

**HEALTH**  
**ALLIANCE**  
**& YOU**

EXCEPTIONAL HEALTHCARE CLOSE TO HOME

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**>> MOBILE WEBSITE**  
**NOW AVAILABLE IN**  
**BOTH ENGLISH AND SPANISH.**  
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# Caring for You Here in Our Community

**H**ealthAlliance of the Hudson Valley has undergone several changes over the past year. We've welcomed a new CEO, David Scarpino, and greatly improved the patient experience at the Broadway Campus Emergency Department.

But no matter what is happening behind the scenes, our physicians, nurses and other patient care providers never lose sight of providing the best quality care to every patient. While we work together to define the future direction of HealthAlliance, we are focused on you.

The training, expertise and talent of our medical staff are unparalleled—some of the surgical specialists at HealthAlliance rival world-renowned surgeons throughout the country that I've worked with. But successful healthcare is not marked by just the capabilities of individuals, it is a result of the support and collaboration of a team.

Our team of physicians, nurses, physician assistants and other patient care staff continuously work to stay abreast of the latest medical developments and foster collaborative relationships among our medical staff with one goal in mind: To keep you, the patient, comfortable and safe while you get well. From maintenance to management, we're all vital to creating an efficient and effective healthcare system at HealthAlliance.

For the last 17 years I've worked, lived and raised two children in our community. I never would've settled here if there wasn't quality local healthcare to take care of our needs. We are a strong system of community hospitals providing the services you require. Be assured that you don't have to leave the region for your healthcare needs. We can take care of you right here. For every member of our team here at HealthAlliance of the Hudson Valley, our greatest priority is you.

Sincerely,



Martin Cascio, M.D.  
Medical Staff President and Anesthesiologist



**“For 17 years I’ve worked, lived and raised two children in our community. I never would’ve settled here if there wasn’t quality local healthcare to take care of our needs.”**

## Jamal Mahdavian, M.D.

Board Certified General Surgeon

### Q. I was diagnosed with a hernia. What is a hernia and how is it treated?

A: A hernia occurs when the stomach, intestines or other organs in your abdomen poke through a tear or weak spot in the muscle. It might feel like a lump in your groin or belly. The bulge often hurts or gets bigger when you cough, lift something heavy or strain to go to the bathroom.

Some people are born with hernias and others develop them because they are overweight, lift heavy objects, have chronic coughs or constipation or play sports. Organs can also push through a scar if you've had abdominal surgery.

Groin hernias are more common in men, while women are more likely to have femoral hernias on the upper thigh. Hiatal hernias develop when the stomach bulges upward through a wall of muscle into the chest.

Talk with your doctor if you think you have a hernia. Surgery often is needed to relieve symptoms, but some hernias don't need to be treated until they cause pain. Surgery can also prevent what is called a strangulated hernia. This rare but serious complication occurs when the misplaced organ loses its blood supply and dies.

In the case of surgery, your surgeon will move the organs back to the right spot. Then, he or she may sew a piece of mesh or a tissue graft into the muscle. Most hernia operations are successful, and few people get another hernia later.

Our Surgical Services Department provides effective services and compassionate care. Visit [www.hahv.org/service/general-surgery-2](http://www.hahv.org/service/general-surgery-2).



## Anthony Guerrino, D.O.

Pulmonary Medicine

### Q. What is nocturnal asthma?

A. Nocturnal asthma is the formal term for asthma symptoms that worsen while you sleep. Even in people without asthma, the lungs' ability to move air dips slightly in the wee hours of the morning. But for some people with asthma, this dip is exaggerated. The airways may become more swollen and sensitive to triggers.

Certain factors may add to the problem. Some people experience gastroesophageal reflux disease (GERD) when lying down that may make asthma symptoms worse. An allergic reaction caused by dust mites, which often thrive in bedding, could also set off asthma symptoms.

