

Ulster Publishing's

Hudson Valley Health

Summer/Fall 2023



*The magic
of mushrooms*

hv1

PHOTOS BY GENIA WICKWIRE

SULLIVAN CATSKILLS

Go relax!



**It's summertime, and living is easy;
the perfect time to recharge and renew.**

Soothe your mind, body, and soul at one of our full-service spas: Yo1 Health Resort, Crystal Life Spa at Resorts World Catskills, Hemlock at Kenoza, Hemlock at Neversink (coming this fall). Book a stay. While you're here, wander through our charming, low-key hamlets for food and beverages, shopping, and more.

Find the perfect studio or fitness facility where you can stretch, meditate, and refresh:

- A New Breath Health And Wellness
- Mountindale Yoga & Wellness
- Wagging Tail Farm
- It's Not You, It Me Wellness
- The Chi Hive Studio
- Kadampa Meditation Center
- Body & Soul Studios
- The Yoga Space
- Yoga by the Lake




SullivanCatskills.com

1.800.882.CATS

This institution is an equal opportunity provider and employer.





Ivy Lodge Assisted Living

An independent, owner-operated community
108 Main Street • Saugerties, NY 12477
www.ivylodgeassistedliving.com • 845-246-4646



*I love this place because it is unique. Everyone feels welcome.
 My independent will and creativity are valued.*

— Jean, an Ivy Lodge Resident

Apartment Living

All of our modern, handicapped accessible apartments have private showers. Housekeeping, linen and laundry service are included.

Support for Independence

Because self-development takes a full lifetime to pursue

Taking care of all of life's needs allows increased independence. Integral to this approach, we offer services that allow residents to live a longer, healthier and more satisfying life.

- Help with showers and personal care to the extent needed and desired
- Assistance with medications by nurses and trained medication aides
- Transportation in our wheelchair-accessible van to shopping, doctor's visits and scheduled events
- Three delicious meals per day, approved by a dietician and prepared by trained chefs

Specialized Care

For people with Cognitive Impairment

We are the only Assisted Living in the area to offer a dedicated, secure memory care unit licensed by the New York Department of Health as a "Special Needs Assisted Living Residence." In addition to providing consistent supervision and a secure environment, our experienced staff receive training in resident-entered, best practice support for people with dementia. Through our approach we are able to reduce the frustration experienced by people with cognitive impairment, while measurably increasing their quality of life.

Enhanced Programming

Special license that allows residents to age in place

Nurses are on site seven days a week, and our highly skilled staff has training and experience with accommodating, in a respectful and caring manner, the changes associated with advanced aging.

Our founder, Joan Hyde, PhD is a professor of Gerontology and an internationally recognized researcher and published authority on assisted living and best practice care for people with cognitive impairment.

Share our Gracious Lifestyle

Welcoming, Authentic & Diverse

We are an integral part of the close knit Woodstock, Kingston and Saugerties communities. From our front porch we enjoy the hustle and bustle of the farmer's market, historical society concerts or a passing parade.

Ivy Lodge is an open and accepting community made stronger and more magnificent for having embraced differences among its members.



Choose a small intimate setting with big resources



The magic of mushrooms

Mycologist John Michelotti shows how fungi promote human and biome health



PROVIDED BY CATSKILL FUNGI

Mushroom mural painted on the Catskill Fungi building.

by Frances Marion Platt

WHEN JOHN MICHELLOTTI came to live in the Catskills about ten years ago, he was already a firm believer in the fabulousness of fungi, though not yet a fully credentialed mycologist. An “outdoor guy” by his own description, the Westchester native had begun exploring the Southwest while attending the University of Arizona. Afterwards he traveled a great deal, always gravitating toward gigs that didn’t involve being stuck in an office all day. He worked in construction, on organic farms, and as a boat captain.

He also did a lot of volunteer work for not-for-profit organizations. One of these

was at a nature center, where he first found himself entranced with the brilliant color of a red waxy cap mushroom (*Hygrocybe coccinea*). “I was living in Rye at the time, so I decided to join the Connecticut/Westchester Mycological Association. These became my people,” Michelotti recalled.

He had also cultivated an ongoing relationship with the Student Conservation Association, both as an intern and an employee — which entitled him to a stipend to be spent on an educational internship. So it was that in 2011 Michelotti took his growing interest in the mushroom world to Ecuador to study how mycologists were using fungi to do ecological bioremediation of oil spills.

He describes the experience as eye-opening. It pointed him in the direction of how he wanted to focus the rest of his career. “After that, I started touring

mushroom farms,” he said.

Having relocated to the Catskills, he found himself one day stopping into the High Falls Food Co-op en route to a hike. There he noticed that, though many locally produced herbal remedies were available, all the medicinal mushroom tinctures were imported, mainly from the Pacific Northwest.

“If you could get these locally, would you carry them?” he asked the storeowners. The answer was a resounding yes. In short order, Michelotti founded Catskill Fungi, LLC, and established a factory with a commercial kitchen. A year later, he had enough mushroom extracts on hand to be making the rounds of the region’s farmers’ markets. He’s been going to them three times a week for nine years.

Like many mycophiles, Michelotti was first attracted to mushrooms for their

The 177th Dutchess County Fair

Rhinebeck, NY

August 22 - August 27



COOPER ALAN

With Special Guest
CM

Tuesday, August 22 • 7:30pm
FREE With Paid Admission



BRANTLEY GILBERT

Wednesday, August 23 • 7:30pm
Concert & Admission Combo - \$65



Journey
Former lead vocalist
STEVE AUGERI

Thursday August 24 • 7:30pm
FREE With Paid Admission



CHRIS CAGLE

Friday August 25 • 7:30pm
FREE With Paid Admission



REFUGEE

Saturday August 26 • 7:30pm
FREE With Paid Admission



DUTCHESS FAIR
Highland
GAMES

NORTHEAST HIGHLANDERS

Sunday
August 27
11am - 6pm

FREE
With Paid
Admission

**Advance Discount Tickets For Admission,
Ride All Day Wristbands & Concerts
Are Available At
dutchessfair.com**

KIDS UNDER 11 FREE ADMISSION AT ALL TIMES

FREE PARKING!

myriad culinary uses, and he still champions eating them both for health and pleasure. “Incorporating mushrooms in your diet more is one of the best things you can do,” he said.

He recommends laying them in sunlight, gills-side-up, for four to six hours before cooking, to boost their vitamin D production. Aside from their medicinally active ingredients, the fibers in mushrooms — not cellulose, as in plants that photosynthesize, but chitin, like the exoskeletons of insects — serve as excellent prebiotics, “which help feed healthy gut bacteria,” he said, adding, “Fermented foods are created by fungi.”

Ready for a mushroom walk?

Catskill Fungi cultivates mushrooms

and hosts workshops at its Education Center in Big Indian on how to inoculate a substrate with culinary mushroom spores for home growing. But Michelotti pointed

tracellular metabolites, because they’re exposed to many microbiomes.”

As with the ambient yeasts (which are microscopic fungi) in the air that are an essential component of the terroir of a region’s craft beers and distilled spirits, or the pollens that make locally sourced honey protective against allergies, getting your fresh wild mushrooms from your own neighboring woods helps maximize their health benefits.

If you want to learn how to forage choice ed-

ible wild mushrooms for your own table, one of the mushroom walks conducted by Michelotti and his staff at Catskill Fungi is a great place to get started. Besides the regularly scheduled public explorations, you can also book a private walk on your own land to identify what species you have available, and how to tell the edible ones from those best left alone.

The main danger here — as we discovered on a Catskill Fungi mushroom walk led by Michelotti and his fiancée, Gabriela D’Elia of the Fungal Diversity Survey, is not the likelihood of eating a misidentified toadstool. In fact, they tell us, you can’t get poisoned simply by touching or picking even the most toxic mushroom; you have to ingest it. They possess no “transdermal toxins.”

