



Are Digestive Problems Causing You Pain?

>> We're Here to Help

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Ask the Doctor: Your Health Care Questions Answered

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>> TAKE A HIKE!
BUT BEFORE YOU HEAD OUT,
SEE PAGE 9.

Welcome Home to HealthAlliance

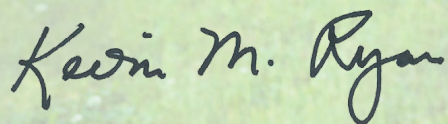
Welcome to the second issue of HealthAlliance + You. Our goal is to help you maintain a healthy lifestyle while staying informed about the quality health care options in our community.

It is a great honor to serve as the chairman of HealthAlliance of the Hudson Valley's board of directors. Along with the boards of three hospitals and other facilities in Kingston, Margaretville, and New Paltz, their foundations, and auxiliaries, I join hundreds of community volunteers who are dedicated to shaping the future of healthcare alongside our families, neighbors, and coworkers.

HealthAlliance is here to be your wellness partner. We see a great opportunity in Ulster County's stated goal of being the healthiest county in the state. We are here to not only guide you into good preventive health choices, but also to provide hospital or senior residence services when you need them. We have programs and education to help you navigate your healthcare options, and partnerships with events like the Tour de Kingston bicycle race to encourage exercise, our city's farmers markets to encourage healthy eating, and local fairs and expos to provide free diagnostic screenings.

As for our hospitals, I am pleased to report that we have made a successful \$12 million investment in electronic health records, which ensure that patient information and medical history are seamlessly shared among us and other providers. We will earn the right to be your hospital of choice by focusing on quality and patient satisfaction, while providing convenient and accessible services.

We are dedicated to protecting and honoring more than 100 years of serving our communities. My grandmother, Alice, graduated from the Benedictine School of Nursing in 1911, while my father, William, served on the hospital's board for decades. I can assure you that the love and dedication that went into our hospitals for so long will not be lost. Through ongoing work with the leadership of HealthAlliance and our physicians, we look forward to being part of the next 100 years of history.



Kevin M. Ryan, Board President
HealthAlliance of the Hudson Valley



What Our Patients Say

“In some way, I believe your team saved my son’s life.”

Dear HealthAlliance,
I am writing this letter to express my deep appreciation to the social workers at the HealthAlliance Hospital Mental Health Services Department. During my son’s last hospital stay, your team went above and beyond to help my son and kept in constant contact with me. I believe if my son had been released too soon, I might be writing a much different letter. Your team took the time to listen to what I had to say and understood how crucial it was for my son to receive the kind of treatment he received. In some way, I believe your team saved my son’s life.

Sincerely,
Judy



Foundation Updates

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.

There are many ways to give:

- **Unrestricted Gifts** enable the Foundation to direct the donor’s contribution to the most pressing healthcare needs. The Foundation’s Annual Appeal is designed to facilitate these gifts.
- **Restricted Gifts** support specific healthcare services and facilities, including cancer patient and family services, mental health, addiction recovery, pastoral care, and education. These gifts provide a way for our donors to give to a program that is personal and meaningful.
- **A Tribute Gift** is a meaningful way to convey sympathy, memorialize a loved one, commemorate a special occasion, or honor a deserving person by giving a gift in their name.
- **Matching Gifts** from employers provide the donor with a way of increasing their support. Many corporations have matching gift policies. Please check with your employer for details.
- **The Planned Gifts Program** enables donors to partner in shaping our future through gifts of stock, life insurance, charitable trusts, bequests through wills, and retirement assets. These gifts also benefit donors by reducing estate taxes and income tax liability.
- **Special Events** are a great way to support the Foundation while meeting new people and enjoying time with friends and community supporters.

Thank you for your support! To learn more about our Foundations, visit www.hahv.org/our-foundations.

KINGSTON HOSPITAL FOUNDATION BECOMES THE HEALTHALLIANCE FOUNDATION

The Kingston Hospital Foundation Board of Directors is pleased to announce that it is becoming the HealthAlliance Foundation.

