

# HEALTH ALLIANCE & YOU

EXCEPTIONAL HEALTHCARE CLOSE TO HOME

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SPRING 2015

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# Building the Healthcare Delivery of Tomorrow

**A**t HealthAlliance, we're ensuring we consistently provide the best care to every patient today, while building the healthcare delivery of tomorrow. We're among the state's leaders in mounting a new strategy for delivering healthcare services. The new strategy is based on maximizing value for patients and families — that is, achieving the best outcomes, at a lower cost, with the highest patient satisfaction.

At the same time, we're working with local doctors to create a unified system organized around patients and their needs. This is known as clinical integration. With clinical integration, area physicians with HealthAlliance support become a multidisciplinary network providing patient care.

Doctors will treat the “whole person” along the continuum of care. This means they'll treat your disease but also consider related issues — such as kidney and eye disorders for patients with diabetes.

HealthAlliance has also signed a letter of intent with Westchester Medical Center, which means we're now jointly talking about affiliating. We believe the association will strengthen and improve the provision of the services we now provide to meet our local area's healthcare needs.

Additionally, in Kingston, we plan to bring all HealthAlliance Hospital services to one campus. The move, with sizable facility upgrades, will continue to enhance patient care and improve the patient experience. Assuming we receive regulatory approvals, we expect to begin the transition this year.

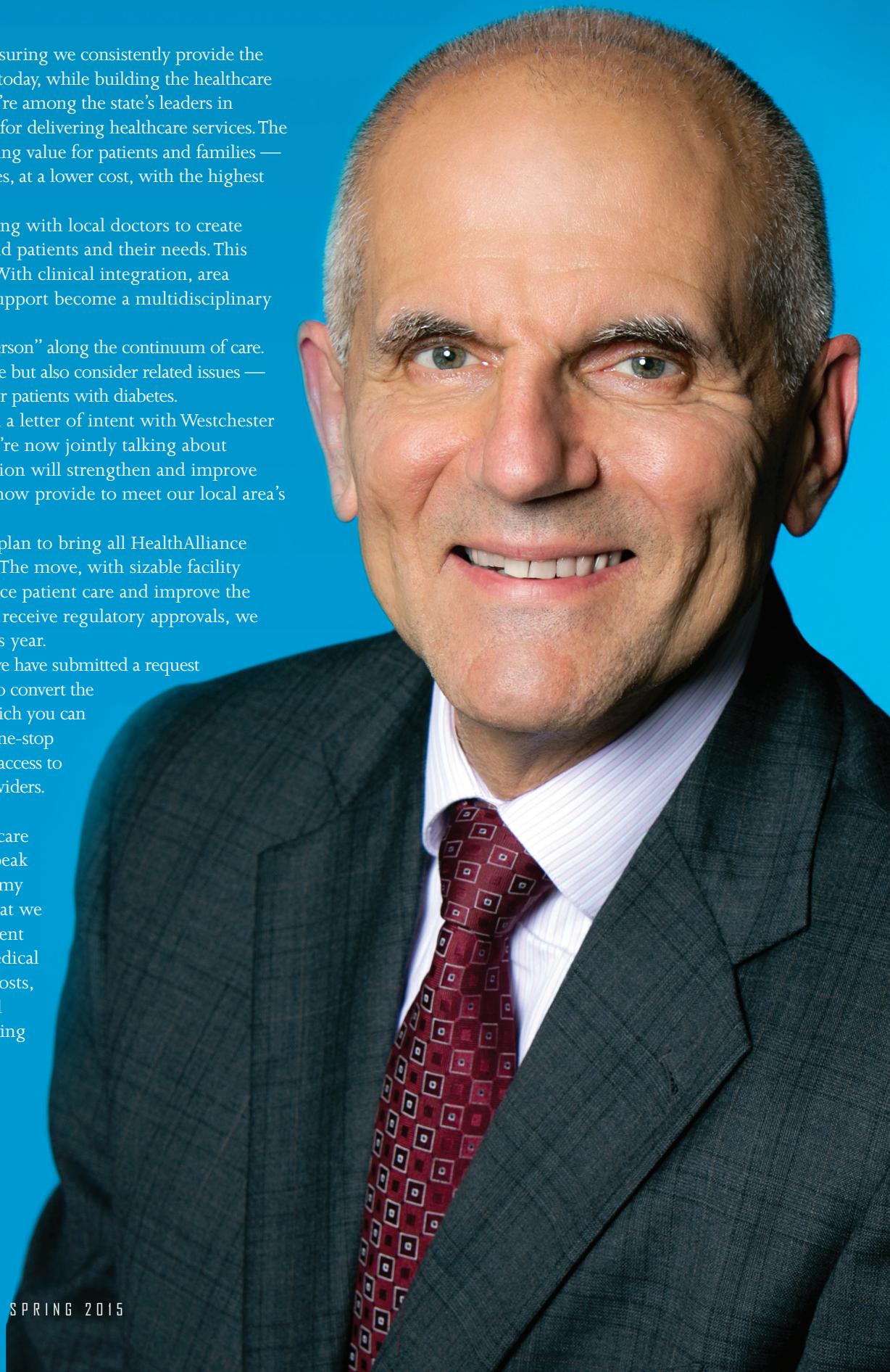
As for the remaining campus, we have submitted a request to the state Department of Health to convert the facility into a “medical village,” which you can think of as a healthcare mall — a one-stop destination where you'll have easy access to general practitioners and other providers.

We at HealthAlliance are very optimistic as we build the healthcare delivery of tomorrow. And as I speak to community groups and make my rounds at our facilities, I stress that we never lose sight of our commitment to delivering standard-setting medical care, while reducing healthcare costs, improving patient outcomes, and ultimately improving and sustaining the health and well-being of the diverse communities we serve.

Sincerely,



David Scarpino  
President and CEO



# Letters to HealthAlliance: Extraordinary Excellence in Healthcare

We regularly receive letters from patients and their families commending us on our service. Here are three excerpts thanking us for our exceptional levels of care.