There is an underground empire of mycelium, the fibers that criss-cross the soil beneath our feet, breaking down nutrients so that plants can digest them, literally communicating information from one tree to another.

out that it’s a process best done outdoors: “Mushrooms grown indoors are ‘babied.’ They’re never exposed to pathogens. The same mushrooms grown outdoors become extremely hardy. They have to create ex-




Proudly Serving the Hudson Valley for **Over 25 Years!**

Services include:

- ✓ Adult and Pediatric Ear, Nose, and Throat
- ✓ Adult and Pediatric Allergy, Asthma & Immunology
- ✓ Hearing Aids and Audiology
- ✓ Facial Plastic Surgery
- ✓ Voice and Swallowing
- ✓ Adult and Pediatric Ear and Dizziness
- ✓ Sleep Services
- ✓ Advanced Sinus and Skull Base
- ✓ Thyroid, Parathyroid and Head and Neck Surgery





Hudson Valley Health

Summer/Fall 2023

EDITOR & PUBLISHER: Geddy Sveikauskas

ASSOCIATE PUBLISHER: Genia Wickwire

ADVERTISING: Tania, Amrod, Lynn Coraza, Pam Courselle, Elizabeth Jackson, Tobie Watson, Jenny Bella

PRODUCTION MANAGER: Joe Morgan

PRODUCTION: Diane Congello-Brandes, Josh Gilligan

CIRCULATION: Dominic Labate

www.hudsonvalleyone.com

Ulster Publishing (est. 1972) is a Hudson Valley media company with its office at 322 Wall Street in Kingston. For more info on upcoming special sections, including how to place an ad, call (845) 334-8200, fax (845) 334-8202 or e-mail info@hudsonvalleyone.com.

Same/Next-Day Care!

**Call 1-855-ENTA-DOC or Book Online, Anytime
at www.entandallergy.com**



Making Strides Against Breast Cancer of the Hudson Valley

Presented by Garnet Health

We invite you to join forces with the American Cancer Society – the nation's nonprofit leader in the breast cancer fight. Join the Making Strides movement to help end breast cancer as we know it, for everyone.

Sunday, October 15, 2023

7:30 a.m. – noon

Woodbury Common Premium Outlets

**Thank You to Our Presenting Sponsor
and all sponsors.**



Garnet Health

Sign up or donate
MakingStridesWalk.org/hudsonvalley

©2023, American Cancer Society, Inc.

One of our group even brought back to the picnic table what was tentatively identified as a destroying angel (*Amanita verna*), one of the deadliest of mushrooms. “If you ate that, you’d have to get a liver transplant within 72 hours,” warned Michelotti. Among his many professional roles is being a poison control consultant for the North American Mycological Association. “If anyone eats a mushroom and gets sick, I’m the one who gets the call.”

D’Elia, whose personal mission is to find rare fungus species of the Northeast and identify brand-new ones, gushes as much at the sight of a deadly mushroom as a delicious one: “I love amanitas,” she said. “They’re so beautiful!”

Mushroom diversity

That enthusiasm quickly became contagious. On our walk, we only spotted a few edibles, but were all quickly caught up in the leaders’ admiration for the beauty, diversity and sometimes downright weirdness of the fungus among us. If we weren’t already mycophiles going in, we were upon coming out.

Most mesmerizing by far of what we learned on that day was the part of the fungal world that we couldn’t see: the underground empire of mycelium, the fibers that criss-cross the soil beneath our feet, breaking down nutrients so that plants can digest them, literally communicating information from one tree to another. “Mycelium is really the immune system of the forest,” said Michelotti. “In every square foot of soil there’s a mile of mycelium.”

Without fungi, apparently, life on Earth as we know it would cease to exist.

This is as good a place as any to note that fungi are not plants — nor animals nor protozoa — but a separate kingdom of their own. In fact, they share more DNA with *Homo sapiens* than they do with plants. We were on the same branch on the tree of life on Earth for a while, early on.

This factoid might ring a bell if you’re a fan of the post-apocalyptic HBO series *The Last of Us* (or the videogame on which it’s based), in which most of humanity has been wiped out by a strain of the *Cordyceps* fungus that has mutated to be able to use us as hosts.

There’s some scientific basis for that story’s premise: The *Cordyceps* genus of fungi is parasitic. Most of its 600 or so species grow on the bodies of insect larvae. They occur worldwide, and have



PHOTOS BY FRANCES MARION PLATT

Above, Gabriela D’Elia with a table full of mushrooms to identify on one of the Mushroom Walks; below, Catskill Fungi mushroom extracts.



been used in Chinese medicine for more than 1500 years. One of the six medicinal mushroom extracts sold by Catskill Fungi, Cordyceps is believed to promote and support energy, stamina and libido, along with respiratory, kidney and liver health, adrenal function, blood-sugar balance and immune response. Noting that it helps with energy release at the cellular level, Michelotti recommended taking it especially before a workout to enhance the benefits of exercise.

“I take Reishi, Lion’s Mane and Cordyceps every day,” he says. “I take Chaga every now and then, if I’m around sick people. Turkey Tail and Maitake I take if I get a cold. That chases away a cold pretty quickly.”

Catskill Fungi mushroom extracts come

You haven't
forgotten

9/11

*Neither
have we.*



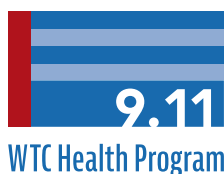
Were
you
there?

9/11 responders and survivors share a common experience — they were present during the attacks of September 11, 2001, or in the days, weeks, and months after, exposed to the dust and debris.

They continue to have ongoing physical and mental health issues such as asthma, gastroesophageal reflux disease (GERD), post-traumatic stress disorder (PTSD), and cancer.

The **World Trade Center Health Program** provides medical monitoring and treatment for these and other WTC-related conditions at no out-of-pocket cost.

If you were there, we're here.



Find Out If You Are Eligible
1-888-982-4748
www.cdc.gov/wtc or scan the qr code



in two-ounce bottles (a month's supply) and are priced at \$28 each. Except for the Cordyceps and Lion's Mane, which are locally farmed, they're prepared from sustainably harvested, wildcrafted mushrooms. Each one is produced using a triple-extraction process that combines an alcohol tincture, a cold-water infusion, and a hot-water decoction. Some of the active ingredients — sterols, polysaccharides and so on — are best soluble in water, others in alcohol. They respond differently to heat.

Medicinal uses

Here's the rest of the list of recommended applications:

- Reishi (*Ganoderma tsugae*/*Ganoderma lucidum*): immune response, histamine response, blood pressure, nerves, respiratory, liver, sleep.
- Maitake (*Grifola frondosa*): immune response, blood sugar, prostate, breast, stomach, liver.
- Lion's Mane (*Hericium erinaceus*): brain function, brain tissue, nerves, synapses, gastrointestinal function, memory.
- Turkey Tail (*Trametes versicolor*): immune response, liver, prostate, breast, lung, kidney.
- Chaga (*Inonotus obliquus*): immune response, stomach, liver, skin, intestines,



FRANCES MARION PLATT

An array of mushrooms were found on the Catskill Fungi mushroom walk.

Find your **NEW** career

A & T
HEALTHCARE

**Licensed Home Care Agency
is looking for Director of Patient Services
& Nursing Supervisor
PCA TRAINING CLASSES AVAILABLE**

Call now to make an appt for an interview.

Also hiring RN's, LPN's, PT, OT and
ST, HHAs/PCAs for homecare cases.