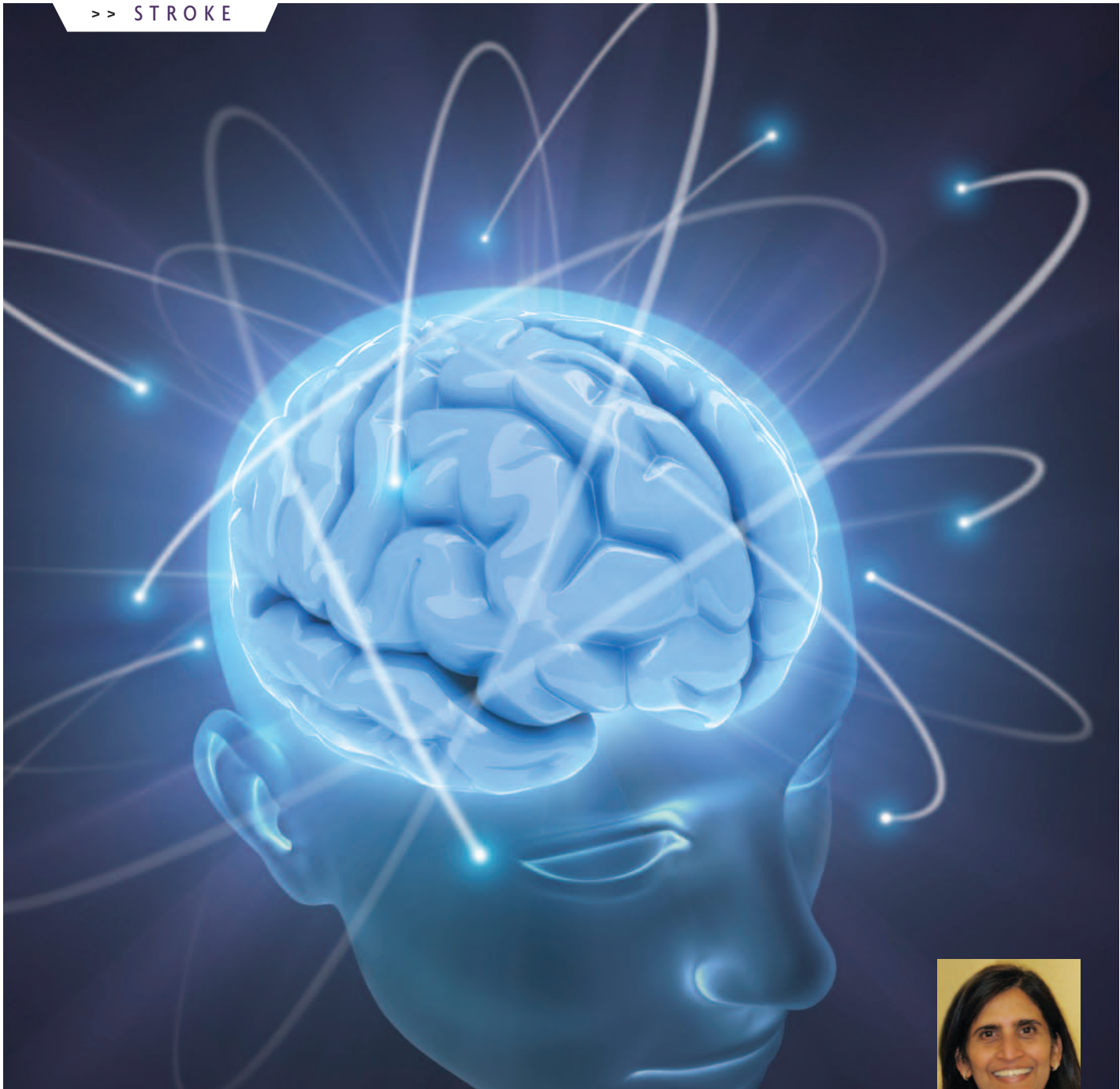
Untreated nocturnal asthma doesn't just make you miserable at night. Lack of sleep may also harm your ability to stay alert the next day. Be sure to tell your doctor if asthma wakes you up more than one or two nights a month. Frequent nighttime symptoms are a sign of poor asthma control. Your doctor might need to adjust your treatment.

For more information about HealthAlliance and other health topics, visit [www.hahv.org](http://www.hahv.org).



LEARN MORE

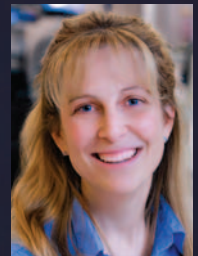
**We'd Love to Hear from You.** To submit your healthcare questions, email HealthAlliance of the Hudson Valley at [YOU@hahv.org](mailto:YOU@hahv.org).



# HAHV Offers State-of-the-Art Stroke Treatment and Rehabilitation



Uma Alampur, M.D.



Jodie Cesaratto, MSPT

Every 40 seconds, someone in the U.S. suffers from a stroke, a “brain attack” that occurs when a blood vessel that carries oxygen and glucose to the brain gets blocked by a clot or bursts. The brain contains approximately 27 trillion cells, which is the number needed to process and perform even the simplest task, such as snatching up an apple out of a fruit bowl. According to the Stroke Association, 2 million cells die every minute during a stroke—and brain cells don’t regenerate. To reduce the chances of death or severe disability from stroke, it’s important to get the right care quickly. You’re in good hands by seeking treatment locally, at HealthAlliance of the Hudson Valley (HAHV).

### CERTIFIED STROKE CENTER

As a recipient of the American Heart Association/American Stroke Association’s “Get with the Guidelines Stroke Gold Plus Performance Achievement Award,” HAHV’s Broadway Campus has an experienced emergency team that can diagnose and treat stroke patients, and help them recover as quickly as possible.

“Eligible patients with stroke symptoms receive IV tissue plasminogen activator (tPA), which is a clot-



**Once patients enter the Emergency Department, “we act quickly. We have to assess and evaluate stroke patients in less than 60 minutes.”**—Uma Alampur, M.D., director

**of the Stroke Center, HealthAlliance Hospital Broadway Campus**

busting drug that can dissolve a stroke and prevent the stroke area from becoming larger,” says Uma Alampur, M.D., director of the Stroke Center, located on the Broadway campus. Timing is key. For the drug to be effective, it must be administered within three hours of the onset of stroke symptoms. Once patients enter the Emergency Department, “we act quickly,” Dr. Alampur says. “We have to assess and evaluate stroke patients in less than 60 minutes.” This is a benchmark of medical excellence known as “door to needle time,” which includes performing a CT scan to evaluate the stroke’s size and location. After stroke patients are given tPA, they’re admitted to the intensive care unit and monitored closely by the stroke team, including intensivists—intensive care unit doctors who are specially trained to treat acute neurological problems—and specially-trained nurses. A follow-up CT scan is then performed to

clinically evaluate each patient’s progress, which is the standard of care for a stroke center.

### FAST-TRACK REHAB AND RECOVERY

When stroke patients become medically stable, rehabilitation begins within 24 to 48 hours, right in the hospital. After being discharged, patients can then receive acute outpatient physical therapy at any one of HAHV’s four locations: Kingston, Saugerties, Woodland Pond at New Paltz or Margaretville Hospital.

“Stroke patients must have 15 hours of physical, occupational and/or speech therapy per week,” says Jodie Cesaratto, MSPT, director of physical medicine and rehabilitation at HAHV. That’s three hours per day for four to 24 weeks, depending on the patient’s condition. “It’s a lot, but it’s crucial for patients to recover the deficits the stroke has given

them,” Cesaratto says. The goal of therapy is to help patients regain their highest level of independence. “We want people to get back to their life as quickly as possible,” Cesaratto says.

