

# Wellness Rx: Where Ancient, Traditional & Modern Medicine Meet

By Sarah Nachin

Many people have a misconception about holistic medicine, herbal remedies and natural supplements. Perhaps it's because there are a lot of people out there touting unproven or downright dangerous practices. However, when you think about it, holistic medicine and herbal remedies have been around since the first prehistoric shaman picked berries and used them to cure an ailment or pounded a substance into a poultice to heal a wound. Many modern medicines are made from natural ingredients. For example, the main ingredient in aspirin comes from the bark of a tree.

Ed Ullmann, co-owner and pharmacist at Wellness Rx Pharmacy in Tannersville, knows the value and efficacy of modern medicine having graduated from the Albany College of Pharmacy. However, he also has studied natural medicine all over the world, including Peru and eastern Europe. In addition, Ed studied at Georgetown University and earned a Master's Degree at Syracuse University's Maxwell School of Public Administration. He is also on the President's Advisory Council for Albany College of Pharmacy.

Ullmann began his career as an independent pharmacist and grew into holistic thinking. Eventually he decided to open up his own pharmacy in 2015 after the Hunter Foundation approached him about the idea. The foundation purchases, renovates and sells properties along Route 23A, thus supplying affordable business and residential spaces in our communities.

"I wanted to create a pharmacy that was centered around the community – a Wellness center that would help people not only with their physical wellbeing, but also with their mental, emotional, physical and spiritual wellbeing," Ullmann states.

In the past five years,



Assortment of products for sale

Wellness Rx has transitioned from being just a pharmacy to becoming a research and development facility as well as a place where future pharmacists can train.

Besides filling prescriptions and selling natural remedies and over-the-counter medications, Ullman and his other pharmacists consult with their customers on their ailments and conditions. The pharmacists also compound, which is the process of combining pharmaceutical ingredients to create a medication tailored to the needs of an individual patient.

Wellness Rx contracts with holistic practitioners who offer services such as acupuncture and massage therapy. They also deliver to those who can't come to the pharmacy in person, even going so far as to sometimes picking up a prescription that another pharmacy has filled.

In addition, Wellness Rx sells some items that you would expect to see in every other retail pharmacy, such as greeting cards, gift baskets and products made by local people. Currently, they do business with thirty local vendors.

Besides the fact that Wellness Rx is convenient to residents in an under-served area, people often drive an hour or more to come to the pharmacy. Why do they go out of their way to patronize his business? Ullman explains it this way.

"We look at our customers in a holistic way. We provide a more intimate and personal experience. There's a 'Wow' factor with our customers."

Ullman continues, "When you're a wellness center, you're a problem solver. For example there was one case of a man who had financial struggles. He had a high sugar level and he wasn't taking his medication. I asked him, 'What do you think is going to happen if you continue to be non-compliant?' He looked at me and said, 'That's the whole point.'"

Ullman told the man, "Work with me and let's get you healthy again."

He discovered that the man had not gone to see a nephrologist (kidney specialist) because the doctor needed his medical records, so Ed faxed the records to the doctor. The specialist put him on a whole new regimen and it stabilized the sugar. Then the man got a stent put in his heart because he also had a heart condition. Now he is taking all his medications. Ed gave hope to someone who had lost all hope.

"It is very hard in a few words to describe my feelings and experiences since Wellness RX came to Tannersville and Ed's openness and caring shown to those who enter this very-needed business. The staff are amazing and dedicated and Ed's knowledge and experience

are beyond belief," states one of the pharmacy's customers.

Dawn Koerner Crofoot, Store Designer and Pharmacy Assistant, states, "As an employee of Wellness RX it has been a pleasure to serve the mountain top community. I have seen our town come together to help each other in times of need and in tragedy. And because of witnessing this firsthand I now see the importance of our pharmacy."

Ullmann's wife, Patty, partners with him in the

day-to-day operation of Wellness Rx. She has a two-year business degree and had twenty-five years' experience as a Community Health Educator for Planned Parenthood before joining Ed to help develop their business.