Open shifts in Ulster, Dutchess, Putnam, Orange,
Rockland, Greene & Sullivan Counties

Long hours are available in all areas including
Kingston/Woodstock/Saugerties/Catskill/Ellenville areas
All shifts available • Flexible Hours • Come Join our Family

845-331-7868

digestion, detoxification.

Of course, the guidance that Catskill Fungi provides regarding which extract to take for what health goal must be qualified with a disclaimer: "These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease and is for educational purposes only."

That's despite the fact that many of these remedies have traditional uses in herbal

Medical Marijuana Certification and Consulting

Gene Epstein, FNP

Home Visits & Sliding Scale Available

Now Approved for
PTSD & Chronic Pain

Telemedicine Available

For Information
& Appointment Call:

845-430-4239



DO YOU KNOW THE BEST WAY TO MITIGATE TOXINS FROM AIRBORNE POLLUTANTS AND WILDFIRE TOXINS?

The answer is by mitigating the exposure to toxins inside and outside of the body! Support your body's natural protection systems with



ProImmune®

A Glutathione Precursor All Natural To The Body

Nutrition For Optimal Immune Support

Discovered By Dr. Albert B. Crum, M.D., DSc (Hon), M.S. and
Harvard Medical School Graduate

University Researched Under An \$88M NIH Research Grant To
Be More Bioavailable Than N-Acetylcysteine (NAC)

Also Researched By the NIH for Helping With Healthy Nrf2 Gene
Cellular Signaling And Inflammation Responses.

www.TheBestImmuneSupport.com

Available at: **Sunflower Market Rhinebeck & Woodstock
& Williams Lumber Rhinebeck**



THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Soak in the healing power of nature. Escape the city
and enjoy life in a mountain oasis just two hours from
New York City. Create Your Own Getaway.

FOREST BATHING • HIKING • MEDITATION • SOUND BATHS
PRIVATE YOGA • BONFIRE • DEWA SPA • FARM TO TABLE MENU

WWW.MENLA.US | 845.688.6897

SPONSORED BY TIBET HOUSE US, THE DALAI LAMA'S TIBETAN CULTURAL CENTER IN AMERICA



FRANCES MARION PLATT

medicine going back many centuries. Said Michelotti, “I can’t say ‘antiviral,’ even though some of them have that effect.”

Most of the clinical studies of these mushroom extracts to date have been carried out in Asia, and don’t necessarily conform to Western medicine’s expectations regarding sample size, double-blind testing, use of placebos, and so on. They

also tend to be holistic, rather than isolating a single active ingredient. “These are often potent compounds. You can’t patent the mushroom, so there’s no incentive for pharmaceutical companies to fund studies,” Michelotti noted.

He himself is a fan of the scientific method. “I haven’t gone a lot by what’s ‘traditional.’ I go by the book,” he said. “I

went through all the scientific studies; then I combined them in these triple extracts.”

His book of choice for the layperson is *The Fungal Pharmacy: The Complete Guide to Medicinal Mushrooms and Lichens of North America* (2011) by Robert Rogers. He also finds the Memorial Sloan Kettering Cancer Center’s database on herbal supplements to be a useful resource (www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs). Much of what he recommends to customers is shaped by the experiential feedback he gets from users of the mushroom extracts, he added.

There are hopeful signs that medicinal uses of mushrooms will soon be better documented. Lion’s mane, for instance, has shown promise in recent studies as promoting regrowth of nerves and possibly even deterring Alzheimer’s disease.

The psychotherapeutic uses of psilocybin — hallucinogenic “magic mushrooms” — are also now being studied again, after half a century of total prohibition since the Nixon administration. Federally approved testing is now in progress at several major university medical centers for the first time since Timothy Leary’s intriguing studies in the 1950s and 1960s of the use of psilocybin to alleviate depression and help people overcome addictions.

Since 1970, psilocybin has been classified as a Schedule I drug, defined as having “a significant potential for abuse and dependence” and “no recognized medicinal value.” In 2019 the U.S. Food and Drug Administration granted psilocybin “breakthrough therapy” status, which expedites the assessment of promising drug therapies for potential approval.

Research funding is beginning to flow. Besides recent studies already showing that it has long-term positive effects for depression, it also may be effective in treating obsessive/compulsive disorder, post-traumatic stress disorder, alcoholism and cluster headaches.

Taking a mushroom walk with Catskill Fungi won’t teach you how to find, process and use “magic mushrooms.” But it will certainly serve as an inviting gateway to the broader and deeper magic of the mushroom world. To learn more, or to find out where you can purchase mushroom extracts, visit <https://catskillfungi.com>. To get involved as a citizen scientist with the Fungal Diversity Survey, visit <https://fundis.org/protect/northeast>.

A *dedicated* local bank that supports & celebrates *You.*

Founded over 152 years ago by hard-working people desiring a strong, local financial institution, our commitment to help the community achieve its financial goals has never been stronger. We provide the technology and capabilities you would expect from a larger bank, with the personalized service focused on helping **YOU** achieve your goals.



- ✓ **Personal Checking**
- ✓ **24/7 Digital Banking**
- ✓ **Online Banking & FREE Bill Pay**
- ✓ **Savings and Money Markets**
- ✓ **CD, IRA, & HSA**
- ✓ **Debit Card Rewards Program**
- ✓ **Zelle®**
- ✓ **Credit Monitoring**
- ✓ **And More!**

Stop in, give us a call, or visit
SawyerSavings.Bank/personal-banking
to see how we can help **YOU!**

**SAWYER
SAVINGS**
Experience Worth Banking On
Since 1871

888.772.1871 | SawyerSavings.Bank/Personal-Banking
OFFICES IN SAUGERTIES, MARLBORO, HIGHLAND & NEW PALTZ

87 Market Street, Saugerties, New York 12477

Member
FDIC



THE SCHOOL OF PRACTICAL PHILOSOPHY & MEDITATION



PHILOSOPHY WORKS: INTRODUCTORY COURSE

Jobs come and go, physical beauty fades, markets rise and fall. Even close relationships can end. But the benefits of philosophy last a lifetime.

Through lively conversation, practice, and observation, each week we will examine topics such as: inner wisdom, waking up, power of attention, self-knowledge, and beauty.

Discover for yourself how
Philosophy Works.

Fall term begins September 11, 2023
in-person and online.



philosophyworks.org/dm/ 845-895-9912

GIFT OF HAPPINESS

Hamlet of Walkill
The School of Practical Philosophy - Borden Estate
846 Borden Circle | Walkill, NY 12589
Every Monday from 7pm to 8:45pm.
A 10-week course with a \$10 registration fee.
Classes are also offered online.



REGISTER



From the ground up

Community Compost Company makes composting easy

By Susan DeMark

UP TO 40 percent of the food we grow in the United States is wasted. Eileen Banyra and many others cite this important and dismaying statistic.

Banyra has been making a measurable difference in changing this statistic through her Hudson Valley-based business, Community Compost Company. Feeling that her career in environmental and city planning — one of purpose but requiring way too many meetings — had run its course, Banyra asked herself what the next thing would be. After much exploring, she decided she wanted to focus on what she felt was a calling, and founded Community Compost Company.

The business that Banyra started in 2013 and has nurtured ever since is marking its tenth anniversary, and is poised for the next steps of its growth. Community Compost, located locally on Route 209 in Kerhonkson, generated \$600,000 in revenue last year. It has assembled a small team of full- and part-time community



PHOTOS BY SUSAN DEMARK

Molly Lindsay shows a handful of the compost that is ready to sell.