HAHV’s physical therapists focus on helping patients relearn skills or teaching them a new way of performing a task, such as how to dress one-handed if they’ve lost the use of one arm. Patients who can’t tolerate such intense rehab can receive therapy for 12 hours per week at one of HAHV’s local subacute facilities, including Woodland Pond, or at Margaretville Hospital. “Communication flows across the whole continuum so wherever a patient is, whether it’s inpatient or outpatient, we know how the patient is functioning. The inpatient or subacute team communicates with the acute outpatient rehab team,” Cesaratto says. “It’s a seamless system.”

Not all stroke patients require rehab however. One such patient of Dr. Alampur’s was 102 years old. When the patient came to the hospital, she had difficulty speaking. “She was the oldest person I had ever given tPA to,” Dr. Alampur says. The next day, the patient greeted Dr. Alampur. “She was perfectly fine so we discharged her. With tPA, we have patients who make a full recovery within 24 hours,” Dr. Alampur says. “They walk out of the hospital.”

# 10 Ways to Reduce Stroke Risk

Some risk factors for stroke, such as getting older and being male, can't be changed. But studies have found 10 that can—and together, they account for 90 percent of stroke risk.

- 1. High blood pressure.** One in three adults has high blood pressure. Stroke risk is four to six times higher in those with hypertension, so get your blood pressure checked regularly.
- 2. Diabetes.** High blood sugar damages blood vessels in the brain. People with diabetes have triple the stroke risk of those without the disease. Work with your doctor to manage your blood glucose.
- 3. Heart disease.** A misshapen heart or irregular heartbeat could contribute to stroke. To treat your condition, your doctor might recommend surgery or medication.
- 4. Abnormal cholesterol.** High levels of LDL, or “bad” cholesterol, and low levels of HDL, or “good” cholesterol, clog arteries. Have yours checked at least once every five years.
- 5. Waist-to-hip ratio.** Being heavy contributes to all four of the previous risk factors. To maintain a healthy weight, balance the number of calories you eat with your physical activity level.
- 6. Unhealthy diet.** Study participants who ate a Mediterranean diet—rich in fish and fruits—had the lowest stroke risk. Load up on fruits, veggies, whole grains and lean proteins.

**7. Not exercising.** Working out keeps your blood flowing and your heart strong. Aim for 30 minutes a day, five days a week. Even 10 minutes offers health benefits.

**8. Smoking.** All forms of tobacco can cause blockages in the artery leading to the brain. Nicotine also raises blood pressure and thickens the blood. Kick the habit and your stroke risk drops immediately.

**9. Drinking alcohol.** Binge drinking thins blood, increasing bleeding risk. Limit alcohol to one drink per day for women or two for men.

**10. Stress.** Constant psychological pressure may damage artery walls. To calm down, try positive self-talk. Don't think, “I can't do this.” Tell yourself, “I'll do the best I can.”

## Think FAST

Stroke is a medical emergency. The faster you recognize the signs and symptoms of stroke, call 911 and get transported by ambulance to HAHV, the more likely you are to be eligible for tPA and recover from a stroke. Time wasted before seeking treatment literally translates to brain cells lost and can increase the chances of a poor outcome. Use this mnemonic to remember stroke symptoms to act FAST.

**F Face:** Ask the person to smile. Does one side of the face droop?

**A Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S Speech:** Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

**T Time:** Time is critical. If you think you or someone else is having a stroke because you observe these signs, call 911. EMS personnel are trained to assess patients suspected of having stroke and can rush them to the Emergency Department.

Aim for  
30 MINUTES  
a day of  
EXERCISE



# Get Ready for Spring Training

Spring can bring on the urge to get back on the tennis court or take on a new fitness challenge, such as training for a 5K race and a cycling fundraiser. This renewed motivation, however, can result in aches and pains and wear and tear, especially if you've been taking it easy all winter.

"In the spring, we see a lot more patients with overuse injuries such as tendonitis," says Stephen Maurer, M.D., Co-Chair, Department of Surgery, a HAHV orthopedic surgeon who is fellowship trained and board certified in both orthopedic surgery and sports medicine. Patients presenting with a torn meniscus in the knee or a torn rotator cuff in the shoulder are more common, too.

You can expect muscle soreness for a few days or up to a week when you increase your physical activity level, which is fine to exercise through. But if you have more pronounced pain, you'll need to take a break. "The remedy for overuse is underuse," Dr. Maurer says.

Seek treatment if you experience pain related to exercise or sports that persists after a week or two of rest, ice, and taking anti-inflammatory medications as directed, or if you have any significant swelling or bruising and any signs of instability, such as a knee that buckles, Dr. Maurer says. HAHV's Orthopedic Specialties offers a full range of orthopedic services close to home—from total joint replacement, to sports medicine to rehabilitation services.

## EXERCISE INJURY RX

Depending on your diagnosis, treatment may involve outpatient physical therapy, which is available at any one of HAHV's four locations: Kingston, Saugerties, Woodland Pond at New Paltz, or Margaretville Hospital. Whether you're a professional soccer player or a

recreational jogger, "our goal is always to return you to your previous level of functioning," says Kevin Rudolph, PT, the manager of outpatient physical and occupational therapy at HAHV. A HAHV physical therapist like Rudolph, who is certified in the Functional Movement Screen (a method for assessing movement patterns) and fellowship trained in orthopedic physical therapy, can assess your movement pattern and functional deficit and develop an individualized treatment plan.

Surgery may be necessary, especially if you have a tear, such as a torn rotator cuff (a torn shoulder tendon) or a torn meniscus (a disc) in the knee. But, generally, it's a last resort. "In my practice, it's reserved for patients who've failed a long course of non-operative care," Dr. Maurer says.



## If You Need Us, We're Here

**HAHV outpatient physical therapy locations offer specialized, local care that's convenient. To make an appointment, call 845-334-2870. If surgery is needed, the HAHV Orthopedic Specialties can help. To make an appointment, call 845-334-3130.**



Stephen Maurer, M.D.