The purpose of the Foundation is to support HealthAlliance’s mission of “exceptional healthcare close to home.” The HealthAlliance Foundation continues its development efforts for the HealthAlliance Hospital on Broadway and the Woodland Pond CCRC in New Paltz, as well as the HealthAlliance Hospital on Mary’s Avenue. For additional information, please call Steffen Kraehmer, Executive Director, at **845-334-2760**.

BENEDICTINE HEALTH FOUNDATION NEEDS YOUR SUPPORT

The Benedictine Health Foundation has prioritized three pillars to guide their community education and grant making work: pastoral care, mental health and addiction recovery, and cancer and patient family services. They partner closely with HealthAlliance, the Benedictine Sisters, and community-based healthcare providers to fund quality and compassionate healthcare services and facility needs. www.benedictinehealthfoundation.org.



Diabetes Care

with Rachel Carron, R.D., C.D.N.,
C.D.E., Certified Diabetes Educator

As a diabetes educator at the HealthAlliance Diabetes Education Center, my job is to keep the community updated on all diabetes-related issues. A healthy lifestyle helps you control your blood sugar levels along with these five tips:

1. Control your carbohydrates. Since carbohydrates turn to sugar or glucose, we recommend that people with diabetes monitor their carbohydrates and consume a consistent amount every day. Striving for this consistency does help improve your blood sugars.

2. Focus mainly on whole grains. The quality of carbohydrates really does matter. The first word on the ingredients list should say “whole.” That means it includes all parts of the grain and your body actually has to process and break it down. With that being said, we should reduce the amount of refined, processed carbohydrates that do not provide much nutritional value.

3. Test your blood sugar more often. Looking for patterns is what’s really important. We encourage people to test around different meals—before a meal and two hours from the start of a meal—and to strive for no more than a 50-point elevation from pre-meal to post-meal. That tells us that the carbohydrate amount that you had during the meal was appropriate.

4. Move as much as possible. Any movement is better than not moving at all. If your blood sugar is high, simply walking around your house or taking a walk outside to the mailbox and back—even a five to 10 minute walk really helps. So try to be as active as possible. When you’re watching TV, even getting up and moving during commercial breaks helps.

5. Use the plate method for meal planning, especially for your largest meal of the day. Fill half your plate with nonstarchy vegetables that are low in calories and high in fiber and provide a lot of nutritional value. Then divide the other half into quarters. A quarter of the plate should be carbohydrate and a quarter of the plate should be protein. This is a great way to control your diabetes.

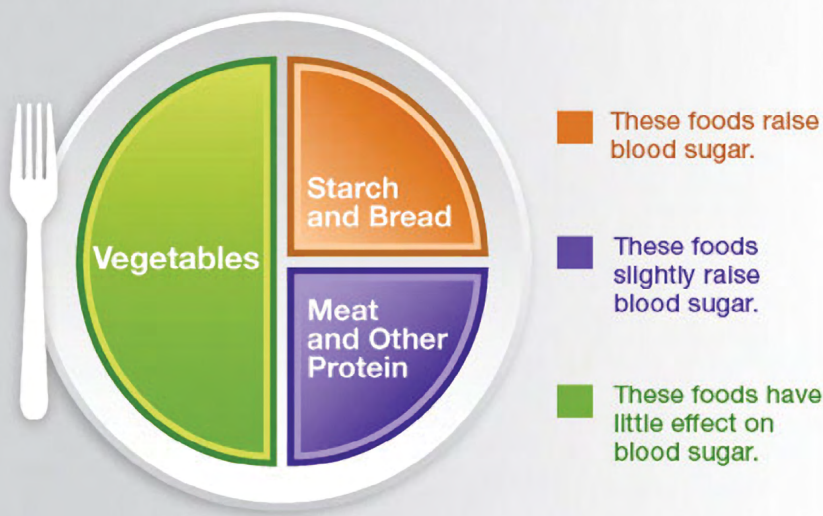


Rachel Carron,
R.D., C.D.N., C.D.E.

