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ONE FREE

HEALTH & WELLNESS



A Special Section of the **Sullivan County Democrat**

JULY 2024

Stay Healthy In The Summer Heat

BY ANTHONY MORGANO

The summer heat is ramping up, and the effects of weather are being felt throughout Sullivan County. With the hot temperatures and high humidity days, there are plenty of tips to keep yourself healthy and safe this time of year.

The first, and of the most important tips, is to stay hydrated by drinking plenty of fluids. Don't wait until you are thirsty to have something to drink, and avoid sugary drinks when possible.

Your body sweats out salt and minerals, so drinks with electrolytes are a great way to replenish your body.

Be sure to wear lightweight, loose-fitting clothing when possible. During the cooler months, it's much easier to add a layer than to remove layers during the summer. Regulating your body temperature with the assistance of cloth-



ing choices can go a long way for those hot afternoons.

Take breaks from the heat when possible by staying indoors, preferably in an air conditioned place. Electric fans, while helpful to keep air flowing, are not always the best choice for staying cool.



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Keep an eye on the forecast when scheduling/planning outdoor activities. It might be nice to hit the golf course right after work, but it might be better to wait a bit for the afternoon heat to cool off. Mornings are also a nice time to get outside before it gets too hot.

Diet and exercise are an important part of life. However, while you may be accustomed to running or lifting weights for long periods of time during the cooler months, does not mean it'll be as easy in the summer. Be sure to take breaks as needed, staying hydrated during

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your workouts. If the heat starts to get to you and you feel light-headed and weak, you should end the workout early and rest.

If you like spending your free time in the water, make sure to have a personal floatation device (PFD), especially if you are in a boat or indulging in alcoholic beverages.

Alongside that, make sure you apply sunscreen if you'll be spending the day in the sun. Sunburn can affect your body's ability to self-regulate its temperature and can also lead to dehydration.

It might be harder to have an appetite in the heat, and it's better to avoid hot/heavy meals. Instead, opt for light meals like fruit or salads. Eat smaller meals and eat more often to keep your body properly fueled.

Asphalt and pavement heats up much quicker than the air. On hot, sunny days, make sure to keep your pets in grassy areas and make sure they have enough to drink. It should also go without saying, but never leave your pets in a hot car.

Everyone is vulnerable to heat-related illnesses, but some

are at a higher risk than others. Monitor children, people 65 years of age or older, people who have chronic illnesses as well as people who are on certain medications.

Be aware of the signs of heat-related illnesses. You might be experiencing heat exhaustion if you are getting headaches, you are profusely sweating, you have cold, moist skin with chills, dizziness or fainting, muscle cramps, fast/shallow breathing, nausea or a weak and rapid pulse. Move to a cooler place and rehydrate.

Heat stroke symptoms are more severe. They include warm, dry skin with no sweating, a strong and rapid pulse, confusion and/or unconsciousness, a high fever, a throbbing headache or nausea and/or vomiting.

"It might be nice to hit the golf course right after work, but it might be better to wait a bit for the afternoon heat to cool off."



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FreshRx Produce Prescription Program Aims to Increase Access to Healthy Foods At Local Farmers' Markets

BY MOIRA MENCHER, MBA, DIRECTOR OF PLANNING AND COMMUNITY RELATIONS, GARNET HEALTH

Summer in the Hudson Valley brings so many wonderful opportunities, including one we are extremely excited for at Garnet Health: the launch of the new FreshRx Produce Prescription Program, in partnership with Cornell Cooperative Extension Sullivan County. This collaborative program, offered to qualified community members in Sullivan and Orange counties, is designed to increase produce consumption and educate community members on how to make impactful lifestyle changes that will lead to improved health.

In Sullivan County, 11.5% of the population lives with food insecurity. In Orange County, that number is 9.8%. Access to food plays a vital role in living a healthy lifestyle. But those who face food insecurity are often forced to choose between food and other essentials. With this incentive program, we want to remove barriers, giving community members easier access to healthy foods like fruits and vegetables from our local farmers, while also teaching them how to maintain healthy habits.

