature, connecting with others, learning something new, being creative, improving sleep

hygiene and looking after our physical health. Self-care is not selfish; it is important.

If you feel you need help, ask for help. You can call the 988 Lifeline to talk or text with caring crisis counselors for emotional support. They are available 24/7/365. Text or call 988, or to chat online go to <https://988lifeline.org/chat/>.

Or reach out to a caring friend or family member. Find someone who will listen to you and guide you to a path of wellbeing.

Educating children about firearms safety CAN make a difference!

Firearms are a reality in our lives, and the possibility of our children encountering one can be a frightening thought.

SITC is proud to present the Family Firearms Safety Fundamentals Course. During this 60-minute course, SITC instructors will cover topics like **why**, **when**, and **how** to talk to children of all ages about firearms and your responsibilities as adults in their environment. This course is suitable for anyone, whether or not you own firearms.

For more information and to schedule a class go to SCrosshairs.com or call (845) 856-6759



119564



A Restorative Catskills Hotel & Spa

Indoor Pool | Goat Sanctuary | Saunas | Hiking Trails & more

Discover more about our day passes and Sullivan County resident offers.
hemlockneversink.com | [@hemlockneversink](https://www.instagram.com/hemlockneversink)

117861

What's in your water?



Trust Our Certified Laboratory to help you find out!

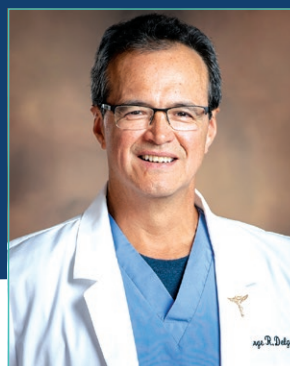
845-704-8151
Ferndale, NY



113647

"Tested Water is Trusted Water"

AG Enviromental RSC LLC d/b/a Sullivan County Labs



Dr. Jorge R. Delgado

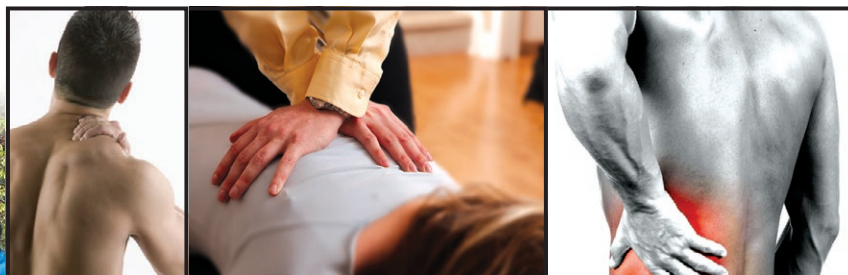
- Board Certified Chiropractic Neurologist
- 35 Years of Experience
- Member of the Sullivan Chambers

EFFECTIVE, NATURAL RELIEF FOR:

- Headaches, Dizziness
- Neck Pain, Tight Muscles
- Shoulder & Arm Pain
- Low Back, Hip & Leg Pain

Covered By Most Insurances

Old Fashioned
Doctor Patient Relationship
in warm
comfortable atmosphere



Providing Personalized Chiropractic care for the entire family
in this community for over 28 years.

44 Lanahan Road,
Monticello, NY 12701

-and- 111 Sullivan Ave, Suite 1-1,
Ferndale, NY 12734

(845) 292-3455 • www.spineinorder.com

Most insurance
& HMOs
accepted

119164

PROMENADE
AT MIDDLETOWN

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



Find the Perfect Fit

- NYS Licensed
- Assisted Living
- Senior Day Program
- Medicaid Assisted Living Program

845.341.1888
Visit us on the web
www.PromenadeSenior.com

112972

NOTES IN HEALTHCARE

Wayne Memorial Hospital Hospice Memorial Service

Wayne Memorial's Hospice Department will host a spring memorial service on Sunday, June 2 at 2 PM at Grace Episcopal Church in Honesdale, PA to remember hospice patients who have passed away this past year.

Hospice staff, volunteers, patient families and friends who have experienced the death of a loved one are invited to attend. The ceremony is open to the public.

The interfaith service will feature music, candle lighting and other tributes. Light refreshments will be served following the program. Wayne Memorial's Hospice Department supports grieving families for up to 13 months after the death of a loved one at no cost.

For more information or for those needing special accommodations, please contact Judy Eisenhower at (570)253-8431 or Joyce Malicky at (570)253-8737.



Hospice will host a memorial service on June 2.

RapidRecovery
AT

ACHIEVE *more!*
REHAB AND NURSING FACILITY

SHORT-TERM REHAB • LONG-TERM CARE

*Private Rehab Suites
Excellent Quality Care*

170 Lake Street, Liberty, NY
845-292-4200

www.AchieveRehabNY.com

83616

Marie K. Devore, D.M.D.

