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# HEALTH & WELLNESS

Sullivan County  
walk for suicide  
prevention

page 10



# Structural Heart Services Program Launched at Garnet Health

STORY AND PHOTO  
BY GARNET HEALTH

Your heart is the hardest-working muscle in your body. And when it's not working effectively, there could be a wide array of symptoms and possible conditions, even risk for a heart attack. In both Orange and Sullivan counties, heart disease is a leading cause of death. That's why the hardest-working team here in the Hudson Valley is committed to diagnosing and treating cardiac problems. Garnet Health Medical Center's award-winning Peter Frommer, M.D. Heart Center has experienced cardiologists, specialists and advanced technologies to help diagnose, treat and rehabilitate residents of Sullivan and Orange counties who are in need of advanced heart care.

## Structural Heart Services Program

In a partnership with Columbia University Irving Medical Center, Garnet Health now brings some of the best interventional cardiologists to our community to perform minimally invasive, lifesaving complex heart-valve procedures. Led by world-renowned interventional cardiologist Susheel Kumar Kodali, MD, director of the Structural Heart and Valve Center at Columbia University Irving Medical Center/NewYork-Presbyterian Hospital and a professor of medicine at Columbia University Irving Medical Center, Garnet Health's Structural Heart Services allow for patients to be treated locally, receiving expert heart care without the stress of traveling far from their loved ones.

One such procedure is a tran-

scatheter aortic valve replacement (TAVR), for cases of aortic stenosis, where patients have damaged or stiff aortic valves. During the TAVR procedure, the doctor uses a catheter to insert a replacement valve that effectively takes over for the damaged valve. This procedure offers a less-invasive solution to open-heart surgery.

The Structural Heart Services program at Garnet Health is another highly advanced program that is part of a long list of cardiac services provided on a daily basis. But in addition to these lifesaving services, Garnet Health is committed to prevention and wants all residents of Sullivan and Orange counties to commit to keeping their hearts healthy and strong.

**Tips for a Healthy Heart**  
**Eat Better and Be Active.** Start

with simple changes. Introduce a new whole food, fruit and vegetable to your meal plan while slowly cutting high-fat and salty foods. Physical activity starts with taking that first step—take a brief walk and then slowly build your distance.

**Quit Tobacco.** Sometimes this is easier said than done. Your cardiologist or primary care provider can offer tips and prescribe the tools you need to quit!

**Manage Weight.** There are numerous health benefits to managing your weight. Understanding your BMI, journaling your food intake and learning portion control are just a few tips.

**Get Healthy Sleep.** Most adults need seven to nine hours of sleep each night. Adequate sleep promotes healing, improves brain function and reduces the risk for

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chronic diseases.

**Control Cholesterol.** The first crucial step is to know your cholesterol levels. You can then work with your doctor to maintain or lower your levels, if needed. High levels of “bad” cholesterol can increase your risk of heart disease.

**Manage Blood Sugar.** Knowing and understanding your blood sugar levels is also important for maintaining good health and preventing diabetes, which can lead to heart disease and stroke. Garnet Health’s free diabetes prevention program in Sullivan County can help you evaluate your risk and is available to all who qualify.

**Manage Blood Pressure.** Keeping your blood pressure at a normal range can help you stay healthier longer!

Garnet Health is committed to improving the health and well-being of our community. If you are having issues with your heart, please see your cardiologist right away. If you don’t have a cardiologist, Garnet Health can help you find one. Call Garnet Health Doctors at (845) 333-8909.



Garnet Health has partnered with Columbia University Irving Medical Center to provide Structural Heart Services at their Middletown campus. From left are Mark Lebehn, MD; Susheel Kodali, MD; Luigi Pirelli, MD; Marco Veintimilla, PA; and Mehesh Madhavan, MD

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# Arthritis: A legacy from Neanderthals and modern solutions

BY HEDY SCHNELLER, ILLUMIA PRODUCTS

**A**rthritis, a common condition marked by joint inflammation, has a surprising ancestral link. As modern humans migrated out of Africa, they interbred with Neanderthals, inheriting genes linked to autoimmune diseases like rheumatoid arthritis.