FREE RECIPE RECONSTRUCTION

Let our certified diabetes educators at the HealthAlliance Diabetes Education Center reconstruct your favorite recipe to make it diabetes-friendly. Call us at 845-334-4249 or visit the center at 37 Albany Avenue in Kingston.

Plate is 9" in diameter with regular-size portions



Michael Keller, D.P.M., FACFAS
Director of the HealthAlliance Podiatry Residency Program

Q: The outside edge of my foot is sore and I was told I may have a Tailor's Bunion. Can you explain what that is?

A: Generations ago, old-time tailors would use the outside of their foot to press on sewing machine levers. Over time, this repeated action would cause stress and pain on the outside metatarsal, a mid-foot bone that is part of one's toe. Today the term "Tailor's Bunion" refers to any bunion that appears on the outside edge of the foot.

A Tailor's Bunion, or bunionette, becomes noticeable when the foot does not fit comfortably when wearing shoes due to pressure and/or friction. The rubbing will cause the area to become red and inflamed. A bursitis or fluid-filled sack may be evident. If severe, the condition may require surgery to reposition or "narrow" the foot. But if caught early, more conservative treatments may help avoid larger problems. The bone growth or bump can be alleviated by a qualified foot surgeon.

To learn more about Podiatry Services at HealthAlliance, call **845-943-6014** or visit www.hahv.org/archives/service/podiatry.



Dominique Delma, M.D., FACOG
Chairwoman, HealthAlliance OB/GYN Department

Q: I heard that the guidelines have changed for Pap tests. When should I get one?

A: Having an annual well-woman physical that includes a pelvic exam is very important. However, for the second time in less than three years, the American College of Obstetricians and Gynecologists (ACOG) has updated its recommendation for how often women should get a Pap test to screen for cervical cancer and HPV (human papillomavirus).

Whether or not women need to get an annual Pap test is once again being challenged with the updated guidelines. Pap tests were introduced in the 1940s and clearly helped to prevent cervical cancer. Large randomized studies have since pointed to the effectiveness of women between ages 30 and 65 getting the test every three to five years and women between ages 21 and 29 being tested every three years, according to the ACOG.

It is best to work with your doctor to figure out the right timing for you based on your medical history.

To learn more about Women's Health at HealthAlliance, visit www.hahv.org/archives/service/family-birth-place.



Have a Health Care Question? Email HealthAlliance of the Hudson Valley at YOU@hahv.org.

GUT ADVICE

>> Caring for GI Diseases



Kevin Dodd, M.D.



Pranat Kumar, M.D.



Darren Rohan, M.D.

Many of us get an occasional stomachache or bout of diarrhea. But for others, these symptoms can mean a digestive disorder that can affect quality of life and take an emotional toll. We're here to help. Here's an overview of some of the most common chronic digestive conditions affecting the gastrointestinal (GI) tract and the medical services available through HealthAlliance of the Hudson Valley's dedicated and experienced Gastroenterology Department.

INFLAMMATORY BOWEL DISEASE

Inflammatory bowel disease (IBD) is an umbrella term for ulcerative colitis and Crohn's disease. With both diseases, your immune system is imbalanced. It produces inflammatory mediators, such as a protein called tumor necrosis factor-alpha (TNF-alpha), which, in turn, causes your immune system to attack healthy cells in your intestines. All or part of the digestive tract may become inflamed (red and swollen), causing symptoms such as stomach pain, severe diarrhea, cramps, fatigue, ulcers in the intestine, and weight loss. IBD is diagnosed with a colonoscopy or endoscopy, which examines the inside of the colon (large intestine) or upper GI tract.

Treatment: Surgery may be needed to remove the inflamed section of the intestine, but it's a last resort. Fortunately, "many IBD sufferers with less severe disease find relief through prescription medications that reduce inflammation," says Kevin Dodd, M.D., Chairman of the Endoscopy Committee at HealthAlliance and Chairman and Director of the Gastroenterology Department at Margaretville Hospital. New medications, such as Remicade, are available to block TNF-alpha and stop inflammation.