GENERAL DENTISTRY

Evening Appointments Available
• *We Welcome New Patients* •

3411 SR 97
Barryville, NY 12719 (845) 557-8500

10265

JURNI
QUANTUM HEALING CENTER

420 Bernas Rd, Cochection, NY 12726
845.932.5113
jurni.healing@gmail.com
www.jurnihealing.com

Book Online! Open 7 days by Appointment Only

121189

NOTES IN HEALTHCARE



Sullivan West to host blood drive

On Wednesday, May 22, the Sullivan West Student Council will be hosting a blood drive in the High School cafeteria from 2:30-6:30 P.M. You can make an appointment at RedCrossBlood.org, or by calling

1-800 RED CROSS. All donors will receive a free T-shirt and one lucky donor will receive a camping basket from Student Council. The drive will be located at 6604 Route 52, Lake Huntington, NY, 12752. Please come out and donate!

Whose Life

Will Your Blood Donation Save?

Caring for a loved one? We're here for you.

The Caregiver Resource Center offers:

- In-person and virtual support groups for family caregivers
- Workshops on topics related to caregiving, Alzheimer's and dementia
- Individual assistance, information and referrals to community resources
- Caregiver assessments & tips for managing stress
- Tai Chi for Arthritis & Falls Prevention for seniors



The Center is a partnership between CCE Sullivan and Office for the Aging of Sullivan County.
64 Ferndale-Loomis Rd., Liberty, NY 12754
(845) 292-6180 x 122. Email: sullivancrc@cornell.edu
Website: <https://sullivanccce.org>

121305

Cornell Cooperative Extension | Sullivan County

Slow intentional skincare

customized treatments
hair removal
apothecary

Hours by appointment
Callicoon NY
(607) 386-1333

121372

IV HYDRATION

WHAT IS IV HYDRATION?

IV hydration is a wellness therapy in which fluids, electrolytes, vitamins, amino acids and/or minerals are infused directly into a vein through an IV catheter under direct supervision of a registered nurse or nurse practitioner.

WHY IV HYDRATION?

Direct delivery of hydration, electrolytes, vitamins, amino acids and minerals into the bloodstream means your body absorbs 100% of the benefits of the targeted treatments.

BENEFITS

IV hydration may help with energy, vitality, brain function; support one's immune system; bolster hair, skin and nail health

845-202-0815
20 Gregory Street, Callicoon, NY 12723
info.mountainviewhydration.com

CHRISTINA WOOD FNP, SARA DIEHL RN AND JENNY PHELPS RN, PLLC

114112

CATSKILL DERMATOLOGY

Steven J. Fishman M.D.

Board Certified in Dermatology

Mount Sinai Medical Center - Assistant Clinical Professor

*All disorders
of Skin, Hair & Nails*

LOREE ANN STANTON RN, HT • ALLYSON WALSH, FNP • JENNIFER THORNELL, PA • HUI LIN, PA

Biologics For Psoriasis • Surgical/Non-Surgical Skin Cancer/Mole Treatments

Radiofrequency Microneedling • IPL/Laser For Blood Vessel/Hair Removal

Botox For Sweating • Blulight For Acne & Sun Damage

ACNE, WARTS, SKIN ALLERGIES, MOLES & GENITAL WARTS

All New Aesthetic & Laser Center

Visit Our Website For More Information

NOTES IN HEALTHCARE

Garnet Health announces General Surgery Residency Associate Program Director

Garnet Health is pleased to announce Douglas James, MD, has been appointed as the Associate Program Director for the General Surgery Residency within Garnet Health's Graduate Medical Education program. As a critical care surgeon, Dr. James serves as the Medical Director for Garnet Health's Level II Trauma Center and has been with the organization since July 2021.

Providing a clinical learning environment of excellence, Garnet Health Medical Center is a teaching facility and home to several residency programs. Residents are medical-school graduates with a Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO) degree who take part in post-graduate training programs. Residents work in hospitals and outpatient doctors' offices to continue their education and



CONTRIBUTED PHOTO

Douglas James, MD

medical training in a specialized field under the supervision of attending physicians.

During their residency, medical residents provide direct care to patients, including diagnosing, managing, and treating health

conditions and injuries. General surgery is one of seven residency programs at Garnet Health, which also includes emergency medicine, family medicine, internal medicine, neurology, psychiatry and a transitional-year program. Each of Garnet Health's residency programs is accredited by the Accreditation Council for Graduate Medical Education (ACGME), an organization that sets and monitors voluntary professional educational standards essential in preparing physicians to deliver safe, high-quality medical care to all patients.

