

# HEALTH ALLIANCE & YOU

EXCEPTIONAL HEALTHCARE CLOSE TO HOME

FREE FIRST-AID KIT!  
see page 15

SUMMER 2014

Reset  
Your Internal Clock  
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Don't Let Diabetes  
Lead to Heart Disease  
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Ask the Doctors  
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Questions Answered  
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>> SAVE THE DATE!  
BOAT CRUISE FUNDRAISERS  
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# Moving Forward Together

**W**e've already reached the halfway point in 2014, and so far HealthAlliance has made great strides with increasing our transparency and community engagement while making progress with the redesign of HealthAlliance's medical perimeter. HealthAlliance is enhancing communication efforts by providing more comprehensive information and access to data. The Community Health Page, which launched earlier this spring on the HealthAlliance website, includes details on the hospitals' quality performance, links to New York state hospital billing data, a guide to reading a hospital bill and HealthAlliance's economic impact report, among other things.

We take pride in our rich history of community partnership and are dedicated to shaping health in the Hudson Valley alongside our families, neighbors and co-workers. HealthAlliance continues to support and work with various organizations and businesses, such as Live Well Kingston, the city's farmers market, expos and local fairs to help residents lead healthier lives. Additionally, we're mobilizing our employees to participate in health and wellness fundraising events, including the Ulster Heart Walk, United Way 5K and the Kiwanis Kingston Classic. You may have seen us around in our bright green shirts—keep an eye out for HealthAlliance at more events this fall.

In our commitment to communicating with and engaging the public, I've attended several gatherings in the community throughout the year to speak about HealthAlliance's transformation plan. The development of the HealthAlliance Physician Network is well underway, and we continue to have detailed discussions with potential healthcare system affiliates, both key elements of our future. As details become more substantial, we will update the public.

I remain optimistic about the future of HealthAlliance as we move forward with our transformation and become even more integrated within the community. But don't just take my word for it; read what our patients have to say about HealthAlliance's Diabetes Education Center on page 11. HealthAlliance strives to ensure that today, and in the future, healthy starts here.

Sincerely,



David Scarpino  
President and CEO

from L-R: 2004 Olympic Silver Medalist and 2014 Boston Marathon Winner Meb Keflezighi; Evan Cooper; David Scarpino.



**“We take pride in our rich history of community partnership and are dedicated to shaping health in the Hudson Valley alongside our families, neighbors and co-workers.”**



## Matthias Von Reusner, M.D.

Family Medicine

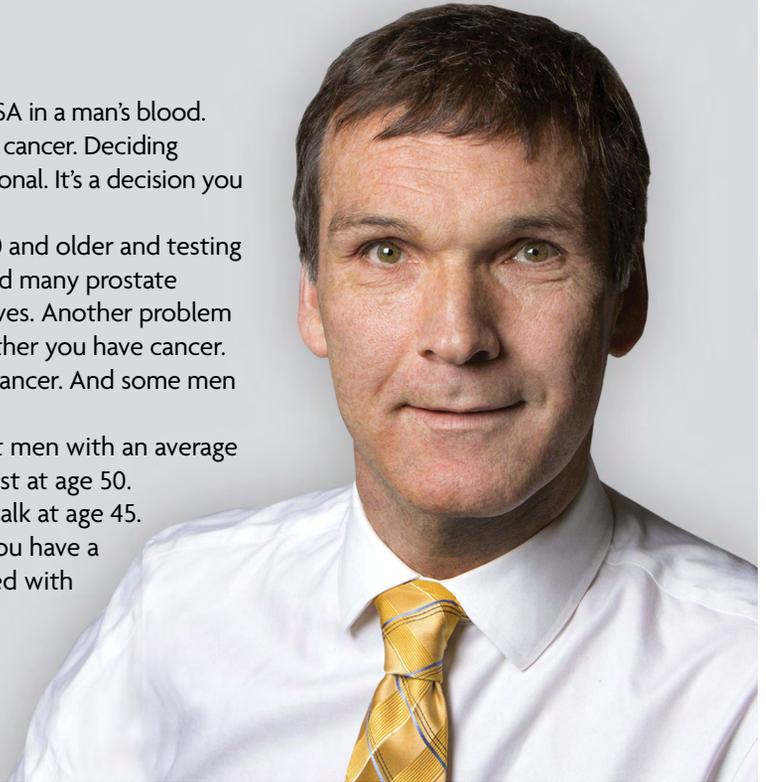
### Q. Do I need a PSA test?