Eligible recipients will receive a \$20 produce voucher, redeemable for fresh fruits and vegetables at participating farmers' markets in Orange and Sullivan counties.

To receive the produce vouchers, eligible participants must:

- Participate in or be eligible for SNAP or Medicaid.



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Roscoe's Farmer's Market offers fresh produce and food on Sundays from 10am - 2pm at 1978 Old Route 17.

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Thursday, August 29, 2024 at 6PM
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Rain Date: Friday, August 30

Join us as we raise awareness about overdoses and reduce the stigma surrounding drug-related deaths.

Visit Sullivan180.org for more information.

This event is brought to you by a community of organizations working together to end the opioid epidemic in Sullivan County.

- Live in Sullivan or Orange County.
- Participate in (or complete) Garnet Health's Diabetes Prevention Program or one of the approved nutrition or physical activity classes offered by Cornell Cooperative Extension Sullivan County.

The goals of the FreshRx Produce Prescription Program are to:

- Improve health outcomes in Sullivan and Orange counties through increased consumption of fresh fruits and vegetables.
- Reduce individual and household food insecurity.
- Reduce healthcare use and associated costs.

Garnet Health is excited to partner with Cornell Cooperative Extension Sullivan County to make a big impact on people's wellness while keeping local dollars circulating here in our community.

Participating farmers markets include (with more to be added soon!):

- Sullivan Fresh Mobile Market
- Monticello Farmers' Market
- Port Jervis Farmers' Market
- Newburgh Farmers' Market
- Middletown Farmers' Market

The FreshRx Produce Prescription Program is made possible by the Gus Schumacher Nutrition Incentive Program (GusNIP). Funded through the United States Department of Agriculture (USDA), GusNIP provides grants on a competitive basis to projects that help low-income consumers access and purchase fresh fruits and vegetables through "cash" incentives that increase their purchasing power at locations like farmers markets.

Please visit Cornell Cooperative Extension for more information about the FreshRx Program or available classes.

For those with prediabetes who are interested in learning more, visit Garnet Health's Diabetes Prevention Program.



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Happy Birthday to the ADA

BY ACTION TOWARD INDEPENDENCE

Action Toward Independence (ATI) is a local nonprofit that helps individuals with disabilities. One of the tools that helps guide our organization is the Americans with Disabilities Act (ADA).

The ADA is a civil rights law that aims to end discrimination against people with disabilities. It applies to state and local governments, as well as private organizations that serve the public.

The ADA guarantees equal opportunity for individuals in several areas: employment, public accommodations (restaurants, hotels, museums etc.), transportation, state and local government

services and telecommunications such as telephones, televisions, and computers.

The U.S. Department of Justice's Civil Rights Division is responsible for enforcing the ADA.

When we ask the question: "When was the ADA signed into law?" The answer we usually hear is "in the 1960s" as people think that the 1960's civil rights movement was a driving force.

However, this landmark event wasn't signed into law until July 26, 1990, by President George H.W. Bush.

ATI is proud to support the Americans with Disabilities Act 34th Anniversary. We celebrate this important civil rights law that prohibits discrimination against individuals with disabilities in all

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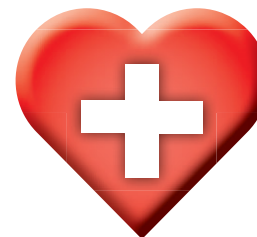
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areas of public life, including jobs, schools, transportation, and all public and private places that are open to the public.

The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else.

Much of what we do here at ATI comes down to ensuring there is "accessibility" for individuals with disabilities. Thanks to the ADA, the "removal of physical and communication barriers" is just one of the many aspects covered.

Thanks to the ADA, we have ramps, handrails, and automatic doors in public places and government buildings. Thanks to the ADA, we have closed captioning in movie theaters, large print books in libraries and specialized computer software available with various types of accessibility features that help people with disabilities.

Thanks to the ADA we have accessible parking spaces and bathrooms that are designed for individuals with assistive devices such as wheelchairs and walkers.

Thanks to the ADA, the focus of

accessibility allows people with disabilities to participate fully in society, with independence. Thanks to the ADA, people can be employed or continue their education. Thanks to the ADA, they can receive reasonable accommodations so that people can be successful in their careers, and not fear discrimination.