The HealthAlliance Infusion Center, located at the Mary's Avenue Campus in Kingston, is conveniently accessible for patients requiring outpatient infusion medication. The infusion center has licensed on-staff pharmacists who prepare medications. They're available immediately if a reaction occurs. Our compassionate and experienced nurses have special training to administer IV needles as painlessly as possible. Remicade is given intravenously over the course of two hours. It goes into the bloodstream and begins acting immediately. After three starter doses, IBD patients may only need a dose every eight weeks.

GASTROESOPHAGEAL REFLUX DISEASE

Gastroesophageal reflux disease (GERD) happens when the muscle at the end of the esophagus (the tube that carries food, liquid, and saliva

from the mouth to the stomach) doesn't close properly. Consequently, stomach acid travels back into the esophagus, which can increase the risk for esophageal cancer.

Treatment: Medication is available to treat GERD. It doesn't stop the reflux, but it can make the stomach contents less acidic. HealthAlliance also offers transoral incisionless fundoplication, the most advanced procedure for preventing reflux. During the incisionless surgery, a valve where the esophagus and stomach meet is created that can help stop the backflow of stomach acid. "We've found that 80 percent of patients who undergo fundoplication for GERD have decreased symptoms. Some patients can even get off medication," says Darren Rohan, M.D., Chief of Thoracic Surgery at HealthAlliance.

DIVERTICULITIS

Diverticulitis happens when pouches form in the wall of the colon (large intestine) and become inflamed or infected. The condition can be painful and cause cramping, nausea, vomiting, fever, and chills. Severe flare-ups of the disease can cause the colon to rupture and leak bacteria and fecal matter into the abdomen, which can be potentially deadly.

Consuming a high-fiber diet, one that's rich in fruits and vegetables and low in saturated fat, such as meat, can help keep diverticulitis attacks at bay. "During an attack, however, stick to a low-fiber diet until it subsides," says Pranat Kumar, M.D., a board-certified colon and rectal surgeon at HealthAlliance.

Treatment: Roughly one-third of diverticulitis patients need surgery to remove the diseased section of the colon. At HealthAlliance, laparoscopic-assisted surgery is becoming the standard for removing the diseased section of the colon for diverticulitis as well as colon cancer. The specialized video-monitor-assisted technique uses smaller incisions called "ports" to access the colon in lieu of a single long incision. "It translates to less blood loss during surgery, faster recovery time, less risk of long-term complications, such as bowel obstructions,

and less time away from work and other daily activities," says Dr. Kumar.

CELIAC DISEASE

"Celiac disease is a disease caused by an allergy to gluten, a protein found in wheat, rye and barley," says Dr. Dodd. It occurs when the body's immune system damages the villi, which are tiny structures lining the small intestine that help it absorb nutrients from food.

Treatment: Managing the disease and its symptoms (diarrhea, vomiting, bloating, constipation, malnutrition, and weight loss) requires avoiding wheat products and other foods containing gluten. "Because following a gluten-free diet can be complicated, discuss your diet with your gastroenterologist," Dr. Dodd says. Your doctor can also refer you to a HealthAlliance dietitian who can help you plan your diet.

If you think you may have a GI disorder, it's important to get the help you need. Some conditions, such as ulcerative colitis and Crohn's disease, increase the risk for colon cancer. Symptoms can overlap. A prompt diagnosis can help you minimize flare-ups and complications from these conditions—and get your life back. If you have symptoms, such as frequent bouts of stomach pain, diarrhea, or reflux, trust your gut and make an appointment with your primary care physician or gastroenterologist today.

OSTOMY SUPPORT SERVICES

If you have a significant portion of the colon or rectum removed because of IBD, diverticulitis, or colon cancer, you may need an ostomy, which is surgery to create a permanent or temporary stoma. A stoma is an opening in the belly used to move waste out of the body when the colon or rectum isn't working properly. The Wound Healing Center at HealthAlliance Hospital: Broadway Campus in Kingston can assist you with caring for your stoma. To make an appointment, call 845-334-4325.