Kevin Rudolph, PT

## Fit Tips

Don't let sports injuries sideline you just when you're hitting your stride. To stay in the game, exercise safely:

**Think less is more.** "Ease into an activity. If you're just starting to run, for example, increase your running time by just five minutes every session, but don't run more than two times per week in the beginning," Dr. Maurer says. Muscles need time to recover from activity.

**Mix it up.** "If you run one day, bike the next," Dr. Maurer says. By cross-training, you'll use joints, muscles and tendons in different ways so they're not always exposed to the same type of physical stress.

**Fix your form.** If you're trying a new activity, learn how to do it properly by taking lessons, attending an exercise class, or having a physical therapist show you the ropes. With any type of exercise, bad technique over time can cause misuse injuries, Dr. Maurer says.



# GET SCREENED for Colorectal Cancer

**C**olorectal cancer is cancer that occurs either in the colon or the rectum. Excluding skin cancers, it is the third most common cancer in both men and women. The number of deaths due to colorectal cancer has decreased, which is attributed to increased screening and polyp removal and to improvements in cancer treatment.

## COMMON SYMPTOMS

People with any of the following symptoms should contact their doctors, especially if they are over 50 or have a personal or family history of the disease:

- A change in bowel habits such as diarrhea, constipation or narrowing of the stool that lasts for more than a few days
- Rectal bleeding, dark stools or blood in the stool
- Cramping or gnawing stomach pain
- Decreased appetite
- Vomiting
- Unintended weight loss
- Weakness and fatigue
- A feeling that you need to have a bowel movement that is not relieved by doing so

The symptoms of colorectal cancer may resemble other conditions, such as infections,

hemorrhoids and inflammatory bowel disease. It is also possible to have colon cancer and not have any symptoms. Always consult your healthcare provider for a diagnosis.

## RISK FACTORS

According to Kevin Dodd, M.D., of Hudson Valley Gastroenterology, colorectal cancer affects men and women of all racial and ethnic groups and is most commonly found in people ages 50 years and older.

But anyone can develop colorectal cancer, even younger people. There are, though, some people at higher risk:

- People with a family history of this cancer
- People who have had it before
- People with inflammatory bowel disease (ulcerative colitis or Crohn's disease) or with certain inherited conditions
- Men
- African-Americans
- Jews of Eastern European descent

**Colonoscopies  
have been reported  
to decrease cancer  
rates by up to  
50-70%**



## Patient-focused Services and Well-established Techniques

The HealthAlliance Gastroenterology Department offers emergent gastroenterologic care as well as both inpatient and outpatient procedures. To find out more about our services, call 845-334-2830.

## Screening Methods

Screening methods for colorectal cancer, for people without symptoms or strong risk factors, include the following:

- Fecal occult blood test (FOBT)
- Fecal immunochemical test (FIT)
- Flexible sigmoidoscopy
- Colonoscopy
- CT colonography (virtual colonoscopy)

Dr. Dodd explains that all of these methods share the same purpose of “finding precancerous polyps, which are abnormal growths in the colon or rectum that can be removed before becoming cancerous and therefore prevent the development of colon cancer.” Dr. Dodd adds that screening for colon cancer “can also pick up cancers in the earlier stage which allows for a higher chance of cure when treated.”

“Unfortunately, among men and women ages 50 and older, only approximately 64% actually do proceed with colorectal cancer screening,” he adds.

Dr. Dodd believes that the most effective means of colon cancer screening is colonoscopy, which has been reported to decrease rates of colon cancer by up to 50 to 70%. He urges people to contact their doctor for more information on colorectal cancer screening. “This is a test that may indeed save your life,” he says.



## Woodland Pond at New Paltz, CCRC, Thrives On Strong Community Connections

With more than 300 residents and 200 staff members committed to nurturing community, it's no surprise that Woodland Pond at New Paltz has become a center of community activity. Woodland Pond residents and staff take pride in continuing the strong connection that has grown between them and local groups and individuals. Woodland Pond residents:

- **Have strong relationships** with local schools as host for music therapy interns, volunteers, foreign students, Eagle Scouts and many others.
- **Enjoy the creative arts** with regular art, music, dance and theatre classes, given by local instructors.
- **Participate in classes, film series and brunches** offered by the SUNY New Paltz Lifetime Learning Institute (LLI) at Woodland Pond.
- **Appreciate their neighbors.** The local Bruderhof families helped build an incredible viewing platform at the Woodland Pond beaver pond overlooking the Shawangunk Ridge and community children visit frequently for singing and fellowship.
- **Love a good party!** Weekly happy hours, a restaurant style dining room with a variety of meal options (and great wine list!) and many resident hosted parties combine to make for a very social community.

Woodland Pond is an upscale Continuing Care Retirement Community (CCRC) that combines the amenities of a resort-style vacation with the comfort and security of a lifetime of care and support.



Get to know us better. Be inspired by all that is possible. Learn about life at Woodland Pond at [www.wpatnp.org](http://www.wpatnp.org). Or call us at 845-256-5520.



Marilyn Coffey  
Resident

## IMPROV COMES TO MOUNTAINSIDE!

Earlier this year, residents at Mountainside Residential Care Center participated in a six week long improv class.

The class, taught by award-winning actor and director Samantha Jones, focused on the individual and aimed to have participants empower the “core of who they are as a creator.” It incorporated acting techniques, theatrical warm-ups, deep character work, moment-to-moment focus training as well as improvisation. The class culminated in a performance from all those involved.

“It was amazing in the demonstration session to watch people in their 80’s, most of whom are wheelchair bound with significant physical impairments, become engrossed in imagination and ‘play’ in ways that made them not identify

themselves by their limitations,” said Philip Mehl, administrator at Mountainside.