A: The prostate-specific antigen (PSA) test checks the level of PSA in a man's blood. Having high levels of this protein might mean you have prostate cancer. Deciding whether to have a PSA test to screen for prostate cancer is personal. It's a decision you have to make for yourself, with the help of your doctor.

Experts used to recommend PSA testing for all men ages 50 and older and testing for men at higher risk starting at age 40 or 45. But studies found many prostate cancers grow very slowly and do not pose a big risk to men's lives. Another problem with testing is that the results do not necessarily indicate whether you have cancer. Only 25 percent of men with high levels of PSA actually have cancer. And some men do have cancer but have low levels of PSA.

The American Cancer Society (ACS) now recommends that men with an average risk for prostate cancer talk with their doctors about a PSA test at age 50. Those with a higher risk for prostate cancer should have this talk at age 45. You may have a higher risk if you are African-American or if you have a first-degree relative (brother, father or son) who was diagnosed with prostate cancer before age 65.

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.



## Alfonso Cutugno, M.D.

Oncology

### Q. How do I spot testicular cancer?

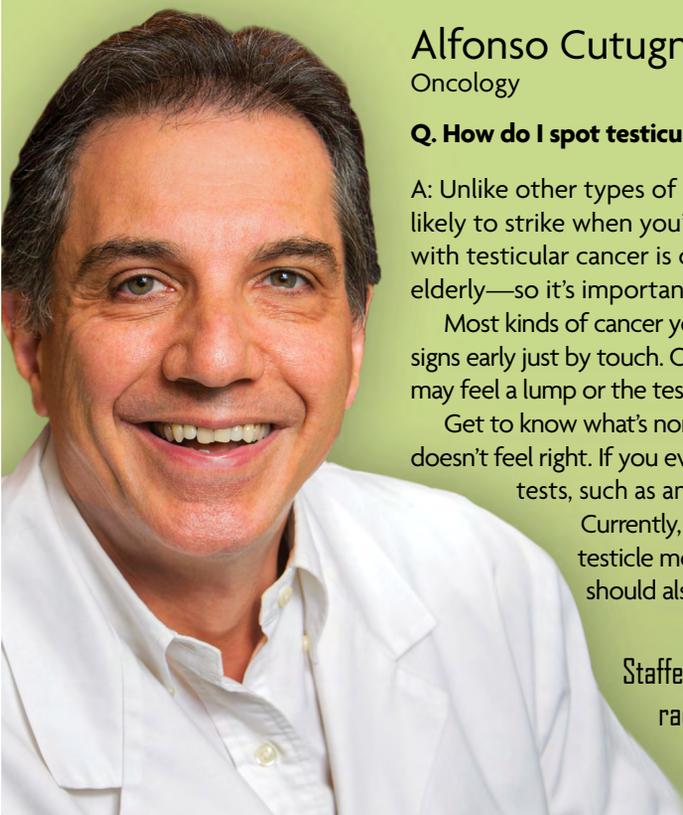
A: Unlike other types of cancer where your risk climbs as you age, testicular cancer is most likely to strike when you're in the prime of your life. The average age of men diagnosed with testicular cancer is only 33 years old. Still, it can occur at any age—in children and the elderly—so it's important to know the warning signs.

Most kinds of cancer you can't feel. But with testicular cancer, you may be able to spot the signs early just by touch. Often, the first symptom men experience is a change in a testicle. You may feel a lump or the testicle may be swollen or larger than normal.

Get to know what's normal and healthy for you. That way, it's easier to identify something that doesn't feel right. If you ever have any concerns, contact your doctor immediately. Additional tests, such as an ultrasound, can determine whether or not you have a tumor.

Currently, there's no standard recommendation for self-exams, but feeling each testicle monthly to check for any hard lumps or bumps is a good idea. Your doctor should also examine your testicles as part of a yearly physical exam.

Staffed by a world class team, our Cancer Center offers quality medical and radiation oncology services using the latest treatments. Find out more at [www.hahv.org/service/cancer-services](http://www.hahv.org/service/cancer-services).



 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 and you might win a free first-aid kit! See page 15 for details.

# Reset Your Internal Clock

**C**ircadian rhythms have a major impact on our bodies and how they function. They can have a profound effect on our overall health, too.

