



SUMMER 2016

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Dear Neighbor,

The missions of the Westchester Medical Center Health Network (WMCH) and HealthAlliance of the Hudson Valley (HealthAlliance) have always been to ensure that Hudson Valley residents have access to the finest medical care, as close to home as possible.

We are happy to share news that WMCH and HealthAlliance, two organizations that have collaborated on Hudson Valley healthcare for many years, now have an agreement in place that will evolve our longtime relationship into a strategic affiliation, which will bring more services to the people of our region.

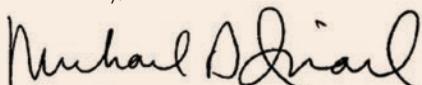
On March 30, HealthAlliance became the newest member of WMCH, the leading provider of healthcare in the Hudson Valley. WMCH will be the sole corporate member of HealthAlliance and oversee operations at HealthAlliance's three area hospitals, as well as its other healthcare services.

HealthAlliance has been a vital quality care link for those living and working in and around Ulster and Delaware counties, and that care will continue to improve under this new arrangement.

The shared vision of HealthAlliance and WMCH includes the continuation of critical access and skilled nursing services in Margaretville; the development of Kingston's HealthAlliance Hospital: Mary's Avenue Campus into one of the Northeast's most advanced community hospitals; and the renovation and redevelopment of the nearby HealthAlliance Hospital: Broadway Campus into a convenient "medical village" hub for much-needed outpatient services.

This partnership furthers WMCH's goal of preserving and improving services in existing Hudson Valley hospitals and is a sure sign of our organizations' continuing commitments to the region. With a decade of positive performance at Westchester Medical Center, positive financial and operational results at MidHudson Regional Hospital and Bon Secours Charity Health System within their first years of network alignment, plus WMCH's significant profile in New York state's DSRIP (Delivery System Reform Incentive Payment) program, we're confident our growing network will continue to thrive.

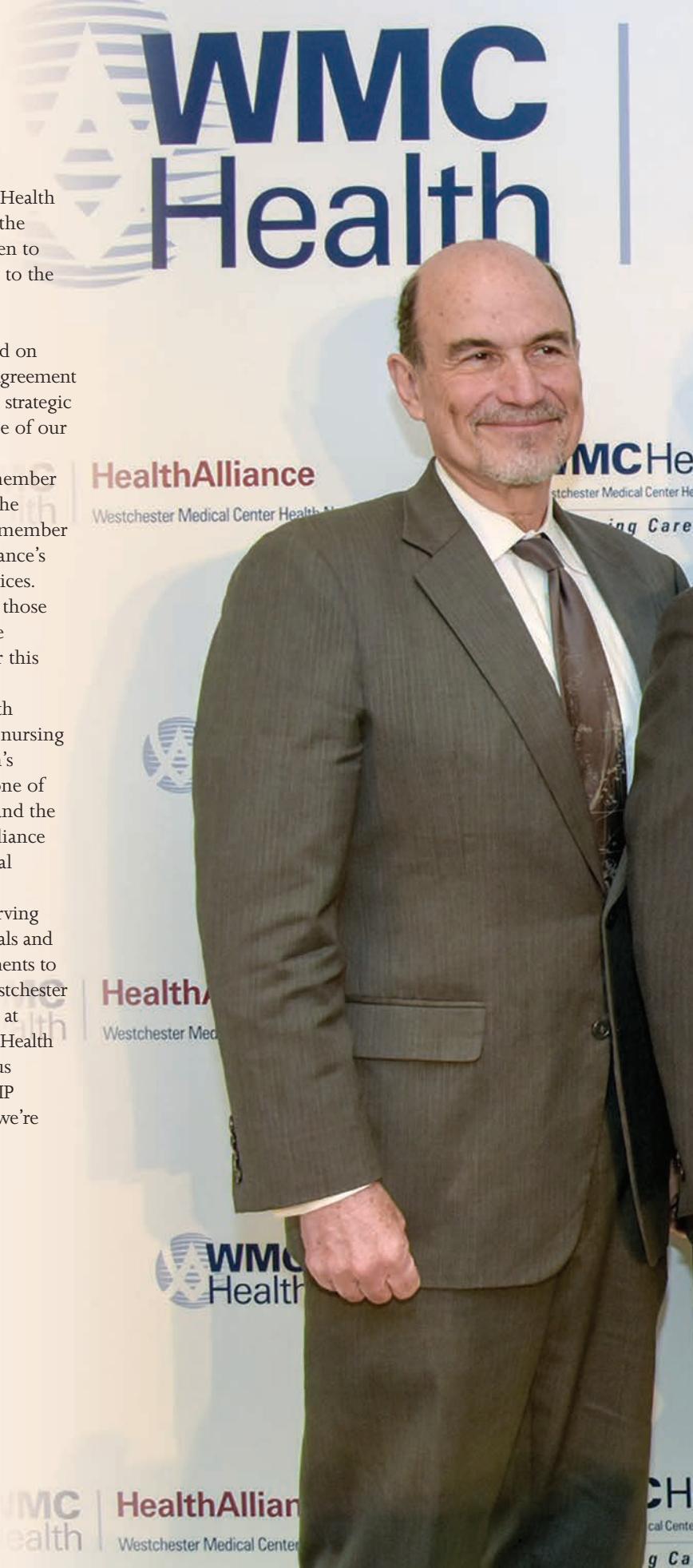
Sincerely,



Michael D. Israel
President and CEO
Westchester Medical Center Health Network



David Scarpino
President and CEO
HealthAlliance of the Hudson Valley



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WMCH
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From left, Westchester County Health Care Corp. Vice Chairman Mark Tulis, WMCH Health President and CEO Michael D. Israel, HealthAlliance President and CEO David Scarpino and HealthAlliance board Chairman Thomas Collins.

Letters to HealthAlliance: Extraordinary Excellence in Healthcare

We regularly receive letters from patients and their families commending us on our service. Here is one thanking us for our exceptional level of care.