NEW CLASS! at Dance and Theater Arts

7270 S Broadway, Red Hook
Classes online and in person at SCORE DANCE 59 O'Neil Street, Kingston NY
Private Lessons available • Call or text 8452826723 or email: movitadance@gmail.com

Create Space from Head to Toe while Lying on the Floor

ZENA ROMMETT FLOOR-BARRE™ TECHNIQUE CLASSES

About Zena Rommett Floor-Barre™ Technique:

Floor-Barre™ is world respected in the field of dance and Physical Therapy. Based on ballet, this gentle yet effective therapeutic technique improves balance and posture, helps correct body alignment, strengthen your core and lengthen and tone your muscles. The work is recommended by notable medical practitioners for dancers and non dancers, and for the injured and elderly for rehabilitation.

Contact: Andrea Pastorella, Dancer/Choreographer and Certified Trainer of The Zena Rommett Floor-Barre™ Technique



composters.

According to its website, the company has composted more than 6.3 million pounds of food scraps.

From table to farm

Community Compost's core premises remain simple: Make composting easy and accessible to everyone, from residents to businesses and institutions to communities. Divert food waste from landfills. Process the food scraps into high-quality compost. Return this compost to the soil through varied products.

Compost restores nutrients to soil, enhances its health and structure, and fosters healthier plants. Soil that is healthier aids human health and the planet.

Composting food scraps benefits the climate significantly: Organic waste decomposing in landfills generates green-



Healthy Living Just Got EASIER.

Come visit us and our Exclusively Organic
Produce Dept, Organic Juice and
Smoothie Bar, Cafe and so much more.



motherearthstorehouse.com

300 Kings Mall Ct
KINGSTON
336-5541

249 Main St
SAUGERTIES
246-9614



MOUNTAIN VALLEY MANOR

"In our home, you are on your own but never alone."

NYS Dept. of Health Licensed Adult Care Home

**Full Medical Coordination
Unmatched Recreational Activities**

— Featuring —
Interactive Music & Dance Class
Therapeutic Music Circles • Tai Chi
Senior Yoga • Strength & Balance Class

Owned & operated locally by the DePoala & McNaughton Families

845.331.1254

mountainvalleymanor.com

All-Inclusive Living
No Fees, No Deposits, No Worries



**Voted Best
Assisted Living in
the Hudson Valley**

*Nestled on nine acres in a
country setting at
397 Wilbur Avenue,
Kingston, NY*

**Please call to inquire about
our Senior Day Care Program**



Above, Eileen Banyra, founder and CEO of the Community Compost Company; below, the company uses hundreds of thousands of worms in this bin to process organic food matter into a high-nutrient vermicompost product, Worm Castings.

house gas methane, which is 25 times as potent as carbon dioxide in trapping heat in the Earth's atmosphere, according to the Environmental Protection Agency.

Banyra sees her company's mission as bringing a systems approach that restores the table-to-farm portion of the cycle that begins with farm-to-table.

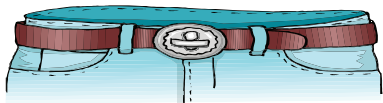
The company makes several compost products through a separate division it established in 2016, Hudson Soil Co., which sells finished compost and related offerings in bags and bulk. Worm Castings, a nutrient-packed soil amendment with beneficial microbes pro-



duced through a separate vermicompost (worm composting) ecosystem setup at its facility, is one of these related offerings.

Retail outlets for Hudson Soil Co.'s items include Wallkill View Farm, Hudson Valley Seed Company, Catskill Native Nursery, and 16 Whole Foods locations in the Hudson Valley, New York City, and New Jersey.

Community Compost Company's operations stretch from North Jersey to the Hudson Valley. The endeavor began at farmers' markets with buckets for composting. Banyra first concentrated in Hoboken and Jersey City, two municipalities

Men, Hit Below the Belt?

Every First Tuesday
of the month at 4:30 PM

Prostate Cancer 101

Convenes at
Hurley Reformed Church,
Hurley

*Meet with our survivor
support group*

**Be educated and
encouraged**

Discuss your options

Make an informed decision



www.prostatecancer101.org

Call: (845) 331-7241



New Paltz has been our home for over 50 years.
YOUR HEALTH HAS ALWAYS BEEN OUR PRIORITY.
We take that seriously.



**Want to Simplify Your Life?
Ask us about PakMyMeds.**

- Responsive, Knowledgeable, Friendly Pharmacists.
- Prescriptions Filled Quickly, Online or In-store.

dedrickspharmacy.com

Mon-Fri 8:30-6:00 | Sat 8:30-5:00 | Sun 8:00-1:00

190 Main Street, New Paltz | 845-255-0310

PHARMACY OPEN 7 DAYS



Hudson Valley Hospice

NOW TRAINING & HIRING
HOME HEALTH AIDES

FREE

NYS APPROVED HHA TRAINING



Jumpstart Your Career!

LEARN MORE AT:

hvospice.org/careers

education@hvospice.org

she sensed would be receptive to composting.

The company now has varied ways for food-scrap collection. There are pick-up services with various subscription plans for residences, businesses, and institutions. There are subscription-based drop-off spots in community locations like Kingston and municipal drop-off collections such as in Saugerties, Marbletown, Union City, N.J., Hoboken, and Jersey City. The company's trucks run five days a week, transporting food scraps to the compost-processing facility in Kerhonkson.

From pile to pile

An examination of the composting operation on the 1.5-acre site, with director of operations Molly Lindsay explaining the process, is illuminating.

The company uses the aerated static pile (ASP) method of composting. One can follow this process in an evolving number of piles taking up the space of about half a football field, alongside specialized equipment. Each step (and pile) helps turn food scraps into fine nutrient-rich compost that feels almost silky to the touch.

It all starts with an initial pile. The company's composters make a new pile of food scraps once a week. Food scraps are combined with organic materials such as wood chips, leaves, and horse manure. The company uses high-quality organic materials. Its compost is certified for organic use by the Northeast Organic Farming Association of New York.

As Lindsay notes, there are many ways to compost. The compost is going to gardeners, nurseries, garden centers, other retail outlets, and farms. "Farmers depend upon this quality in their livelihoods," says Lindsay, who has been with the company since 2014.

The next step involves moving the mixed organic materials to an aerated static pile. This process places the mixture on aerated pipes, a system that delivers oxygen that aids in decomposition. This mixture goes on the aerated pipes for approximately 30 days. During the hot-composting phase, compost piles can get as high as 150 degrees Fahrenheit. The temperature typically runs between 130 and 140 degrees, which kill off potential pathogens.

The pile that has been on the aerated pipes is then moved to another area for the remainder of compost processing, which involves sifting the cured mixture, measuring its temperature over the sub-



Molly Lindsay, director of operations, shows a bag of the certified-organic compost sold by Hudson Soil Co., a company division.

sequent days, and turning the material based on the temperature.

The entire composting process takes from seven to ten months, according to Banyra.

It's all about the Earth

The lack of attention to what happens to food scraps, Banyra says, is a consequence of a society where many people are detached from the outdoors. She believes

that educating people about the value of diverting food waste into composting is vital. In essence, it's food recycling. Her company focuses significant efforts on educating the public and seeking to make composting accessible and affordable.

Banyra has been interested in gardening and soil since she was an eight-year-old child reading *Organic Gardening* magazine. Her health-oriented mother never bought white bread, and eschewed store-

LYF

BOUTIQUE GYM AND SHOP
316 WARREN ST. HUDSON NY

-ONE-ON-ONE PRIVATE TRAINING
-SPORTS MEDICINE SPECIALIST
-SEMI-PRIVATE TRAINING
-AT-HOME WORKOUTS
-NUTRITION PLANS
-FITNESS CLOTHING
-ATHLEISUREWEAR
-SKINCARE AND WELLNESS
PRODUCTS.

WWW.LYFFIT.COM

Steve Heller's

FABULOUS FURNITURE

**Live edge
furniture.**

Robots.

Space age art.