"Academic medical centers train the next generation of physicians, and many studies support better patient outcomes than at nonteaching hospitals," said Ryan Punsalan, MD, FACP, FHM, Designated Institutional Official for Garnet Health's Graduate

Medical Education and Program Director for Garnet Health's Internal Medicine Residency Program. "As a medical educator for many years, Dr. James joins an exemplary team dedicated to the highest of standards in education and medical care."

Dr. James received his medical degree from Tulane University. He completed his residency in General Surgery at State University of New York – Downstate Medical Center, as well as two fellowships—one in Pediatric Trauma at Cohen Children's Medical Center and the other in Trauma Critical Care at Westchester Medical Center/New York Medical College. He is board certified in General Surgery and Surgical Critical Care.

To learn more about Garnet Health's residency program, visit garnethealth.org/medical-education.



NAMI

National Alliance on Mental Illness

Sullivan County, NY
Candlelight Vigil
for Mental Health
Monday, May 20, 2024
SC Courthouse Lawn
Monticello

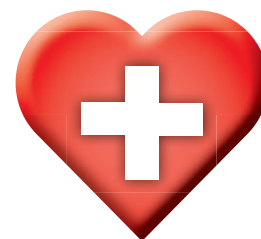
7:00 pm

May is Mental Health Awareness Month. If you or someone you love has been touched by mental illness, YOU ARE NOT ALONE. All are welcome. Help shed light on Mental Health Awareness.

For information, phone (845) 794-1029
 or visit us online @ namisullivan.org



**New Hope Community is
 proud to be a resource for
 the health of Sullivan County**



www.newhopecommunity.org

NOTES IN HEALTHCARE



Jerome C. Cohen, MD, elected President of the Medical Society of the State of NY

Loch Sheldrake gastroenterologist Jerome Craig Cohen, MD, was elected President of the Medical Society of the State of New York (MSSNY) at its annual House of Delegates meeting in Uniondale, NY, on April 13.

Dr. Cohen previously served as President Elect of MSSNY, Vice President of MSSNY, as a Trustee of MSSNY, and as Speaker of the House of Delegates of MSSNY. As Speaker, his responsibilities included overseeing the policy-making business of the state's principal professional organization for physicians as well as emceeding its official events, such as MSSNY's annual Legislative Forum in Albany.

Dr. Cohen earned his medical degree from Northwestern University Medical School and completed both his internship and residency training at Northwestern Medical Center in Chicago. He did further research with a fellowship in gastroenterology at Rhode Island Hospital/Brown University. Dr. Cohen is board-

certified in both internal medicine and gastroenterology. He is also a Fellow of the American College of Physicians and a Fellow of the American Gastroenterological Association.

Dr. Cohen treated patients in Binghamton from 1984 to 2015. Since 2015, he has been treating patients in Cooperstown for Bassett Healthcare Network, where he serves as a Senior Attending Gastroenterologist. Dr. Cohen is also Clinical Assistant Professor of Medicine at the Cooperstown campus of Columbia University Vagelos College of Physicians and Surgeons.

Dr. Cohen's dedicated efforts on behalf of organized medicine have also included serving as president of the Broome County Medical Society, MSSNY Councilor for five years, MSSNYHOD delegate for over 30 years and member of MSSNY's delegation to the AMA for the past 24 years. He is a past Chair of the AMA's Council on Constitution and Bylaws.

DON'T LET YOUR PAIN GET WORSE!

**AVOID COMPLICATIONS —
GET THE HELP YOU NEED NOW!**

**Dr. Linda F. Borrelli
Dr. Rudolf Gieger**

FAMILY CHIROPRACTORS

Specializing in restoring your health at affordable fees.

Most Insurance Accepted. Participating in AETNA, EMPIRE BLUE CROSS/

BLUE SHIELD, NY SHIP, GHI, and most HMOs and PPOs

845-887-4485

Convenient Hours

Mon., Fri., 9-1 • 3-6

Tues. 9-12 • Wed. 9-1 • 3-7

Sat. 9-12

23 LOWER MAIN ST. • CALLICOON, NY

**TRI-COUNTY EAR, NOSE & THROAT P.C.
PHILIP G. LIU, M.D.**

AMERICAN BOARD OF OTOLARYNGOLOGY HEAD & NECK SURGERY

570-253-0202

570-491-5255

**650-2 Park St.,
Honesdale, PA 18431**

**Rt. 209, Westfall, Pa
(beside Milford Landing)**

www.tricountyent.org

NURSES
MAKE THE
Difference

MAY IS NATIONAL
NURSES MONTH



This year's theme is "Nurses Make the Difference." It honors the incredible nurses who embody the spirit of compassion and care in every health care setting. Wayne Memorial thanks its nurses—RNs, LPNs, CRNAs, CRNPs and Certified Nurse Midwives—for all they do for our hospital, our clinics and our community.



