



Hudson River View

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Postal Customer

Hannah Springer is the Oliver Weston Company - A Gluten-Free Organic Delivery Service for Health and Healing

By: Lisa Dudley

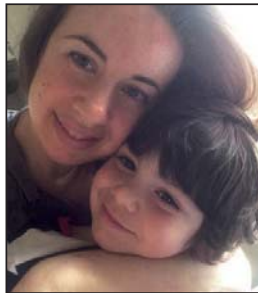
The Oliver Weston Company, located at 7466 South Broadway in Red Hook, is cooking and selling "obsessively organic" and locally sourced "nutrient-dense foods" that are beautiful to look at and delicious to eat.

Customers are raving about the results.

"I became severely ill for six years," says one enthusiastic customer. "None of the several doctors I'd seen could figure out why. After only a few weeks of eating your food my health took a dramatic turn for the better! I cannot thank you enough for giving me my life back."

If you think healthy tastes bad, consider this customer review: "I met Hannah [Springer] today and took home some turkey meatballs with quinoa and Paleo beef vegetable soup, which I promptly served for dinner. DELICIOUS!!!

If you care about your health and want to eat well, but simply do not have the time or skills to cook or properly prepare foods, do yourself a HUGE favor and stock



Hannah Springer & her son Weston Corvera
your freezer with products from The Oliver Weston Company."

Another reviewer on Facebook wrote, "[This is] amazing food. I love it. Healthy and made with such care for ingredients. Highly recommended. My go-to when I need a fast meal to feed my family and I don't feel like cooking."

Owned by Hannah Springer and Hugo Corvera, the Oliver Weston Company was created after Hannah gave birth to their first child, Oliver, via c-section.

Having expected a natural birth, Hannah was disappointed.

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ReStore: Great Bargains, Great Causes, Great Place

By: Hilary Hart

If you haven't been to Habitat for Humanity's Hudson ReStore lately, you may not realize it is a far cry from being just for builders, contractors and do-it-yourself-ers. This was the initial impression when it opened at 829 Route 66 in Hudson, NY 12534 (just off the intersection with Route 9H behind Village Dodge), where it still is today, because at the time it featured mostly overstock or gently used building materials and looked more like a lumber or hardware business... or an overcrowded storage facility! Not so any longer!! It is actually beautifully stocked, staffed and operated.



Hannah Benga, left, with Brenda Archer Adams

There have been two major physical expansions to the site since those humble beginnings to five thousand and then twelve thousand square feet, as well as capital campaigns which have allowed the revamping of many things, including all the lighting as well as the heating and cooling systems. For that matter, there are constantly on-going projects to improve the structure, content, and capabilities of the store, and newly presented materials and goods, so each visit occasions new and wonderful discoveries! ReStore carries quality merchandise ranging from antiques and other furniture to kitchen and bathroom cabinets, large appliances, doors, windows, lighting and housewares to basic hardware, tools and building supplies. All proceeds go toward Habitat's construction projects and all donations are tax deductible.

In addition to the bargains galore every day, and colored stickers denoting various discount percentages on virtually all furniture, there are also monthly "specials" and blow-out sales for quality merchandise that they get an unexpected overflow of at any certain time. There are also regular and always discounts for both veterans and senior citizens. In June the monthly specials were serve ware, art, mirrors and chairs, with an incredible blowout sale on bureaus. Specially featured in July will be all lighting, as well as bathroom sinks, tubs, toilets and medicine cabinets in the 30% off "Make A Splash" sale.

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Mike Mills Insurance - Celebrating a Grand Opening and Community Involvement

By: Amy Byrne

With a grand opening celebration on July 11, a demonstrated commitment to the local community, and personal service to every client, put Red Hook's Mike Mills Insurance on your calendar right now, for a smart summer hook-up.

Mike is passionate and interested both in his work, and the town where he grew up. He'll get out there and help build a playground, or sponsor a local charity race, as well as sponsor and coach area sports teams. He's even come up with some innovative wrinkles to boost synergies between his business and efforts to help local non-profits.

Mike and his wife Kathy both have ties to Astor Services for Children and Families, and that background has helped shape his outlook. After graduating from Red Hook High School and Dutchess Community College, Mike worked at Astor for more than a decade.

"I loved working with kids. I did crisis intervention for a number of years, until I became the supervisor of a unit of 5-8 year olds." But when Mike and Kathy, currently Clinical Director at Astor, started their



Mike Mills

own family, Mike needed more stability in terms of job hours. It was a tough decision at the time, but he changed fields and went to work for a State Farm Insurance agency in New Paltz.