Car creations.

Open Wednesday
thru Sunday. And
sometimes Monday!

(845) 750 3035

Rt 28 Boiceville NY

(845) 750 3035

fabulousfurnitureon28.com

ROBERT BLOOMER

FREE ESTIMATE/FULLY INSURED



- TAKE DOWNS
- CHIPPING
- TOPPING
- CLEARING
- SCENIC VIEWS
- CABLING
- STORM DAMAGES

TREE REMOVAL & STUMP GRINDING LLC
"WE WILL NOT BE UNDER BID"

**We are also offering Asphalt Seal Coating
for Driveways and Parking Lots.**

845-679-7949

Serving the Hudson Valley

Cell: 914-388-0501

robert.bloomer@yahoo.com

stone wave
the collective



NEW

STAY WITH US!
STUDIO APARTMENT
INCLUDES YOGA
AND VIEWS!

Yoga Classes
Yoga Retreats
Teacher Trainings
Weekend Events
Customized Experiences

Hudson Valley Yoga Experience
80 Miles North of Manhattan



stonewaveyoga.com

845-419-5219

bought cookies, opting instead to bake homemade versions.

When casting about for a new direction, Banyra did not immediately hit upon the composting business. It took a while. A drawing workshop brought her clarity. "It was all about the Earth," Banyra found.

As she launched the business, she did research and examined what companies such as Compost Cab and Bootstrap Compost were doing.

Why is soil so crucial? For Banyra, decades of environmental work, awareness, and a keen passion built her knowledge and understanding of its importance. Intensive industrial-level farming – for example, the use of synthetic fertilizers – has prompted an increasingly severe depletion of soil nutrients. Amending soil with compost promotes the growth of beneficial organisms in soil. It also helps soil retain moisture levels.



Eileen Banyra said she felt a calling to restore the health of soil.

likely to thrive with support and guidance from others. In Banyra's case, after a couple of years of getting her business rolling, she had ended up with a sprawling, somewhat unwieldy business. She found support, grounding, and guidance from the Global Center for Social Entrepreneurship Network (GCSN). Banyra has had support from GCSN and its founder and CEO, Mike Caslin, as she has developed and grown the business over the past seven years. GCSN featured Banyra and Community Compost in a blog post earlier this year, detailing its positive results and future objectives.

As Community Compost Company marks its tenth anniversary, Banyra is seeking to scale up the business. To do

Bigger things ahead

Just as new plants benefit from healthy soil, new entrepreneurs are much more

more, her business needs a larger site. Banyra envisions establishing a compost hub and "spoke micro-composting centers" in the region that Community Compost serves. Currently, the company's trucks travel to Ulster County from North Jersey. For a more climate-friendly, efficient operation, she wants to reduce the trucking distances.

These are promising times that demand bigger things, in Banyra's view. She and her team are poised to scale up to take advantage of new composting laws in New York and New Jersey. The climate crisis has become even more urgent than when she conceived Community Compost Company. For Banyra and her company, the response remains to have a positive impact on climate change by diverting food scraps from landfills and by converting organic waste into compost to help restore the Earth's soils from the ground up.

HARMAN™ BUILT TO A STANDARD, NOT A PRICE Featuring Smart Operation Easy Touch Controls — with scheduling, cleaning prompts & gauges. Visit www.harmanstoves.com or Gem Woodstove Company for CURRENT OFFERS!		Pellet and charcoal grills, grill accessories, BBQ pellets, charcoal, wood and gas firepits	Accentra 52i Insert "The best selling insert just got hotter!" Heat up to 2600 SF, features automatic ignition & temperature control!	
Absolute 43 Heat up to 2400 SF Quiet, compact & powerful; dual fans	Absolute 63 Industry leading heat & control, heat up to 3400 SF	P43 Most compact, powerful P-Series pellet stove	P68 One of the most efficient stoves on the market!	Allure 50 Stylish, powerful & quiet 92 lb. hopper!
FINANCING AVAILABLE TO QUALIFIED CUSTOMERS ASK FOR DETAILS				
GEM STOVE AND FIREPLACE CO. WOOD • PELLET & GAS STOVES • FIREPLACES • SUPPLIES & ACCESSORIES 7987 Rt. 32 North • Cairo NY 518-622-3862 Hours: Tuesday - Saturday 9-5 • other times by appointment www.gemstoveandfireplace.com				
Come see our new displays of stoves, inserts & fireplaces				



KAREN HARDING

INSURANCE



SENIOR ADVOCATE

Your source for honest, simplified Medicare information

Your guide to getting started with Medicare

Your Expert on Prescription Savings

FREE consultation and plan reviews

☎ 845-419-1984

✉ KHardingInsurance@gmail.com

🌐 medicarekaren.com

JFS of ULSTER COUNTY



Helping You with the Challenges of Aging

(845) 338-2980

www.jfsulster.org

jfs.ulster@gmail.com

☐ Providing Caring Licensed Clinical Social Workers to Seniors & Families Coping with the Challenges of Aging Since 2000

☐ At-Home Counseling Program for Those with Mobility Issues or, by Appointment, at our Kingston Office

☐ Medicare & Most Insurances Accepted

☐ Free Caregiver Support & Bereavement Groups Available for Family Members; Sponsored by UC Office for the Aging

**CALL (845) 338-2980
FOR MORE INFORMATION**

SAUGERTIES SENIOR HOUSING

*Subsidized Housing
for Low Income
Senior Citizens*

WAITING LIST

SECURE LIVING

Call or write for an application at the information below



155 MAIN STREET • SAUGERTIES, NY 12477

845-247-0612

alzheimer's association®

Hudson Valley Chapter

Offering educational and support services for families living with dementia while seeking a cure.

24/7 Helpline: 800.272.3900
alz.org/hudsonvalley

BECOME A FOSTER LOVE FOSTER PARENT



www.fostercare.com



KidsPeace®

MAIN-Care ENERGY

**100% Employee-Owned & Operated
Trusted Since 1930**

**Offering Capped Price Protection:
Like Having "Inflation Insurance"**

**NOW is the time to upgrade your
heating oil & propane supplier!**

- Prepay & Budget Plans
- Guaranteed Supply
- Reliable Delivery
- Expert Service
- Open 24/7/365
- No Hidden Fees



**Stop Paying These Costly Hidden Fees,
Call Us Today & Discover the Difference!**



~~Administrative Fees~~

~~Minimum Use Fees~~

~~Environmental Fees~~

~~Delivery Fees~~

~~Tank Rental Fees~~

~~Termination Fees~~

We NEVER nickel & dime you or lock you into a long-term contract!

1-800-590-5864 MainCareEnergy.com



ALEXA ROSALES

Body Liberation Outdoor & Hiking Club at Little Stony Point.

It's nature's therapy

Three hikers learn about themselves

by Cloey Callahan

HIKING THE HUDSON Valley is curing mental and physical struggles. People find solace in nature. It's a place where you can clear your mind, get fresh air, and connect with the earth.

The Hudson Valley offers some of the best spots to spend time outdoors, in particular hiking trails that provide a balance of a challenge and beautiful views that end in a sense of accomplishment. It's nature's therapy. Whether it's tackling a rugged mountain like Mount Beacon or a stroll through the woods at Madam Brett Park, the terrain leaves you feeling

invigorated both mentally and physically.

For Carlos Gonzalez, the stakes were a little higher. Since 2021, he's been battling liver cancer.

He grew up spending most of his time outdoors: "Back then, our toys were our surroundings. That was our playground."

Later in life, that translated into heading outdoors with his camera to dive into his interest of seeing ruins.

"When I'm hiking, I kind of envision what went on here hundreds of years before," said Gonzalez.

That was before his diagnosis. He never stopped hiking, but those thoughts while out in the woods have changed.