Thanks to the ADA, individuals with disabilities can engage in social activities, access health care, shop, travel and even exercise their right to vote.

At ATI, we know that there is still work that needs to be done. Not every rest area, or place of business, or social venue, is accessible. We continue to identify and work with those entities to improve so that all people can participate in life's functions.

The important lesson is that "Disability Inclusion" involves everyone's efforts. We need to recognize that individuals with disabilities aren't unhealthy or less capable of doing things. People sometimes think "disabled" also means "unable".

We like to say we have "different-abilities" rather than disabilities and thanks to the ADA we are moving in the right direction.

For more information about this very important law, please visit www.adata.org

#ADA34

#ThanksToTheADA



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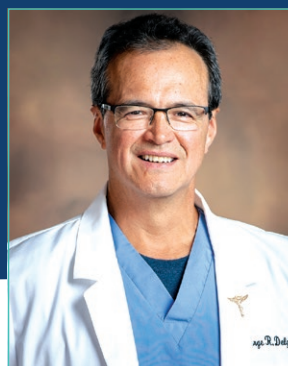
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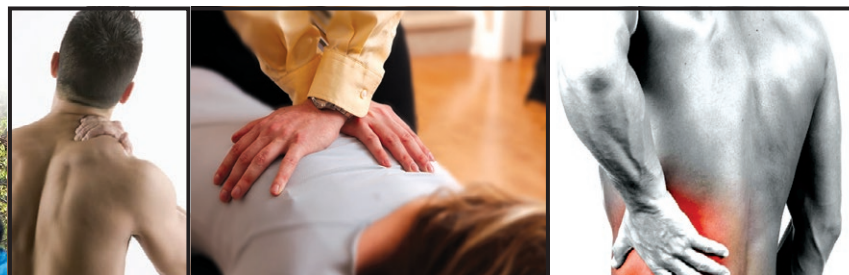
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Skincare: Everything (or almost) you wanted to know

Hedy Schneller



BY HEDY SCHNELLER

What's the hype about skincare these days? Is it only for women, and why the flashy packaging? Do you need a chemistry degree, or can you use garden plant masks on your face and petroleum jelly on your body? Let's explore our readers' questions with insightful answers.

What is the skin biome?

The skin biome, or skin microbiome, refers to the community of microorganisms—like bacteria, fungi, viruses, and mites—that live on the skin's surface. These microorganisms play a crucial role in keeping the skin healthy by:

- Protecting Against Harmful

Pathogens: Good microbes help fend off bad ones, preventing infections.

- Supporting the Immune System: They interact with the immune system, helping it identify and tackle threats.

- Maintaining Skin Barrier: They contribute to the skin's integrity, keeping it strong and functional.

- Balancing Skin pH: They help keep the skin's pH balanced, which is slightly acidic and prevents harmful bacteria growth.

Disruptions to the skin biome, such as from harsh skincare products or antibiotics, can lead to skin issues like acne, eczema, and infections. So, it's crucial to maintain a healthy skin biome for overall skin health.

What are free radicals in environmental factors?

Free radicals are unstable molecules with one or more unpaired electrons, making them highly re-

active. In the environment, they can be generated by:

- Sun Exposure (UV Radiation): This can create free radicals in the skin.

- Air Pollution: Smog and cigarette smoke contain free radicals.

- Radiation: Exposure from electronic devices can also generate free radicals.

- Chemicals: Pesticides, industrial chemicals, and some household cleaners produce free radicals.

Free radicals can harm skin cells, proteins, and DNA by triggering chain reactions that lead to oxidative stress. This can cause premature aging, hyperpigmentation, inflammation, and weaken the skin barrier. Antioxidants like vitamin C, E, and polyphenols are used in skincare to neutralize free radicals and protect the skin.

Why are there so many types of body or face creams?

There's a wide variety of body and face creams because everyone's skin is different—some are dry, others oily, and some have sensitive or combination skin. Different concerns like aging, acne, or hydration require specific formulations. This variety lets people choose products that suit their unique needs.