We're all subject to circadian rhythms—the physical, mental and behavioral changes that, responding primarily to light and darkness in our environment, roughly follow a 24-hour cycle.

What controls these rhythms? Several biological clocks—groups of interacting

molecules in cells located throughout the body—control our circadian rhythms. These clocks, in turn, are controlled by a master clock in the brain that ensures that all our body's biological clocks are synchronized.

According to the National Institute of General Medical Sciences, circadian rhythms can influence sleep-wake cycles, the release of hormones and body temperature. They have been linked to various sleep disorders, such as insomnia. And abnormal circadian rhythms have been connected to a wide range of disorders and adverse health conditions, including heart attacks, obesity, diabetes, cancer, depression, bipolar disorder and seasonal affective disorder.

Here's a look at just some of the ways circadian rhythms can affect your health:

## HEART ATTACKS

Circadian rhythms have a significant influence on the cardiovascular system, including variations of blood pressure, heart rate, cardiac output and the function of the endothelial cells lining your blood vessels. The frequency of cardiovascular events—including heart attacks, sudden cardiac death and arrhythmias—markedly increase during the sleep-to-wake/dark-to-light transition period between 6 a.m. and noon.

In fact, according to a study by Spanish researchers of more than 800 heart attack victims published in *Heart*, not only do heart attacks occur more often then, but the magnitude of the heart attacks also tends to be greater. Not surprisingly, that is the time of the day when blood platelet cohesion, heart rate and blood pressure are also at their highest, say the researchers.

## OBESITY AND DIABETES

According to Vanderbilt University researchers, disrupting circadian rhythms enhances the chances of developing obesity, type 2 diabetes and metabolic syndrome, a condition that puts you at risk for heart disease and diabetes. These conditions include high blood pressure, high blood sugar, high triglycerides, too much fat around your waist and low levels of the “good” HDL cholesterol.

In the past decade or so, a growing number of studies have linked poor sleep with increased risk for diabetes. These findings include higher blood sugar levels for those who sleep poorly and the fact that two-thirds of those with type 2 diabetes also suffer from obstructive sleep apnea.

## CANCER

Several studies, mostly involving nurses and airline flight attendants, have demonstrated a link between night work and a heightened risk for breast cancer. Several years ago, the International Agency for Research on Cancer classified shift work that disrupts circadian rhythms as probably carcinogenic. Light exposure at night, interruptions of the sleep-wake rhythm and reduced melatonin production are likely factors, according to a study published by European researchers in the *EPMA Journal*. Decreased melatonin levels promote the release of estrogen, which increases the risk for hormone-induced diseases, including breast cancer.

In addition, as many as 85 percent of shift workers suffer from sleep disturbances and sleep deficits, which can cause such reproductive function abnormalities as irregular menstrual cycles and changes in menstrual cycle duration. Sleep disorders, the researchers add, may weaken the immune system and increase the risk for breast cancer.

While some of the effects of circadian rhythms may be beyond our control, we could all benefit from a good night's sleep.



To learn more, check out the National Institute of General Medical Sciences' circadian rhythms fact sheet at [nigms.nih.gov](http://nigms.nih.gov). Search for “circadian rhythms.”



# PROTECT YOURSELF from Tick-Borne Diseases



Marc A. Tack, D.O.



Andrew Yanofsky, M.D.



Aarathi Nagaraja, M.D.

It's estimated that roughly 300,000 people in the U.S. are diagnosed each year with Lyme disease, an infection caused by the bacterium *Borrelia burgdorferi*. The Northeast is a Lyme disease hot spot. In fact, 95 percent of cases in 2012 were reported in just 13 states, including New York, New Jersey, Connecticut, Massachusetts and New Hampshire.

As if that's not enough, the same tick that causes Lyme disease could carry bacteria that results in Powassan encephalitis, a potentially deadly viral infection that causes brain swelling, or ehrlichiosis, a severe bacterial infection that invades the body's white blood cells. There have been roughly 20 cases of Powassan encephalitis reported in New York State. Moreover, "the rate of ehrlichiosis has dramatically increased in the Hudson Valley in the past 10 years," says Marc A. Tack, D.O., an infectious disease specialist with Medical Associates of the Hudson Valley and president of the Board of Health of Ulster County.

To protect yourself from tick-borne diseases, prevention is key. "The most important thing to do is avoid getting bit by a tick," Dr. Tack says. Dr. Tack and two fellow infectious disease associates at Medical Associates of the Hudson Valley, Andrew Yanofsky, M.D. and Aarathi Nagaraja, M.D., provide steps to stay healthy and avoid Lyme disease.