Dear David Scarpino,

I am writing to commend your excellent staff. I recently accompanied a woman to the Psychiatric Emergency Department. She had come into my office in great distress and shared that she had plans and the means to kill herself. I offered to go with her to the hospital and she agreed.

Once there, the woman, who I'll call "Eve," was warmly greeted by nurse Theresa Esposito, who introduced herself and asked why she was there. Eve explained she was suicidal and wanted to die. The nurse then said: "Thank you for coming here. You did the right thing." Eve became visibly relaxed. She was given a blanket, changed into a gown and was told her purse was being kept safe with the security guard.

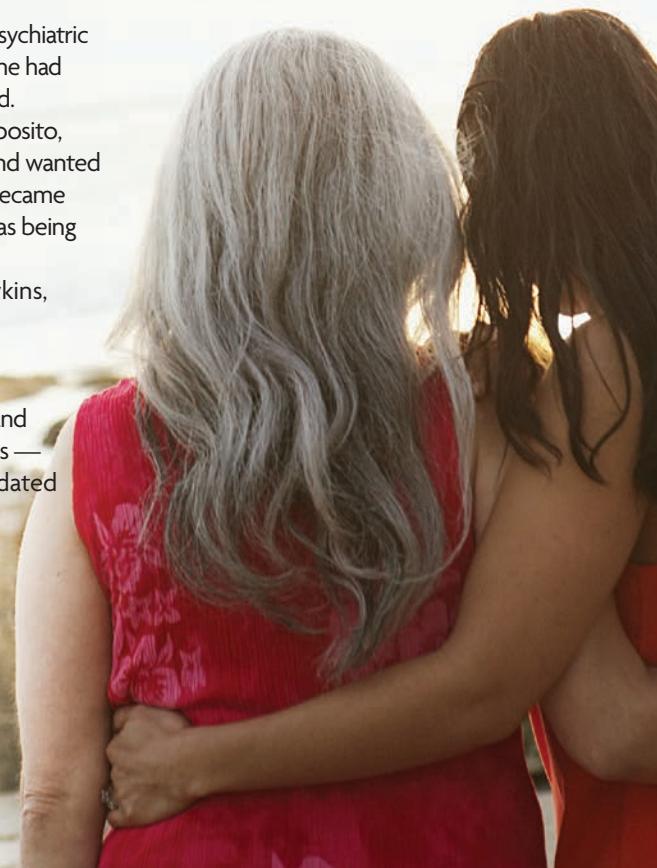
Everyone who came into the room — from the charming tech, Juanando Dawkins, who brought her lunch, to the young woman who came in to give her back her insurance cards — was kind, warm and respectful. Eve mentioned several times how much safer she felt.

Tilly Olinsky, a peer advocate/Psych ED advocate from the PEOPLe Inc. advocacy and support agency, spent quite a bit of time talking with Eve, sharing stories and resources — even getting her to laugh. During Eve's assessment, social worker Lauren Olsen validated Eve's experiences, demonstrating clinical excellence. After Lauren left, Eve said, "She didn't treat me like I was crazy!"

I understand your staff members were just doing their jobs, but it was the manner in which they did them that made all the difference. Please extend my gratitude and sincere appreciation to these amazing staff members.

Bernadette Ballezza
Compeer Coordinator
Mental Health Association in Ulster County

We'd Love to Hear from You. To submit a comment about the care you have received at one of our facilities, email HealthAlliance of the Hudson Valley at YOU@hahv.org.



**See our vision for the \$88.8 million
in New York State capital-project support**

The Healthy Neighborhood Initiative



View our video at hahv.org

Gut Check:

Is Your Digestive System in Order?

The key to better health could lie in bacteria in your gut.



Kevin Dodd, M.D.

If you've ever suffered a bout of food poisoning, you know ingesting the wrong bacteria can wreak havoc on your gut. But not all microbes are bad. In fact, about 100 trillion bacteria from an estimated 5,000 species live peacefully in or on you — that's 10 times the number of human cells in your body. "The human microbiome is all of the bacteria within us," says Kevin Dodd, M.D., Medical Director of Gastroenterology at HealthAlliance. But most of these bacteria occupy your gastrointestinal tract.

Bacteria are an integral part of your immune system and metabolism. They help you digest food, shore up your stomach and intestinal lining, and even protect against other disease-causing bacteria.

"The human microbiome is a very complex set of bacteria that we don't know a lot about," says Dr. Dodd. "But through research, we're learning how certain conditions are affected by it and how we treat them more effectively."

For example, the intestinal infection *C. difficile* is often resistant to treatment. But now doctors can treat it by transplanting fecal matter from a healthy donor into a sick person, usually through a colonoscopy or enema. "This helps restore the diversity of bacteria in the gut and can eliminate the illness-causing bug," says Dr. Dodd.

MAINTAINING GUT HEALTH

Maintaining this diverse population of beneficial bacteria not only protects your digestive tract, but it also can improve serious conditions, including:

- Digestive diseases
- Heart disease
- Obesity, diabetes and other metabolic conditions
- Colorectal, gastric and other cancers
- Anxiety and depression

But many habits already recognized as healthy can boost gut health. For instance, eating a consistently healthy diet (think more fruits, vegetables and fiber, and less fat and sugar) helps to better maintain your gut bacteria.

You should also use discretion with antibiotics. These powerful medications wipe out beneficial bacteria in addition to harmful pathogens. If your doctor recommends

antibiotics for a bacterial infection, take them exactly as directed — finish the course of treatment, and don't share prescriptions.

REPLENISH WITH PROBIOTICS

Another option is probiotics — "good" microorganisms similar to natural gut bacteria that typically come in pill form or can be found in fermented foods, like yogurt, soft cheeses or kefir.

"Yogurts like Activia are made to have more 'good' bacteria, such as *Lactobacillus bulgaricus* and *bifidobacteria*, but they don't contain as much as you'd find in a probiotic capsule," says Dr. Dodd. "Yogurt also contains lactose, which further irritates the gut, so we usually recommend a probiotic capsule over yogurt."