Additionally, marketing plays a big role in skincare choices. Brands often highlight ingredients and claims to appeal to consumers' desire for effective results. This drives the demand for a diverse range of creams.

What are active ingredients in

skincare products?

Active ingredients in skincare are scientifically proven to benefit the skin. Some common ones include:

- Vitamin A (Retinoids): Helps with anti-aging and acne.

- Vitamin C (Ascorbic Acid): Brightens and protects against antioxidants.

- Hyaluronic Acid and Polyglutamic Acid (from fermented soybeans): Hydrates the skin.

- Salicylic Acid: Treats acne.

- Niacinamide (Vitamin B3): Reduces inflammation and improves texture.

- Vitamin B5 (Panthenol): Moisturizes and heals.

- Peptides (like Hydrolyzed Proteins): Repairs and rejuvenates the skin.

These ingredients are chosen for their proven effectiveness in addressing specific skin concerns.

Why use some products with active ingredients vs. others?

Products with active ingredients target specific skin issues effectively. For example, retinoids reduce wrinkles, while salicylic acid clears acne. Choosing products depends on individual skin concerns and goals, aiming to maintain a healthy skin biome.

Why is there a large disparity in price for skincare products?

Skincare product prices vary due to several factors:

- Ingredient Quality: Higher-end products may use better or more expensive ingredients.

- Research and Development:

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Brands investing in research and clinical trials charge more.

- Brand Prestige: Luxury brands have higher prices due to their reputation.

- Packaging and Marketing: Premium packaging and extensive marketing increase costs.

- Production Costs: Smaller batches and specialized processes can raise prices.

- Perceived Value: Consumers pay more based on brand reputation and promises.

- Profit Expectations: Companies aim for profit margins in a competitive market.

Must there be preservatives in skincare products?

Preservatives prevent microbial contamination and extend shelf life in most skincare products. Without them, products spoil quickly, causing irritation or infections. Some natural products use alternatives like airtight packaging or natural antimicrobial agents. Look for Ecocert or COSMOS certified preservatives for safer options.

What is soap?

Soap cleans by mixing fats or

oils with alkalis like sodium hydroxide. This saponification process makes soap and glycerin. Soap has hydrophilic (water-attracting) and hydrophobic (water-repelling) ends, emulsifying oils and dirt for easy rinsing.

What is a syndet?

A syndet, or synthetic detergent, cleans with synthetic surfactants rather than saponified fats. They're milder than soap, with a skin-friendly pH, used in beauty bars and cleansers.

Are soaps or body or hand wash good for skin?

- Traditional Soaps: Can be harsh and dry due to their alkaline pH.

- Syndets: Gentler with a pH closer to skin's, often moisturizing.

- Moisturizing Washes: Cleanse without stripping natural oils, keeping skin hydrated.

What are some healing ingredients in skincare?

Healing ingredients include:

- Aloe Vera: Soothes and moisturizes.

- Calendula: Reduces inflammation and heals.

- Chamomile: Calms irritated skin.

- Honey: Antibacterial and moisturizing.

- Shea Butter: Nourishes and protects skin.

- Birch Bark Tar: Heals wounds and soothes skin.

What is the fad about using plants in skincare products?

Using plants in skincare is popular for natural, organic ingredients seen as safer and eco-friendly. Plant-based ingredients have vitamins, antioxidants, and anti-inflammatory properties benefiting skin health. Research supports plant efficacy, but effective concentrations and formulations are crucial for maximum benefits.

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.



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Wayne Memorial Hospital Offering Robotic Surgery

Wayne Memorial Hospital is pleased to announce it has been utilizing an advanced surgical robot, the Da Vinci Xi, from a California-based company since February, paving the way for an anticipated upgrade with federal funding. The federal government has allocated \$1 million in its 2024 appropriations bill for Wayne Memorial to acquire a new robotic system, pending approval from the Health Resources and Services Administration (HRSA).

“While the receipt of federal funding is pending,” said Wayne Memorial CEO James Pettinato, BSN, MHSA, CCRN-K, “the partnership between the robot company, Intuitive, and Wayne Memorial represents our commitment to advancing healthcare in our community through cutting-edge minimally invasive surgery.”