## What Exactly is Arthritis?

Arthritis, from the Greek words "arthro-" (joint) and "-itis" (inflammation), is an umbrella term for over 100 different types. Here are a few common ones:

- **\*\*Osteoarthritis:\*\*** Wear-and-tear arthritis.
- **Rheumatoid Arthritis:\*\*** An autoimmune disorder where the immune system attacks the joints.
- **Gout:** Caused by uric acid crystals forming in the joints.
- **Ankylosing Spondylitis:** Affects

joints near the lower back.

- **Psoriatic Arthritis:** Occurs in people with psoriasis.
- **Juvenile Arthritis:** Affects children and teens under 16.

## Treatments: Western Medicine

For osteoarthritis, common treatments include:

- **Medications:** Over-the-counter pain relievers and topical applications.
- **Movement and Environment:** Exercise, especially in warm environments, is beneficial.
- **Occupational Therapy:** Adaptations and tools to aid daily living.

Surgical management is an option for severe cases. Innovative treatments, like the NITRO program, aim to create regenerative therapies to offer alternatives to surgery.

For autoimmune arthritis, treatments include:

- **DMARDs and Biologics:** Disease-modifying drugs that target the immune system.

- **Biosimilars:** Cost-effective alternatives to biologics.
- **Corticosteroids:** Recently discouraged due to side effects.

## Complementary Treatments

Complementary treatments can enhance conventional medicine. For osteoarthritis, recommendations include:

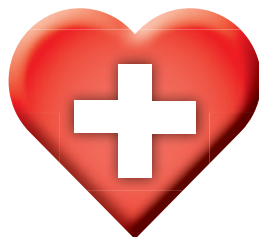
- **Exercise and Weight Loss:** Aerobic and strength training.
- **Tai Chi and Yoga:** Highly recommended for knee and hip OA.
- **Acupuncture and Massage Therapy:** Mixed recommendations.
- **Natural Supplements:** Turmeric (curcumin), CBD, and fish oil for inflammation.

For autoimmune arthritis, psychoneuroimmunology suggests a



Hedy Schneller

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holistic approach to improving immune function. Supplements like turmeric, ginger, and valerian can help reduce inflammation and aid sleep.

**Living with Arthritis**

Daily living with arthritis requires creativity. One practical tip is to use enlarged grips and handles to reduce joint strain. Foam tubing and pipe insulation can make utensils and tools easier to hold.

For more tips and resources, consult your healthcare provider or visit arthritis support websites.

**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](http://illumiaproducts.com) to learn more.



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# It's hard to see your loved one old and ill

## Show up anyway

BY WILLOW BAUM

I ran into a childhood friend I hadn't seen since Sunday School and asked about his mom whom I knew from church. Last I knew she took a fall and was recovering from a broken leg.

His Mom is still living at home and needs dialysis three times a week, her son lowers his gaze. His sister is at the house every day to give her a hand.

"I mow the grass every couple of weeks," he says.

"Do you see Mom then too?" I ask.

"I'm waiting for things to fall apart," he smiles.

"Things are falling apart now," I said.

### This is Life

Yes, watching a loved one grow fragile can bring up sadness, help-

lessness, and grief. We may feel angry that the vital, vivacious, capable person we've always known is slipping. A visit may prompt anxiety as we face our own mortality. Suffering is difficult to witness, and heavy emotions are normal and natural.

Here's the thing: this is Life.

Things are constantly falling apart and falling together in surprising ways.

How will you choose -- or not -- to show up?

### Each family and every relationship is unique.

If you come from abuse, violence, or neglect, the decision to see or even support a parent when they are vulnerable is complex and deeply personal. While this life stage can present opportunities for forgiveness and reconciliation, one's own well-being is a priority.

However, presuming your elders

have done their flawed human best, more or less, to care and respect you over your lifetime, then consider showing up on the regular -- beyond infrequent tasks such as mowing the yard or taking out the trash.

Offering support through ongoing, routine tasks and, most importantly, sharing real human connection with an elder helps reduce the likelihood of having your own regrets once they are gone. As well, regular, human involvement is a way to support primary caregivers and strengthen bonds among family and friends.

### Ways to Show Up Consciously

1. Do and Be. Mowing the yard and taking out the trash take little time and are done infrequently. Such physical tasks require little to no brain space or emotional strain. When a loved one is fragile, what's needed most is con-

scious connection. In other words, being with. Not just doing stuff. Busyness can be one way to ward off feeling difficult emotions. We are all capable of learning how to be more present, listen better, hold a hand, reminisce, tell your elder thank you, say I love you.