“I must tell you what a wonderful experience we had at your hospital,” **Linda Smith of Saugerties, N.Y.**, said, explaining she took her husband, Joseph, to the HealthAlliance Hospital: Mary’s Avenue Campus for tests as he recovered from a stroke.

“Everyone was attentive, thoughtful and kind, while providing outstanding clinical care for Joe, who was in a wheelchair,” Linda said.

She especially cited echocardiogram technologist Jonathan Villano and ultrasound technician Kevin McDonald. Jonathan “very kindly” took extra-special care of Joe as he gave him an “echo,” or heart sonogram, and Kevin “was so caring and considerate of how to move Joe carefully because of his stroke” during his diagnostic imaging.

Afterward, Kevin even “took us to the cafeteria so we could get some lunch,” Linda said. “He actually pushed Joe for me because I was carrying two bags.”

“You should be very proud of the wonderful staff you have at your hospital,” Linda said.

**Alan D. Marino of Thornwood, N.Y.**, said his son was promptly cared for at Margaretville Hospital after being rushed there in severe pain from the family’s second home nearby.

The skilled physicians and nurses provided outstanding clinical excellence for his son, Alan said.

“It is important that you be aware of the professional manner in which he was diagnosed, treated and advised,” said Alan, a retired Director of Pharmacy at Northern Westchester Hospital in Mount Kisco, N.Y.

“Your hospital is fortunate to have such people on staff,” he said.

**Edward F. Ulon of West Shokan, N.Y.**, said his care in the HealthAlliance Hospital: Broadway Campus’s Intensive Care Unit — after coming out of an 18-day induced coma — was “beyond description,” it was so good.

“The dedication of the staff was second to none,” said Edward, a retired New York City police lieutenant.

He cited nurse Joan Many in the ICU, who he said was “sincere to her profession, and I thank God she was there for me when I needed it the most.”

After leaving the ICU, Edward was “blessed a second time,” he said, by nurse Theresa Black on the second floor, whose wonderfully caring treatment made him feel he was always her highest priority.

“It’s not too often that someone will take the time to write a letter of appreciation, but in this case, it was not only right; it was imperative,” Edward said.



# Get Help for Better Mental Health

Each year, nearly 44 million Americans experience a serious mental illness such as depression, anxiety or post-traumatic stress disorder. If you're among them, don't suffer in silence.

"Mental illness can affect all areas of your life, including your relationships, your employment, your education and your social life," says Laurie Muscari, Administrative Director of Mental Health Services at HealthAlliance of the Hudson Valley. Facing an emotional disorder without treatment can be as debilitating as not treating a physical illness such as diabetes. "But some people are reluctant to get treatment for an emotional or behavioral disorder they need because of the stigma," Muscari says. It's nothing to be ashamed of or embarrassed about. Just like a physical illness, it is what it is. And now, more than ever, you can recover from a mental disorder and live a full, active life.

## THE FIRST STEP: SEEK HELP

HealthAlliance offers a variety of inpatient and outpatient mental health services at the Mary's Avenue Campus for a wide range of psychiatric disorders, including a Partial Hospitalization Program for adolescents 13 to 18 and another for adults 18 and older. The programs treat teens and adults who don't need to be hospitalized or are transitioning from the hospital. Treated conditions include depression, anxiety, obsessive-compulsive disorder, post-traumatic stress disorder and bipolar disorder.

Both partial hospitalization programs provide dialectical behavioral therapy (DBT), a type of group therapy that teaches coping strategies you can use in your daily life, such as communicating effectively with others, role playing to solve interpersonal problems, and mindfulness. "We do a lot of things to keep busy that can prevent us from paying attention to how we really feel," says Mary Fennell, L.C.S.W., HealthAlliance's Clinical Coordinator of the Partial Hospitalization Program for adults. "With mindfulness, you learn to observe and describe to yourself how you feel without judging it, such as 'I'm feeling anxious right now,'" she says. The simple self-check helps stop your mind from racing so you can identify your emotions and feel less overwhelmed by them.

In addition to group therapy DBT sessions, medication management is a major part of the day program. "A psychiatric nurse practitioner (NPP) is available every day to help you get on the right medication and adjust it, if necessary," Fennell says.

## TREATMENT TIME OUT

The Partial Hospitalization Program is intensive. Program participants meet at the Mary's Avenue Campus five days each week, six hours daily, for an average of three weeks, though it's possible to participate longer, if necessary. Most people who attend take a leave of absence from work, but the time away is worth it. "Patients tell me, 'This program should be taught to everybody,'" Fennell says. "It's true. It should be."

To be eligible for the program, which is covered by most insurance plans, you need a referral from your primary care physician or a licensed therapist, psychologist or psychiatrist. "You don't have to have a long history of a mental disorder," Fennell says. "If a sudden tragedy weighs you down, the program can help you get back to some level of functioning."

For more information about the Partial Hospitalization Program for adults, call 845-334-3120. For more information about the adolescent program, call 845-334-3110.

## Become More Zen

Mindfulness involves concentrating on the present moment without critiquing it. Studies show that practicing mindfulness helps manage stress, reduce anxiety and depression, and improve the ability to cope with illness. To see mindfulness in action, sink your teeth into your favorite spring fruit. Then really notice the fruit's appearance, taste, texture and smell. Savor every delicious moment. Enjoy!

## Don't Wait to Get Help

### Ulster County Suicide Prevention Hotline:

845-338-2370 or 845-679-2485

### National Suicide Prevention Lifeline:

800-273-8255 or 800-784-2433  
(800-Suicide)

**Veterans Crisis Line:** 800-273-8255  
(press 1 when connected)

**Veterans Crisis Text Messages:**  
text to 838255

### Family of Woodstock Crisis Hotline:

845-338-2370 or 845-679-2485



From left: Mary Kate Muller, Activities Therapist; Macon Lewis, Treatment Team Manager; Shelley Simmons, Utilization Review Coordinator; Laurie Muscari, Administrative Director; Lauren Olsen, Mental Health Counselor

# EAT LOCAL:

## The Time Is Right for Fresh Early Spring Produce



Nancy Treumann, M.S., C.D.N., R.D.N., Director of Clinical Nutrition Services, HealthAlliance

The farm-to-table movement is popular in restaurants. By shopping at local farmers markets, the movement can trend in your own kitchen too.