"Every time I left wherever I was, I left there feeling better, and like there was

hope," said Gonzalez. "I didn't want to just pack it in. It was difficult at times. The side effects from the drugs and the chemo kind of cramped my style a little bit. But I work

with those issues and continue to get out there. My doctors told me that I was able to withstand the treatments better than others because I was strong."

.....
**"I didn't want
 to just pack it in."
 — Carlos Gonzalez**

It's clear there was a physical benefit to his hiking, even if it turned into more of just a stroll on his weaker days. But what really paid off were the mental-health benefits.

"Navigating the cancer and the treatments was kind of like navigating a trail," said Gonzalez. "There's obstacles you have to get around, but you have to do it. You can't just say 'I quit' because, like

if you're on a trail, you're in the middle of the woods. You have to get over that cliff, that fallen tree, if you want the view."

When he's hiking, his mind is solely focused on that task, and for that time

Woodstock Office. National Reputation.



Joseph W. Belluck

If you have been injured, contact your hometown lawyer: Joe Belluck.

He specializes in car, truck and motorcycle crashes, construction accidents, slip and fall cases, work injuries, asbestos cancers like mesothelioma, medical malpractice and dangerous products.

Joe will meet with you for free in your home or at his Woodstock office. He guarantees personalized representation from a local lawyer with a national reputation. He can help you recover money for medical bills, lost wages and other damages.

Call Joe Now For Your Free Consultation

\$1 Billion

Recovered
for our
clients

\$32 Million

Recovered for
construction worker
exposed to asbestos

\$7 Million

Recovered
for truck
accident victim

BELLUCK & FOX LLP

855-5-CALLJOE (855-522-5556) www.belluckfox.com

Woodstock | New York City | Albany



FILE PHOTO

Hiking allows one to get into nature and out of your own head.

the focus isn't having cancer or what that struggle is like. It's all about his next

summit.

There are one or two of his friends by his side to enjoy it with. While he isn't sure he will get back to his same hiking ability from pre-diagnosis, he still challenges

himself more than most.

His next scheduled hike is a 6 a.m. start at Breakneck Mountain in Cold Spring, mostly to beat the crowd. A little further south on the same side of the Hudson

"Dental Care With Pride"

Alan DeRosa, DDS, PLLC

Orthodontics • Cosmetic Dentistry
Periodontal Treatment • Nitrous Oxide

Senior Citizen Discounts

Endodontics (Root Canal)

Crowns, Bridges &

Implant Restorations

NEW PATIENTS WELCOMED

HOURS

Monday thru Thursday 8:30-5:30
and Fridays by appointment
only once a month

CHILD ORIENTED PRACTICE



845-246-9566

www.drderosa.com

Route 9W

Barclay Heights

Saugerties, NY 12477

**VOTED
BEST
DENTIST**

Healthy **pets**

KD Petwatch

house sitting | pet watching | dog walking

email kdpetwatch@gmail.com



River is Anthony's Nose, which he's done more than five times. They're fan favorites, attracting tourists from New York City who come up on the Metro North Hudson train line.

When he's trying to get a little further away from that, he enjoys the six-mile-plus Gertrude's Nose hike in the Shawangunk Mountains in Ulster County on a weekday.

Similarly to Gonzalez, Beacon resident

**"We are creating community and support."
— Alexa Rosales**

Stacy Dedring enjoys hiking because it gives her an opportunity to put her focus on something that she is ultimately benefiting from. She started really hiking when she began her sobriety journey almost three years ago. Since then, she's

summitted 55 mountains in the last two years across the Hudson Valley, the Catskills and the Adirondacks.

She started hiking as a means to just get into nature and out of her own head. It

also gave her a challenge: "I was putting myself in situations where I had to rely on myself to get through it."

She hikes solo, which means it's up to her to navigate the trail in a safe way. It leaves



FREE RABIES VACCINATION CLINIC

Bring your animal's last rabies certificate

Dogs must be on a leash

Cats and ferrets must be in a carrier

Drive-thru event

**Friday, September 22
11 am to 1 pm**

Ulster SPCA

20 Wiedy Road

Kingston NY 12401

No appointment necessary



Ulster County Department of Health

Opt to Adopt!

We have the perfect pet for you!

Looking to adopt a dog or cat?

Thinking about volunteering your time or making a donation to help us care for over 200 animals waiting for homes right now?

Come visit us Tuesday - Saturday noon - 4pm.

**Visit our Adoption Center
at PetSmart in Kingston**



P.O. Box 88
46610 State Hwy 10, Delhi, NY
(607) 746-3080
info@heartofthecatskills.org

**Visit our
Gifts from the Heart Store,
located on the shelter grounds.**

Voted Best Holistic Veterinary Hospital



EARTH ANGELS

VETERINARY HOSPITAL

Where East meets West with Compassionate Care

A locally owned and operated Veterinary Facility



Some of our services include...

Laser Therapy • Thermographic Imaging
Acupuncture with Annie Viano • Cryo-Surgery
Alternative Cancer Therapies • Pain Center
Surgery & Dentistry • Pet Boarding
All-Natural Flea/Tick Prevention



845-227-PAWS • earthangelsvet.com

44 Saint Nicholas Rd, Wappingers Falls, NY



FILE PHOTO

Overlook Fire Tower, one of the towers on the NYS Fire Tower challenge.



ALEXA ROSALES

The Club at the Pitching Point Loop in Cornwall.

no room to think about anything else.

“It’s hard to stress and be anxious while I’m physically challenging myself,” said Dedring. “If I’m hiking, climbing, usually I’m so focused at the task at hand that it frees my mind up a little bit.”

When she started her sobriety journey, she found herself with new energy and more time to use in new ways. Her evenings became the time that she would plan her hikes, sitting down with maps, books and AllTrails.

She started with just doing the New York State Fire Tower Challenge, which encourages experienced hikers to visit the 23 fire-tower mountains in the state, including the ones on Overlook Mountain and Tremper Mountain in the Catskills.

“It was a way for me to look at different areas of New York, travel to them, read about the history of the places, and plan the hikes,” said Dedring. “It gave me a goal. It would take up my weekends. I felt so good when I was done. I had accomplished something, summated something, taken pictures — and serotonin and dopamine from exercising. I caught the bug at that point.”

It continued on from there. She’s been

The Culinariums Home



A Not-for-Profit Adult Home

Welcome to all Senior Citizens

PRIVATE ROOMS

\$1,850 - \$2,250 PER MONTH

- 24 Hour Personal Care Services
- Medication Assistance
- Dietary Services
- Housekeeping Services
- Social & Recreational Services

*Licensed and Inspected by
the New York State
Department of Health*

**71 Old Tschirky Road
New Paltz, NY 12561**

For More Information or a Tour
Call 845-255-7010 9am to 3pm, Monday-Friday
or visit us at www.CulinariumsHome.com

DO YOU SUFFER FROM FOOT, HEEL OR ANKLE PAIN?

Ask us about
**Radial
Shockwave
Therapy**

and how it can help you!

*Quick 5 minute treatments
No injections required • No down time*

**HV HUDSON VALLEY
FA FOOT ASSOCIATES**

Kingston 845.339.4191	New Windsor 845.561.1255
Wappingers Falls 845.297.4055	Red Hook 1.877.339.HVFA
Hudson 1.877.339.HVFA	Coxsackie 518.731.5444

miron
wine & spirits

*Purveyors of Fine Wine
& Spirits Since 1960*



RED WINE BENEFITS

COMBATS SKIN DAMAGE

IMPROVES SKIN TONE

AIDS WEIGHT LOSS

IS A GOOD FACE SCRUB

BOOSTS HEALTH

**WINE TASTINGS Fri. 4 -7pm & Sat. 1-4 pm
EVERYDAY IS SENIOR DISCOUNT DAY!**

Curbside and Delivery Available (Contact Store for Details)

Unbeatable Selection at Everyday Low Prices

845-336-5155 Open Mon-Sat 9am-9pm Sun 12-6pm
15 Boices Lane in the Office Depot Plaza, Kingston, NY

Go Titan

for All Your Water Needs

DON'T PUT UP WITH DIRTY, SMELLY WATER!