2. Near and Far. Whether you live down the road or across the world, there are myriad ways you can offer presence, love, and practical support. Zoom, FaceTime, banking and brokerage account apps and all things internet make pitching in on most fronts possible wherever you are. Think about your person with a life-limiting illness and also the family members or friends who are on the ground. Ask them often and as circumstances shift: what kind of support would be useful to you now?

3. Show mothers, sisters, and daughters that emotional tending

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'Great ideas for staying healthy'

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is everyone's role. Our culture teaches us that the emotional tending of others is primarily "women's work." Women are socialized to tend to elders, children, kinships; the home; meals that need to be planned, shopped for, and prepared; social calendars, carpools, vacations, and medical appointments to manage. Such emotional, spiritual, and daily care tasks aren't just overlooked and underappreciated; they never end. Worse, such tasks are unpaid and come at a real cost to the person performing them. Caregivers have less energy and time to devote to their work, learning, and personal interests, which consequently puts them at an economic disadvantage. Out of love and respect for the mothers, sisters, and daughters in your world, do not stand by and outsource caregiving to them.

4. Take Initiative, Use Your Imagination, and Create a Care Team. Too often, daily caregiving falls to the adult child who happens to live nearby or the daughter among sons. Less involved family members make assumptions that the ill loved one and the primary care-

giver "have everything under control." A team approach to caring is often best. Don't wait to be invited in. Coordinate with the folks on the ground and make a list of what could help life be richer and run smoother for everyone. Think through who and what can help. Match needs to talents.

5. The Person Who Is Ill is Scared Too (So is Their Primary Carer). Living with a life-limiting illness and struggling to care for oneself alone or with help from just one or two people can be scary, exhausting, and lonely for everyone. When one's world starts closing in, expanding the circle of practical and emotional care can lighten the load, deepen bonds among family members and close friends, and be a way to honor and show elders your gratitude.

**This Being Human is a Guest House**

Will you choose to show up for the full, joyful and challenging experience of life? Being present and part of a care circle for a person living with a life-limiting illness is one path. With that, I leave you with this poem:

This being human is a guest house.

Every morning a new arrival. A joy, a depression, a meanness, some momentary awareness comes

as an unexpected visitor. Welcome and entertain them all! Even if they're a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably. He may be clearing you out for some new delight.

The dark thought, the shame, the malice,

meet them at the door laughing, and invite them in.

Be grateful for whoever comes, because each has been sent as a guide from beyond.

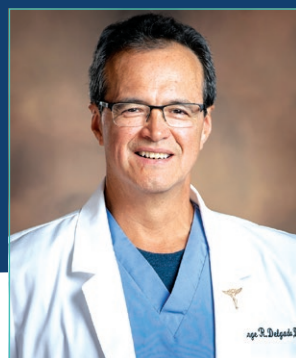
-Rumi

**About the Author**

Willow Baum is a caregiver consultant and end-of-life planner at Friend-ForTheEnd.com, offering non-medical, non-judgmental, whole-person emotional and practical support that's family-centered and promotes informed decision-making.



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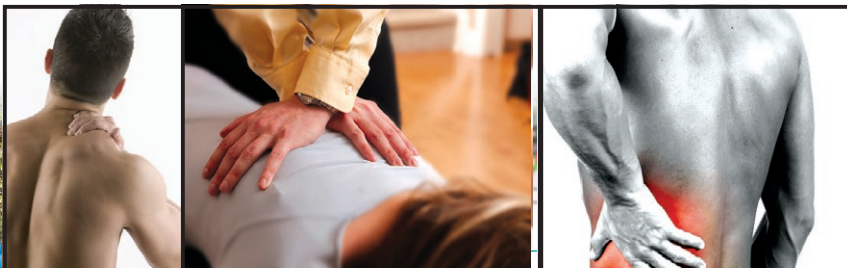
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# Suicide Prevention is a collective responsibility

BY MATT KLEMAN -  
US ARMY VETERAN,  
VETERAN PEER SERVICES COORDINATOR,  
VET 2 VET OF SULLIVAN COUNTY/  
ACTION TOWARD INDEPENDENCE

September is National Suicide Prevention Awareness Month, a time dedicated to raising awareness about suicide and its prevention. Among the groups particularly affected by this issue are Veterans, who face unique challenges that can lead to a heightened risk of suicide. Understanding the factors that contribute to this crisis is crucial for developing effective prevention strategies and providing the necessary support to those who have served.