“Farmers markets are wonderful places to buy local produce throughout the year,” says Nancy Treumann, M.S., C.D.N., R.D.N., Director of Clinical Nutrition Services at HealthAlliance. In late winter/early spring, local farmers markets are still brimming with hearty root vegetables, such as beets, parsnips, turnips, carrots, winter squash and onions.

Farmers market produce isn’t more nutritious than produce in the grocery store that comes from out of state. But because it hasn’t been shipped from across the country, it is better for the local economy and the environment. It can taste better too. “Local farmers tend to pick produce when it’s smaller and sweeter,” Treumann says.

### TAKE YOUR PICK

Farmers markets are great places for experimenting. Nothing is prepackaged, so you can easily buy just two or three of something. “Each time you visit a farmers market, challenge yourself to buy a small amount of one thing you’ve never tried before and see how you like it,” Treumann says. Purple potatoes? Patty pan squash? Yellow beets? Why not? Get the kids involved in the picking and preparing. They’re never too young to get in on the action. And there’s nothing like making it yourself because you have control over the ingredients. “We all eat better when we eat from home more often,” Treumann says.

### PREPARATION POINTERS

To make your farmers market bounty last, discard parts of vegetables that may be starting to spoil or wilt as soon as you get them home. Brush off any dirt and store your produce in the vegetable bin in your refrigerator. Before cooking, wash all produce in running water, including anything you plan to peel, such as potatoes.

## Roasted Vegetables

If you’re looking for a delicious and easy way to prepare farmers market produce, try roasting. It brings out the vegetables’ deep, rich flavor with little added fat.

Preheat the oven to 450 degrees. Meanwhile, toss cutup early spring veggies, such as beets, parsnips, turnips, carrots, winter squash, onions and garlic with a drizzling of olive oil in a large bowl. Use 1 tablespoon of oil per pound of vegetables.

“The secret to roasting is making sure the vegetables are all cut to about the same size. One-inch cubes work best,” Treumann says. “The outside can caramelize without the inside becoming too mushy.” Be creative with your root vegetables picks. Using a variety of colors provides a rainbow of nutrients and increases the dish’s eye appeal.

Lightly oil a cookie sheet or spray it with cooking spray. Spread vegetables evenly on the pan. Roast for 30 to 40 minutes. Halfway through roasting time, stir or flip the vegetables and add fresh herbs, such as sprigs of thyme or rosemary, if you’d like. Your vegetables are done when you can easily pierce them with a fork. Leftover roasted vegetables are a nice addition to a salad.

## Local Farmers Markets

### Kingston Farmers’ Market

Old Dutch Church on Wall Street  
First and third Saturdays, 10 a.m. to 2 p.m.  
[kingstonfarmersmarket.org](http://kingstonfarmersmarket.org)

### Winter Sun Farms

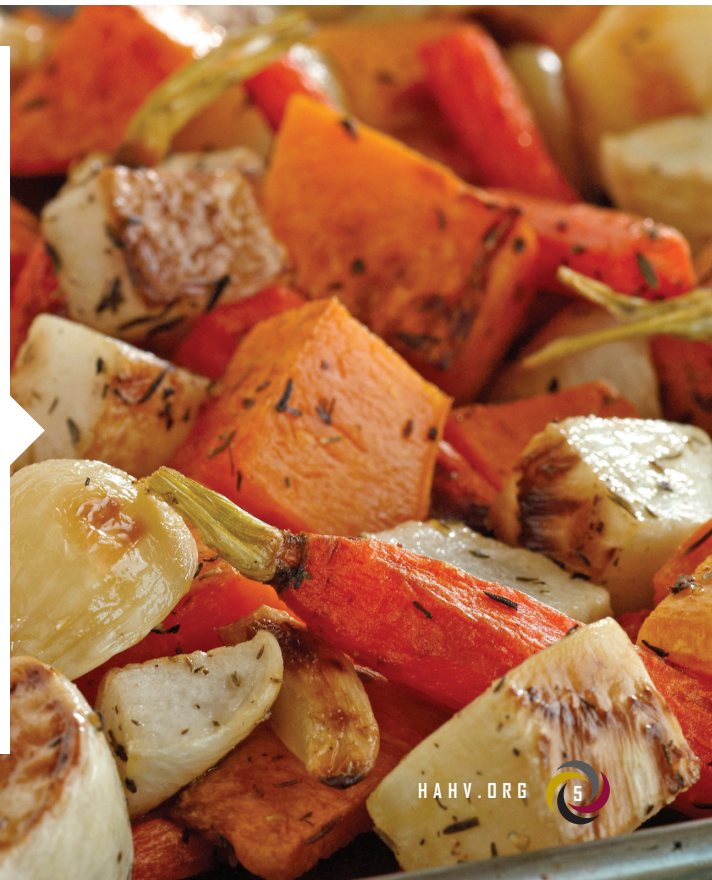
New Paltz Community Center  
Veterans Drive  
(behind Town Hall, off Route 32)  
Saturdays: March 10, April 14  
10 a.m. to 3 p.m.  
[wintersunfarms.com](http://wintersunfarms.com)

### Gardiner Green Market

Gardiner Library, Farmers Turnpike  
Third Saturday, 11 a.m. to 3:30 p.m.  
[facebook.com/pages/Gardiner-Green-Market/147800581902736](https://facebook.com/pages/Gardiner-Green-Market/147800581902736)

### Rosendale Indoor Farmers Market

Rosendale Community Center, Rosendale  
First Sunday, 10 a.m. to 2 p.m., through May  
[soilmate.com/markets/rosendale-winter-farmers-market](http://soilmate.com/markets/rosendale-winter-farmers-market)



# Acute vs. Subacute Rehab: Make the Right Choice

**R**ehabilitation can be key to your recovery after a debilitating or traumatic injury, illness, medical condition or surgical procedure.

But there are two different types — acute rehab as a hospital inpatient and subacute rehab in a nursing home. Which is right for you?