CONTRIBUTED PHOTO

Wayne Memorial Surgical-Robot team, left to right: Sarah Rogan, Surgical PA-C; Beth Pompey, Surgical PA-C; Brianne Hankinson, CST; Melissa Evans, Surgical PA-C; Fatou Diagne, CST; Sherie Morganti, CRNA; Chris Pisanchyn, CRNA; Dr. Jennifer Rodriguez-Aiello; Frank Nagle, RN/OR Robot Coordinator. Missing from photo: Sue Dutton, RN; Nicole Keen, CST.



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The initiative to secure funding gained momentum following the recruitment of Dr. Jennifer Rodriguez-Aiello, MD, FACS, a skilled robotic surgeon, last summer. After OR (Operating Room) staff completed rigorous, months-long training sessions, Dr. Rodriguez-Aiello and the team performed Wayne Memorial's inaugural robotic surgery in February. She now serves as Director of the hospital's Robotic Surgery Program.

"We are thankful to have been granted the opportunity to use the Xi robot in the interim and excited about the prospect of Wayne Memorial Hospital acquiring the new Da Vinci 5 Robot," Dr. Rodriguez-Aiello commented. "This technology will elevate our ability to deliver the highest quality surgical care to our patients. For patients, it promises smaller incisions, reduced pain, and faster recovery times. For surgeons, the robot offers superior optics, 3D vision, precise control, advanced haptics—or sense of touch—and unmatched ergonomic support.

Embracing robotic surgery is essential to our commitment to providing state-of-the-art healthcare to the community."

Robotic surgery, widely employed in specialties such as urology, gynecology, and general surgery, encompasses procedures ranging from gallbladder removal to hernia repairs, prostate resections and hysterectomies. "As technology evolves and surgeons refine their skills," Dr. Rodriguez-Aiello noted, "the applications of robotic surgery and the opportunities for enhanced patient outcomes continue to grow."

"Under Dr. Rodriguez-Aiello's leadership, Wayne Memorial is expanding its repertoire of robotic surgical procedures available to residents of Wayne and surrounding counties," Pettinato added. The hospital is actively training additional surgeons in robotic techniques and recruiting specialists certified in robotic surgery. Dr. Barbara Plucknett, MD, FACOG, a urogynecologist, joined Wayne Memorial in January and is already performing robotic procedures.

"While robotic surgery may not be suitable for every patient, it represents a progressive option that can significantly shorten recovery times," emphasized Lisa Champeau, Director of Communications and Development. Champeau, who spearheaded the grant application, expressed gratitude to Senator Robert Casey's office for their support throughout the process. "Senator Casey and his team played a crucial role in recognizing the impact of this technology on our rural community."

Pettinato echoed these sentiments, stating, "We are grateful to Senator Casey for his advocacy and guidance, underscoring the importance of robotic surgery in our healthcare strategy and future surgeon recruitment efforts."

HRSA is expected to announce its decision on or about September 30.

For more information about Wayne Memorial's comprehensive services, please visit www.wmh.org.

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NOTES IN HEALTHCARE



WMH Auxiliary Announces Nursing Scholarship Winners



CONTRIBUTED PHOTO

Left to right: Charlie Curtin, VP, Trust Officer, The Honesdale National Bank; Diane Warden; Cianna Tyler; Paul Meagher, Co-Trustee of the Margaret and Ernest Lemnitzer Trust Fund.

Honesdale High School Senior Cianna Tyler, Beach Lake, is the recipient of the 2024 Margaret and Ernest Lemnitzer Nursing Scholarship, awarded by the Wayne Memorial Hospital Auxiliary. Tyler is very clear about her future goals, and that focus helped her win the more than \$17,000 scholarship. She plans to attend Penn State/Scranton to pursue a nursing career, and she has already taken steps in that

direction. "I currently work as a nurse aide at Wayne Memorial Hospital," said Tyler, "and before that I was in Dietary Services at the hospital. Working there has helped me choose my path, and I'm very grateful for the scholarship." Diane Warden, chair of the Auxiliary's Nursing Scholarship committee members, noted that "all of the nursing scholarship winners are really motivated and hard workers. It's truly admirable

to see that in young people." The Auxiliary also announced four recipients of the Alice Keen/Victoria T. Robinson Nursing Scholarships, each for \$7,000: Madeline Oyer/Delaware Valley High School; Taylor Maiocco/Western Wayne High School; Emily Matoushek/Forest City Regional High School; and Emily Sterner/Wallenpaupack Area High School. Sterner also received a \$1,000 Allied Health Scholarship from Wayne Memorial Hospital.