The improv class was approved at Mountainside as part of an ongoing effort to challenge the widely held notion that there is no “life” after entering a skilled nursing facility. Mountainside aims to provide residents with the opportunity to still live an active, interesting and enjoyable life with new experiences.

Class instructor Samantha Jones has over 25 years of experience as an entertainment professional. Based in New York City, she is best known for her work as an improvisational comedian and her hilarious original characters in her four solo shows. Samantha has been empowering people to further success with her unique improvisational workshops and courses since 1995.

If you are over  
55, join our  
Healthy Lifestyle  
Wellness Club!

The club meets on  
the third Wednesday  
of each month

at 9 a.m. in the  
Hudson Valley Mall  
Community Room.

Contact  
Lori Petramale-  
Ozores at  
845-334-4786



# 'Autism-Friendly' Program

## at HealthAlliance Hospital: Broadway Campus Emergency Department

The bright lights, noise and frenetic environment of a typical hospital emergency room can be off-putting for anyone. But for someone with autism, it's a nightmare come true.

One in 88 children born in the U.S. today will have some form of Autism Spectrum Disorder (ASD). Patients with autism react and communicate differently. They can become easily upset, which could result in aggressive behavior. It could also mean they shut down and become unable to communicate. It's impossible to predict, so a special approach to creating a safe and supportive environment for these patients is needed—especially in emergency situations.

To address this problem, HealthAlliance of the Hudson Valley's Broadway Campus Emergency Department is launching a new program to provide an "autism-friendly" experience for patients with ASD.

To help ASD patients relax when they arrive in the Emergency Department, there will be new sensory boxes, from which an ASD patient can select an object, such as a squeeze ball or pinwheel, to comfort them.

The Emergency Department also acquired two iPads to aid with communication.

"The iPads have special visual and auditory icons to help with dialogue between the staff and patient during a medical screening for emergency treatment," says Fareed Nabil Fareed, M.D., Fellow of American College of Emergency Physicians and Director of the Emergency Department at HealthAlliance of the Hudson Valley. "Such communication includes the reason the patient has arrived for care, what will happen throughout their stay in the department, rating pain and discomfort and allowing the patient to identify communication preferences."

Medical providers, nursing staff and key hospital personnel, such as security, will all be trained to care for patients with autism under the new program. Even local emergency response crews will undergo training to ensure a continuum of care starting with a 911 call.

"The autism community in the Hudson Valley is excited to have an 'autism-friendly' Emergency Department," says Suzanne de Beaumont, Assistant Executive Director at the Resource Center for Accessible Living, Inc. and board member of the Autism Society-Hudson Valley. She, along with Scott Serbin, Director of Education and Research at Emergency Medical Associates, oversaw the development of the program.

"We congratulate HealthAlliance of the Hudson Valley for recognizing the necessity of the Emergency Department to approach its services from the perspective of the patient."

### The Best Hands & Biggest Hearts.

While emergency medicine requires quick and effective expert care, our outstanding and compassionate medical team will take the time to make sure that your health needs are being met.

The Broadway Campus' Emergency Department offers 35 private and semi-private rooms, staffed by doctors who are board-certified in Emergency Medicine. Many of our emergency care nurses and healthcare professionals have achieved the highest level of certification in emergency care. Physicians in most clinical specialties are available for consultation 24 hours a day.

### Fast Track Service for Minor Emergencies

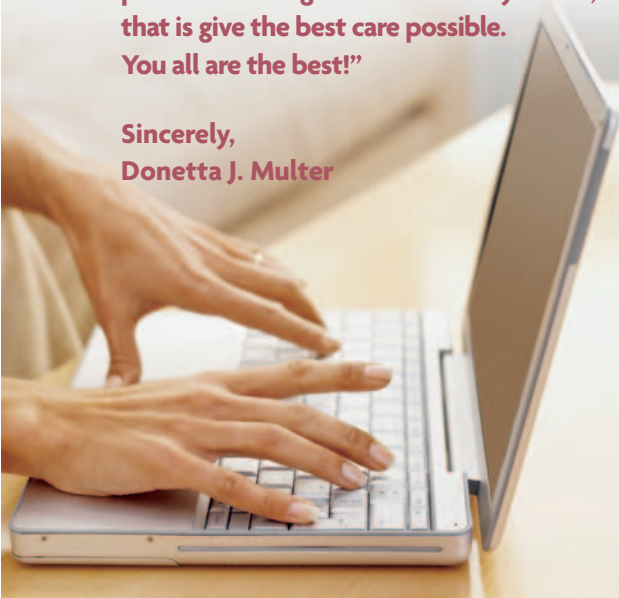
Our Fast Track program in the Emergency Room offers treatment for non-critical illnesses and injuries. For a list of ailments and minor injuries that can be diagnosed and treated, visit [www.hahv.org/service/emergency-department](http://www.hahv.org/service/emergency-department).