Both typically involve physical therapy, occupational therapy, speech therapy or respiratory therapy, and may include therapeutic recreation, clinical nutrition, and orthotic and prosthetic services, along with case management.

Acute inpatient rehab therapies optimize a patient's recovery from a specific medical condition, whether it's a heart attack, stroke, spinal cord or brain injury, amputation, neuromuscular disorder, orthopedic condition or major surgery.

Subacute rehab is designed for patients who do not require acute medical care, but do not yet perform at their earlier functioning level and require continued medical management.

Which to choose, though, isn't always the patient's decision to make, says HealthAlliance Licensed Occupational Therapist William Shashaty.

"Acute rehab is very selective and is usually based on a person's diagnosis," he says, with most patients guided through the process with help from rehab screeners. Insurance coverage can also play a critical role in rehab decisions.

No matter what type of rehab you need, all HealthAlliance facilities recognize each person's individual or family situation is unique, and all rehab programs seek to give you the best care to prepare you to become as independent as possible.

"We seek to nurture the individual's entire psychosocial and spiritual well-being," says Mountainside Residential Care Center Administrator Philip Mehl.

## **Acute Rehab as an inpatient at HealthAlliance Hospital's Mary's Avenue Campus in Kingston**

- Close daily medical supervision by a physician specializing in rehab care
- 24-hour rehab nursing
- Multidisciplinary team of doctors, nurses, case managers and therapists manages your medical issue
- At least three hours of rehab therapy every day
- State-of-the-art rehab equipment/technology, including hot and cold therapy and paraffin wax baths
- One to four weeks in duration

*Patients in acute rehab must be able to actively participate in three hours of intensive restorative rehab a day and demonstrate reasonable expectations for functional improvement and for discharge to home.*


## **Subacute Rehab at Mountainside Residential Care Center in Margaretville or Woodland Pond at New Paltz**

- Physician interaction once or twice a week, with 24/7 on-call support
- 24-hour skilled-nursing care
- Therapeutic team manages your subacute and chronic medical issues
- Up to three hours of therapy a day, up to six days a week, based on your doctor's recommendation and your endurance as a patient
- State-of-the-art rehab equipment/technology, including hot and cold therapy and, at Woodland Pond, paraffin wax baths
- Four to 12 weeks in duration

*Patients in subacute rehab may go home afterward or be discharged to private-duty nursing or alternative community-living options.*

Photo courtesy of Woodland Pond at New Paltz's residents' gym



 To schedule a tour of Mountainside, call 845-586-1800. For a tour of Woodland Pond, call 877-505-9800.

**A**t HealthAlliance, we want our employees to flourish and progress. We value and encourage the advancement of our employees in their careers and education, and work with them to achieve their goals within our organization. Carrie Mosley is a prime example of an individual who has embraced development and has grown over the course of her career at HealthAlliance.

Carrie has been the Director of Nursing at Mountainside Residential Care Center since November 2014, but eight years ago she started working there as a licensed practical nurse (L.P.N.). Since then, she has worked her way up, even taking on additional per diem nursing shifts at Margaretville Hospital. In 2010, as the L.P.N. Nurse Manager at Mountainside, Carrie was bestowed the honor of Employee of the Year, her hard work and dedication as evident then as it is today. Even now, Carrie is advancing her skill set by working on a bachelor's degree in nursing, which she plans to complete in 2016.

**Q: WHAT SPARKED YOUR INTEREST IN NURSING?**

A: I've always enjoyed working and being with people, but it goes back to when I was hospitalized when I was young. I recognized how important the nurses' care was for me and what a difference it made in my stay. I want to make a difference for others the way they did for me.

**Q: WHAT MADE YOU CHOOSE TO TAKE THE DIRECTOR OF NURSING POSITION?**

A: This job is the best of both worlds. I still get to interact with our residents, which is important to me, but now I get to work on the policies and procedures for Mountainside as well. We make a huge difference for our residents by making Mountainside more like a home for them and giving them the best quality of life they can have. Mountainside is a leader in geriatric care and a high-quality nursing home, and I wanted to be part of the team that ensures a welcoming environment and first-rate care.

**Q: WHAT DO YOU FIND MOST REWARDING ABOUT YOUR JOB?**

A: It's very rewarding to have a significant impact on a resident's quality of life and seeing that what we do every day makes a difference. Hearing their appreciation, and the appreciation of their families, really makes the job worthwhile.

**Q: WHY DO YOU ENJOY WORKING AT HEALTHALLIANCE?**

A: Not only do I love our residents at Mountainside, but I love the people that I work with as well. They're high-quality staff and make Mountainside a great place. It's an honor and a privilege to work with them every day.

**Q: WHAT DO YOU DO IN THE WINTER TO PREVENT CABIN FEVER?**

A: I don't like the cold weather, so I don't mind being indoors! But I have three kids — two teenagers and a 5-year-old — so I'm busy with school events and activities. I also do a lot of reading, mostly medical textbooks for school.

**Q: WHAT DO YOU THINK IS A COMMON MISCONCEPTION ABOUT NURSING?**

A: One of my favorite books, "Nursing in the Storm," is a combination of stories told by nurses that lived through Hurricane Katrina while taking care of their patients in dire circumstances. It vividly details the sacrifices they made, while placing their own personal safety, loss and tragedies aside to care for others. It's a shining example of how nursing is not just a profession, but a special calling in life. Nurses are some of the most self-sacrificing people you will ever meet. That's something I don't think most people realize.

## Faces of HAHV: Carrie Mosley



**"It is very rewarding to have a significant impact on a resident's quality of life and seeing that what we do every day makes a difference."**

— Carrie Mosley  
Director of Nursing  
Mountainside Residential Care Center

# Heart Attack: Know

It's Sunday morning. You're reading the paper and enjoying your coffee when suddenly you feel tightness in your chest. You drop the mug and clutch your chest as the pain sets in, and you realize you're having a heart attack.

Sound like what would happen? Think again.

Many people don't necessarily experience this scenario, commonly referred to as the "Hollywood heart attack." Some don't even realize they're having one. Every year about 720,000 Americans have a heart attack, and of those, more than two-thirds experience one for the first time. With so many people affected by heart attacks, it's important to understand all the signs and symptoms.