**We will solve any /all of your water issues -
from bacteria to clay and everything in between.**

From well drilling to water testing, we meet every need.

TITAN
*Drilling
Corp.*

Contact us for dependable drilling
contractors who ensure your water
systems are operating as they should.

**1-800-GO-TITAN
1-845-586-4000**

264 Co. Hwy. 38, Arkville, NY 12406 | www.titanwelldrillingny.com



Find us on Facebook



working her way through the Adirondacks and

the Catskills, going to whatever hikes catch her eye. “It’s given me the time and space to just get out and breathe,” explained Dedring.

When she’s not looking to travel as far, she spends a couple of hours hiking in the local area, her favorite being Lambs Hill in Beacon, which is reachable by climbing the Overlook trail from the Fishkill Ridge trailhead. For someone looking to travel a bit further, she recommends Bear Den Mountain in Lake Placid, which offers views of Whiteface Mountain.

Dedring continues her hiking journey by going up to the Adirondacks at least once year-round for three or four hikes over a long weekend.

“Connection to nature is a huge part for us all to keep our mental health where it needs to be,” said Dedring.

Alexa Rosales would agree with that statement. She’s been hiking in the area for years. Back in May 2021 she created the Body Liberation Hiking Club, where people in big or marginalized bodies are welcomed to do a group hike three to four times a month, depending on the season.

“It was an area in my life that I really was seeking for a very long time,” said Rosales. “I was seeking solidarity and living in a bigger body and wanting to do fun and adventurous outdoor recreation. That was something I had not seen pretty



FILE PHOTO

The Hudson Valley offers some of the best views.

much my entire life.”

She created the group so that people with similar experiences could come together and turn off the voices of diet culture and the emotional distress that can cause.

“Being outside we could turn off those negative voices that we talk to ourselves with or the voices from the outside world that tell us what we should do,” said Rosales. “It’s taking all of that away and using outdoor recreation as a joyful movement without thinking about weight loss or changing ourselves.”

She likes to think of it as “talk therapy outdoors with people who all experience similar biases in the world.” Each

hike starts with the group circling up, introducing themselves, and setting an intention for the hike.

There’s one rule: no diet or weight loss talk. The intentions range anywhere from “today, I’m going to listen to my body” and “I want to connect with new people” to “I want to discover different textures of bark on trees” and “I want to find a new

bird species.”

“Throughout the hike, we keep our intentions in our mind,” said Rosales. “It’s not so much that we’re talking the entire time. It’s more of ‘Hey, I see you’ kind of thing. We really try to make connections with people.”

The group usually doesn’t repeat hikes, but they do have some favorites like the nearly-four-mile loop trail Arden Point and Glenclyffe in Garrison, which

has a little bit of everything, including a waterfall, abandoned homes and river views.

In Ulster County, the group frequents the Sam’s Point overlook to Ice Cave trail.

“It’s a magic experience,” said Rosales.

That’s just the Body Liberation Hiking Club’s Hudson Valley chapter. There are now over 25 chapters, and the club is looking to expand to biking and other outdoor recreation activities as well.

“We’re out there almost every weekend,” said Rosales. “We are creating community and support.”

TLK LLC Portable Toilet Rentals



Pine-scented
green • Rose-scented pink
Carmel • White
Blue • Gray
Red and blue
Handicap accessible

845-658-8766 • 845-417-6461
845-706-7197

TLKportables@gmail.com
tlkportables.com

Having an event?

Sporting Events • Concerts • Street
Festivals • Parks • Construction/
Building Sites • Public Areas

Weekends • Weekly • Monthly

WOODSTOCK TRAILS

NYS DEC Licensed Hiking Guide #5072

We build them,
we walk them.

**Dave
Holden**

845-594-4863

Like Woodstock Trails on Facebook
woodstocktrails@gmail.com • www.woodstocknytrails.com

Guided Hikes
Scenic Tours
Custom Trails



PAIN MANAGEMENT
FERTILITY + HORMONAL
SUPPORT
IMMUNITY BUILDING
MENTAL + EMOTIONAL HEALTH
& GENERAL HEALTH

WITH **ELEANOR LAWRENCE**
L.AC, MSTOM

LICENSED ACUPUNCTURIST &
BOARD-CERTIFIED HERBALIST.

ACUPUNCTURE
CHINESE HERBAL MEDICINE
MICRONEEDLING
FACIAL REJUVENATION ACUPUNCTURE
GUA SHA
CUPPING

© ALLUME.ACUPUNCTURE
ALLUMEACUPUNCTURE.COM



*relax
under
pressure*

CENTER FOR THERAPEUTIC MASSAGE

Massage is beneficial treatment for

Headaches • Back Pain
Sciatica • Muscle Tension

NYS Licensed Massage Therapists
Dale Montelione Grust, LMT Director
96 Plains Road • New Paltz, NY

Call or Schedule Online
845-255-2188
www.massagenewpaltz.com

KIWANIS ICE ARENA

Open 7 days a week with various times for public skating

Public Open Skating Admissions

\$6 for Adults, \$4 for Children 6-18, Children 5 & Under are Free.

Public Drop In Hockey/Sticks & Pucks \$8 for Adults, \$6 for Children

Skate Rentals - \$3 a pair. Hockey and Figure Skates available.

Skate Sharpening - \$5 a pair

Visit our website for the skate times
for every public session

BIRTHDAY PARTIES • PRO SHOP

845-247-2590 | kiwanisicearena.com | 6 Small World Ave, Saugerties

DISPOSABLE NEEDLES USED • STERILE EQUIPMENT



COMPUTERIZED PROCEDURE
FREE CONSULTATION

GIFT CERTIFICATES AVAILABLE

845.876.4878

**Ann Lombardozzi, C.P.E.
Michelle Lombardozzi-Strollo**

22 East Market Street, #201, Rhinebeck
www.anneselectrolysis.com

Permanent
Hair Removal

ANNE'S ELECTROLYSIS



Cornell Cooperative Extension

4-H HEALTHY LIVING

4-H empowers youth to be healthy – body & mind – with skills to make healthy decisions and lead healthy lifestyles. Having confidence and skills to lead healthy lifestyles not only improves overall

well-being; it enables youth to tackle life's challenges today and become leaders in their lives, careers and communities as they grow into responsible adulthood.

Come learn what 4-H has to offer at our annual **Fall Fun Fest** on Saturday, October 7th at the Ulster County Fairgrounds in New Paltz! Visit Ulster.CCE.Cornell.edu for more details.

Agriculture • Environment
Healthy Communities • 4-H

Ulster@Cornell.edu | (845) 340-3990



**CCE
ULSTER**

A solid foundation

Baby-bed-and-breakfast helps families deal with postpartum stresses

by Abigail Gierke

TWO DAYS AFTER giving birth to their daughter on July 3, Catherine Mersereau and Dave Altarescu found themselves situated in a small cottage west of Woodstock with their newborn, Mila, in the middle of the woods and away from their home and families. This wasn't an accident. It was part of a carefully thought out postpartum plan that Mersereau and her husband had been mulling over for about a year in preparation for the adventures into parenthood.

"Over the past year I had read a lot about birth and postpartum. In all the literature I was reading, I could sense that pregnancy and birthing were fairly straightforward. But I kept hearing that people were really falling down in the postpartum period," said Mersereau. "I was lucky that pregnancy was a joy. I wanted to figure out the postpartum experience."