1 in 88 children have some form of Autism Spectrum Disorder

## What Our Patients Say about Margaretville Hospital

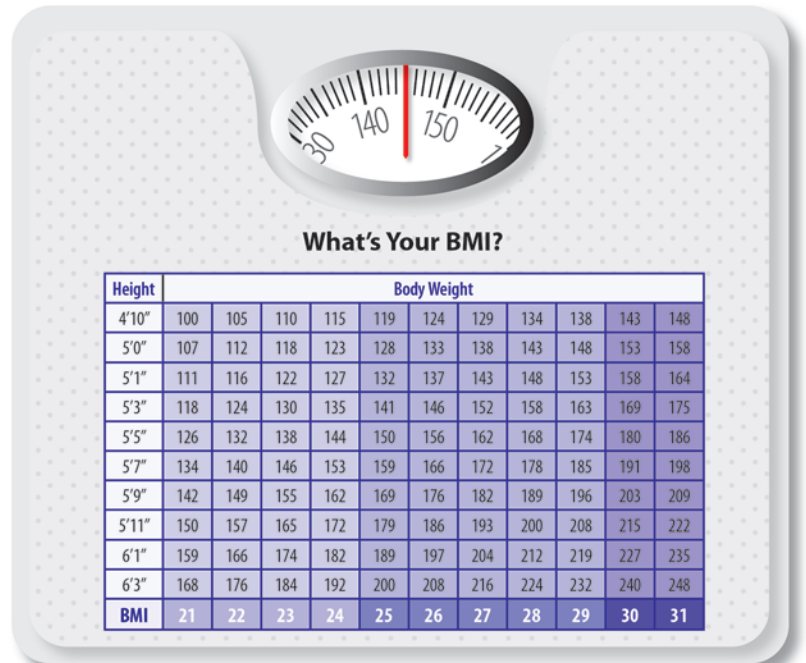
**“My husband has been a patient multiple times in the last several months and the care and service was something very special. I could not have asked for better. I am a retired nurse and so glad to see my profession doing what it has always done, that is give the best care possible. You all are the best!”**

Sincerely,  
**Donetta J. Multer**



## Stay Slimmer by Eating ... Together

Eating together at the family dinner table isn't only good for strengthening emotional bonds; it may also help in the fight against obesity. Researchers examining the dining habits of families in the Chicago area found that parents and children who routinely ate meals together in the kitchen or dining room had a significantly lower body mass index (BMI) than those who ate elsewhere — even if they ate together in that other location. High BMI is a common measure of obesity. Apparently, the family that eats together stays slim together.



A BMI of 25 to 29.9 is considered overweight, and 30 or more is considered obese.

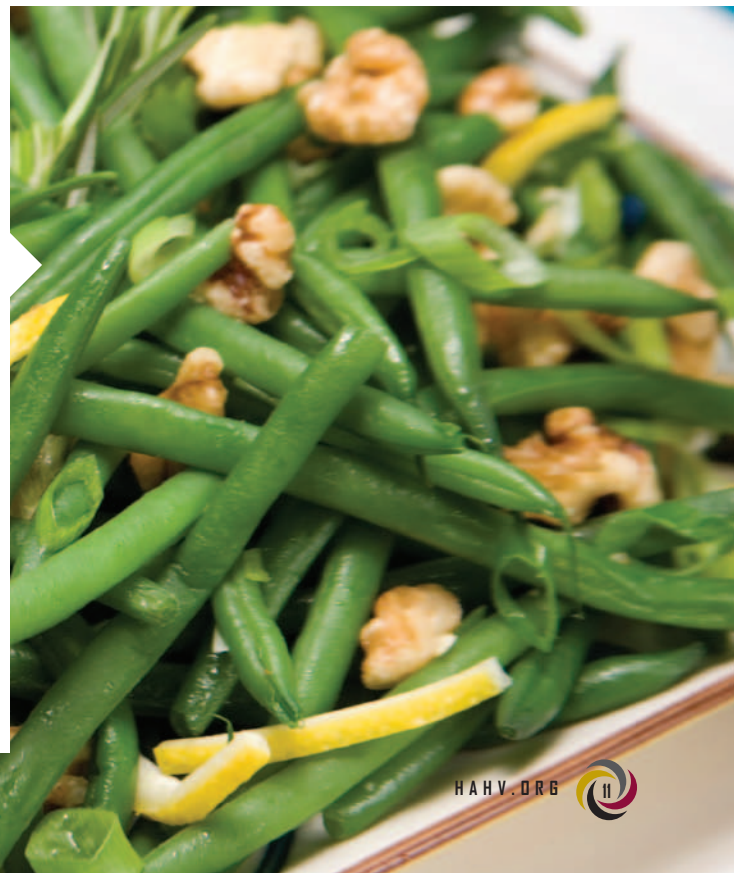
## Lemon-Walnut Green Beans

**8 c. small green beans**  
**cooking spray**  
**2 c. sliced green onions**  
**1/3 c. chopped walnuts**  
**1 1/2 tbsp. chopped fresh or 3/4 tbsp. crushed dried rosemary**  
**5 tbsp. fresh lemon juice**  
**1 tbsp. grated lemon rind**

1. Arrange green beans in a steamer basket over boiling water. Cover and steam eight to 12 minutes or until crisp-tender.
2. Plunge beans into cold water to stop the cooking process; drain.
3. Spray a saute pan with cooking spray. Over medium-high heat, add green onions and saute until tender.
4. Add green beans, walnuts, rosemary and lemon juice; cook, stirring constantly, until thoroughly heated. Sprinkle with lemon rind.

**Yield: 8 servings, about 1 cup per person**

Each serving provides: 80 calories, 4 g total fat, 0 g saturated fat, 0 mg cholesterol, 10 mg sodium, 11 g total carbohydrate, 5 g dietary fiber, 3 g sugar, and 3 g protein.



# BUILDING A **Strong** FOUNDATION

>> Our Foundations build lifelong relationships with members of the community, raise funds and dedicate their resources to support the needs of each facility and the community we serve.

## Benedictine Health Foundation: Honored by Each Gift

**T**he **Benedictine Health Foundation** has been the recipient of countless hours of volunteer service and significant financial contributions for over 36 years. We are honored by each gift of time and monetary donations that have improved the quality of health and spiritual care in Ulster County.

We are grateful that so many people in our community are involved in our fundraising efforts, can embrace change and continue to endorse our Foundation's mission and vision as we carry on our work with the Benedictine Sisters, HealthAlliance and community-based healthcare providers.

Thank you for your overwhelming response to our **2013 Year-End Appeal**, and for giving us the privilege to expend those funds to support our core areas of focus: **cancer patient and family services, spiritual care, and mental health and substance abuse services**, as well as capital needs that keep within our mission as prioritized by HealthAlliance.