**Mow your lawn regularly and steer clear of brushy and grassy areas.** "If you're walking or working where infected ticks often lurk, wear long pants and tuck your socks into your pants," Dr. Yanofsky says. For added protection, use DEET repellent on exposed skin according to packaging directions.

**Do a body check for ticks after spending time outside.** Because disease-causing ticks are tiny, look for them with a magnifying glass, explains Dr. Yanofsky. Check your kids, too.

**Use a tick collar on pets.** Cats and dogs can bring infected ticks into your home. Check your pet for ticks and don't allow your cat or dog to sleep on your bed. "That's an invitation for ticks and fleas," says Dr. Nagaraja.

**If you're bitten by a tick, remove it immediately.** Your chances of getting Lyme disease are less if you dislodge the tick within 24 hours of being bitten. To detach a tick, the CDC recommends using clean tweezers and pinching the tick as close to your skin as possible. Pull straight up. If you twist or jerk, the mouth parts of the tick can stay embedded in your skin. If that happens, use tweezers to remove the mouth parts. Then, wash the area and your hands with rubbing alcohol or soap and water.

If you remove the tick within 24 hours, you're safe. "An infected tick has to be on you for more than 24 hours to transmit the infection," Dr. Nagaraja says. If you think the tick has been attached longer than that, get to the doctor as soon as possible. You don't need to bring the tick with you. "We can use just two pills—one dose of antibiotics—to prevent you from getting Lyme disease," Dr. Tack says.

## Signs of Tick-Borne Disease

- Painless rash (Lyme). The bull's eye rash—a red circle around a tick bite—is a classic sign of Lyme disease, but the bull's eye doesn't have to be present.
- Fever (all three diseases; fever is more severe with ehrlichiosis and Powassan encephalitis)
- Headaches (all three diseases)
- Muscle pain (Lyme, ehrlichiosis)
- Joint aches (Lyme, ehrlichiosis)
- Fatigue (Lyme, ehrlichiosis)
- Confusion (Lyme, Powassan encephalitis)
- Vomiting (Powassan encephalitis)
- Trouble breathing (Powassan encephalitis)

If you notice these signs or symptoms, see your doctor. Possible Powassan encephalitis is an emergency. Call 911. Lyme disease can be diagnosed with a blood test. Ehrlichiosis and Powassan encephalitis are confirmed with specialized lab and other tests. Both Lyme disease and ehrlichiosis are treated with a short-term dose of antibiotics. There's currently no treatment for Powassan encephalitis.

Approximately  
**20 PERCENT**  
of people with Lyme  
disease do not have a  
bull's eye rash

# Don't Let Diabetes Lead to Heart

If you have type 2 diabetes, take steps to keep your heart healthy. “The inflammation that’s associated with diabetes puts people at an increased risk for cardiovascular events,” says Christopher Palmeiro, D.O., a HealthAlliance of the Hudson Valley (HAHV) endocrinologist. Your arteries are more susceptible to forming the plaque that can lead to heart attack and stroke. In fact, adults with diabetes are two to four times more likely to develop heart disease or stroke than adults without diabetes, according to the American Heart Association.

Prevention is key. These seven tips can help you beat heart disease and stay healthier.

**Control your blood sugar.** Ideally, your A1C—an average of your blood glucose level over three months—should be less than 7 percent. But make sure it doesn’t go too low. A landmark study, the Action to Control Cardiovascular Risk in Diabetes (ACCORD) trial, found that controlling



Christopher Palmeiro, D.O.

blood sugar too tightly, with an A1C of less than 6.5, can cause hypoglycemia (blood glucose less than 70 mg/dl). “Hypoglycemia may be more dangerous than high blood sugar in terms of preventing heart attack and stroke,” says Dr. Palmeiro. Hypoglycemia can also cause loss of consciousness, even death. Your doctor can help you develop a diabetes management

plan that strikes the right blood sugar balance. Follow it carefully.

**Track your cholesterol.** In addition to your A1C, know your LDL, or “bad” cholesterol, and your non-HDL, which is your total cholesterol (LDL, HDL and triglycerides) minus HDL, the “good” cholesterol. Both types of cholesterol—LDL and non-HDL—can form plaque in the arteries of the heart. Optimal LDL is less than 100 for patients with type 2 diabetes, though some physicians advise going as low as 70. “As LDL goes up, so does the risk of cardiovascular events,” says

Dr. Palmeiro. Optimal non-HDL is typically less than 130. If you’re prescribed a statin medication to lower your cholesterol, be sure to take it as directed.