Tips for Going Gluten-Free

Eating a gluten-free diet means avoiding most grain products, baked goods, pastas, cereals, crackers, cookies, and snack foods containing wheat, rye, and barley. But the good news is that the abundance of products made with gluten-free grains in the marketplace makes it doable. Here are some tips for developing a gluten-free lifestyle:

Check the label on all packaged foods, even those you think are gluten-free. You may be surprised to find some form of wheat or gluten in foods like flavored potato chips, frozen french fries, imitation fish, soups, sauces, bouillon, cold cuts, soy sauce, and beer.

Get familiar with wheat's many names and forms. These include wheat starch, modified food starch, wheat bran, wheat germ, cracked wheat, bulgur, couscous, farina, malt and malt flavoring, graham flour, durum flour, semolina, einkorn, emmer, farro, kamut, and spelt.

Base your healthy gluten-free diet around vegetables, fruits, beans, nuts, meat, poultry, fish, dairy products, and gluten-free whole grains.

Be sure to get enough calcium from low-fat dairy products, dark green leafy vegetables, and calcium-fortified foods. Low bone density is common in people with newly diagnosed celiac disease.

Choose rice and other gluten-free grains. Quinoa, millet, buckwheat, wild rice, and amaranth are delicious. Just cook them as you would rice.

Try the many gluten-free breads, baked goods, and pastas available in many natural foods stores.

Experiment with rice flour, bean flours, and gluten-free baking mixes if you like to bake.

LEARN MORE

We're Here to Help. The dedicated and experienced staff members of HealthAlliance's Gastroenterology Department assist patients who are dealing with stomach issues at every stage—from admission through the diagnosis, procedure, recovery, and discharge—with expert care. Call us at **845-334-2830** for more information.

Mountainside Hospice Giving Back and Making a Difference at Any Age...

Two residents at Mountainside Residential Care Center were recently certified as hospice volunteers. Esther Ronning and John Auran received their official certification in mid-March. They completed their training with a Catskill Area Hospice volunteer who traveled to Mountainside for the instruction.

Mountainside's Activities Director Kathy Roberts says that an average of 8 to 10 residents are under hospice care. As certified volunteers, Esther and John can provide a variety of comfort services for their fellow residents. "They can visit these residents, write letters, read to them, or just hold their hand," Roberts explains. Esther and John will probably visit hospice residents an average of two times each week, on their own or through requests.

Mountainside officials are pleased to offer residents the opportunity to become involved in the hospice program.

"It really gave them both great pride to take this course," Roberts comments.

Both the participants say they are looking forward to providing comfort to others at Mountainside.

"It's nice to be able to help our fellow residents," Esther remarks. John concurs. "Assisting others through the hospice program is rewarding for us," he states.

Administrator Philip Mehl says this type of innovation is one of the elements that have helped earn Mountainside a reputation as a special facility.

"I believe that resident participation in such a program is unique. The residents' desire to be a meaningful force in the lives of their friends and neighbors, as well as Mountainside's ability to facilitate this training with Catskill Area Hospice, reinforces our philosophy that life is to be celebrated and we all have the ability to make a difference at any age."

Mountainside Residential Care Center has been recognized as a "Leader in LGBT Healthcare Equality" in the Healthcare Equality Index for 2013! To learn more about Mountainside, visit www.hahv.org/mountainside.



Cottage Living at Woodland Pond

When Woodland Pond initially opened in the fall of 2009, the 24 cottages only had about 25 percent occupancy. During the past nine months, the marketing staff has seen ever-growing popularity for this style of living and there are now only a handful available.

Cottages provide the opportunity for flower and vegetable gardens right in the privacy of the residents' backyards. The view of the Shawangunk Ridge is spectacular year-round and each cottage has its own attached garage.