NATIONAL NURSES WEEK

MAY 6-12, 2024



WAYNE MEMORIAL HEALTH SYSTEM
WAYNE MEMORIAL COMMUNITY
HEALTH CENTERS

570.253.8100 | www.wmh.org

122665

**LEGENDS
CARING FOR
LEGENDS**

*Specialized
Services for*

**Subacute Rehabilitation
Skilled Nursing Care
Respite/Short-Term Care**

**Excellent
Employment
Opportunities** **for RNs, LPNs,
CNAs & More!**

**ROSCOE
REHABILITATION
& NURSING**
living legends



VISIT US!

(607) 498-4121

420 Rockland Rd, Roscoe



119775

Unveiling the magical world of mushrooms



Hedy Schneller

BY HEDY SCHNELLER

In the vast tapestry of life on Earth, mushrooms stand as mysterious entities, not quite fitting into the categories of animals, plants, protists or monera.

Yet for the past 1.5 billion years, they have silently inhabited our planet. Only with the advent of the microscope in the 1700s did humanity embark on a journey to systematically study these fascinating fungi.

Mushrooms have emerged as stars of particular interest, captivating our taste buds for centuries and, more recently, grabbing attention for their potential medicinal and nutritional benefits.

In a world increasingly interconnected, where boundaries blur and cultures merge, our contemporary fascination with fungi re-

flects a yearning to reconnect with traditional roots, a skepticism toward modern pharmaceutical practices and a genuine desire to understand the substances we ingest for both pleasure and therapeutic purposes.

While mushrooms undeniably contribute to our cultural culinary experiences, the debate surrounding their medicinal and nutritional value persists. With over 14,000 mushroom species identified, researchers have uncovered that about 200 possess bioactive potential—meaning they can offer benefits to living organisms.

Explore the table to the right for insights into some popular mushroom species and their profound impact on living organisms:

Information collated from www.mdpi.com/1420-3049/28/14/5393

CONTINUED ON 11H

Common name	Nutritional value (g/100g dried)	Compounds with bioactive potential	Health-promoting effects
Reishi	Protein 13.3–23.6 Carbohydrate 42.8–82.3 Lipids 3–5.8 Dietary Fiber 14.81	Polysaccharides Glycoproteins (lectins) Phenols Steroids Triterpenoids Nucleotides Fatty acids Vitamins Minerals	Anti-inflammatory Anticancer Antiviral (including HIV) Antimicrobial Hypotensive effect Cardiotonic Immunomodelling Nephrotonic Hepatoprotective Neurotonic Anti-asthmatic
Lion's Mane	Protein 22.3 Carbohydrate 57 Lipids 3.5 Dietary Fiber 3.3-7.8	Hericerins, Erinacins, Glycoprotein, Polysaccharides Beta-glucans, Sterols, Lactone, Fatty acids Volatile compounds (e.g., hexadecanoic acid, linoleic acid, phenylacetaldehyde, benzaldehyde)	Anticancer, Antioxidant, Anti-ageing, Immunomodelling, Neurotonic, Anti-asmatic, Hypoglycemic effects Hypocholesterolemic effects
Chaga	Protein 2.4 Carbohydrate 10.3 Lipids 1.7 Dietary Fiber 67.5	Polysaccharides Fatty acids Hydroxy acids Poliphenols (phenolic acids, flavonoids, coumarins, quinones, and styrylpyrones) Triterpenoids (lanosterol) Steroids (ergosterol and ergosterol peroxide)	Antioxidant, Anti-ageing, Antimicrobial activity, Antitumor activity, Anti-inflammatory hypoglycemic effect, Antilipidemic effect, Antiglication effect, Immunoregulatory Cardioprotective effects
Cordyceps	Protein 21.9–23.1 Carbohydrate 24.2–49.3 Lipids 5.5-8.2 Dietary Fiber 7.7	Cordycepin (purine alkaloid) Cordymin (peptide) Adenosine Cordycepic acid (D-mannitol) Trehalose Polysaccharide Beta-glucans Saponins Polyunsaturated fatty acids, Ergosterol δ-tocopherol Hydroxybenzoic acid	Antitumor, Hypoglycemic effect Hypocholesterolemic effect, Anti-inflammatory, Antioxidant, Antimicrobial activity, Anticongial activity, Anticonvulsant activity, Cardiovascular protection (reduces cardiac arrhythmia and chronic heart failure)
Shiitake	Protein 17.2–27.09 Carbohydrate 38.1–66.0 Lipids 1.26–2.95 Dietary Fiber 46.19–49.09	Polysaccharides, Beta-glucans (lentinan) Glycoproteins, Phenols, Steroids, Terpenoids, Nucleotides	Immune-enhancing effects, Antitumor, Antioxidant, Antiaging activity, Antimicrobial activity, Hypocholesterolemic effect, Reduction in blood pressure
Turkey Tail	Protein 11.07 Carbohydrate - Lipids 1.35 Dietary Fiber -	Polysaccharopeptide (PSP) and polysaccharide K (PSK) (1,3)(1,6)-β-D-glucans, Poliphenols (phenolic acids: p-hydroxy benzoic, protocatechuic, vanillic, and homogentisic), Vitamin B, fatty acids (linoleic, oleic, stearic, linolenic)	Antitumor Immunoregulatory, Antioxidant activity Prevent obesity, Antimicrobial, Antidiabetic AChE inhibitorY