**Talk to your doctor about Metformin.** If you have diabetes and you’re trying to control it with diet and exercise alone, consider taking Metformin. “It’s an excellent first-line drug that helps control blood glucose and, in some patients, reduce cardiovascular risk,” says Dr. Palmeiro. “The American Diabetes Association recommends that patients take Metformin as soon as their diabetes is diagnosed.” Metformin decreases the amount of glucose absorbed from food and the amount of glucose made by your liver. It also increases your body’s response to insulin.

**Stop smoking.** Smoking is a significant risk factor for cardiovascular disease because it increases blood pressure and the tendency for blood to clot, both of which can lead to heart attack and stroke. “You’re already at increased risk for cardiovascular events if you have diabetes. Adding smoking to the mix is a set up for disaster,” says Dr. Palmeiro. To increase your chances of kicking the habit, get support. HealthAlliance Hospital: Mary’s Avenue Campus offers regular smoking cessation classes in the Administrative Lobby Conference Room. Call 845-339-2071 for more information or to register.



 HealthAlliance of the Hudson Valley’s Diabetes Education Center received the American Diabetes Association Education Recognition Certificate for their quality diabetes self-management education program. The Center holds monthly education classes that can help you make the right dietary choices, take your medication as recommended and stay positive. For more information, call 845-334-4249 or visit the Center at 37 Albany Avenue in Kingston.

# Disease

**Exercise your options.** Exercise helps keep blood vessels healthy and lowers blood glucose because muscles absorb more glucose during exercise. Ideally, complete at least 150 minutes each week of moderately-intense exercise, such as brisk walking. For a well-rounded fitness routine, the Centers for Disease Control and Prevention recommends working out with weights at least twice a week and focusing on all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

**Put up a food fight.** A healthy diet can reduce your risk of heart disease and stroke because what's good for diabetes control is also beneficial for the blood vessels that feed your brain and your heart. Dr. Palmeiro recommends basing your meals and snacks on "white" protein, such as chicken, fish, turkey, pork, low-fat and nonfat dairy (such as cottage cheese and Greek yogurt), egg whites and soy protein like tofu. "Make sure there's a white protein on your plate every time you eat," says Dr. Palmeiro. He also suggests avoiding "white" carbohydrates, such as white rice, potatoes, pasta and bagels, which raise blood sugar quickly.

**Take a diabetes class.** "Diabetes involves a lot of self-management, from checking your blood sugar regularly to watching what you eat," says Dr. Palmeiro. To help you do your homework, take a diabetes education class. "Diabetes education classes can teach you the skills you need to monitor your condition and your diet and follow through with what you discuss with your doctor at your appointments," says Dr. Palmeiro.

## The Butt Stops Here

Smoking Cessation Program  
Monday and Wednesday, 6–7 p.m.  
Sept. 22, Sept. 24, Sept. 29 and Oct. 1 in the  
Administrative Lobby Conference Room  
HealthAlliance Hospital: Mary's  
Avenue Campus

## New Treatments Help Heal Problem Wounds

**H**uman skin is an amazing self-repairing organ most of the time. But for an increasing number of people, age, obesity and/or diabetes interfere with the body's ability to heal. As a result, 6.5 million Americans and counting have chronic wounds. Fortunately, doctors' knowledge of how to help the healing process is growing all the time.

### CUTTING-EDGE THERAPIES

If your wound doesn't heal as quickly as your doctor thinks it should, he or she may refer you to a specialized wound care center. The types of advanced treatments you'll receive may include:

- **Hyperbaric oxygen therapy.** You'll get in a special chamber with pure oxygen and higher air pressure. This helps your blood carry more healing oxygen to your wound.
- **Improved dressings.** Some contain silver to fight infections. Others act as skin substitutes.
- **Negative pressure wound therapy.** This device creates a vacuum that removes fluid and brings the edges of a wound together. As researchers continue to study wounds, even more new therapies may become available.