Veterans often experience a range of mental health issues, including post-traumatic stress disorder (PTSD), depression and anxiety. These conditions can arise from exposure to combat, military sexual trauma, or the stresses of reintegra-

tion into civilian life. The transition from military status can be jarring, as Veterans may struggle to find purpose and community outside the structured environment of the armed forces. This disconnection can exacerbate feelings of isolation and hopelessness, leading some to consider suicide to escape their pain.

Statistics reveal a grim reality: Veterans are significantly more likely to die by suicide than their civilian counterparts. According to the U.S. Department of Veterans Affairs (VA), approximately 17 Veterans take their own lives each day. The figure highlights the urgent need for comprehensive mental health services tailored specifically for Veterans. While the VA offers various programs and resources, stigma surrounding mental health often prevents Veterans from seeking help. Many feel that reaching out for support is a sign of weakness, which can hinder their willingness to access the very services

designed to assist them.

Raising awareness about Veteran suicide is a collective responsibility. Communities, families, friends and organizations must work together to create an environment where Veterans feel safe discussing their struggles. Public campaigns, educational programs and outreach initiatives can all play a role in breaking the stigma associated with mental health issues. Encouraging open conversations about emotional well-being can help Veterans feel less isolated and more supported.

Additionally, training for health-care providers, first responders and community leaders is essential. By equipping these individuals with the skills to recognize signs of distress and understand the unique experiences of Veterans, we can foster a more supportive environment. Programs like Mental Health First Aid can provide vital training, enabling communities to respond effectively to those in crises.

Support groups and peer men-

toring programs also serve as invaluable resources. Connecting Veterans with others who have shared similar experiences can create a sense of camaraderie and understanding. These relationships can offer hope and provide a safe space for Veterans to express their feelings without fear of judgement.

Finally, advocacy for policy changes is crucial in addressing Veteran suicide. Increased funding for mental health services, improved access to care, and the expansion of successful programs can make a significant difference. Efforts must focus on not only treating mental health conditions but also addressing the root causes of distress, such as unemployment, homelessness, and relationship issues.

As we observe Suicide Prevention Awareness Month, let us commit to acting for our Veterans. By raising awareness, advocating for improved services, and fostering supportive communities, we can work

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# NATIONAL SUICIDE PREVENTION MONTH



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together to reduce the tragic loss of life among those who have sacrificed so much for our country. Every life matters, and with collective effort, we can help ensure that our Veterans receive the support they need to thrive.

If you or a loved one is struggling,

please reach out to the Suicide Crisis Line by dialing 988. For Veterans, dial 988 and press 1. The 988 Suicide hotline provides 24/7, free and confidential support for people in distress. You do not have to be enrolled in VA benefits or health care to connect with the hotline. To

learn more about local programs and supports for Veterans, and their family members, or if you wish to connect with a Veteran Peer Advocate through the Sullivan County Joseph P. Dwyer Vet 2 Vet Program, please call us at 845-794-4228 or visit [www.ATIToday.org](http://www.ATIToday.org).



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# Walk for suicide prevention set for October 6



BY BRIONA HARJES

The American Foundation for Suicide Prevention (AFSP) is a voluntary health organization established in 1987. The AFSP gives those affected by suicide nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

On October 6, the AFSP will be hosting one of their Out of the Darkness walks right here in Sullivan County at the Bethel Senior Center, 3592 State Rte. 55, Kauneonga Lake.

On-Site registration starts at 11 a.m. Program starts at 12:00 pm. You can create or join a team to walk with or register to walk without a team online at: <https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=10301>.

At the walk they will provide 'honor beads'. Honor beads are colored necklaces to indicate your personal connection to the cause and helps to identify others who understand our experience. During sign-up you can select which colors you connect with.

AFSP is dedicated to saving lives and bringing hope to those af-

ected by suicide, including those who have experienced a loss. AFSP creates a culture that's smart about mental health by engaging in the following core strategies:

- Funding scientific research
- Educating the public about mental health and suicide prevention
- Advocating for public policies in mental health and suicide prevention
- Supporting survivors of suicide loss and those affected by suicide

The AFSP helps people discover ways to process the loss of a loved one, find support for yourself or those who may be at risk for suicide and help understand how to assist someone at risk.