The following services, programs and technologies are just a few of the projects we have identified to fund:

- Expansion of chaplain/spiritual care services to serve the needs of patients at the Mary's Avenue and Broadway Campus of HealthAlliance
- ICU GlideScope intubation equipment
- Construction of a comfort room for inpatient mental health services
- \$100,000 in financial assistance to individuals receiving cancer treatment (distributed through the Foundation's **Rosemary D. Gruner Memorial Cancer Fund**)
- Nursing education scholarships - **Dr. Neil S. Lieblich** and **Adrian McGlothlin** Memorial scholarship funds
- Lung cancer screening program funded by the Benedictine Auxiliary
- Mental health services EXPO May 2014
- Cancer patient services through a generous grant from the Klock Foundation

**Thank you for your continued generosity!** We look forward to our upcoming fundraising events, and invite you to join us to share a fun afternoon or evening with friends and neighbors that you care about—while supporting a cause that you care about.



Benedictine Health Foundation Gala, 2013



Benedictine Health Foundation Golf, 2013

### >> GET INVOLVED!

For information on volunteer opportunities, upcoming events, ways to give and Foundation initiatives, please call **Barbara Klassen, Executive Director**, at **845-334-3186** or email **BKlassen@BenedictineHealthFoundation.org**. Sign up for our e-news at **www.benedictinehealthfoundation.org**.

## >> YOUR GIFTS MAKE THE DIFFERENCE

When you contribute to one of our Foundations, your gift is more than a donation. It is a way for you to advance healthcare for you, your family and the community. Learn about the many ways you can give at [www.hahv.org/our-foundations](http://www.hahv.org/our-foundations). Thank you for your support!



HealthAlliance Foundation welcomes new board and advisory members for 2014. (l. to r.) Terri Lee, Joe Huben, Glenn Decker (Chairman), Ann Williams, Bev Lastig, Marisa Perez-Rogers, and Steffen Kraehmer (Executive Director). Missing from photo: Charles Kutler, M.D.

## HealthAlliance Foundation Supports Two Local Hospitals and CCRC

Keeping quality healthcare services in Ulster County is the number one priority for the HealthAlliance Foundation. The purpose of the Foundation is to support HealthAlliance's mission of "exceptional healthcare close to home" at the two HealthAlliance Hospitals—Mary's Avenue and Broadway campuses. In addition, the HealthAlliance Foundation Board works with residents of the Woodland Pond Continuing Care Retirement Community (CCRC) in New Paltz in raising funds for the CCRC facility.

The Foundation support of the premier services at these two

community hospitals focuses on purchasing state-of-the-art technology and training staff to assist with all your inpatient and outpatient care. Contributions and event sponsorships are making a difference in the lives of nearly 60,000 individuals that utilize the HealthAlliance network of services.

Glenn Decker, Chairman states, "The HealthAlliance Foundation Board of Directors appreciates the community commitment to quality healthcare. The on-going emphasis is these three areas: **Community Health & Wellness Programs, Education & Training for Nursing Staff and Physicians, and Technology and Diagnostic Equipment.**"

## HEALTH ALLIANCE FOUNDATION 2014 EVENTS

### April 26

25th Annual Tulip Ball at Lazy Swan Country Club

### June 13

Finnegan Golf Tournament at Wiltwyck Golf Club

### June 18

Annual Spring Luncheon & Scholarship Awards Ceremony at Wiltwyck Golf Club

### June 22

Tour de Kingston Bike Ride

### August 6

Golf Classic at Apple Greens in New Paltz

All inquiries of supporting the HealthAlliance Foundation should be made to the Foundation office at 845-334-2760 or 396 Broadway, Kingston, New York 12401. For more information visit [www.FoundationUpdate.org](http://www.FoundationUpdate.org).

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# Faces of HAHV: Linda Mead



“I really love helping people, and the hospital is small, so I know everyone. It truly is like a family.”

— Linda Mead  
Director of Human Resources  
at Margaretville Hospital

There aren't too many people who know HealthAlliance's Margaretville Hospital better than Linda Mead. Linda, the director of Human Resources at Margaretville Hospital, has worked there since 1975. After living with her grandparents in Margaretville for a few summers and during her last two years of high school, Linda immediately began her career at the hospital after graduation. She started as a nurse's aide before working in the business office, then worked as an administrative assistant and finally ended up in Human Resources in 1991.

With plenty to keep her busy at work, Linda spends her free time relaxing or visiting with her two children and three grandkids, who all reside in upstate New York. Linda's daughter originally considered going into healthcare as well, but in the end she became a teacher, leaving Linda as the only member of her family working in the field.

But that doesn't mean Linda is not an inspiration and role model in the healthcare industry. Her colleagues have nothing but positive remarks about her personality and work, stating that she is a “great representative” of the Margaretville Campus and “a true face of HealthAlliance.”

#### **Q: WHY DID YOU WANT TO GET INTO THE FIELD OF HEALTHCARE?**

A: Honestly at the time I was just looking for a job. I enjoy working with people, so working as a nurse's aide just seemed ideal, and I found it to be very rewarding.

#### **Q: SINCE YOU'VE LIVED IN MARGARETVILLE MOST OF YOUR LIFE, DO YOU HAVE A FAVORITE TRAVEL DESTINATION?**

A: I've been to Florida and gone to Disney World with my grandkids, but Maine is my favorite place—specifically Acadia National Park. I love that the mountains and ocean are right there next to each other—it's breathtaking. To ride up along the coast is just beautiful.

#### **Q: DO YOU HAVE ANY HOBBIES?**

A: Working is my hobby! On the weekends I usually spend time with my family and sometimes go snowshoeing in the winter. Since I live in a rural area, I can go out right from my house. I'm also a part of an exercise program we have at the hospital. Now we're starting Zumba!