The Margaret and Ernest Lemnitzer Scholarship Fund, administered by The Honesdale National Bank, is awarded annually to a Honesdale High School student who plans to pursue a career in nursing. The WMH Auxiliary Nursing Committee, comprised of Warden, Janice Pettinato, Eve Skier and Diane Popovich, with input from Barb Cuffe, solicits candidates from area high schools each year.

Health & Wellness

'Tips for getting and feeling better this summer'

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NOTES IN HEALTHCARE



Wayne Memorial Hospital Welcomes Physician Assistant

Laura Lynn Fierke, PA-C, joined Wayne Memorial Hospital's practice, Honesdale Neurology, this spring. Fierke works alongside Julianne O'Boyle, MD, board-certified neurologist, at their office in the Stourbridge Professional Complex. They both offer in-hospital consults and office hours for new and established patients.

Fierke received her Master of Medical Science, Physician Assistant Studies, from Wake Forest School of Medicine in Winston-Salem, North Carolina in 2015. She joined Geisinger Health System almost immediately afterwards and was promoted several times. She served as the Lead Advanced Practitioner for the Northeast region before transitioning to Chief Advanced Practitioner for Neurology, system-wide in 2021.

Prior to earning her Master's degree she was employed as a high school science teacher and, later,

a medical laboratory technologist. She graduated from North Carolina State University with Bachelor of Science degrees in both Zoology and in Biochemistry.

Fierke, who has close to a decade of experience in neurology, described her daily work in the field as an honor.

"It's a privilege to help patients navigate their neurologic symptoms and diagnoses," she explained, "educating a patient with neuropathy about why they feel so off balance, improving the quality of life for a patient with a terminal diagnosis, providing a medication that improves a patient's gait and prevents falls, helping a patient decrease their daily debilitating headaches to only one per month, or appreciating a subtle exam finding that leads to stat imaging and a quicker diagnosis for a patient. That is a good day."

Dr. O'Boyle welcomed the addition of Fierke to the practice. "It is

wonderful to have a certified physician assistant with extensive experience in treating neurologic disorders," she stated, "Laura will be a definite asset to the community."

Fierke is pleased to be able to offer her experience, adding, "We have such an amazing team in the Neurology clinic and Dr. O'Boyle and I complement each other well. I appreciate her confidence and trust in me."

Neurology providers diagnose, treat and manage disorders of the brain and nervous system (brain, spinal cord, nerves). Conditions they may treat include stroke, Alzheimer's disease, Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), migraine, epilepsy, neuropathic pain, tremors, brain and spinal cord injury, peripheral neuropathy, myasthenia gravis, myopathy, dizziness and gait disorders.

For an appointment with Fierke, please call (570) 253-8635.



CONTRIBUTED PHOTO

Laura L. Fierke, PA-C

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NOTES  IN HEALTHCARE

Catholic Charities' 18th Annual Celebration of Charity raised \$147,000

More than 300 guests gathered at The Kartrite Resort in Monticello last month for Catholic Charities of Orange, Sullivan & Ulster's 18th annual Celebration of Charity and Caritas Awards Dinner. The not-for-profit agency's largest fundraising event of the year raised more than \$147,000 that will be redistributed locally to provide food, shelter, and other basic human needs for the most vulnerable members of our community, regardless of their religion or ability to pay.

The evening's main event was the presentation of the 2024 Caritas Awards to five individuals and organizations whose work embraces Catholic Charities' mission to provide help and create hope for our neighbors in need. This year's Caritas Award recipients were Fr. Bob Porpora (Church of St. Peter, Monticello), ShopRite Supermarkets, Ulster Savings Bank, Chief William Worden (Port Jervis Police Department), and Sacred Heart Catholic Church (Highland Falls).

