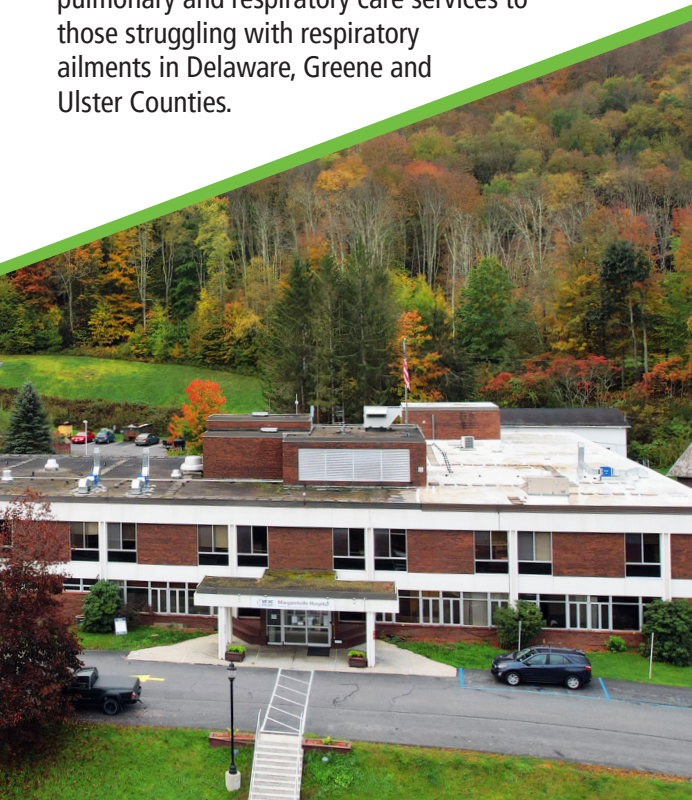


About our Respiratory Therapist

Inspired by her personal experiences with both her grandmother and father who had suffered from emphysema, Teri Osterhout-Paton has dedicated her career to helping those with lung disease. She brings 29 years of experience as a Respiratory Therapist and instructor in basic life support (CPR), advanced cardiac life support (ACLS), pediatric advanced life support (PALS) and neonatal advanced life support (NRP). Born and raised in rural Albany County, Teri is a proud grandmother of four and devoted dog-parent of three and she also enjoys doing musicals with a local theatre group! Teri's passion for helping those in need remains unwavering.

About Us

Margaretville Hospital, a member of the Westchester Medical Center Health Network (WMCHealth), is a rural access hospital in Delaware County that provides evidence based, pulmonary and respiratory care services to those struggling with respiratory ailments in Delaware, Greene and Ulster Counties.



Get Help In-Person!

For in-person support, 1-hour intake meetings with Teri are available at Margaretville Hospital or one of our clinics:

Greene County

By Appointment Only
Mountain Top Cares Coalition
52 North Lake Road
Haines Falls, NY 12436

Ulster County

By Appointment Only
Bridge Back
2-10 Barbarosa Lane
Kingston, NY 12401

Delaware County

Margaretville Hospital by appointment

To enroll in this free program, call to schedule time and connect directly with the respiratory therapist or email breathebetter@wmchealth.org

📍 **Margaretville Hospital**
42084 State Highway 28
Margaretville, NY 12455

📞 **845.517.6316**

🌐 **MargaretvilleHosp.org**

✉️ **BreatheBetter@WMCHealth.org**

FREE



Breathe Better *with Us*

A FREE Clinical and Educational
Respiratory Health Program



**Margaretville
Hospital**

Westchester Medical Center Health Network

Do you often experience?

- ✓ Abnormal Breathing
- ✓ Chest Pain or Tightness
- ✓ Coughing
- ✓ Disrupted Sleep
- ✓ Shortness of Breath that Worsens with Activity
- ✓ Wheezing

Have you been in contact with?

- ✓ Asbestos
- ✓ Are a Non-Smoker or Past Smoker
- ✓ Asthma
- ✓ Bronchitis Emphysema
- ✓ Chemical Exposures
- ✓ COPD
- ✓ Diesel Fumes
- ✓ Dusty Classrooms
- ✓ Farmers Lung
- ✓ Mold Exposure
- ✓ Pulmonary Hypertension
- ✓ Work Related Lung Diseases

If you checked yes to any of above, you qualify for our program!

*With this **FREE** program you get:*

- » Individual Sessions with our Respiratory Therapist
- » Medication Review and Education
- » Support Accessing Free Quitting Supplies
- » Holistic and Complimentary Care Tips for Seasonal Health
- » Mental Health First Aid and Resiliency Support
- » Attend any of the Group Classes offered over a two Year Period
- » Collaborative Care for those who require to see our Pulmonologist
- » Free Therapeutic Equipment (Acapella/Spacers)

*Program participants agree to a 6, 12, 18, 24 and 36 month, 10-minute check-in call.



Scan the code for information about Margaretville Hospital's Pulmonary and Respiratory Care Services, testimonials, zoom links and more!

wmchealth.org/service-line/pulmonology/breathe-better-clinic

Registration not required!

Join onsite at Margaretville Hospital or via zoom for one or all six classes. Join one or all!

Fall 2026

September: 14, 21

October: 5, 19

November: 2, 16

Winter 2027

January: 11, 25

February: 8, 22

March: 8, 22

Spring 2027

May: 10, 24

June: 7, 14, 28

July: 12

Simply scan the QR Code to join

Meeting ID:

827 4471 7719

Passcode: 506479