A Senior Living Community
"For Peace of Mind And Quality of Life"

150 Noble Lane, Bethany, Pa. 18431

(570) 251-3463 www.bethanyseiorliving.com

Call for more information or Stop in for a tour anytime.

Some Ammenities & Services Include:

- Private & Semi-Private Rooms • Private Bath
- Medications Management
- Nutritious Meals & Desserts
 - Housekeeping Service
 - Daily Laundry Service
 - Wheelchair-Accessible
 - Bus Planned
- Social Outings & Events.



CONTINUED FROM 10H

Recent years have witnessed a surge in research dedicated to exploring the use of mushrooms in the production of 'functional foods.' An exciting example is the use of medicinal mushrooms like chaga, cordyceps, or lion's mane to make coffee. The consumption of such blends has been linked to regulating blood pressure, boosting energy levels, and fortifying immune responses (Krzystyniak, K. L., & Klonowska, J., 2019).

Remarkably, mushroom-derived protein is hailed as a 'complete' protein, surpassing the nutritional value of milk, meat, or eggs (Hrudayanath, T., 2014). The addition of dried powdered mushrooms to food products not only increases available protein but also enhances insoluble dietary fiber and micro-nutrient content.

Are you sold? Planning to rush out and buy a big box store-sized supply of mushrooms? Here are some caveats to consider. Because they are food additives, it is important to realize that bioactives might act synergistically or antagonistically with other food components.

Also important to consider is that the interaction of prescribed medications, the presence of other medical conditions, and the individual's age may modulate the efficacy or toxicology of the fungus ingested.

Several factors influence the concentration of bioactive compounds in mushrooms, making it a nuanced journey into their potential benefits:

1. Species Variation:

Different mushroom species contain distinct bioactive compounds. For example, shiitake and maitake boast high levels of beta-glucans, while reishi mushrooms are rich in triterpenoids.

2. Growing Conditions Impact:

Soil quality, climate, and cultivation environment influence nutrient content, with nutrient-rich soil enhancing bioactive compound levels.

3. Harvesting Influence: The growth stage during harvesting affects nutrient composition, leading to differences between young and mature mushrooms.

4. Processing and Cooking Effects: Cooking methods like boiling or

sautéing alter bioavailability, as heat breaks down cell walls and impacts nutrient release.

5. Storage Conditions Matter: Post-harvest storage, especially refrigeration, helps maintain bioactive compound integrity.

6. Genetic Variability: Different strains within a species can exhibit varied nutrient content due to genetic factors.

7. Environmental Factors Play a Role: Sunlight exposure and air quality influence the production of specific bioactive compounds, such as vitamin D in some mushrooms.

8. Cultivation Practices Impact: Organic or conventional cultivation methods can affect the nutrient content of mushrooms.

9. Wild vs. Cultivated Distinctions: Wild mushrooms, growing in natural habitats, may offer unique nutritional characteristics compared to cultivated counterparts.

In the foreseeable future, we can anticipate more options to access the valuable benefits of mushrooms as supplements and functional foods. While mushrooms are poised to become integrated into mainstream life, it is essential to recognize the multitude of variables influencing their efficacy or potential danger to consumers. As always, consulting with healthcare professionals before incorporating any fungi into your diet is highly recommended.

The information in this column is not intended as medical advice.

Sources: Wikimedia Foundation, 2023

Lysakowska, P., Sobota, A., & Wirkijskowska, A. (2023, July 14). *Medicinal mushrooms: Their bioactive components, nutritional value and application in functional food production-A Review*. MDPI.

Hrudayanath, T., 2014; Krzystyniak, K. L., & Klonowska, J., 2019; Lysakowska, P., Sobota, A., & Wirkijskowska, A., 2023)

About the Author

Hedy Schneller is the founder of Honesdale, PA-based illumia skincare, which "prioritizes quality, transparency and natural self-care," she said. "Our products, crafted with local, fresh and healthy ingredients, embody a commitment to therapeutic skincare with a minimal carbon footprint." Visit illumiaproducts.com to learn more.