John S. Burke Catholic High School students Sage Ferraro and Cassidy Maglio provided musical accompaniment during the social hour, which included silent auction bidding on an array of items generously donated by local artisans, shops, restaurants, and others. The evening's program began with the invocation provided by Sr. Mary Catherine Redmond, of the Sisters of the Presentation of the Blessed Virgin Mary, and a song of celebration performed by Kingston Catholic School 7th grader Emma Catenacci.

Serving as the Celebration's Master of Ceremonies, Catholic Charities board member and Senior Vice President of Government and Public Relations for Mediacom Communications,



Tom Larsen welcomed guests to the 18th annual Celebration, which was hosted in Sullivan County for the second year. "We are grateful for the outpouring of support from tonight's guests, honorees, sponsors, advertisers, volunteers, staff, and others whose generosity makes it possible for Catholic Charities to fulfill its mission of service to our neighbors in need. Together, we are making a difference."

Shannon Kelly, CEO, Catholic Charities of Orange, Sullivan & Ulster, offered a highlight of the programs and services available at the agency's nearby campus on Broadway in Monticello, which includes an outpatient treatment clinic, medication-assisted treatment, community-based care, and harm-reduction support for people struggling with the disease of addiction, youth substance use prevention and education, as well as emergency food and

shelter assistance, and immigration legal services. "These are not easy times. I'm very proud of the work we are accomplishing and the steadfast dedication of our Catholic Charities employees who are touching lives each and every day," said Ms. Kelly.

Catholic Charities board chair, Thomas Strahle, addressed guests on behalf of the board of directors, "I am exceptionally grateful for the generosity shown to us tonight and throughout the year. Our community is made stronger thanks to our Caritas honorees, outstanding staff, and many partners. Last year, our programs helped thousands of individuals and families in need of care, hope, and help."

Event sponsors and advertisers in the commemorative journal helped Catholic Charities raise more than \$147,000 at the 18th annual Celebration. Mediacom Communications and Catholic

Charities of the Archdiocese of New York were the evening's premier Platinum sponsors. Armistead Mechanical, Community Manufacturing Solutions, Schweppes, and Ulster Savings Bank were Gold sponsors. Legal Shred, Pepsi of the Hudson Valley, Resorts World, and Skip & Susan Tetz were Flower Sponsors. Silver sponsors were Advance Building Solutions/Corporate Building Solutions, John & Susan Boyle, Most Rev. Dominick Lagonegro, and Westchester Medical Center Health Network.

The next Catholic Charities event – Golf for Charity – will be held Monday, September 16, at West Hills Country Club in Middletown. Sponsorship and foursome opportunities are available. The annual Goshen Christmas House Tour is scheduled for Saturday, December 7. To learn more, contact Kristin Jensen at kristin.jensen@cccsos.org or 845.294.5124, x1005.

METRO CREATIVE SERVICES

NOTES IN HEALTHCARE



Wayne Memorial to Offer Grief Workshop

A free six-week workshop dedicated to helping people cope with the grieving process will take place at Wayne Memorial Hospital this summer. Sponsored by Wayne Memorial's Hospice Department, the workshops will encourage participants to explore their own solutions to the challenges of living without their loved ones and the many changes that often follow a loss. The workshop will provide a safe place in which individuals can sort through their thoughts & feelings and share as they are able and willing.

The workshop will be facilitated by Jill White, LSW, GC-C and Pastor Norm Demming, MA, who

both have years of experience in the field of grief and loss.

Participants' experience will be enhanced by attending all six sessions; however, the organizers say it is understandable if you cannot attend each one or need to leave a session for personal reasons. The sessions will be held at Wayne Memorial Hospital from 4:30 pm to 6:00 pm in the Chatlos Conference Room on the second floor on July 31, August 7-14-21-28, and September 4.

No formal registration is necessary for this workshop.

If you wish more information, please do not hesitate to call the Wayne Memorial Bereavement Coordinator at (570) 253-8383.



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