Why State Farm? "I was a State Farm customer. And so, I knew it was a great company to be with, and they hire great people who care about their customers and their community."

Mike enjoyed his new work and dove into learning to combine personal service and leveraging knowledge, to provide great solutions for his clients. He

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Unlimited Care, Inc. Makes Home the Place for Long-term Nursing Care

By: Joe Doran

Looking for help at home due to a chronic medical condition, for yourself or a loved one? Hudson Valley residents are fortunate to have one of the nation's most experienced providers of in-home care, readily available. Unlimited Care, Inc., founded in White Plains in 1975, has branch offices in Hudson, Rhinebeck, Kingston, Newburgh, Middletown and Poughkeepsie.

Unlimited Care provides home health aides, personal care aides, as well as professional nurses. They establish a plan, and work with primary care physicians to make sure clients receive care that meets their individual needs and medical condition. All it takes to get started is a phone call to the nearest Unlimited Care branch office.

"Each patient has a plan of care that's overseen by a



Donna McNamara

registered nurse who follows physician orders," says Unlimited Care Vice President and COO Donna McNamara (MPA, RN). "Physicians are the patient's primary care physician."

Unlimited Care, Inc. also administers services under two NYS Medicaid Waiver programs: the Traumatic Brain Injury Medicaid Waiver Program, and the Nursing Home Transition Diversion Waiver Program for Medicaid eligible individuals. An Innovator for In-Home Care

These days, it's becoming clearer that home is not only where the heart is, it's where healthcare can be. "We provide service at home. Our mission is to provide people with the highest quality of healthcare," says Donna. "People want to be at home. They don't want to be institutionalized."

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The Reformed Dutch Church of Claverack 350 Years of Local History, Genealogy and Historic Cemetery

By: Lisa Dudley

Pastor Linda Miles leads the flock at the Reformed Dutch Church of Claverack which has been a vital center of the community for 350 years.

Located at 88 NY-9H on the right, north of where Rt. 23 turns into 9H, just past the Agway store, this congregation was founded in 1716.

The actual church edifice was built in 1767 when Stephen van Rensselaer deeded the current parcel and large rolling cemetery. Remodeling and additions were completed in 1879 and the building has been carefully maintained ever since.

This beautiful brick church is a goldmine for history buffs including Revolutionary War burial sites, areas of "beloved slave" gravestones attached to the "families they served" as well as parcels of unmarked plots. At one time, New York State had the highest concentration of slaves in the original 13 colonies. (Wikipedia). According to the book, Slavery and Freedom in the Mid-Hudson Valley by Michael E. Groth, thousands of African and African American slaves "played pivotal roles in the Hudson Valley economy" from the early 1600s to 1827 when slavery in NY was finally abolished.

"It's a very sad part of our history," says Pastor Linda. "There was not an awareness that all people are equal in the sight of God."

"We honor these slaves by maintaining their graves - as we



Pastor Linda Miles

maintain all the graves in our cemetery - equally. And we give thanks to them for their hard work and acknowledge their sacrifice. "We provide a meeting place for many community groups here at the Reformed Dutch Church of Claverack," she adds. "As a community center, we open our

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But they can't manage for long periods of time, without services. They can do it for a while, but not for long periods, without support. And that's what we provide."

Overall quality of care and quality of life are factors that are making in-home care the current trend. It's also more cost-effective for third-party payers to provide service to people in their homes, than in hospitals, nursing homes, or assisted living quarters, etc.

"We don't specialize in any one medical diagnosis. Our patients are long term, and most of them have many chronic conditions, like diabetes, hypertension, cardiac disease, cancer, or respiratory disease, and so on. So they come to us, and they're conditions are not short-term rehabilitative, like a Medicare Certified Home Health Agency provides.

"We contract with many certified home health agencies, managed care companies, managed long-term care companies, and insurance carriers. Nursing homes are long-term chronic care facilities. And that's basically what we do. But for people at home."

When Unlimited Care, Inc. was founded in 1975, the trends were moving in the direction of institutionalized solutions like nursing homes. Home visits by medical professionals were becoming a thing of the past, and nursing homes were on the rise. But Unlimited Care, Inc. established an ethic based on three pillars, says Donna. "Our core values are Compliance,

Quality and Integrity. There are many rules and regulations, from the NYS Health Department, Medicaid, etc. We're accredited by The Joint Commission. Not all licensed home care agencies are accredited. We are. We're known for our quality of care. And Integrity. We follow the rules, and that's very important."