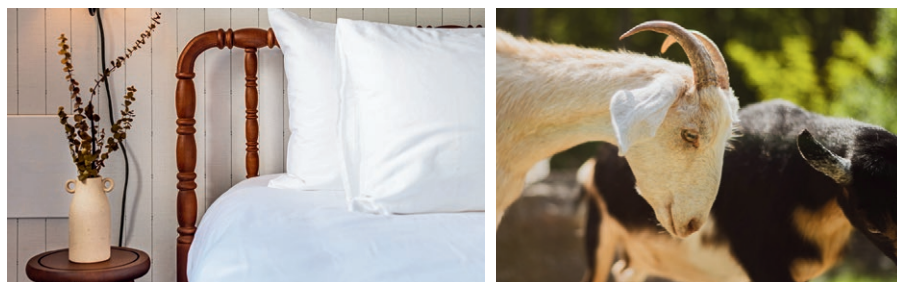
The AFSP is the largest private suicide prevention organization in the United States, with chapters in all 50 states and programs and events nationwide.

Telling your story can save lives and be a part of a healthy healing process, but only if you share it safely. Sharing your experience lets people know they are not alone and lets them know recovery is possible. If done safely, your story will encourage people at risk to seek help.



BRIONA HARJES | DEMOCRAT

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### Honor Bead Colors & Their Meaning

White	Loss of Child
Red	Loss of a Spouse or Partner
Gold	Loss of Parent
Orange	Loss Of Sibling
Purple	Loss of Relative or friend
Silver	Loss of First Responder/Military
Green	A Personal Struggle or Attempt
Teal	Supporting Someone who Struggles or has Attempted
Blue	Supporting Suicide Prevention
Rainbow	Honoring the LGBTQ+ Community

NOTES IN HEALTHCARE



# Hospice of Orange & Sullivan Counties recognized as a 5-Star rated organization



The Centers for Medicare and Medicaid Services (CMS) has issued its star rating report. Hospice of Orange & Sullivan Counties is officially a 5-star rated organization.

The 5-star rating is a direct result of the satisfaction expressed by caregivers of our patients regarding the quality of care provided by Hospice of Orange & Sullivan Counties, as measured through Consumer Assessment of Healthcare Providers and Systems (CAHPS®) surveys.

The CAHPS Hospice Survey is designed to be a consumer-friendly, easy-to-understand, and straightforward way to compare providers using a star system, with 5-stars being the highest rating. Results are calculated and publicly reported every other quarter.

CMS paused its rating system during the COVID-19 pandemic. When the rating system restarted

in August of 2022, Hospice of Orange & Sullivan Counties were proudly 4-star rated.

“The organization focused on continuous performance improvement to better the care provided to our patients and their loved ones, and it paid off,” stated Sandra Cassese, RN, MSN, CNS, President and CEO of Hospice of Orange & Sullivan Counties. “This achievement is a testament to our employees’ commitment to providing top-notch quality care.”

Hospice of Orange & Sullivan Counties is the only hospice in the Hudson Valley to achieve a 5-star rating this reporting period and one of only six hospices in New

York State to do so.

CMS uses various quality measures to rate hospices. Hospice of Orange & Sullivan Counties exceeded both state and national benchmarks for all the quality measures in the report. The data collected by CMS is available for viewing at the Medicare.gov/care-compare website.

“Receiving this 5-star rating is a profound honor and a testament to the exceptional care and dedication of our entire hospice team. This recognition not only highlights the remarkable efforts of our staff but also reaffirms our commitment to providing compassionate and high-quality support