## WHAT IS A HEART ATTACK?

A heart attack occurs when blood flow and oxygen to the heart are cut off, thus killing cells in the heart muscle. This typically results from the formation of a blood clot in a coronary artery where the vessel has been narrowed by a buildup of plaque.

According to Ellis Lader, M.D., a Cardiologist at HealthAlliance of the Hudson Valley, a heart attack isn't as sudden as we think. "People think that a heart attack just happens," says Dr. Lader. "But plaque buildup progresses quietly for decades, and then finally the blood clot is the straw that breaks the camel's back, so to speak."

The most classic symptom of a heart attack is discomfort or pain in the center or left side of the chest that lasts for more than a few minutes. This pain or discomfort can extend to the back, arms and neck. Shortness of breath may also accompany the chest discomfort, but sometimes the attack can occur before that.

However, a person can be asymptomatic or have uncommon heart attack symptoms. These can include cold sweats or unusual dizziness, light-headedness or profound fatigue. A heart attack can also mimic gastrointestinal issues, with gassiness, nausea and abdominal discomfort. Some have even reported diarrhea.

**"People think that a heart attack just happens. But plaque buildup progresses quietly for decades, and then finally the blood clot is the straw that breaks the camel's back, so to speak."—Ellis Lader, M.D.**

Although anyone can have these symptoms, older people and people with diabetes are more prone to uncommon signs of a heart attack. Studies show that a heart attack in women, too, may be different, but their symptoms are more similar to those of men than they are different.

"Doctors are very aware of and supportive of the fact that women's symptoms may be different from men's," says Dr. Lader. "We take extra care to watch for unusual heart attack symptoms when women come in to the Emergency Department."

## BE PREPARED

Timing is key. As soon as you suspect a heart attack, call 911.

"Always go to the hospital if you're not sure," says Dr. Lader. "No one gets laughed at for coming in."

For the most severe form of heart attack, the Emergency Department (ED) strives to deliver clot-busting medication to the patient within 30 minutes of coming through the door, according to Fareed Nabel Fareed, M.D., F.A.C.E.P., Medical Director of the Emergency Department at HealthAlliance Hospital: Broadway Campus. "In our ED, streamlined protocols and processes allow us to treat heart attack victims rapidly," he says.

The sooner treatment is provided, the less damage to the heart and the better the chance of survival for the patient.

To help doctors provide treatment quickly and effectively, it's important to be prepared. Dr. Fareed suggests bringing in a list of your home medications, allergies and medical problems, and to specifically make note if you have diabetes, hypertension, high cholesterol, a history of heart attack or if you smoke.

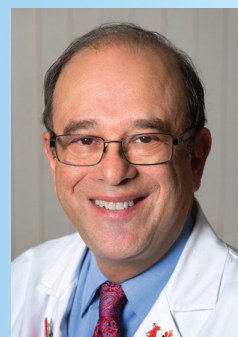
Additionally, you'll be asked about your pain and associated symptoms. "It's important to describe the nature and timing of your symptoms. We're extensively

trained to pick up atypical presentations of heart attack," says Dr. Fareed. "You may think it's a different diagnosis, but it could actually be a heart attack, or vice versa."

## IN THE EMERGENCY DEPARTMENT

In the ED, staff will perform an electrocardiogram (EKG) to help determine what is happening with your heart. Within 10 minutes, you'll know if you're having the most dangerous form of heart attack.

If the EKG is normal or doesn't result in a diagnosis, that doesn't necessarily mean your heart is fine. Further testing, such as a high-sensitivity heart enzyme blood test, may be necessary to determine if heart damage occurred.



Ellis Lader, M.D.  
Cardiologist  
HealthAlliance of the Hudson Valley



Fareed Nabel Fareed, M.D., F.A.C.E.P.  
Chair, Department of Emergency  
Medicine - Emergency Medical Associates,  
HealthAlliance of the Hudson Valley



# the Signs

If a patient is having a heart attack, or is at high risk, he or she is admitted to the hospital for treatment. Patients who are considered intermediate or low risk may be admitted for observation.

On average, the Broadway Campus ED sees 420 patients with chest pain a month. Of those, about 60 percent are admitted to the hospital.

“In our Emergency Department, we evaluate and treat multiple patients with chest pain daily. It is a fundamental and critically important part of an emergency physician’s practice,” says Dr. Fareed. “We provide outstanding cardiovascular care in the ED and have extensive training and experience in detecting heart attack and alternate diagnoses.”

## Heart Attack Prevention

“We’re good at treating heart attack, but we don’t want to have to treat it,” says Dr. Lader. “Prevention is key.”

To avoid having a heart attack:

- Don’t smoke or use tobacco
- Eat a healthy diet
- Maintain a healthy body weight, blood pressure and cholesterol
- Partake in physical activity
- Manage your diabetes
- Get regular health screenings

Getting a calcium score can be extremely beneficial for men older than age 40 and women older than age 50. This test checks the buildup of plaque in the walls of the coronary arteries.

Knowing this information helps your doctor determine your risk for heart disease, heart attack and stroke, and what you can do to lower that risk.



# Track Your Meds



Some 40% of hospital medication errors occur because clinical staff don't know what medicines you take. Around 20% of these errors may cause harm.

This doesn't just happen at hospitals. Patients may have several doctors prescribing drugs.

**Medication reconciliation** can greatly reduce errors.

It involves listing your meds and sharing this info with your medical provider. The provider will compare this list to any medication orders to resolve any discrepancies.

Learn from HealthAlliance how to create your own list to help ensure your safety and prevent adverse drug reactions.



Visit [www.hahv.org/service/medication-reconciliation](http://www.hahv.org/service/medication-reconciliation)

## Get Your Vitamin D

People older than age 65 who have low levels of vitamin D are at high risk for developing dementia and Alzheimer's disease, according to a study published in Neurology. Researchers analyzed blood levels of vitamin D in more than 1,600 people older than age 65 who did not have dementia. When their vitamin D levels were checked six years later, 171 people had developed dementia and 102 had Alzheimer's. The results found people with low levels of the vitamin had a 53 percent increased risk for dementia. Those who were severely deficient had a 125 percent elevated risk for dementia. Participants with low levels of vitamin D were also 70 percent more likely to develop Alzheimer's, and those with a severe deficiency were more than 120 percent more likely to get the disease.