Dr. Dodd has seen great success with probiotics after a course of antibiotics and in patients with irritable bowel syndrome who experience gas and bloating.

But probiotics aren't for everyone. "I don't discourage it, but a healthy, active person who is eating well doesn't really need to take probiotics," says Dr. Dodd. "Consult with your doctor first, especially if you're experiencing abdominal symptoms, to make sure nothing serious is going on."





Zoe A. Weinstein, M.D.

Medical Director, HealthAlliance Breast Health Center
Certified by the American Board of Surgery

Q: Can you help me understand the new guidelines for screening mammography? I find them confusing.

A: If you're confused, you're not alone. The recommendations are confusing and contradictory.

Many women think that they do not need mammograms if they are between the ages of 40 and 50; that mammograms are not necessary if they are over age 65. Some women think mammography is recommended every two years. Many women are afraid that insurance will no longer pay for yearly mammography.

After lung cancer, breast cancer is the leading cause of cancer-related death among American women. Breast cancer is the leading cause of cancer-related death in women between 40 and 55. Mammography is still the best screening tool.

Each woman's risk of breast cancer is based on her personal reproductive history, her family history and her own medical history. Each woman is unique, as is her breast cancer risk. That is why each of us needs to discuss the role of screening mammography with our healthcare providers after a careful evaluation of our breast cancer risk.

Women under age 55 often have dense breasts on mammography because they are close to the average age of menopause. Before menopause, hormone levels are higher and this maintains breast density. That is why some women in this age group who have breast cancer have a normal mammogram but present with a breast mass. In our experience, these women always have an abnormal breast ultrasound. Rather than abandon mammography in this age group, ultrasound of the breast, in addition to mammography, would allow

us to get a better view into this dense tissue. This would aid in earlier diagnosis.

In addition, some reports have suggested that women over age 65 develop slower-growing cancers and therefore don't need a mammogram every year. Unfortunately, 20 percent of women in that age group can have aggressive breast cancers that are harder to treat when there is even a one-year delay in diagnosis.

We encourage you to look at this list of risk factors for breast cancer:

- First period before age 12
- First child after age 30 or never had a child
- Birth control pills after age 40
- Hormone replacement therapy after natural or surgical menopause
- Prior breast biopsy
- Radiation to the neck or chest wall
- Dense breast tissue on mammography
- Breast, ovarian or uterine cancer in yourself, a sister, daughter or mother

If you checked a box, we believe you will benefit from yearly mammography and may also require breast ultrasound. Your insurance will pay for your screening tests for breast cancer if your healthcare provider indicates why it is being done.

Unfortunately, we can't always predict who will or won't develop a cancer of the breast. And if a cancer develops, we don't know whether it will be a slow-growing or more aggressive cancer. Screening with mammography, breast ultrasound and yearly clinical breast examination are still our best tools for identifying breast cancer early. Early breast cancer treatment allows women to lead long, healthy, productive lives.

HealthAlliance's Breast Health Center provides complete breast care.

Patients can walk in without a prescription for screening mammography.

Call us at **845-334-3099**.

Worried about the cost? See if you qualify for free mammograms at **855-277-4482**. The Cancer Services Program can arrange for you to be screened at HealthAlliance.

NEED HELP FINDING A DOCTOR?

Visit our website at hahv.org. Then click the "Find Doctors" button.

Marie-Michele Mugnos:

Representing HealthAlliance at NYC Marathon

All of us at HealthAlliance are proud that Marie-Michele Mugnos, a physician assistant in our Emergency Department, will be HealthAlliance's official representative at the New York City Marathon on Nov. 6.

The Rhinebeck resident, who got married June 4, says she's "very excited" to represent HealthAlliance. "It's both a privilege and an honor," she says.

The Westchester Medical Center Health Network arranged for each of its member hospitals to have a representative in the race. Michele will represent HealthAlliance as part of WMCHHealth.

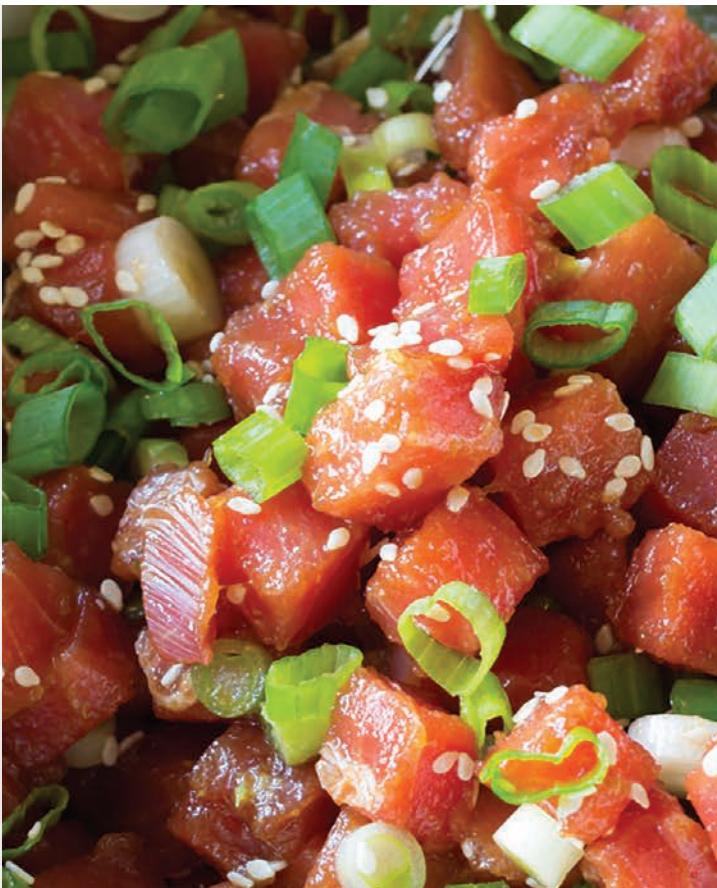
Michele, who grew up in Brooklyn, says the marathon will feel a bit like a homecoming to her. The mother of two also says participating in her first full marathon will be her latest "personal best" challenge. "I'm always looking for something to do that I never thought I could do before," she says.