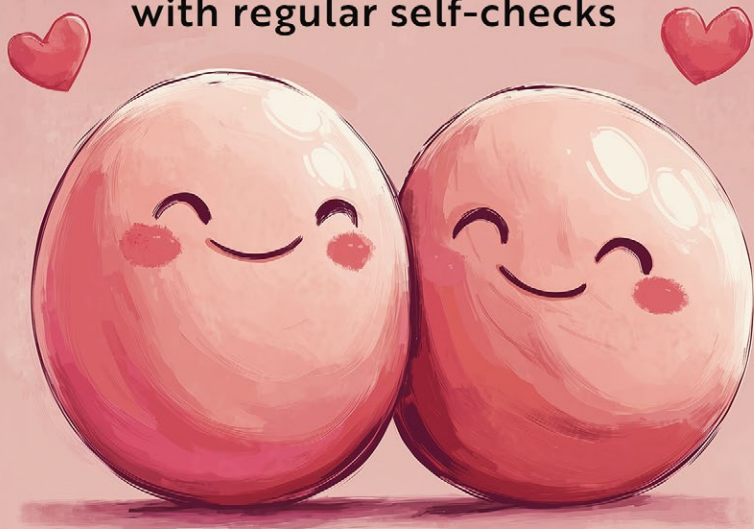
to those in need,” said Charles Milch, Chair of the Board of Directors, Hospice of Orange & Sullivan Counties.

Hospice of Orange & Sullivan Counties has been providing compassionate end-of-life care to patients and their families since 1981. The organization, incorporated in 1988, serves both Orange and Sullivan Counties and is certified by the NYS Department of Health and The Joint Commission. Its mission is to be the leading community resource for providing patients and their families with compassionate physical, emotional, and spiritual end-of-life care with comfort, dignity, and respect.

If you or someone you know could benefit from hospice care, please contact Hospice of Orange & Sullivan Counties at (845) 561-6111 or visit our website at www.hospiceoforange.com.

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NOTES IN HEALTHCARE



# Garnet Health to host free diabetes prevention program

**G**arnet Health is offering a free 12-month Diabetes Prevention Program (DPP) for qualified individuals. All classes are led by certified life coaches, and sessions are available in English and Spanish.

DPP is a scientifically proven and effective CDC-led lifestyle-enhancement program that can help prevent or delay Type 2 diabetes. It is designed to teach individuals how to make better food choices and to increase physical activity. It also provides helpful ways to stay motivated, manage stress and identify problems that can slow progress. Qualified participants will work together to achieve their goals, under the guidance of certified lifestyle coaches.

Each of the following classes runs for 16 sessions:

Virtual-only, English-speaking program – starting Sept. 24, 4:00 to 5:00 p.m.,

In-person, English-speaking

program – starting Sept. 25, 3:00 to 4:00 p.m., at 75 Crystal Run Road, 1st Floor Conference Room, Middletown, NY 10941

In-person, Spanish-speaking program – starting Sept. 26, 3:00 to 4:00 p.m., at Newburgh Free Library, 124 Grant Street, Newburgh, NY 12550

“One in three American adults has prediabetes, so the need for prevention has never been greater,” said Shelly DeHaan, MPA, RD, CDCES, CDN, CDTC, director of Garnet Health’s Diabetes and Nutrition Counseling Services. “The Diabetes Prevention Program at Garnet Health is proven to motivate and support people with prediabetes to make practical, real-life changes, while reducing the risk of developing Type 2 diabetes by more than half.”

To be eligible for the DPP, participants must:

Be at least 18 years old.

Be overweight (body mass index

≥25; ≥23 if Asian).

Have no previous diagnosis of Type 1 or Type 2 diabetes.

Have either:

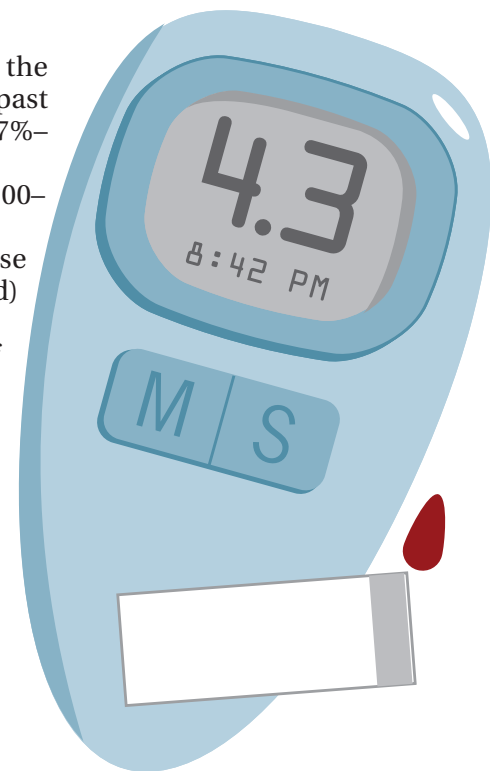
A blood test result in the prediabetes range within the past year (hemoglobin A1C: 5.7%–6.4%);

Fasting plasma glucose of 100–125 mg/dL;

Two-hour plasma glucose (after a 75-gram glucose load) of 140–199 mg/dL; or

A previous diagnosis of gestational diabetes or positive screening for prediabetes based upon the CDC Prediabetes Screening Test.