## Run for Good Health

Running at a leisurely pace for just five to 10 minutes a day can reduce the risk of death from cardiovascular disease, according to a new 15-year study published in the Journal of the American College of Cardiology.

Researchers found that those who ran just 30 to 59 minutes a week had a 29 percent lower risk of death from any cause and a 50 percent reduced risk of heart disease.



## Patient Portal

- Available 24 hours a day, 7 days a week, from any device with Internet access — password protected.
- Access health information from your hospital stay.
- View and maintain a list of your current medications and allergies.

**Patient Portal Education Coordinator**  
Dawn Greer, R.N.  
(845) 802-7303  
[dawn.greer@hahv.org](mailto:dawn.greer@hahv.org)

**LOG ON TODAY:** [www.hahv.org/patient-portal](http://www.hahv.org/patient-portal)

## Stephen M. Adalman, M.D.

Board Certified in Ophthalmology

Need help finding a doctor? Visit our website at [hahv.org](http://hahv.org). Then click the "Find a Doctor" link at the top of the page.

### Q. Does everyone eventually get cataracts?

A: Most people over age 65 have cataracts to some degree. People with diabetes, other eye disorders or certain diseases affecting other parts of the body are at greater risk for developing cataracts. People who smoke, have used corticosteroids or have had eye injuries or excessive exposure to X-rays or the sun's ultraviolet rays are also at greater risk.

Contrary to popular opinion, cataracts are not a "film" covering the eye, but are actually a loss of the clarity or transparency of the eye's lens. They usually develop so gradually that many people don't notice the decreased sharpness until they fail the vision test to renew their driver's license or see halos around street or traffic lights. They may notice color changes or that they can no longer read road signs or small print. Some people who used to need reading glasses may temporarily find they read without their glasses, but nearsighted people may need stronger glasses for distance and farsighted people may need weaker distance glasses.

If cataracts do not interfere with your daily activities, an ophthalmologist may suggest temporary relief measures, such as changes in your eyeglass prescription or tint.

Cataract surgery is typically recommended if vision becomes affected enough that changing glasses no longer helps and the decreased vision quality interferes with driving, reading or other important activities. More than 90 percent of people who had the surgery show a marked vision improvement.

To help preserve your vision, have an eye exam every two years until age 60 (more often if any blood relative has glaucoma or macular degeneration) and every year after that.



## Barry E. Goldman, M.D.

Board Certified in Family Medicine

### Q. Do I need an annual checkup?

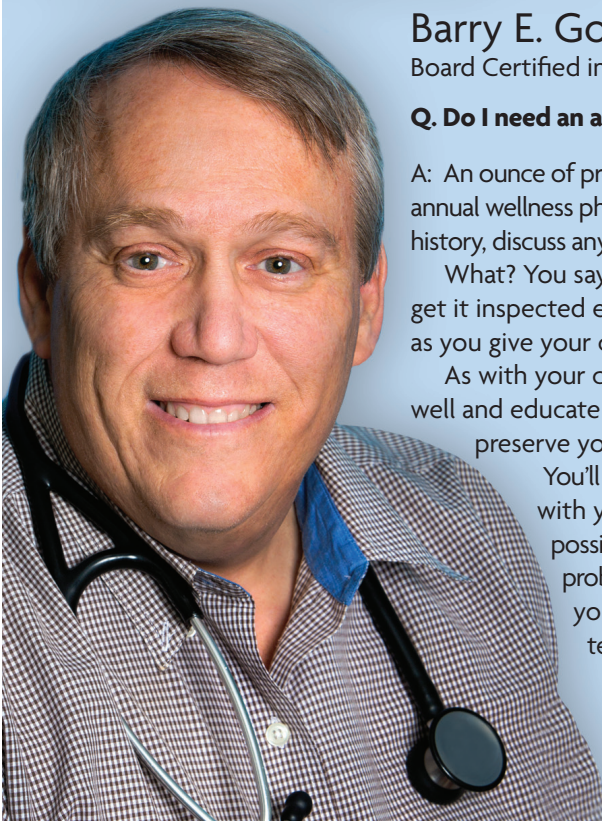
A: An ounce of prevention is worth a pound of cure. That's why many doctors recommend an annual wellness physical exam. At this yearly checkup, you and your doctor go over your health history, discuss any health concerns and consider preventive measures, such as screenings and shots.

What? You say you don't need a physical because you're fine? Think about your car. You get it inspected every year whether it's fine or not. So give yourself at least as much attention as you give your car.

As with your car inspection, your annual wellness visit is designed to keep you running well and educate you about your health so you can do everything possible to protect and preserve your physical, mental and social well-being.

You'll usually get your blood pressure, heart rate and breathing rate checked, along with your height, weight, temperature, head and neck, abdomen, reflexes, skin and possibly your vision. Your doctor will also usually assess your risks for future health problems, based on your personal and family histories. Depending on your needs, your doctor may recommend more exercise, a new prescription, lab tests or a test such as an electrocardiogram (EKG).

One of the most important benefits of an annual checkup is catching potential health problems before they become serious. I've also found people tend to worry less about their health when they're fully checked once a year. Don't delay in scheduling your annual checkup.



 LEARN MORE

Email your healthcare questions to [YOU@hahv.org](mailto:YOU@hahv.org). We'll feature one of them in a future issue of this newsletter.

# 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.



**SAVE THE DATE**  
APRIL 25, 2015

*Tulip Ball*

HONORING  
**Dr. James P. Corsones**

LIFETIME ACHIEVEMENT AWARD  
**Barbara Connelly Cohen**

COMMUNITY SERVICE AWARD  
**Robert Tonner**

The HealthAlliance Foundation is a 501(c)3 organization supporting HealthAlliance of the Hudson Valley's mission, healthcare programs, services and facilities. The HealthAlliance Foundation continues its development efforts for the HealthAlliance Hospitals on Broadway and Mary's Avenue, as well as the Woodland Pond CCRC in New Paltz. For further information about The HealthAlliance Foundation, please visit our website at [FoundationUpdate.org](http://FoundationUpdate.org); contact Steffen T. Kraehmer, C.F.R.E., Executive Director, at 845-334-2760; or find us at [Facebook.com/TheHealthAllianceFoundation](https://www.facebook.com/TheHealthAllianceFoundation).