#### **Q: WHY DO YOU LIKE WORKING AT HEALTHALLIANCE?**

A: I have a great team to work with—all of the Human Resources staff at HealthAlliance—and couldn't ask for a better group. It's great being able to tap into the expertise of the organization throughout all the different campuses.

#### **Q: WHAT'S YOUR FAVORITE PART OF YOUR JOB?**

A: I really love helping people, and the hospital is small, so I know everyone. It truly is like a family. We have our ups and downs, but we're in it together and fortunate to have a community that is very supportive of us.

# Wellness, Education & Support Programs



Look for Team HealthAlliance at local fundraisers, walks and marathons!

## Oncology Support Program: Caring for Those with Cancer

HealthAlliance is dedicated to ensuring that no one faces cancer alone. Our Oncology Support Program consists of compassionate professionals and volunteers offering individual and group support to those affected by cancer, plus their families and friends.

Our creative programs promote prevention, wellness, and healthy survivorship. They include exercise classes, cancer education, and workshops on nutrition, integrative medicine, and the healing arts.

Programs take place in the homelike setting of the Herbert H. and Sofia P. Reuner Cancer Support House, 80 Mary's Avenue, across the street from HealthAlliance Hospital: Mary's Avenue Campus. The nearby Linda Young Healing Garden offers a quiet sanctuary for meditation and reflection. For more information or to join a support group, please call **845-339-2071**.

### Women's Support Group

First and third Thursdays, 11 a.m.–12:30 p.m.  
Second and fourth Thursdays, 7–8:30 p.m.

### Linda Young Ovarian Cancer Support Group

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

### Family and Caregiver Support Group

Third Monday of the month, 7–8:30 p.m.

### Men's Support Group

Second Monday of the month, 5:30–7 p.m.

### Metastatic Support Group

First and third Tuesdays of the month, 2–3:30 p.m.

### Nurturing Neighborhood Network Program

Connects people diagnosed with cancer to trained peer volunteers for individual support.

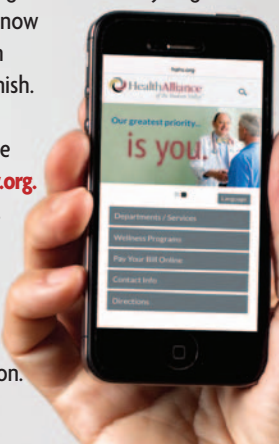
## New Mobile App!

Access HealthAlliance services and health and wellness programs wherever you go!

Mobile website now available in both English and Spanish.

You can find us with your mobile device at [m.hahv.org](http://m.hahv.org).

This project was made possible thanks to the HealthAlliance Foundation and Dyson Foundation.



## Support Groups

### Childbirth, Breast Feeding, CPR, New Moms Group

Contact The Family Birth Place. 845-331-3131

### Dementia Support Group

Contact Yvette Drake. 845-334-2813

### Diabetes Support Group

Third Wednesday of the month, 4:30–5:30 p.m.  
Contact Beth Warhola at the Diabetes Education Center. 845-334-4249 ext. 1

### Ostomy Support Group

Contact Barbara Peterson at the Wound Care Center. 845-334-3125

### Stroke Support Group

Contact Yvette Drake. 845-334-2813

### Weight Management Program

Contact Beth Warhola at the Diabetes Education Center. 845-334-4249 ext. 1

## Ongoing Classes

For more information, call us at 845-339-2071.  
(Suggested donation of \$8 for most 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; calm and focus the mind. Mats provided.

### Qigong, with Jeff Bartfeld

Tuesdays, 7–8 p.m.  
HealthAlliance Hospital:  
Mary's Avenue Campus Auditorium  
Gentle exercises increase stability and strengthen the constitution.

### SmartBells® Class, with Angel Ortloff

Thursdays, 9:30–10:45 a.m.  
HealthAlliance Hospital:  
Mary's Avenue Campus Auditorium  
Use sculptured weights and gentle movement to increase flexibility, strength and balance.

### Tai Chi, with Annie LaBarge

Mondays, 10–11 a.m.  
Reuner Cancer Support House  
Moving meditation and slow martial art to increase strength, balance and flexibility and to enhance the immune system and well-being.



To be notified about upcoming events and seminars, send your name and email address to [YOU@hahv.org](mailto:YOU@hahv.org).

## Art & Healing Programs of the HealthAlliance Oncology Support Group

(Suggested donation of \$6 for each class) For more information, call the HealthAlliance Oncology Support Program at 845-339-2071 or email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org) or go to [www.hahv.org](http://www.hahv.org).

### OSP Choral Ensemble

"Songs of the Heart" co-sponsored by the Mill Street Loft Arts & Healing Program.

### OSP Memoir Group

A memoir group for cancer patients.

### Watercolor and Words

An art workshop inspired by the Linda Young Healing Garden.

### Creating Your Own Mandala

Design your own personal mandala (circular designs).

### Healing Circle Improv Group

Composed of cancer survivors, the group continues its long tradition of visiting cancer patients and offering a creative way to uplift their spirits.

## 15th Annual National Cancer Survivor's Day Celebration—June 6, 2014 at 6:00 p.m.

A celebration of the lives of cancer survivors for family and friends including refreshments, entertainment, and candle lighting ceremony. Auditorium at Mary's Avenue Campus. For information, please call 845-339-2071 or email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org).

## Submit a healthcare question for a chance to win a FREE first aid kit!

The first 15 people to email us a healthcare question at [YOU@hahv.org](mailto:YOU@hahv.org) will win.





Health Alliance of the Hudson Valley  
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Lake Katrine, New York 12449

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# Healthy starts here



It is said that a healthy life, is a happy life. So why wait until there is an issue to care for your well-being? By aligning with local physicians, we're working to improve the patient experience and level of care for a healthier community, and a happier tomorrow because our greatest priority...is you.



Exceptional Healthcare Close to Home. Visit us at [hahv.org](http://hahv.org)