Progressive dinners have been hosted for cottage prospects so they can tour the model, preview other residents' cottages, and socialize with Woodland Pond residents. Cottage residents have added four-season rooms, screened porches, and even elaborately designed raised garden beds. For those individuals with pets, fences can be added to ensure a pet's safety while not on a leash. A common statement heard from cottage residents is, "It's just like my home, without any of the work or upkeep."

For more information, visit www.wpatnp.org.

Take a Hike

Connect with nature by hiking. Day hikes await you everywhere in the Hudson Valley! Before you head out, keep these things in mind.

FEET FIRST

Well-fitting, comfortable footwear is your most important hiking equipment. For easy to moderate trails, choose trail shoes, which are similar to sneakers but have stiffer soles and better tread. Consider hiking boots if you'll be on more challenging terrain, have weak ankles, or will carry a heavy backpack. Break in new shoes on 1- to 2-mile walks until they soften enough to feel comfortable on longer treks.

When you're ready to head out, select trails that match your fitness level and hiking skills. Hike at a steady, sustainable pace that allows you to talk easily. After you're warmed up, take five minutes to stop and stretch.

WHAT TO BRING

These items are essential for a day hike:

- Map and compass that you know how to use
- Drinking water
- Extra food in case the outing takes longer than you expect
- Extra clothing, including a hat and rain gear
- Matches to start a fire for warmth or signal for help
- Pocket knife or multitool
- Flashlight and extra batteries
- Sunscreen and sunglasses
- First aid kit
- Whistle to signal for help

PLAY IT SAFE

Before you depart, check the weather forecast, and dress accordingly. Wear layers so you can adjust to changing temperatures. If the weather becomes unfriendly, be willing to alter your plans.

Drink water throughout your hike—at least 2 liters in 24 hours. Your exact hydration needs depend on factors like the weather and the difficulty of the hike. If your urine isn't light-colored, drink more.

Stay on the trail to avoid getting lost. If you realize you're not where you think you should be, stop immediately and try going back the way you came.

Kingston Walks, Find a Local Trail

Kingston Walks—a project of the Community Heart Health Coalition of Ulster County and the HealthAlliance Foundation—has mapped out 1/2 and 1-mile walks close to where people live, work, and play in the city of Kingston.

Routes are available for:

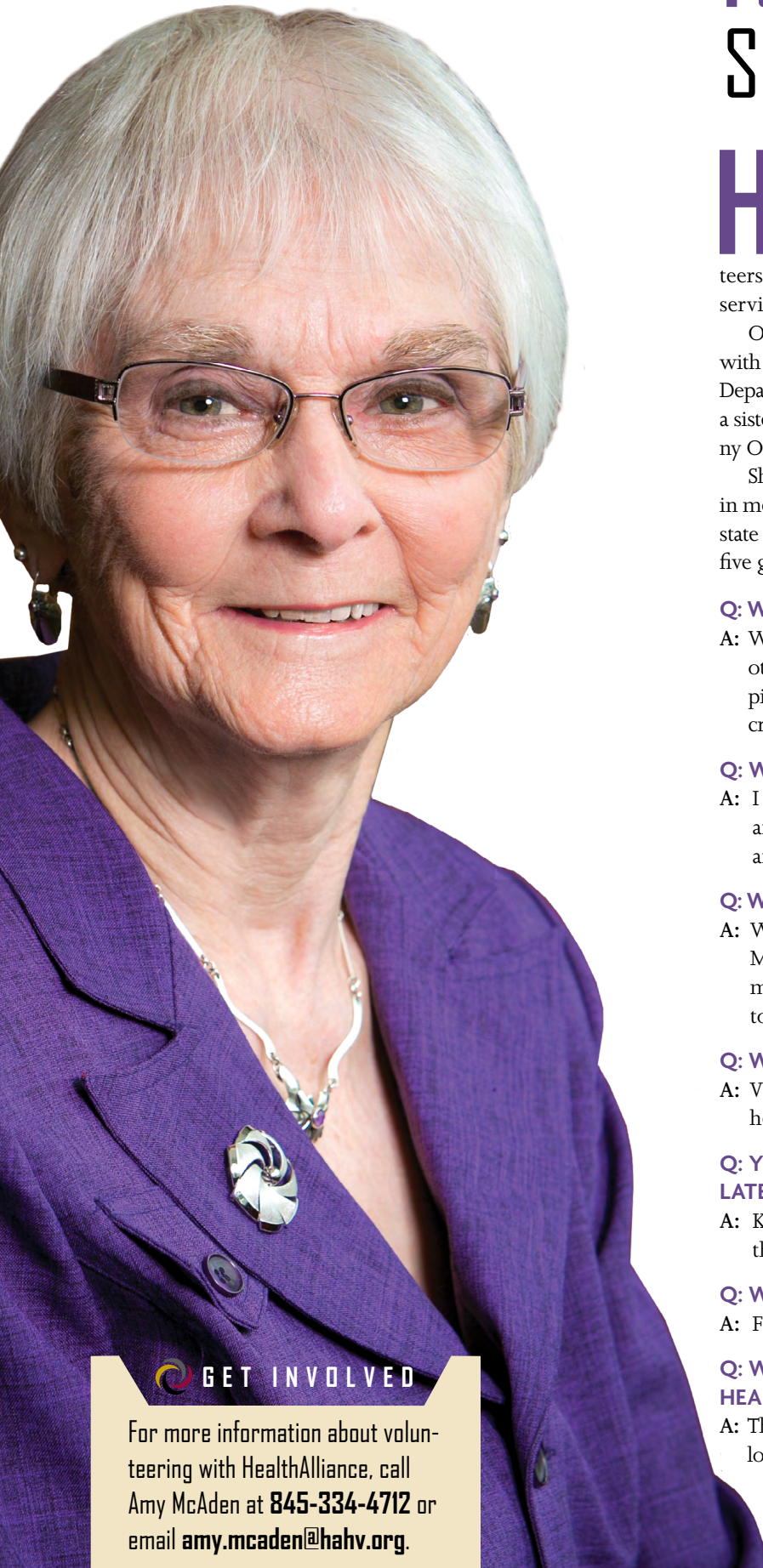
- Golden Hill
- Dietz Memorial Stadium
- Manor Avenue Neighborhood
- Hasbrouck Park
- Montrepose Cemetery
- HealthAlliance Hospital: Broadway Campus (Kingston Hospital)
- Historic Uptown
- Forsyth Park
- HealthAlliance Hospital: Mary's Avenue Campus (Benedictine Hospital)
- The Strand – Downtown

To plan your next hike, visit www.chhculster.org/kingston_walks.html to preview the trails.

Saturday, October 5, at 9 a.m. Join the HealthAlliance Foundation on their walk! Kingston Walks—Hurley Rail Trail

LEARN MORE

Pick up your walking map at the entrance of HealthAlliance Hospital: Mary's Avenue Campus kiosk.



Faces of HAHV: Sally Hendrickson

HealthAlliance is fortunate to serve a community that is so willing to give back. Our hospital campuses and off-site locations in Kingston have a rich tradition of volunteerism, with more than 300 combined volunteers ranging in age from 16 to 93. Volunteers assist in almost every aspect of our operations, including patient services, our gift shops, fundraising, and more.

One of them is Kingston-born Sally Hendrickson, who has volunteered with the Benedictine Health Foundation and HealthAlliance's Marketing Department for more than four years. She grew up with three brothers and a sister, her father Salvatore, a professional musician in the Albany Symphony Orchestra and a music teacher, and Marguerite, a stay-at-home mom.

She left Kingston in 1956 and embarked on an almost 40-year career in medical purchasing, working with more than 40 hospitals in New York state before retiring in Kingston in 2005 to be closer to her two sons and five grandchildren, who live in Saugerties and Red Hook.

Q: WHAT HAS DRAWN YOU SO MUCH TO THE MEDICAL FIELD?

A: When I first started working at NDH, I was a credit manager. Among other things, I was able to obtain financial assistance for patients' hospital stays. I like the atmosphere of helping people. Even though I was a credit manager, I did a lot to help the patients during their stay.