## 2015 Events

- April 25** Tulip Ball
- June 12** Michael B. Finnegan Golf Classic
- June 28** Tour de Kingston
- August 5** HealthAlliance Foundation Golf Classic
- October 1** Cruisin' for the Cure
- October 24** Tonner Vampire Ball
- November 19** Golden Circle Reception
- December 17** Holiday Gatherings at HealthAlliance

## 2015 Board of Directors

### Board of Directors

- Jennifer Alnwick
- Darlene Bover
- Louis Conti
- Nicholas J. Corrado
- Beverly Finnegan
- Cherie Hanson-Rodriguez
- Thomasine Helmsmoortel
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- Les Kalmus
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- Marisa Perez-Rogers
- Rodney Riedel, M.D.
- Beth Stefanchik, D.O.
- Ann Williams
- David J. Scarpino, President & CEO

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- Mary Ann Hildebrandt, 1st Vice Chair
- Robert Tonner, 2nd Vice Chair
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### Advisory

- Terri Lee
- Tom Polk

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- Cecelia Macauley
- Travis (Ted) Rothlein

### Foundation Staff

- Steffen T. Kraehmer, C.F.R.E., Executive Director
- Cheryl McKeever, Relations Director
- Mary Jo Cipollini, Database Administrator

For event and sponsorship info, call 845-334-2760 or visit [FoundationUpdate.org](http://FoundationUpdate.org).



**Benedictine**  
HEALTH FOUNDATION

*Supporting the Benedictine Spirit of Compassionate Care*

## Save the Date! 6th Annual



Featuring fine hors d'oeuvres, desserts and spirits!  
Enjoy an evening of smooth jazz with great friends!

**Friday, March 27, 2015**  
5:30 – 8:30 p.m.

**Hosted by: Dutton Architecture**  
**Home of Scott Dutton and Terese Fantasia**  
15 Canfield St., Kingston, NY

All proceeds benefit the Rosemary D. Gruner Memorial Cancer Fund.

The Rosemary D. Gruner Memorial Cancer Fund strives to aid in the treatment, care and support of cancer patients in need. The Benedictine Health Foundation established the fund in 2004, in partnership with the Gruner family, to help cancer patients facing financial hardship while receiving treatment.

The fund provides each patient \$500 annually in the form of gift cards to purchase nutritious food at Hannaford Supermarkets and/or fuel at Stewart's Shops to help cover the cost of transportation.

More than 1,200 local cancer patients have received assistance, and more than \$555,000 has been distributed.

## Our Work Continues Because of the Generosity of Our Community – THANK YOU!

**Y**our contributions to the Benedictine Health Foundation make a direct and significant impact locally, improving lives and healthcare services.

In 2014, the Benedictine Health Foundation distributed more than \$450,000 to support HealthAlliance and healthcare services in Ulster County, including:

### **Cancer Patient and Family Services:**

- Annual Cancer Survivor's Day Celebration
- Lung Cancer Screening Program
- Recliner Beds for Families Visiting Cancer Patients
- \$100,000 in Financial Assistance to Local Cancer Patients

### **Mental Health and Addiction Recovery Services:**

- Adolescent Partial Hospitalization Recreation Program
- Construction and Furnishing the Mental Health Inpatient Comfort Room
- 20th Annual Addiction Recovery & Medicine Conference
- First Annual HealthAlliance Mental Health Expo
- Patriots Project of Ulster County – Transitional<sup>4</sup> Housing for Local Veterans

### **Spiritual Care and Education:**

- The Continued Work of the Benedictine Sisters
- Spiritual Care Training Program, Retreats and Conferences
- Scholarships for HealthAlliance Employees and Nurses

### **State-of-the-Art Medical Technology and Equipment:**

- Addiction Recovery Software to Track Patient Data
- Wireless on Wheels Computer Carts
- Lifesaving ICU Intubation Equipment
- Orthopedic Fracture Table for Specialty Procedures

For further information about the Benedictine Health Foundation's  
Events • Healthcare Services and Programs Funded • Volunteer Opportunities • Ways to Give

Call Barbara Klassen, Executive Director, today at:  
845-334-3186 and visit us at [benedictinehealthfoundation.org](http://benedictinehealthfoundation.org)

# Wellness, Education & Support

## Oncology Support Program: Caring for Those with Cancer

HealthAlliance is dedicated to ensuring no one faces cancer alone. Our Oncology Support Program's compassionate professionals and volunteers offer support to those affected by cancer, as well as to their families and friends. Our programs promote prevention, wellness and healthy survivorship. Programs, unless otherwise noted, take place in the homelike setting of the Herbert H. and Sofia P. Reuner Cancer Support House, 80 Mary's Ave. in Kingston, across from HealthAlliance Hospital: Mary's Avenue Campus. For more information, please call 845-339-2071 or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org).



### Women's Cancer Support Group

First and third Thursdays, 11 a.m.–12:30 p.m.  
Second and fourth Saturdays, 10–11:30 a.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 Monday of the month, 5:30–7 p.m.