She is inspired by the synchronicity of her age and the marathon's length. She'll turn 42 shortly before the race and the course runs 42 kilometers through the city's five boroughs.

In numerology, the number 4 relates to our passions and what motivates us in our lives. The number 2 carries the qualities of balance and harmony, in addition to service and duty to others — all attributes Michele embodies.

Michele got the running bug just two years ago, after a friend urged her to run the 10K race in the Kiwanis Kingston Classic. It was a challenge, she says, but she completed it and loved doing it. She now competes in many running events. She also runs obstacle courses, swims, climbs and does just about anything involving outdoor exercise.

"Running has literally changed my life," she says. "It's so empowering and the best medicine."



Spicy Ahi Poke

2 large sashimi grade ahi tuna steaks (about 1 1/2 pounds)
1 shallot, sliced (or Maui onions)
1/2 cup chopped green onion
3 tablespoons soy sauce (preferably gluten free)
1 teaspoon sesame oil
1 teaspoon chili garlic sauce
1 tablespoon sesame seeds

- Pat the tuna dry, then neatly cut it into small 1/2 inch cubes. Place in a bowl.
- Add the shallots, green onion, soy sauce, sesame oil, chili garlic sauce and sesame seeds.
- Gently toss. Serve immediately or cover and refrigerate. *For another variation, omit the chili sauce and add 1/2 teaspoon wasabi paste and 1 teaspoon honey. You can also add a fresh avocado if you wish!

YIELD: 6–8 servings; **PREP TIME:** 8 minutes

Courtesy: A Spicy Perspective

Note: Consuming raw seafood may increase your risk of foodborne illness.

HealthAlliance Medical Village

An Innovative Hub for Health and Human-Services Needs

The HealthAlliance Medical Village will be an innovative hub for health and human services needs. The five-story, 226,000-square-foot urban healthcare “mall” in the heart of Kingston will provide the finest conventional and integrative health and wellness services, as well as easy access to technology-enhanced active-learning classrooms, public meeting spaces and a host of human services programs provided by a rich base of community organizations. Open lounges and local retail shops will supplement the service providers.

Set on 4.9 acres, the village will be conveniently located on Kingston's Broadway, an arterial thoroughfare that itself will be revitalized by the city with planned new LED street and traffic lights and possible bike lanes. The village, with three proposed transit bus stops, will be adjacent to an array of multistory medical arts and support buildings.



The Simulation Center will offer “experiential learning” with high-tech manikins.



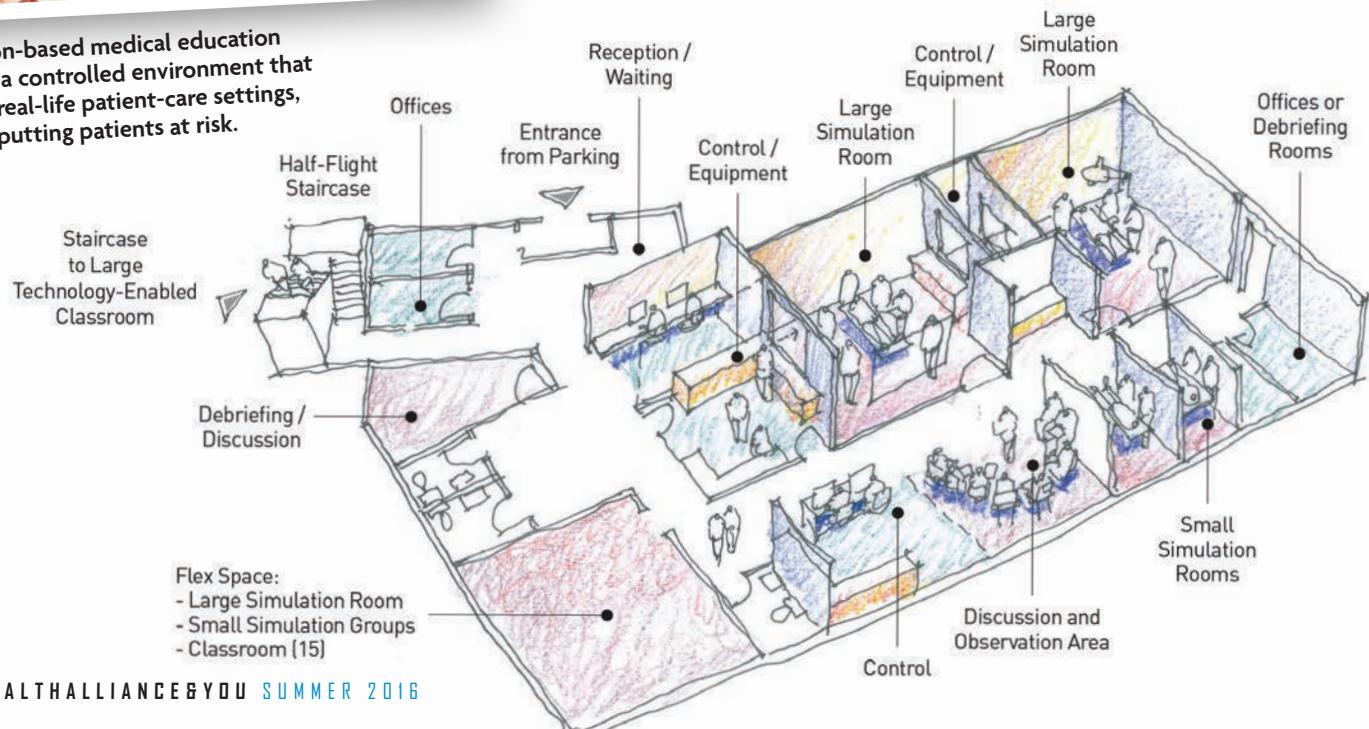
Our patients will be the ultimate benefactors from the innovative training initiatives employed at the Medical Simulation Center.