To learn more about Garnet Health’s Diabetes Prevention Program, to register, or to see if you qualify, please call (845) 333-2705 or [visitgarnethealth.org/diabetesprevention](http://visitgarnethealth.org/diabetesprevention).




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# Watch out for the ANOC... it's coming soon!



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Meir Horowitz

BY MEIR HOROWITZ

It's not a new strain of Covid 19, or an alien attack from outer space.

ANOC is your Annual Notice of Change sent from your Medicare carrier. It's due to arrive around October 1.

Most years it's not much of an event. This year it's required reading!

Why? The changes coming to the part D prescription plan of Medicare are bound to bring with it other major changes in its wake.

With the Federal Government's passage of the Inflation Reduction Act (IRA), we anticipate substantial changes to Medicare-particularly the Part D (Prescription Plan) portion.

So far, we know that there will be a reduction in the out-of-pocket maximum to \$2000 and the elimination of the "Donut hole." This

will result in a very significant shift in the burden of coverage.

Once the \$2000 maximum is reached, the insurance company will now be responsible for 60% of the cost of any prescription! A huge change that will certainly affect their bottom line!

We don't know specifics yet, but it seems inevitable that the insurance companies will do something to offset this big pending expense.

That's why we're urging you to carefully read your ANOC when it arrives.

And if you need help getting through the fine print, please let us know.

The consultation is free. The advice could be priceless!!

Meir Horowitz is a Licensed Insurance Agent at MEH Associates LLC. 845-428-5101. mhinsures@gmail.com



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## Family Physician Marla Dempsey, DO, practicing in Honesdale

**W**ayne Memorial Community Health Centers (WMCHC) welcomes Board-certified Family Physician Marla Dempsey, DO, as its newest primary care provider.

Dr. Dempsey is practicing at the Honesdale Family Health Center located at 600 Maple Street. As a family physician, she treats all age patients – from newborn on up.

Dr. Dempsey was raised in Carbondale, PA and still resides close to home near Crystal Lake. Remaining local and creating relationships with her patients is especially rewarding, “getting to know families from their babies to their grandparents is one of my favorite parts of the job and helps me to better understand their health needs and concerns,”

she stated. “I like to think of my role as a partner in health, not the director.”

Dr. Dempsey graduated from of the University of Scranton before moving on to earn a Doctor of Osteopathic Medicine degree from the Philadelphia College of Osteopathic Medicine. She then completed a Family Medicine residency at the Hunterdon Medical Center, Flemington, NJ, where she served as Chief Resident.

Prior to joining WMCHC, Dr. Dempsey practiced for the past six years with the Physicians Health Alliance in Scranton. She’s excited to now be among WMCHC’s medical staff, “I feel their vision aligns with mine – quality care of the whole patient and family in a community setting that I am proud to call home,” she said.

To make an appointment with

Dr. Dempsey, call the Honesdale Family Health Center at 570-251-6672. Visit [www.wmchc.net](http://www.wmchc.net) to learn more about all the services offered by WMCHC. WMCHC is a Federally Qualified Health Center and clinical affiliate of Wayne Memorial Health System, Inc.



CONTRIBUTED PHOTO

Marla Dempsey, DO, Honesdale Family Health Center

## Garnet Health Medical Center offers free prostate cancer screenings

**G**arnet Health Medical Center, in partnership with Garnet Health Doctors, is offering free prostate cancer screenings on Wednesday, Sept. 25, and Thursday, Sept. 26, at their Outpatient Services Building, 707 East Main Street in Middletown, New York.

Pre-registration is required. Visit [garnethealth.org/prostatescreening](http://garnethealth.org/prostatescreening) or call (845) 333-1133. Appointments are limited and are first come, first served.