Organic. Handcrafted. Pure

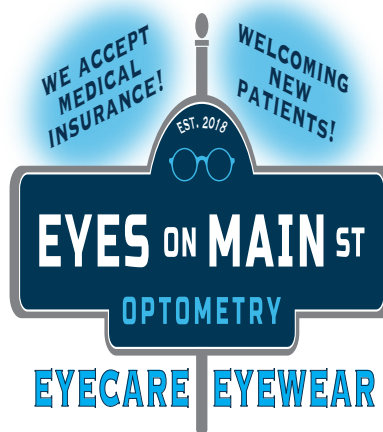
Soothing Rose Lip Balm, perfect for fall. Our skincare and wellness products are clinical herbalist formulated and handcrafted locally using only organic ingredients. Visit our Modern Apothecary for the full collection, herbal teas and more.



EMMANUELLE™
skin care & wellness

7 Main Street, Livingston Manor, NY
www.emmanuellesw.com

MAEGAN SAUER-ERLWEIN, O.D. & CASSIDY SAUER-STOLL, O.D.



• SILHOUETTE • RAY-BAN • VARILUX
• OVVO • OAKLEY • CRIZAL
• MODO • COACH • TRANSITIONS

845-482-2425

• WE DO IT RIGHT •
• THE FIRST TIME •
• EVERYTIME •

4895 RT. 52, JEFFERSONVILLE, NY
TUESDAY - FRIDAY: 9AM - 5PM

BOOK ONLINE  EYESONMAINST.COM

Sullivan 180's Healthiest Fire Department Challenge: Chef Jax cooks up easy and healthy meals for firefighters

BY LINDSAY WHEAT
SULLIVAN 180
OUTREACH PROGRAM MANAGER

From the moment the tones drop, a firefighter's heart rate increases 47 beats per minute. Firefighting is physically and emotionally demanding. More than half of all firefighters have elevated blood pressure, are obese and are pre-diabetic. 90 percent or more firefighters have poor diet or exercise habits and are suffering from heart disease and PTSD, which lead to suicide deaths more than any other first responder.

The Sullivan 180 Healthiest Fire Department Challenge calls attention to the mental and physical health of firefighters. Participating departments

include: Bloomingburg, Grahamsville, Highland Lake, Hortonville, Hurleyville, Jeffersonville, Kauneonga Lake, Lake Huntington, Livingston Manor, Loch Sheldrake, Lumberland, Monticello, Narrowsburg, Rock Hill, Roscoe-Rockland, Smallwood-Mongaup Valley, White Lake, Woodridge, Wurtsboro, Youngsville.

Departments receive credit in the form of 'turtle points' for each health-focused activity they complete. The department that earns the most turtles will be eligible for grant funding through Sullivan 180 and its partners.

The grant level is based on the final points completed by September 1, 2024. The two

CONTINUED ON PAGE 14H



Chef Jax, right is showing the Roscoe Fire Department some easy and quick recipes.



Moments Matter

Holding your spouse's hand. When a loved one is diagnosed with a terminal illness, you realize that moments matter. Hospice of Orange & Sullivan Counties can give you more moments. We provide comfort care, ease pain, and offer what you need to care for your loved one. [Learn how we can help.](#)



hospiceoforange.com
845-561-6111

HOSPICE
of ORANGE & SULLIVAN



The Arc
Greater Hudson Valley
New York

Supporting People with Unique Abilities to Live as Valued and Contributing Members of the Community

Now Serving Sullivan, Orange, and Dutchess Counties

Residential & Day Services

Community Services & Inclusion (CSI)

Developmental Screening & Evaluation

Employment Services & Guardianship



120826

Keeping the people we support and our staff healthy is our priority!

www.arcghvny.org **845-796-1350**



Hortonville Fire Department opted for health snacks at a recent drill night.



After a fun day of picking fresh vegetables at Burns Farm, the Smallwood Fire Department came together to create a healthy meal as a department.

Stephen McFadden, LCSW

Online Psychotherapy Services

30+ years of experience | Licensed in NY, NJ and CT

Individual, Couple, Group Therapy
Treatment of Behavioral Addictions (gambling, sex)
Trauma Treatment and EMDR
Online Men's Therapy Group for Sex and Porn Addiction

Email: smcfadden.lcsw@gmail.com

Website: www.smcfadden.com

Phone: 917-406-2665

118140

Nature's
Grace

HEALTH FOODS & DELI

- Full Line of Natural & Special Diet Foods
- Wheat-Free and Dairy-Free Products
- Freshly Prepared Foods
- Full line of Vitamins & Supplements

Mon.-Thurs. 10-6;
Fri. 10-7; Sat. 10-5
Closed Sundays

947 Main St., Honesdale

(570) 253-3469

www.naturesgrace.net



10184

SULLIVAN180

COMMUNITY
RESOURCE
GUIDE
2024



Scan here!

