

## Unraveling the Mystical World of Mushrooms



## Talking Shrooms...

Mushrooms come in many shapes, sizes, and colors, each with unique features and uses. Edible ones like White Button, Portobello, Shiitake, and Oyster mushrooms, purchased at your local grocery stores, are well-known for their flavor and dietary benefits. Some New Yorkers enjoy foraging mushrooms, especially in the Spring and Psychedelic mushrooms, like *Psilocybe cubensis*, are noted for their mind-altering properties.

## Foraging Mushrooms

The art of foraging is as fulfilling as it is risky. It's a skill that demands knowledge, patience, and respect for nature. Please be aware that many toxic mushrooms closely resemble edible mushrooms which could result in unintentional poisoning. We recommend you eat mushrooms only purchased from a reputable source. However, if you do choose to forage here are some tips to remain safe:

- Always forage with a guide or mushroom identification book.
- Be aware of local laws and regulations about foraging.
- Never pick mushrooms you can't positively identify.
- Cooking mushrooms will **not** remove or inactivate toxins.

## Psychedelic Mushrooms

Psychedelic mushrooms, commonly referred to as “hallucinogenic mushrooms”, “magic mushrooms”, or “Shrooms”, contain the natural hallucinogenic compounds psilocybin and psilocin. While they're being researched for potential therapeutic uses in treating conditions like depression and PTSD, recreational use remains illegal in most places across the U.S. and can have risks including psychological distress and harmful interactions with other substances. If you have these or other possibly harmful substances in your home, please be sure to store them up, away, and out of sight and reach of children. Consider using a medication lock box.

The beauty of mushrooms can sometimes be deceiving, as some deadly species closely resemble edible ones. Consuming poisonous mushrooms can lead to symptoms ranging from mild discomfort to severe organ damage or even death. If you suspect mushroom poisoning or need information about mushrooms, contact our poison center at 1-800-222-1222.

*For more information, please visit:*

<https://www.aapcc.org/prevention/food-mushroom-tips>

[https://www.cdc.gov/foodsafety/newsletter/poisonous\\_mushrooms.html](https://www.cdc.gov/foodsafety/newsletter/poisonous_mushrooms.html)

*UNYPC Magic Mushrooms Information Flyer Coming Soon!*

# We Are Hiring!



Would you like to join our public health education team? We are hiring a full-time Public Health Educator who will provide poison prevention to our eastern New York catchment area.

**Click or scan the QR code** to learn more or reach out to Mary Beth Dreyer at [dreyerm@upstate.edu](mailto:dreyerm@upstate.edu) for more information.

## Upcoming Health Educator Webinars

**In Partnership with New York City Poison Control Center,  
Register Now For "Poison Prevention for Older Adults"  
Webinars**

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June 25, 11 A.M. in ENGLISH

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June 26, 11 A.M. in ENGLISH

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June 25, 1 P.M. in SPANISH

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June 26, 2 P.M. in CANTONESE



The Upstate New York Poison Center and the NYC Poison Control Center present

**Poison Prevention for Older Adults**

with a focus on safe medication use (OTC, Prescriptions & Supplements)

**REGISTER June 25th at 11:00 a.m.**  
in **English** with

UNYPC's Amy Hoffman-James  
NYCPCC's Dilem Valenzuela

**REGISTER June 25th at 1:00 p.m.**  
in **Spanish** with

NYCPCC's Luz Martinez

**REGISTER June 26th at 11:00**  
a.m. in **English** with

UNYPC's Mary Beth Dreyer  
NYCPCC's Eduardo Torres

**REGISTER June 26th at 2:00**  
p.m. in **Chinese Cantonese**  
with

NYCPCC's Jean Louie

Questions: [dreyerm@upstate.edu](mailto:dreyerm@upstate.edu)





A huge thank you to the [North Country Children's Museum](#) in Potsdam, NY for welcoming our Health Education Program Manager and Public Health Educator to table during this year's Poison Prevention Week! The museum is an amazing place for families to enjoy. Our staff loved playing with the lightboard and look forward to bringing their own families back to play.

Many great conversations were had with visiting children, their parents, and teachers visiting on a class trip. Children learned poison prevention by talking about "Stop! Ask First!" before putting anything unknown in their mouth and through look-alike product examples - examples that many of the adults had aha moments about relating to products in the home.

Thank you, North Country Children's Museum, for a wonderful day and for the partnership offered to help keep the community safe!



We are happy to highlight the efforts of Lutfia Chowdhury, a Public Health Fellow with the New York State Public Health Corps. Lutfia has worked with us since the fall!

Lutfia's current project focuses on bridging Erie County independent pharmacies with our poison center to enhance poison prevention efforts.

Pharmacies have been allowed to request posters to display, along with magnets and medication list cards to distribute to patients. Interested pharmacies will be involved with a medication lock box program. Lutfia has been an essential member of our outreach team by raising awareness of our poison center services while preventing poisonings and encouraging the use of medication lock boxes.

## FREE Materials

We are always adding to our FREE resources and materials. Click and see below for the new materials just added at no cost to you.

Head to our [website](#) now to request these plus stickers, magnets, brochures, etc. We also have printable activity sheets for children, videos to enhance your presentations, free teacher training, and new look-alike product photos for you to share.



Senior-Focused  
Poison Safety  
Pamphlet



Medication Safety  
Brochure For All Ages



Vaping Guide for  
Parents and Teens  
(double-sided)



Candy vs. Medicine  
Look-Alike Poster

Would you like us to write a letter for your newsletter? Contact us. Guest on a podcast? Contact us. Do you coordinate your social media and need poison prevention information? Contact us. Our Public Health Educators will be happy to help!

We invite you to contact Mary Beth Dreyer at [DreyerM@upstate.edu](mailto:DreyerM@upstate.edu) or Amy Hoffman-James at [HoffmAmy@upstate.edu](mailto:HoffmAmy@upstate.edu).

Save our number now: **1-800-222-1222**

- We are open 24/7/365
- We are free & confidential
- Specially trained Nurses, Pharmacists & Physicians answer your calls
- We offer community education and professional education
- Visit us at [www.upstatepoison.org](http://www.upstatepoison.org)



**Upstate New York Poison Center**

750 E. Adams Street, Syracuse,  
New York

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Questions? Email [DreyerM@upstate.edu](mailto:DreyerM@upstate.edu)

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