The 40 plus year track record of Unlimited Care, Inc. is something that should be considered by anyone looking for long-term chronic care services. Problems, limits and high costs of the institutional model have become a growing concern for many. Just this June, a bi-partisan Congressional report titled "Families' and Residents' Right To Know: Uncovering Poor Care in America's Nursing Homes" was released. According to a recent LA Times article, the report details near systemic problems, including a list of "nearly 400 nursing homes that the Centers for Medicare and Medicaid Services had cited for substandard care but had never named publicly."

The Times article did not recommend a "sky is falling" reaction. But it did advise people to do very careful homework in researching and deciding the best long-term care options for themselves or family members. A Transparent and Easy Process

When someone calls Unlimited Care, Inc. for in-home care service, they're given a dedicated Patient Service Associate or Patient Service Specialist. A Supervisory Nurse is assigned as professional point person, to work with a client's primary care

physician, as well as Unlimited Care's paraprofessional home health aides and personal care aides. The team approach is geared to build trust, confidence, and comfort. They will work to deliver an individual plan which best meets a person's needs, whether short or long-term.

Donna says payment options and plans are also worked out. "We primarily bill most third-party payers. Some of our patients come to us private pay, and then eventually need to apply for Medicaid."

Unlimited Care, Inc. also provides for two special New York State Medicaid programs.

"These are called waiver programs," Donna explains. "Medicaid has traditional ways they pay for home care. They'll pay for a nurse. They'll pay for an Aide, etc. But these two programs are a little different. One is called the Traumatic Brain Injury Medicaid Waiver Program. It serves people on Medicaid who have suffered serious brain injury.

"The other program is called the Nursing Home Transition Diversion Waiver Program. You don't have to have any special diagnosis. But you have to have a chronic needs medical condition, or otherwise qualify to be in a nursing home."

What's the transition diversion? It's a process where someone may be hospitalized, and then in a nursing home or other care facility for a period of time. But then they will transition back to a home environment when they are ready.

"We bring them home," says Donna. "That's called the transition, because we're transitioning them out of a nursing home. The diversion part of the program is where we take the patient from the hospital. These are individuals who have chronic conditions and otherwise qualify for nursing home care, but we divert them from going to a nursing home."

One type of care that is prevalent in the Hudson Valley area is pediatric home care. "One service we provide out of our Hudson Valley branches, especially Dutchess County, and also out of Kingston, is to provide private duty nursing services for medically fragile children. They tend to have complex medical conditions and would otherwise be in a long-term care facility. But their parents obviously want to take them home, so through the program, we'll provide the nursing care and other skilled care that's required, to

maintain the child in the home." A Leading NY Provider of Health Paraprofessional Training

In-home care takes a dedicated and professionally trained workforce, and Unlimited Care, Inc. is a leader in recruiting and training. It's something Donna takes special pride in noting. "Most of our employees are paraprofessionals. They're either personal care aides, or home health aides. We are a NYS Department of Health approved provider for training both of those classifications. So you could come to us, if you have an interest in becoming a home care aide, and after screening, we can train you. There's no cost for the training."

There's also more extensive training for Home Health Aide positions. The home healthcare field is expanding and there are great opportunities for people looking to build a career.

"We recruit, we're always looking for people who want to work in home care. Our clients have chronic conditions and need a lot of hands-on care. Most of our employees are paraprofessionals, supervised by a Registered Nurse. All a potential recruit has to do is call the nearest branch office, wherever they reside."

Donna says their record of retaining employees is another thing that is not so common in their industry. "Many of our

employees have come to us, and then stayed with us for their entire career. We have some employees that have been with us for over 30 years. We tend to recruit the right people and retain them. And that's relatively unusual."

A Good News Story of Dedicated Professionals Providing Care Donna is aware that sometimes the stories of positive quality of life improvements and great care don't get enough attention. "We have a very good reputation in the communities we serve. "Sometimes all that gets into the media is the bad news. But we provide millions of hours of service via our paraprofessionals and professionals every year. Unfortunately, sometimes, you don't hear about all the good stories of people getting caring, quality service."

But that is the story of Unlimited Care, Inc. throughout their 40 years of service to the Hudson Valley and around the state. And for that, our region should feel good. UNLIMITED CARE, INC.

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