### Metastatic Cancer Support Group

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

### Coping Skills for Cancer: 4-Part Series

Feb. 17, March 17, April 21, May 19  
Learn tools to reduce stress related to diagnosis, treatment and fear of recurrence using awareness and body-centered techniques

### Meaning-Centered Therapy Group, with Elise Lark, Ph.D., L.C.S.W., and Rosanne Fox, M.D.

Starts in May  
This structured group is intended to help people with late-stage cancer enhance a sense of meaning, peace and purpose in their lives

### Support Group for Youth (ages 8-13) Facing Cancer in the Family

Fourth Monday of the month, 4:30–6 p.m.  
Support group for parents takes place concurrently

### Nurturing Neighborhood Network Program

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

## Art & Healing Programs of the Oncology Support Group

### DSP Memoir Group

Thursdays, 3–5:30 p.m. (waiting list)  
Fridays, 2–3:30 p.m., with guest writers  
Reuner Cancer Support House  
Memoir writing for cancer patients

### How to Have Fun as a Poet, with Anique Taylor

Tuesdays, 4–6 p.m.  
Reuner Cancer Support House  
Discover poetry through exploratory reading and writing to express your deepest thoughts and feelings

### Movement as Medicine, 3-part workshop with Celeste Graves-Hoyal and Elise Lark

March 28, April 11 and 25, 1–3:30 p.m.  
HealthAlliance Hospital:  
Mary's Avenue Campus Auditorium  
Open to the universal healing spirit of movement and dance.  
No dance experience needed.

### Rise Up Singing, with Meg Riebesell and Julia Haines

Second and Fourth Wednesdays of the month,  
5:15–6:30 p.m.  
Reuner Cancer Support House  
Join with others to sing your favorite inspirational tunes

### Advance Directives, 2-part workshop with Brenda Relyea, R.N., and Elisa Lark, Ph.D., L.C.S.W.

April 7 and 21, 5:30–7:30 p.m.  
Reuner Cancer Support House  
Helping you define your end-of-life wishes and complete a healthcare proxy, living will and medical orders for life-sustaining treatment (MOLST)



## Support Groups Pregnancy

Third Monday of the month, 7–9 p.m.  
HealthAlliance Hospital: Mary's Avenue Campus  
William A. LeDoux Administrative Conference Room  
Call Diane Caliendo, 845-255-8242 or 845-340-7355

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

Class times vary.  
HealthAlliance Hospital: Broadway Campus  
Call the Family Birth Place, 845-331-3131, ext. 2241

## Stroke/Dementia Caregivers

First Thursday of the month, 6–7:30 p.m.  
HealthAlliance Hospital: Mary's Avenue Campus Auditorium  
Call Yvette Drake, 845-334-2813

## Diabetes

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

## Ostomy

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

## Smoking Cessation

### The BUTT Stops Here

Facilitated by Larry McGrath,  
Director of Respiratory Therapy  
March 18, 23, 25, 30, 6–7 p.m.  
William A. LeDoux Administrative Conference Room  
To register, call 845-339-2071, ext. 100,  
or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org).

### 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 — sessions are  
FREE to HealthAlliance employees  
To register, call 845-339-2071, ext. 100,  
or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org).

# Programs and Community Events

## Community Services

### Pre-op Total Knee/Total Hip Education

Every Monday (except holidays)

11:30 a.m. to 12:30 p.m.

HealthAlliance Hospital:

Mary's Avenue Campus, Spellman Pavilion

Center for Orthopedic Specialties Gym

Call Chip Alsdorf, 845-334-3130

Note: This class does not address 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 the experts. Schedule custom classes to meet the needs of your workplace, school or organization.

Call Barbara Naccarato, 845-331-3131, ext. 2543

### Blood Drive

March 4

HealthAlliance Hospital: Broadway Campus

HealthAlliance hosts blood drives throughout the year. Support your community by donating.

Contact Amy McAden, 845-334-2761

(Broadway Campus),

845-334-4712 (Mary's

Avenue Campus) or

amy.mcaden@hahv.org.



### Seniors Health and Wellness 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 experts

Contact Lynn Nichols, 845-334-3151



### Exercise and Wellness Classes

\$8 suggested donation for exercise classes

For more information, call us at 845-339-2071

### Gentle Yoga, with Deb Albright

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

HealthAlliance Hospital: Mary's Avenue Campus Auditorium

Mats provided

### Jazzercise Class, with Cathy Shaw

Tuesdays, 5:30-6:30 p.m. starting in March

HealthAlliance Hospital: Mary's Avenue Campus Auditorium

Combines dance, resistance training, Pilates, yoga

and kickboxing

### Qigong, with Jeff Bartfeld

Tuesdays, 7-8 p.m.

HealthAlliance Hospital: Mary's Avenue Campus Auditorium

Increase healing, stability and physical strength

### SmartBells® Class, with Angel Orloff

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

HealthAlliance Hospital: Mary's Avenue Campus Auditorium

Increase flexibility, strength and balance

### Tai Chi, with Annie LaBarge

Mondays, 10-11 a.m.

Reuner Cancer Support House

Increase strength, balance and flexibility; enhance

immune system; increase well-being

### Miso Happy Cooking Club, with Kathy Sheldon and guest presenters

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

Reuner Cancer Support House

Nutrition education and cooking classes integrating

macrobiotic principles

Advance registration required

## Kiwanis Kingston Classic: Training for the Road Run

Every Sunday. Dietz Stadium. Motivational Group Run, lead by race director Mark H. Wilson, begins at 7 a.m. for all distances.

Whether you're a beginner or a longtime runner, join us Sundays to meet new friends and start a training plan for the Kiwanis Kingston Classic, to be held

### April 19

HealthAlliance is proud once again to be the official Medical Sponsor of this great event.

Besides participating in the races, our clinical hospital specialists will fully staff the finish-line Medical Tent to handle a wide range of

runners' medical needs, including first aid and any medical emergencies. HealthAlliance Hospital provides a full range of orthopedic,

joint, physical medicine and rehabilitation services to handle a wide variety of sports-

related injuries. See you at the race!

## Register Now for the 2015 Kiwanis Kingston Classic





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

CHIEF STRATEGY OFFICER Josh Ratner  
DIRECTOR OF MARKETING Lynn Nichols  
MARKETING COORDINATORS  
Brittany McNamara and Gerry Harrington  
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Doing the things you  
love shouldn't hurt.

Recent progress in surgical advancements provide the opportunity to maintain an active, healthy lifestyle – so does the changing face of healthcare. With more affordable options and treatments than ever, HealthAlliance of the Hudson Valley wants its patient community in the driver's seat. Take hold of the wheel and make your healthy decision today.

**Your loved ones will thank you for it.**



hahv.org

**KEEP GOING PLACES.** The Center for Orthopedic Specialties at HealthAlliance.