Get Your Community Resource Guide!

Have you ever needed
information or help and
didn't know where to
turn or who to contact?

This Sullivan County-
specific guide is a tool for
you to connect with
resources; and that it
empowers you, your
family and friends
whenever help is needed.

Scan the QR code or visit
[www.Sullivan180.org/
Community-Resource-Guide](http://www.Sullivan180.org/Community-Resource-Guide)
for the digital guide.

SULLIVAN180

Learn More **Sullivan180.org**
Follow us on [f](https://www.facebook.com/Sullivan180) [i](https://www.instagram.com/Sullivan180) [y](https://www.youtube.com/Sullivan180) [in](https://www.linkedin.com/Sullivan180) Call 845-295-2680

121268

CONTINUED FROM 12H

departments that earn the most turtle points will be eligible for a grant of \$15,000 and \$10,000, respectively. Additional grants will be awarded based on a tiered point system. Winners will be announced at the Sullivan County Volunteer Firefighters Parade in Livingston Manor on September 7, 2024.

Firefighters continually juggle the demands of family, work, and community service while also dealing with the emotional toll of each call and unpredictable schedules. These challenges can have unseen effects. Given their fast-paced lifestyle, firefighters often resort to quick but unhealthy meals. However, Sullivan County Fire Departments have taken a proactive approach by prioritizing nutritious options within their firehouses. They've overhauled their spaces by swapping unhealthy snacks and beverages for healthier choices. Rather than relying on takeout, departments now gather to prepare meals together. Snack tables now exist for vegetable and fruit platters, and dinners are no longer boxes of pizza but homemade pizza with cauliflower crust; they are getting creative and having fun with different options. Members also enjoy experimenting with drink alternatives and replacing sugary beverages with coconut water, teas, and healthy sports drinks. As we enter the fifth month of the Healthiest Fire Department Challenge, our volunteer firefighters have replaced 330 meals with healthy choices!

To help support these changes, Garnet Health Catskills gifted participating fire departments access to their chef and nutritionist, Chef Jax. Chef Jax brings her knowledge by visiting each department with her presentation, some samples of quick and healthy options and the recipe.

"It's a Garnet Health Medical Center-Catskills initiative to give back to the community of Sullivan County," states Jax. "The Nutrition & Food Service Department really wanted to have fun with this and reached out to Sullivan 180 to see what we could do. As the Executive Chef for Garnet Health-Catskills, I wanted to highlight my passion for good food and nutrition. Sullivan County has a high rate of obesity. Our firefighters are high on the list for diabetes, high blood pressure, and heart issues. I feel Garnet Health Medical Center-Catskills is a community hospital, and as an important part of the Community, we should be involved. Our Food Service Director Francesca Ellert and I thought this would be a great way to get a healthy message out there."

Sullivan 180 is proud to see Sullivan County Volunteer Fire Departments taking a pledge to learn more about nutrition and health so they can serve not only our community but also themselves.

To follow along with the Challenge, visit Sullivan180.org/Healthiest-Fire-Department-Challenge.



Monticello Fire Police chose fruit as a healthy snack at a recent fire meeting.

Health & Wellness

'How to enjoy a great summer of healthy living'

Published by
Catskill-Delaware Publications, Inc.

Publishers of the
**SULLIVAN COUNTY
Democrat**

(845) 887-5200

Callicoon, NY 12723

May 14, 2024 • Vol. CXXXIV, No. 98

Proud Member of
NYPA
NEW YORK PRESS ASSOCIATION
*Serving the weekly
community newspapers of
New York State since 1853*

MEMBER
NNA
Since 1915
NATIONAL NEWSPAPER
ASSOCIATION

Publisher: Fred W. Stabbert III
Editor: Derek Kirk
Sports Editor: Anthony Morgano
Editorial Assistants: Alex Kielar, Vincent Kurzrock, Jeanne Sager, Autumn Schanil, Kathy Daley
Senior Director, Advertising Sales: Barbara Matos
Advertising Representative: Susan Panella
Business Manager: Sara Wendell
Assistant Business Manager: Patricia Biedinger
Telemarketing Coordinator: Michelle Reynolds
Telemarketing Assistant: Jessica McKeon
Classified Manager: Janet Will
Production Associates: Elizabeth Finnegan, Nyssa Calkin, Briona Harjes, Rosalie Mycka, Ruth Huggler, Justin Mednick, Jodi Sibilia
Circulation Manager: Michaela Mirch
Circulation and Distribution: John Fischer, Phil Grisafe, Allan Davis

NOTES IN HEALTHCARE



Wayne Memorial patients now offered dialysis

When Charles “Chuck” Detore was admitted to Wayne Memorial Hospital, he did not have to be transferred to another facility to receive dialysis. “It was great, because I’m from Honesdale and it would be a hardship for my wife to have to travel to visit me if I was in Scranton or Wilkes Barre,” said Detore, “especially if the weather was bad.” Detore was hospitalized for an unrelated condition, a broken leg, but his kidney disease requires dialysis three times a week.