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

- Are between the ages of 45 and 75
- Have no personal history of prostate cancer
- Have not been under the care of a urologist in the past five years

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

“We encourage all men who are eligible to get this free and simple test,” said Samuel Abourbih, MD, Garnet Health Doctors urologist and Garnet Health Urology Department chair. “Prostate

cancer is the second-leading cause of cancer death among men. However, cases detected early are often low risk and can be treated quickly.”

September is National Prostate Cancer Awareness Month. Garnet Health is dedicated to identifying prostate cancer in its earliest stage. By holding this free prostate screening event, Garnet Health wants to promote awareness, the importance of prostate health, and how screenings and early detection can save lives.

To learn more about Garnet Health services, visit [garnethealth.org](http://garnethealth.org).



CONTRIBUTED PHOTO

Samuel Abourbih, MD, Garnet Health Doctors urologist and Garnet Health Urology Department chair



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**HOSPICE**  
of ORANGE & SULLIVAN

NOTES IN HEALTHCARE

# Critical call for blood and platelets

In September, the American Red Cross stresses the continuing critical need for blood products to ensure patient care.

Donors of all blood types are asked to give now to keep blood supply levels rising after a summer shortage. Type O blood donors and those giving platelets are especially needed.

A steady increase in lifesaving blood products is vital to ensuring hospitals stay ready for any situation this fall. As National Preparedness Month continues, the Red Cross highlights the importance of having a strong supply of blood products already on hand for disasters and emergencies of all kinds and to meet the needs of patients every day.

Now is the time to book an appointment and help patients counting on lifesaving transfusions. To schedule a time to give blood or platelets, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS or use the Red Cross Blood Donor App. In thanks, those who come to give Sept. 1-15, 2024, will receive an exclusive Red Cross raglan T-shirt, while supplies

last. All who come to give Sept. 16-30, 2024, will get a \$15 e-gift card to a merchant of choice. For details, visit [RedCrossBlood.org/Fall](http://RedCrossBlood.org/Fall).

**UPCOMING BLOOD DONATION OPPORTUNITIES SEPT. 9-30 IN SULLIVAN COUNTY:**

- Lake Huntington**  
9/17/2024: 1 p.m. - 6 p.m., Cocheton Volunteer Ambulance, 70 County Road 116
- Livingston Manor**  
9/26/2024: 2 p.m. - 6:30 p.m., Livingston Manor Central School, 19 School Street
- Loch Sheldrake**  
9/18/2024: 11 a.m. - 3:30 p.m., Sullivan County Community College, 1000 Leroy Road
- Rock Hill**  
9/26/2024: 1 p.m. - 5:30 p.m., Rock Hill Firehouse, 61 Glen Wild Rd
- Woodbourne**  
9/18/2024: 1 p.m. - 6 p.m., Woodbourne Firehouse, Woodbourne Firehouse, 355 - Route 52

# Garnet Health announces new physical medicine and rehabilitation practice

Garnet Health is pleased to announce the opening of Garnet Health Doctors' new Physical Medicine and Rehabilitation specialty practice, led by Bindu Pathrose, DO.

Physical Medicine and Rehabilitation (PM&R) focuses on impairments affecting the bones, joints, tendons, ligaments, muscles, nerves, brain and spinal cord. Through various treatments, procedures and therapy, PM&R aims to decrease pain and optimize functional independence, improving a patient's quality of life. Services include general evaluations, diagnostic testing such as electromyography (EMG) and office-based procedures such as joint injections.

- Traumatic brain injury
- Conditions requiring continued physical, occupational and speech therapy
- In addition to:
- Orthotics and prosthetics/bracing
- Musculoskeletal issues involving the spine (cervical, thoracic, lumbar, sacral)
- Large-joint injections / trigger-point injections
- Botox for limb spasticity and migraine management

Goals of treatment are to maximize independence with daily-living activities, decrease pain, and enhance performance and functionality to improve a patient's quality of life without surgical intervention.

The PM&R practice is located on the third floor of the Outpatient Services building, on the Middletown campus of Garnet Health Medical Center. PM&R outpatient services are provided by George Chen, DO; George Gombas, MD; and Selcen Senol, MD. Appointments can be made by calling (845) 333-7575 or visiting [garnethealth.org/pmr](http://garnethealth.org/pmr).

**REASONS TO SEE A PM&R PROVIDER INCLUDE OUTPATIENT FOLLOW-UP FOR:**

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