They found what they were looking for on eight acres of forested land, a postpartum retreat also known as 'a baby-bed-and-breakfast,' owned and operated by Ashlie Yair of GreatFull Wellness.

Originating in countries like South Korea, the concept of postpartum retreats has given rise to a growing number of similar businesses in the United States.

GreatFull Wellness' postpartum retreat provides support to new mothers and families in the aftermath of childbirth. The postpartum retreat is Yair's most recent addition to her list of other birth, in-home postpartum care, and reproduc-



PHOTOS BY DION OGUST

Ashlie's Baby cabin comes complete with outdoor space including forest, pond and pool.

tive wellness offerings. Yair, a trained doula, lactation specialist, wellness coach, and mother of three, started her integrative wellness practice to help those who had fertility challenges or those looking for better reproductive health. She sees the retreat as a service to help mothers and families build a solid foundation of physical, emotional, and mental health from the moment of birth.

"This is an intensive process to learn about yourself, each other," said Yair. "You get to gain new skills and now tools for how to support yourself. It is a process where you are learning and growing as a human."

That is for you to deal with

According to the National Institute of Health, one in seven women in the United States can develop postpartum depression (PPD). Some health professionals believe

the numbers are much higher.

Until recently, the medical world in the United States has been slow to acknowledge the seriousness and long-term effects of postpartum mood disorders like postpartum depression. "People would be surprised to know that the effects of postpartum anxiety -- and what happens in those first 30 to 40 days following a birth -- influence multiple health markers for the rest of your adult life," said Yair.

There may be a subtle shift in the focus on PPD with the recent news of the U.S. Food and Drug Administration approving the first-ever treatment for postpartum depression. This comes as positive news in a country where rates of PPD and maternal mortality are higher in the U.S. than in other developed nations.

Though it's a step in the right direction for those suffering to have access to the necessary and immediate care of



Ashlie Yair of GreatFull Wellness.

pharmaceuticals, Yair acknowledges that there's work to be done in this country to provide a more holistic system of postpartum care.

"As with any mental-health challenge, we know that there are many factors that contribute to each person's mental health," Yair said. "Three that we can control are first, how resourced someone's body is in regard to vitamins, minerals, and general nutrition. If someone is depleted in certain areas, they are more likely to develop mental-health challenges.

"Secondly, how resourced or stressed someone is in their lives, meaning how much support or lack of it is existing for the demands of the current stage of their lives.

"Thirdly, sleep. Sleep or lack of is a huge factor in mental health.

"Unfortunately the reality of our current society is that these will not be addressed before or after pregnancy."

Overall postpartum care in the United States is considered far behind what's available in other countries. "Other countries and cultures have a normalized system of postpartum care," said Yair. "In the United States, we are all in our own bubble. 'You had a baby. This is for you to deal with. We'll bring you a casserole, but this is on you.' People who are birthing here in this county are depleted. They feel alone. The partner might not know how to best support them."

Sweet bonding time

Every stay starts with a prenatal meeting beginning with extensive intake forms long before the expected due date so Yair can tailor the stay to individual families. "We were able to visit the property and meet Ashlie to start developing a relationship," said Mersereau. "Ashlie immediately felt like someone I could be vulnerable with."

Most couples choose to stay five to seven days, according to Yair. The cottage can host up to four people and comes fully equipped with all the gear needed to care for a newborn and healing mother. Every meal is provided using nourishing ingredients for mother and partner. Yair sources her produce and meat from the farm next door, Zena Farmstead. Regular house chores like laundry are taken care of for the duration of the stay.

Additional services are available. A family can show up with nothing other than their adult clothing and they will have all they need," said Yair. A pop-up shop inside the cottage is supplied by the Beloved Birth and Baby Boutique in New Windsor. A pool and lounging area are available, and families are able to visit during a stay.

Rest is at the top of the list of priorities. If a family feels comfortable with it, Yair will take the baby for at least two hours a day so the parent(s) can get rest without hearing the baby's noises.

"Having a new baby can turn our world completely upside down," said Yair, "and it is challenging to find your way to the surface. The entirety of our lives comes into the birthing space and postpartum space with us, and this process can bring up things that have been long forgotten. It is challenging to navigate all of those emotions."

Mersereau and her husband live in Shandaken, and have family available to help out. It came as a surprise to both families when they decided to book a stay at the retreat.

"It is interesting that we chose to do this, but I'm really happy we did. When our families came to visit us, they understood why," said Mersereau. "As soon as we came home, life intruded. That week was truly restful and supportive, and we had some really sweet bonding time."

A stay at the retreat is \$550 a night. A minimum three-night stay at Boram in New York City is \$2300 a night.

Yair hopes to one day partner with investors to build a larger facility which will be able to provide a portion of in-house care on a sliding scale or at no cost. For now, Yair believes that this type of care is essential healthcare. "I was a person who would not have been able to afford to stay in my cottage, and I am conscious of that every day," she said. "I also believe, this is the type of care everyone deserves and it should exist for whoever can afford it now with the goal of it one day developing into something that will be accessible to a broader socioeconomic group."

For those who can't swing a stay at the retreat, options like postpartum consultations, a Wednesday-night new parents group, and virtual contacts are available.

One month into parenthood, Mersereau knows she and her husband made the right choice for herself and also her family. They found it a softer landing than going home right away. "At this point, it's all just such a blur," she said. "So many people I know have had different postpartum experiences, and many wished they had known this was available."

For more information, visit the Greatfull Wellness website.

Help keep local journalism strong

Without independent local media, many stories might never be told.
hudsonvalleyone.com/support

GORDON
HUNTER MOUNTAIN
Realty



174 Hunter Drive #W-1
Hunter, NY 12442

2 Beds + Loft
2 Baths
Listing #147304
Offered at \$487,500



Ski On/Ski Off Condominium on Hunter Mountain

This wonderful condominium is ready for you to enjoy in time for winter season! Welcome to Hunter Highlands II, an exceptional condo association sited alongside of Hunter Mountain. Enjoy the convenience of trailside living in a highly sought after four-season vacation destination, Hunter Mountain--the epicenter of the beautiful Catskill Mountains! Here is a great opportunity to own a slope-side end unit condo with skiing just steps from your door! Hunter Highlands Unit #W-1 is a fully furnished 2 bedroom (plus sleeping loft)/2 full bathroom unit with a grand wood burning fireplace and spacious floorplan. This unit has been thoughtfully renovated to include all modern comforts! Step inside to the mud room with space for all your summer & winter sports gear. The guest bedroom and full bathroom are down the hallway allowing privacy for friends and family. Upstairs, you're greeted to a fully equipped kitchen with beautiful granite countertops, a large living room w/ wood burning fireplace (plus a spacious balcony with amazing ski trail views!). The primary bedroom has cathedral ceilings with an adjacent full bathroom. The utility & laundry room has a dedicated space and is nicely tucked out of sight. Lastly, a custom spiral staircase brings you to the 3rd level loft and jacuzzi room. This bonus area is perfect for a theater room or use as an additional sleeping space (3rd bedroom). This wonderful condo has many contemporary windows throughout offering a different scenic view from every direction. Southern & western exposure allows for plenty of natural sunlight and beautiful sunsets. This gorgeous property is fully furnished and move in ready. Excellent location less than a 2 minute walk from slopes! Just two hours from NYC. Perfect primary or co-primary residence. Or use as an income property with reliable rental history and positive cash flow! Your vacation residence awaits.

BRIDGET LEACH
REAL ESTATE SALESPERSON

C: 518.947.8022
O: 512.589.9000
bridgetmleach@aol.com