“Wayne Memorial sees many patients like Mr. Detore who come to us for a condition we can easily treat but, up until now, have had to transfer out because they also had end stage renal disease and required life-saving dialysis,” said Wayne Memorial CEO James Pettinato, BSN, MHSA, CCRN-K. Dialysis is a process that removes

waste products and excess fluid from the blood when the kidneys are not working properly. It often involves diverting blood to a machine to be cleaned. Wayne Memorial began offering the new service on a limited basis in its inpatient rehabilitation facility in 2022, shortly after the arrival of board-certified nephrologist Cyraicus Anaele, MD. Last October, Wayne Memorial took over the service from a third-party vendor and began offering it to all its hospitalized patients who needed it. Dialysis technician Susan Herbert, CCHT and longtime dialysis nurse Cindy Houser, RN, were hired for the program.

“The dialysis is done bedside,” said Houser, whose official title is Nephrology Care Coordinator, “And patients love it. They say it really feels like one-on-one care.”

Houser has more than 30

years’ experience in the fields of geriatrics and dialysis, including managing Davita Dialysis Centers in Honesdale and Milford, Pa. “I worked for an organization that provided dialysis to Wayne Memorial in the 1990s, but it was a portable dialysis unit,” stated Houser. “Today’s dialysis equipment is much more advanced and better for the patient. In addition, I enjoy starting up programs like this. This was more than a good fit for me, it’s very satisfying to be able to help patients stay near their loved ones.”

Wayne Memorial currently has three dialysis machines and 10 patient rooms that accommodate the procedure.

“I’m really happy my hometown hospital has dialysis now,” said Detore, “it makes things a lot simpler when that’s what you need.”



CONTRIBUTED PHOTO

Cindy Houser, RN, and Charles Detore, dialysis patient.

VILLA ROMA
RESORT & CONFERENCE CENTER

Get Fit for Life
—for less

\$30 /mo
3 Months for \$75/mo
12 Months
—SAVE Even More!

VILLAROMA.COM

845-887-4881 X 7503

Flex Appeal Gym at Villa Roma is a spacious, clean 6,000 square foot facility featuring treadmills and stationary bikes for cardio workouts, machine weight stations, free weights and classes. We offer the lowest monthly membership fees in the area.

BRACESETTERS
ORTHODONTICS

invisalign® Clear Braces
Colorful Braces

2022
Readers' Choice
1st PLACE

FREE CONSULTATION | FOUR CONVENIENT LOCATIONS
www.BRACESETTERS.com (845) 342-1300

We Work with ALL Insurances, and are In-Network Providers for:



SULLIVAN COUNTY

Democrat

The **ONLY** Newspaper with
Sullivan County in its
name and its *soul!*

From the *Bashakill to the Beaverkill...*
From the *Neversink to the Delaware*

No one brings Sullivan County to your home like the
reporters, writers and staff of the Sullivan County Democrat

For 133 years the Democrat has been Sullivan County's
Community Newspaper... connecting our county and its
residents like no other news source can.

Pick up a copy today at any one of the 79 newsstands
across Sullivan County or simply
visit our website, give us a call or fill out the form below
to start receiving Sullivan County's best twice-weekly
newspaper.

It's as easy as 1 2 3

- 1** The simplest method of subscribing is by calling **845.887.5200**
and asking for the Subscription Dept.
- 2** The second easiest is by emailing us at **subs@sc-democrat.com**
- 3** The third easiest is by filling out the subscription blank below and
mailing it to us at: **P.O. Box 308, Callicoon, New York 12723**

Please fill out and mail

Gift Giver	Name
	Address
	Phone Number
	Payment: <input type="checkbox"/> VISA <input type="checkbox"/> DISCOVER <input type="checkbox"/> MasterCard <input type="checkbox"/>
	Card Number
	Exp. Date.....Security Code
Gift Receiver	Signature
	Name
	Address

In County:

1 year - \$69
6 months - \$39

Out of County:

1 year - \$75
6 months - \$48

**Ask About Our
Active Duty
Subscription
Specials**

Sullivan County Democrat

"Family-owned and operated for 97 years"

With Offices in Callicoon • **845-887-5200**
www.scdemocratonline.com