### WHEN TO SEEK HELP

Wounds can occur after an accident, injury or surgical procedure. Minor cuts and scrapes usually get better after you wash them with water, apply an antibiotic and cover them with a sterile bandage. Seek medical care for those that don't, or if:

- The wound is deep or large
- You have diabetes—even if the injury seems small
- You have signs of infection, including swelling, warmth, redness or throbbing pain

To get the most out of wound treatment, make sure to keep your appointments. A recent study found that when people with diabetes visited a wound care clinic more often, their foot and leg sores healed faster.

### WOUND CARE AT HEALTHALLIANCE

Our team of board-certified physicians, certified wound and ostomy nurses and certified hyperbaric technologists work closely with you and your physician to develop a treatment plan specifically designed for your medical needs. Your plan of care will include regular visits for therapy and assessments throughout the course of treatment.



**Patients are routinely seen within one or two days of calling for an appointment. For more information or an appointment, call 845-334-4325.**



Dr. Kutler and the staff at the Wound Healing Center

# The ALL-NEW Community Health Page

**H**ealthAlliance strives to provide the community with quality information and educational materials so individuals can make informed healthcare decisions. We are proud to announce the launch of the Community Health Page, a new section of our website offering information on how we provide care and the ways in which our organization impacts the community.

**“As the healthcare landscape evolves, and HealthAlliance strives to become a model community hospital, it is essential for us to be transparent about our performance and our costs for providing care.”**—David Scarpino,

**President and CEO of HealthAlliance**

### Community Partners

HealthAlliance is proud to partner with and sponsor many national and local organizations and businesses that give back to our community and/or provide healthcare services. In this section of the website, you will find information about our System Partners, Healthcare Partners and Local Partners.

### Decoding Healthcare Costs

Understanding the costs of healthcare can be confusing and burdensome. Details on understanding your bill\*, financial assistance available to you and healthcare cost data from the state are all available here.

*\*This website does not yet provide specific price information. We hope to add that functionality in the future.*

### Quality Performance

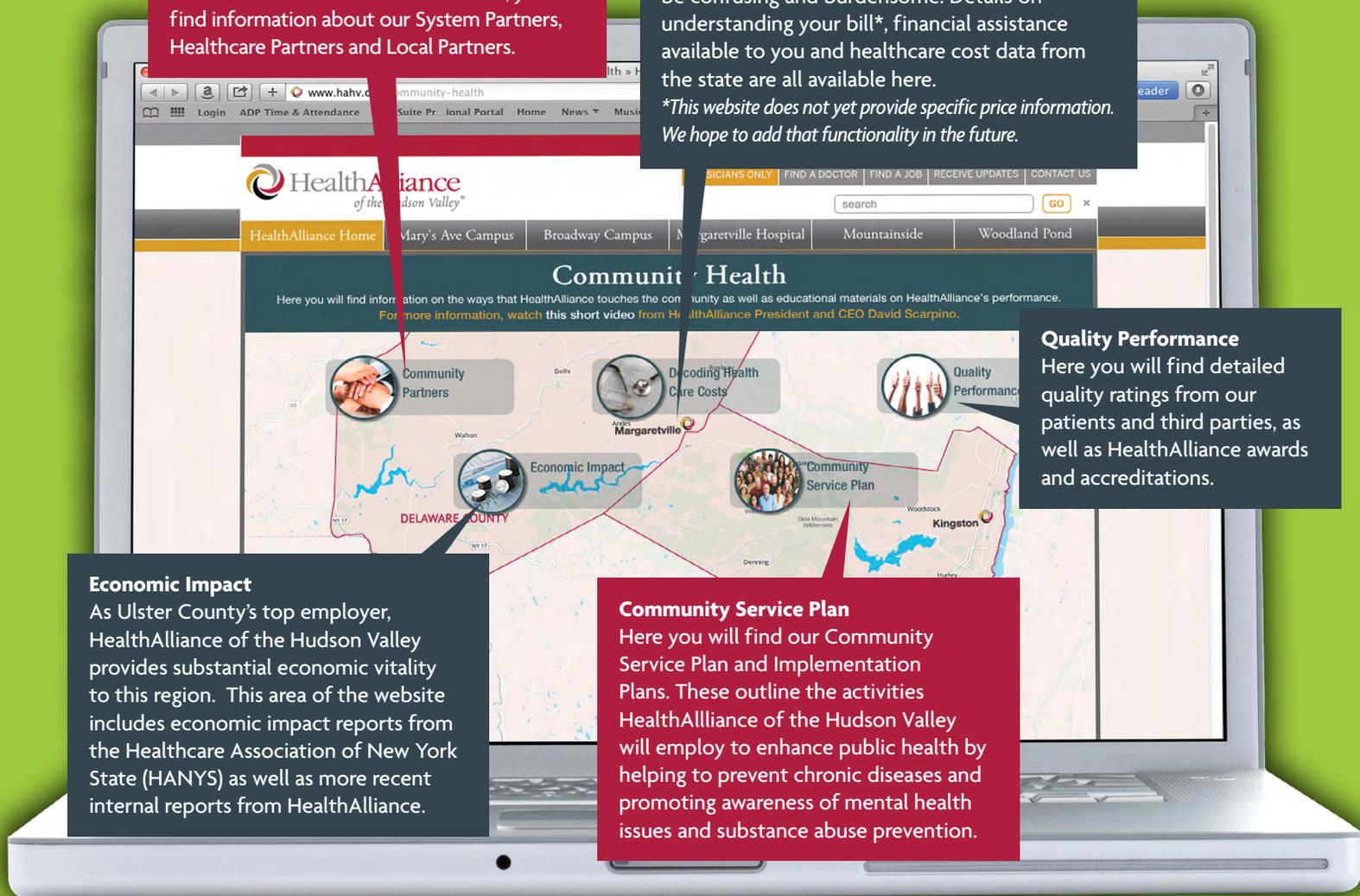
Here you will find detailed quality ratings from our patients and third parties, as well as HealthAlliance awards and accreditations.