Simulation-based medical education provides a controlled environment that imitates real-life patient-care settings, without putting patients at risk.

SIMULATION CENTER IN MEDICAL VILLAGE

A special village component will be the HealthAlliance Medical Simulation Center. The center, seen below in an artist rendering, will be a state-of-the-art medical-training facility for current and future healthcare professionals. It will also provide cutting-edge technology to improve healthcare quality and delivery.



Healthy Neighborhood Initiative

The Medical Village is a cornerstone of HealthAlliance's Healthy Neighborhood Initiative, endorsed by New York State and awarded \$88.8 million — the state's second-highest award. It will transform healthcare delivery and create a dynamic, synergistic community at the forefront of tomorrow's sustainable and inclusive economy.

Directly across from the village will be an educational corridor, providing the best in career and high-tech education. The corridor currently includes the newly renovated Kingston High School, the revolutionary Hudson Valley Pathways Academy (P-Tech Early College High School) and the pioneering SUNY Ulster academic center.

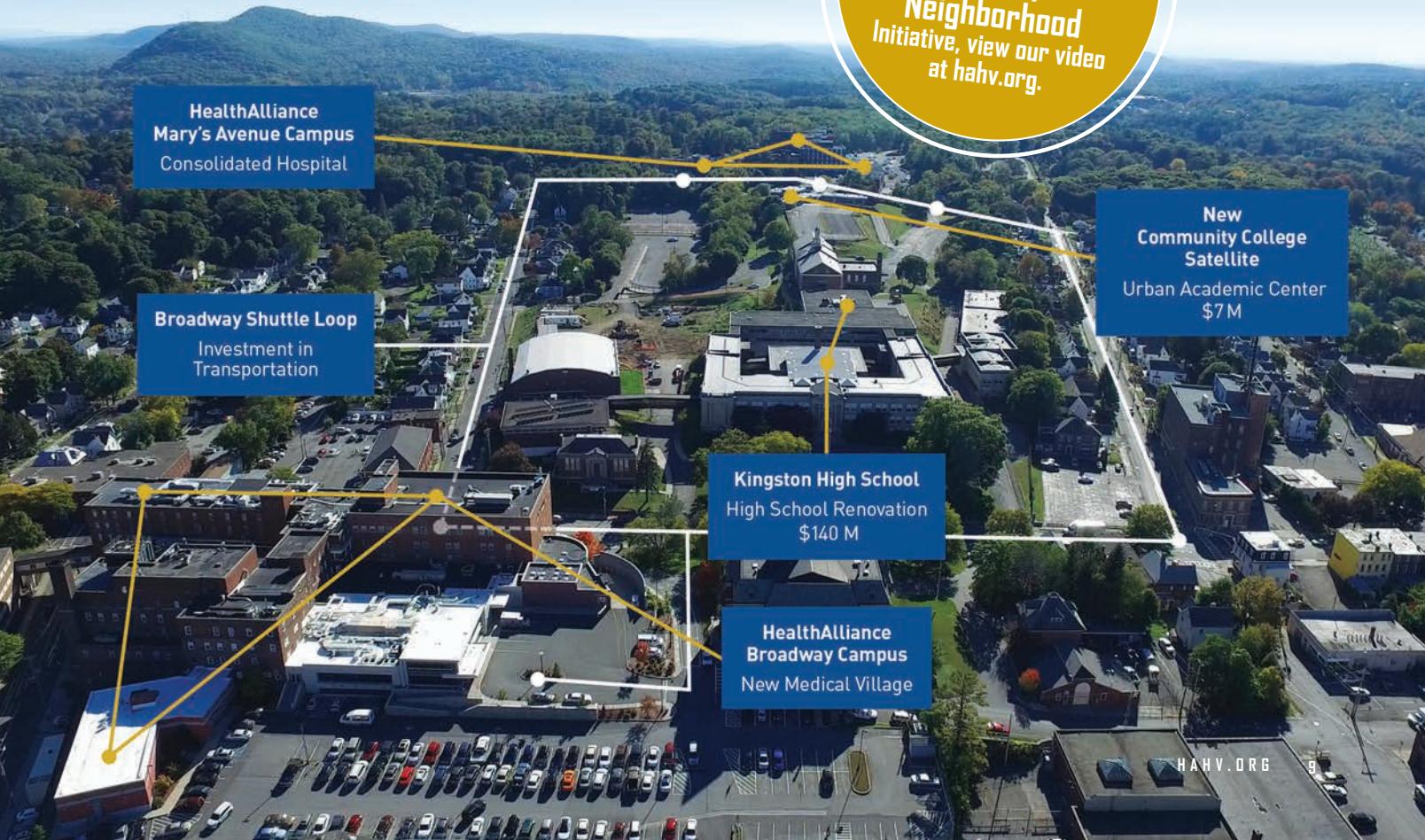
Just beyond the corridor will be the world-class, technologically advanced HealthAlliance Hospital, a renovated and expanded facility providing an optimal environment for the highest-quality care. The new HealthAlliance Hospital will be a community hospital of choice, known for its convenience and personal approach. It will be recognized for its high patient satisfaction, awarded for its exceptional clinical outcomes and privileged to have the finest physicians and employees.

Beyond serving acute and critical-care inpatients with exceptional surgical, diagnostic and therapeutic services, the hospital will house a new state-of-the-art Emergency Center. The center's expanded capacity and new life-saving equipment will offer an unprecedented level of readiness to care for a full range of emergency visits.

The Healthy Neighborhood Initiative's goal is to create a dynamic, synergistic community, where the whole is greater than the sum of its parts. It will be the centerpiece of a larger Health & Education Innovation District, where leading-edge institutions will cluster and connect with startups, business incubators and accelerators to create jobs and advancement opportunities in the health sciences and related fields.