"I do research to find new natural products for us to offer. I also meet with health professionals who offer their services in our treatment rooms or have them as a referral for our customers."

Mrs. Ullmann also assists her husband with billing,

ordering and other miscellaneous tasks.

"The beauty of patient-centered care is that we are all different," says Ullmann. "Health care and healing is personal. What works for one individual may not work for another. Changing behavior takes patience and time. Truth is, we are all in this thing of life together."

Wellness Rx Pharmacy is located at 5980 Main St., Tannersville. For more information call 518-589-9500 or go to [www.wellnessrxllc.com](http://www.wellnessrxllc.com).



Back row (L-R) Angie Fimalino, Ed Ullmann, J. Scott MacKay; 1st. row (L-R) Victoria Behr-Norey, Abigail Podrecca, Patty Ullmann, Dawn Koerner Crofoot, Selina Angle; Bottom Row - Keisha Ramirez & daughter Amaya



Interior of the pharmacy offers a cozy relaxed atmosphere

## Funding Available for Water Quality Projects in the Schoharie Reservoir Watershed

The Greene County Soil & Water Conservation District (GCSWCD) and Schoharie Watershed Advisory Committee (SWAC), in conjunction with the New York City Department of Environmental Protection (NYCDEP), are seeking qualified applications for stream management implementation projects. There are two funding rounds per year with applications due by March 15th and September 15th. Applications are accepted from municipalities, streamside landowners, and organizations involved in stream stewardship that fosters water quality protection and enhancement.

Established in 2008, the Stream Management Implementation Program (SMIP) provides funding for programs and projects that support water quality protection and stewardship in the Schoharie Reservoir watershed. The Schoharie

Reservoir is part of the Catskill/Delaware Watershed for the New York City public water supply. The Schoharie Reservoir watershed is the area of land where all of the precipitation and streams drain to the Schoharie Reservoir. This area of land includes portions of the towns of Ashland, Conesville, Gilboa, Hunter, Jewett, Lexington, Prattsville, Roxbury, and Windham as well as the villages of Hunter and Tannersville.

The SMIP provides funding to support the recommendations identified in the Stream Management Plans that were written by GCSWCD and NYCDEP for significant stream corridors within the Schoharie Reservoir drainage basin (e.g., Batavia Kill, West Kill, East Kill, Schoharie Creek, and Manor Kill). Interested applicants are encouraged to view the Stream Management Plans by visiting

<http://catskillstreams.org/stream-management-program/sm-implementation-program/>.

Proposed programs and projects must fall under one of the following categories: Education & Outreach, Highway & Infrastructure, Stream Restoration, Habitat & Recreation, Planning & Assessment, and Local Flood Analysis. All programs and projects funded through SMIP must support water quality protection and stewardship.

For more information about SMIP, including program history, a map of the Schoharie Reservoir watershed, funding categories and example projects, and access to the SMIP application, please visit <http://www.gcswwcd.com/swp/smp/snip>. For questions, please contact [abbe@gcswwcd.com](mailto:abbe@gcswwcd.com) or 518-622-3620.

## Winter Tree Identification at Arboretum

Cost of Admission: Free to Members, Suggested donation of \$10 for Non-Members. No reservations necessary.

Trees take on a different life in winter. With the leaves gone from the deciduous trees, their

forms contrast crisply against the winter landscape. Evergreens now shine in the winter sun. Without leaves we must look closely at distinguishing factors such as buds and bark. Join Botanist Richard Ring for

an in-depth look at Winter Tree Identification.

Dress warmly, bring a notebook and camera.

LOCATION: Mountain Top Arboretum

DATE: Saturday, March 21, 2020, 10am-Noon at 4 Maude Adams Road, Tannersville, NY 12485

CONTACT: Ryan Moore

EMAIL: [info@mtarboratum.org](mailto:info@mtarboratum.org)

PHONE: 518-589-3903

WEBSITE: [www.mtarboratum.org/events](http://www.mtarboratum.org/events)



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