Q: WHAT ARE YOUR CURRENT DUTIES AS A VOLUNTEER?

A: I do all the Foundation's mailings, send out acknowledgements and "in memory of" notices, and help with different events that are always going on.

Q: WHAT WAS KINGSTON LIKE WHEN YOU WERE GROWING UP?

A: We lived in East Kingston and we'd go to the Italian feasts—always. My father organized the marching bands for the feasts. In the summer, we used to go to concerts in the park on Sundays. They used to have the concerts in different parks.

Q: WHAT DO YOU ENJOY DOING IN THE AREA?

A: Visiting all of the fairs in Ulster County and the art shows that are held in Woodstock and New Paltz.

Q: YOU LEFT KINGSTON IN 1956 AND CAME BACK 50 YEARS LATER. WHAT'S SOMETHING THAT HAS STAYED THE SAME?

A: Kingston is very proud of its history and heritage. That's something that will never change.

Q: WHERE DO YOU LIKE TO EAT?

A: Frank Guido's Little Italy. Anything with pasta.

Q: WHAT DO YOU LIKE MOST ABOUT VOLUNTEERING AT HEALTHALLIANCE?

A: The feeling of knowing you are helping with clerical tasks, which allows the department staff to work on more important tasks and projects.

 GET INVOLVED

For more information about volunteering with HealthAlliance, call Amy McAden at 845-334-4712 or email amy.mcaden@hahv.org.

Wellness, Education & Support Programs



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.

Breast Cancer Awareness

On Wednesday, October 23, at 6 p.m. in the HealthAlliance Hospital—Mary's Ave Campus Auditorium, The Oncology Support Program and The Fern Feldman Breast Center are sponsoring a breast health update. Dr. Zoe Weinstein will talk about breast density and imaging. Learn how to reduce your risk for breast cancer. Light refreshments. To register, please call 845-339-2071.



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

Healthy Lifestyle Wellness Club

Third Wednesday of the month, 9 a.m.
Hudson Valley Mall Community Room
Contact Lori Petramale-Ozores at 845-334-4786

Blood Drives

HealthAlliance Hospital: Mary's Avenue Campus
Tues. November 12, 2013

HealthAlliance Hospital: Mary's Avenue Campus
Mon. December 9, 2013

Ongoing Classes

(Suggested donation of \$8 for most 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

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.

Mind-Body Meditation/Restorative Yoga, with Maggie Heinzl-Neel

First and third Fridays, 11 a.m.–12:30 p.m.

Reuner Cancer Support House

Relax with breathing techniques, guided meditations, and restorative yoga postures.

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.



KINGSTON FARMERS MARKET

HealthAlliance is a proud sponsor of Kingston's Midtown Farmers Market, which runs from 4:30 to 8 p.m. every Tuesday until September 24 at the Spiegelent on Broadway (next to UPAC). Come by to take advantage of healthy, locally-grown produce!

When buying fresh greens this fall, look for crisp, brightly colored bunches that have no limp or damaged leaves. Wrap them loosely in plastic and keep them in the refrigerator crisper. Most greens last only a few days, so get cooking quickly for maximum nutrition.

It's not just when, but how, you cook them that makes the most of greens' health-promoting qualities. Chop greens right before you cook or eat them to avoid nutrient loss due to air exposure. Steam, microwave, or stir-fry rather than boiling, since nutrients can also leach into water.

And be careful what you drink with your greens. Coffee and tea limit your body's absorption of iron, so save them for an after-meal sip. Consider pairing spinach with orange juice or citrus fruits, since vitamin C helps with iron uptake.



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

Nonprofit Org.
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10628M

Our greatest priority... is you.

Do you envision a brighter, healthier future for you and your loved ones? You probably do. That's why we've put the community's well being at the top of our agenda, taking your health to a whole new level of importance.

Exceptional Healthcare Close to Home.
Visit us at hahv.org



James Corsones, MD
Internal Medicine