The collaborative, transit-accessible, technically wired Innovation District will transform Kingston into a thriving 21st-century city where people love to live and work. It will be celebrated for its creative ferment in health and wellness innovation and the economic-development spillover effects that will result.

TO LEARN MORE
about our vision of the
**Healthy
Neighborhood**
Initiative, view our video
at hahv.org.



Staying Independent Can Be Tough for Seniors, Especially if They Live Alone

One of the biggest concerns for seniors is falling. It is estimated that more than half of all falls that result in injury occur at home.

According to the Centers for Disease Control and Prevention, one out of three adults age 65 and older falls each year. Roughly 20 percent of those people suffer serious injuries, such as lacerations, fractures and head trauma. Inability to get up after a fall can worsen injuries and cause conditions such as pressure ulcers, dehydration, hypothermia, aspiration pneumonia and more.

PREVENTING FALLS

The CDC has several suggestions for preventing falls, including:

- **Regular exercise:** Focus on improving leg strength and balance with practices like tai chi. See our events calendar on pages 14 and 15 for information on classes offered at HealthAlliance!
- **Medicine review:** Ask your doctor to check whether any of your prescribed or over-the-counter medications cause drowsiness or dizziness.
- **Vision:** Get an eye exam at least once a year and regularly update eyeglasses to maximize vision.
- **Home safety:** Reduce tripping hazards, improve lighting and add grab bars and railings.
- **Nutrition:** Be sure to get adequate calcium and vitamin D.
- **Osteoporosis:** Get screened and treated, if applicable.

HealthAlliance Medical Alert Service

HealthAlliance Medical Alert Service is an easy-to-use personal response service that ensures older adults alone at home can get quick access to emergency services and caretakers when needed, 24 hours a day, 365 days a year. HealthAlliance Medical Alert has provided personal emergency response services to the residents of Columbia, Delaware, Dutchess, Greene, Sullivan and Ulster counties for more than 30 years.

Pressing the help button on the HealthAlliance Medical Alert Service device connects you to a personal response associate who communicates with you through the HealthAlliance Medical Alert base unit and decides, with your input, what type of assistance is dispatched.

The associate will access your medical history and information (compiled at your time of sign-up) and assess the situation. He or she can contact a neighbor, loved one or the appropriate emergency responder based on your needs, and will follow up to ensure you get the assistance you need.

The HealthAlliance Medical Alert Service personal help button is also available with a fall detection device. If you are unresponsive or unconscious after a fall detected by the button, the HealthAlliance Medical Alert Service response center will dispatch help.

HealthAlliance Medical Alert benefits serve to:

- Help you live independently and safely
- Help you continue to live in the comfort of your own home
- Offer prompt, caring assistance at the touch of a button — 24 hours a day, 365 days a year
- Provide security

Call 845-334-2747 or visit hahv.org/find-care/medical-alert-service to enroll or request more information.



Faces of HAHV: Christian Harmuth



“I find it very satisfying when I offer suggestions that directly result in a patient’s recovery.”

— Christian Harmuth
HealthAlliance Pharmacy Department

Forbes business magazine ranks being a pharmacist as one of the top 10 healthcare jobs of 2016. Christian Harmuth says being a HealthAlliance pharmacist is the best job he can imagine.

The 28-year-old Hurley resident, who has been interested in the link between health sciences and chemical sciences for years, got his first taste of the HealthAlliance Pharmacy Department six years ago, when he received clinical education and training there in the summer heading into his fifth year of study at Albany College of Pharmacy and Health Sciences. Later that year, he was hired by the pharmacy as a paid intern and, in 2013, became a full-time HealthAlliance pharmacist.

Q: WHAT PROMPTED YOU TO BECOME A PHARMACIST?

A: My parents encouraged me to go into healthcare. They said there was a bright future in it. I was torn between wanting to be a pharmacist or a physical therapist. I decided to go into pharmacy because I was fascinated by how drugs affected the body and how they could be used to diagnose, treat, cure and prevent disease. Now that I’m a pharmacist, I love my work.

Q: WHY DO YOU LOVE IT?

A: Before I got into pharmacy, I thought pharmacists simply wore white coats and dispensed drugs. But now that I’m in the hospital, I see how much more there is to it. We’re full members of the healthcare team, directly involved with patient care. We go on rounds with physicians. We interpret and communicate our knowledge to patients, doctors and other healthcare providers. I find it very satisfying when I offer suggestions that directly result in a patient’s recovery.

Q: YOU RECENTLY WROTE AN ARTICLE WITH A COLLEAGUE FOR DIABETES HEALTH PHARMACIST MAGAZINE. CAN YOU TELL US ABOUT IT?

A: The article focused on treating patients with diabetes who also have substance-use disorders. It’s a very complex situation. Vitthal Patel and I discussed how patients with diabetes and drug addictions could be multisystem organ disasters waiting to happen. We explained why and urged pharmacists to raise their usual discernment to a proactive vigilance to help those patients avoid a low-survivability outcome. We received many positive comments about the piece. It was also a learning experience researching and writing the article because it helped me see the many interrelationships between diabetes and addictions. (You can read the article at tinyurl.com/Diabetes-Health-Pharmacist.)

Q: WHY DO YOU LIKE WORKING AT HEALTHALLIANCE?

A: I like that it’s a community hospital focused on our community’s health. I like that HealthAlliance is small enough that I know most of the doctors, nurses and other clinicians. I like that ideas we bring up to enhance services are actually heard and that policies get implemented as a result. I also love my coworkers. They’re great!

Q: SPEAKING OF LOVE, YOU FOUND LOVE AT HEALTHALLIANCE.

A: Yes, I met my fiancee not long after she started working in the Marketing Department two and a half years ago. We’ve been together ever since.

THREE MISSIONS ONE COM

>> HealthAlliance is fortunate to have three organizations — the Benedictine Health Foundation Inc., the HealthAlliance Foundation and the Margaretville Health Foundation — whose decades of philanthropic support have led to the development of lifesaving and quality-of-life-changing programs and centers at our hospitals. While the three foundations have separate and distinct missions, they share a common goal: to help HealthAlliance provide excellent, compassionate and individualized care to everyone who comes through the doors, while strengthening the diverse communities we serve.

BENEDICTINE HEALTH FOUNDATION

Avital component of the Benedictine Health Foundation's work is the Rosemary D. Gruner Memorial Cancer Fund. In partnership with the Gruner Family, the fund was established in 2004 to provide for individuals facing financial challenges while receiving cancer treatment.

The fund provides assistance in the form of gift cards to purchase nutritious food at Hannaford Supermarkets and/or fuel at Stewart's Shops to help cover the expense of transportation to treatment. Residents of Ulster County, regardless of the medical facility at which they receive treatment, and residents of neighboring mid-Hudson Valley counties receiving treatment in Ulster County, are eligible to apply.

The foundation has served more than 1,550 local cancer patients with upwards of \$675,000. Each patient receives \$500 annually in assistance.

The Bike for Cancer Care is the main event to support the fund — 92 cents on every dollar raised goes directly to local cancer patients. This is a great day for the entire family — Sunday, Sept. 18. New this year, is a 5K Run/Walk throughout the historic Stockade District in uptown Kingston and a Kids Fun Run. Or riders can enjoy the 12-, 25- or 50-mile routes. Hannaford Supermarkets will provide food and beverages, Stewart's Shops will serve ice cream and there will be live entertainment, children's activities, raffles and prizes for the top individual and team fundraisers. Register, start your personal fundraising page, sign up to volunteer or sponsor this great community event at bikeforcancer.org. For further information, contact the Benedictine Health Foundation at 845-334-3017.



>> A LETTER FROM A FUND RECIPIENT



"Thanks so much for your continued love and support of Andrew Finnigan. Andy just turned 10 years old; he was diagnosed five years ago with Stage 4 neuroblastoma. The Gruner Fund has been so helpful during times of treatment. It has carried us through as we have walked the cancer path ... while we were working on breathing and didn't even know how much we needed support. Andy and our family have been fighting his cancer with great success. Thanks so much for walking with us and for your heartfelt and generous support ... it has meant so much in our lives."

— The Finngigans

PLEASE JOIN US AT OU

Donors and Sponsors

Celebration

August 13

Willow Drey Farm

Andes, NY

845-586-2631, ext. 3181

13th Annual Bike for Cancer

September 18

Dietz Stadium

Kingston, NY

845-334-3017; bikeforcancer.org

PASSIONATE HEALTH SYSTEM

HEALTHALLIANCE FOUNDATION

Three critical areas benefit from HealthAlliance Foundation contributions.

TECHNOLOGY

Physicians, nurses and medical practitioners are using technology to more accurately diagnose illnesses and diagnose them earlier, gather and share patient data with peers and specialists, maintain awareness of the latest methods and trends, access educational or professional resources, and much more.

TREATMENT

New technology means new opportunities for treatment, providing a higher quality of life for those with curable, treatable and chronic illnesses. The foundation is currently focusing on vital treatment areas by supporting patient and family comforts and services.

TRAINING

As new technology and methods of treatment are utilized in the care of patients, the need for education and training becomes a crucial component in quality healthcare.

The HealthAlliance Foundation supports the mission, healthcare programs, services and facilities of



HealthAlliance

Westchester Medical Center Health Network

For more information, please call the foundation office at 845-334-2760 or visit www.FoundationUpdate.org.



Congratulations to the 2016
Tulip Ball honorees and thank
you to our supporters!



Heather Brighton, David Scarpino, Carey Wagner and Diane Scarpino at the 2015 Donors and Sponsors Celebration

OUR UPCOMING EVENTS

Anchors Aweigh Cruise

September 29

Aboard the Marika
Rondout Landing, Kingston, NY
845-334-2760

Vampire Ball

October 29

Diamond Mills
Saugerties, NY
845-334-2760

Wellness, Education & Support

Oncology Support Program: Caring for Those With Cancer

Professionals and volunteers offer compassionate support. Most programs take place in the homelike Reuner Cancer Support House, 80 Mary's Ave., Kingston. Call 845-339-2071 or email doris.blaha@hahv.org for info and to register.

Free Support Groups/Programs

Women's Cancer Support Group

First Thursday of the month, 11 a.m.-12:30 p.m.

Younger Women's Cancer Support Group

Third Thursday of the month, 5:30-7 p.m.

Linda Young Ovarian Cancer Support Group

Last Wednesday of the month, 7-8:30 p.m.

Family and Caregiver Cancer Support Group

Third Monday of the month, 5:30-7 p.m.

Men's Cancer Support Group

Second and Fourth Wednesdays, 5-6:30 p.m.

Support Group for Couples Facing Cancer

Third Wednesday of the month, 5:30-7 p.m.



Coping Skills for Cancer: Finding Ease and Inner Balance

Reduce stress and anxiety related to diagnosis and treatment using body-centered techniques.

Fourth Tuesday of the month, 2-3:30 p.m.

Intake required. 845-339-2071, ext. 101, valerie.linet@hahv.org.

Kid/Teen Connection: Support for Youth Facing Cancer in the Family

Receive encouragement and help in coping with a loved one's cancer.

Nurturing Neighborhood Network Program

Connect with trained peer volunteers for individual support.

Explorations on Being Mortal

First and Third Wednesdays, 1:30-3 p.m.

A support and discussion group for those living with a catastrophic illness, including advanced or recurrent cancer. Intake required. 845-339-2071, ext. 102, elise.lark@hahv.org.

Healthy Living Support Group: Change for Good

Enhancing our lives and supporting our health after a cancer diagnosis.

Fourth Monday of the month, 5:30-7:30 p.m.

Registration required. 845-339-2071, ext. 103, ellen.marshall@hahv.org.

Free Legal Services for Those Facing Cancer

Provided by Legal Services of the Hudson Valley.

Appointment required. 845-339-2071.

Gardens for Healing: OSP Container Garden

Learn how to plant and care for nourishing vegetables and herbs.

First and Third Fridays, 4-5:30 p.m.

Registration required. 845-339-2071.

Exercise and Wellness Classes

\$8 suggested donation for exercise classes

Gentle Yoga, with Deb Albright

Wednesdays, 9:30-10:45 a.m.

HealthAlliance Hospital: Mary's Avenue Campus Auditorium

Stretch and strengthen the body while calming the mind.

Mats provided.

Digong, with Jeff Bartfeld

Tuesdays, 7-8 p.m.

HealthAlliance Hospital:

Mary's Avenue Campus Auditorium

Train the breath, body, mind.

SmartBells®, with Angel Ortloff

Thursdays, 9:30-10:45 a.m.

HealthAlliance Hospital:

Mary's Avenue Campus Auditorium

Healthy fun using sculpted weights.

Tai Chi, with Annie LaBarge

Mondays, 10-11 a.m.

Reuner Cancer Support House

Moving meditation for strength, balance, flexibility.

Miso Happy Cooking Club, with Kathy Sheldon

Fourth Tuesday of the month, 10:30 a.m.-1 p.m.

Reuner Cancer Support House

Learn principles of a plant-based diet and enjoy healthy recipes.

Registration required.

Hypnosis to Stop Smoking, with Frayda Kafka, Certified Hypnotist

First Wednesday of the month, 5:30-7 p.m.

Reuner Cancer Support House

\$25 a session – FREE to HealthAlliance employees.



Free Art and Healing Programs for the Cancer Community

Registration required. 845-339-2071.

Memoir Group, with Abigail Thomas

Thursdays, 3-5 p.m.

Memoir Group, with Ann Hutton

Fridays, 2-4 p.m.

Arts and Crafts Sharing Circle

Mondays, 1:30-3 p.m.

Community Music Group: "Soaring Through Song"

Fourth Thursday of the month, 5:30-6:30 p.m.

OSP Supports You, Support OSP Anchors Aweigh Cruise on the Hudson, aboard the Marika Yacht

Sept. 29, 6-8 p.m. (board 5:30 p.m.)

Rondout Landing

Benefiting the Oncology Support Program at HealthAlliance

Registration required. 845-334-2760, foundation@hahv.org.

Programs and Community Events



Free Clubs

Seniors Health & Wellness Breakfast Club

Third Wednesday of the month, 8:30–10 a.m.
Hudson Valley Mall Community Room
Enjoy a heart-healthy breakfast, socialize and engage with HealthAlliance medical and wellness experts.

- Aug. 17 **Shoulder and Elbow Pain**, with Stephen Maurer, M.D., shoulder and elbow specialist
- Sept. 21 **Put It in Writing: Advance Directives**, with Brenda Relyea, B.S.N., advance directives facilitator
- Oct. 19 **Breast Cancer: Bold, Relevant Awareness**, with Zoe Weinstein, M.D.



Free Classes

Childbirth Education Saturdays

August (no class), Sept. 17, Oct. 15, 10 a.m.–4 p.m.
Family Birth Place
HealthAlliance Hospital:
Broadway Campus
845-331-3131, ext. 2241.

Breast-Feeding Mondays

Aug. 22, Sept. 26, Oct. 24, 6–8 p.m.
Family Birth Place
HealthAlliance Hospital:
Broadway Campus
845-331-3131, ext. 2241.

Diabetes

Third Wednesday of the month, 4:30–5:30 p.m.
Diabetes Education Center
37 Albany Ave., Kingston
845-334-4249, ext. 1 (Cynthia Bell).

Free Community Services

Pre-Op Total Knee/Total Hip Education

Every Monday (except holidays), 11:30 a.m.–12:30 p.m.
HealthAlliance Hospital:
Mary's Avenue Campus, Spellman Pavilion
Center for Orthopedic Specialties Gym
845-334-3130 (Chip Alsdorf).
Note: Not for total-shoulder or reverse total-shoulder replacement surgeries.

Alcoholics Anonymous: Common Solution

Every Wednesday, 7–8 p.m.
HealthAlliance Hospital:
Mary's Avenue Campus Auditorium

CPR Training & Certification

Learn lifesaving skills from experts.
845-331-3131, ext. 2543 (Barbara Naccarato).

Blood Drives

Nov. 8
HealthAlliance Hospital:
Mary's Avenue Campus
Support your community by giving blood. It's a simple thing to do and can make a big difference in others' lives.
845-334-2761 or 845-334-4712 (Amy McAden) or amy.mcaden@hahv.org.

Free Support Groups

Multiple Sclerosis

Fourth Thursday of the month, 6–8 p.m., except July and August
HealthAlliance Hospital: Broadway Campus Conference Room I (Mezzanine Level)
845-331-6267 (Rosalyn Marcus, call in afternoon).

Myasthenia Gravis

Second Saturday of the month, 11 a.m.–12:30 p.m.
HealthAlliance Hospital: Broadway Campus Second Floor Conference Room
Lambert-Eaton myasthenic syndrome patients also welcome. Family members welcome too.
845-331-3131, ext. 2288 (Patricia Bohcali).

Ostomy

Second Tuesday of the month, 4–5 p.m.
HealthAlliance Hospital:
Mary's Avenue Campus, Spellman Pavilion
Center for Orthopedic Specialties Gym
845-334-3125 (Barbara Peterson).

Stroke/Dementia/Alzheimer's Caregivers

First Thursday of the month, 6–7:30 p.m.
HealthAlliance Hospital: Mary's Avenue Campus Auditorium
845-331-3131, ext. 2815 (Donna Dahl).



HealthAlliance

Westchester Medical Center Health Network

HealthAlliance of the Hudson Valley
741 Grant Avenue
Lake Katrine, NY 12449
845-334-3151

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