### Economic Impact

As Ulster County’s top employer, HealthAlliance of the Hudson Valley provides substantial economic vitality to this region. This area of the website includes economic impact reports from the Healthcare Association of New York State (HANYS) as well as more recent internal reports from HealthAlliance.

### Community Service Plan

Here you will find our Community Service Plan and Implementation Plans. These outline the activities HealthAlliance of the Hudson Valley will employ to enhance public health by helping to prevent chronic diseases and promoting awareness of mental health issues and substance abuse prevention.



To learn more about the Community Health Page and watch a short video from David Scarpino, visit [www.hahv.org/community-health](http://www.hahv.org/community-health).

## 20 Years of Celebrating Life at Mountainside

Mountainside Residential Care Center marked its 20th Anniversary with an event entitled 'Mountainside: 20 Years of Celebrating Life.' The milestone affair took place on May 17 and featured guest speakers, food, entertainment, a kids' corner, informational kiosks, as well as giveaways, raffles and facility tours. Mountainside prominently displayed its awards and five-star rating to the community and host of dignitaries in attendance.

Previously, Margaretville Hospital had a small nursing home wing within the hospital itself. Through strong Foundation, Auxiliary and community support, the 82-bed building now known as Mountainside was constructed. In May of 1994, the doors were open, and 34 residents were brought across the parking lot to their new state-of-the-art home. Mountainside has been running strong and offering quality care to all residents since then.

 **Not only is Mountainside Residential Care Center rated as one of the top nursing homes nationwide for providing excellence in care—we are also setting the pace for outstanding care and quality services in other ways too. Find out how at [www.hahv.org/mountainside/why-mount](http://www.hahv.org/mountainside/why-mount).**

## ULSTER CHAMBER MIXER AT WOODLAND POND

**O**n April 30, Woodland Pond at New Paltz hosted the Ulster County Regional Chamber of Commerce membership mixer.

Approximately 260 Chamber members, including emeritus and current board members, the HealthAlliance executive team and Woodland Pond staff, were in attendance. Due to inclement weather, the event was held in the dining hall, where the warm yellow walls and high ceilings made for an enjoyable atmosphere.

Besides providing the facility, Woodland Pond catered the event with hors d'oeuvres, a carving station and more. The executive chef, who was trained at the Culinary Institute of America, carved decorative ice sculptures for the mixer. Woodland Pond also raffled off five packages of brunch for six people at Woodland Pond.

Additionally, as attendees entered the building, they were greeted by several Woodland Pond residents promoting and signing their books. Among these authors



Woodland Pond

were Roger Leonard, a resident for about five years, with his book, "Upper Red Hook – An American Crossroad" and Natalie Minewski, a resident for four years, promoting her book, "Old New Paltz." Another book available for sale was, "Wartimes Remembered – World War II and Korea," which was written collaboratively by multiple Woodland Pond residents. At Woodland Pond, you will find many accomplished individuals such as these, from different walks of life.

**Both Mountainside Residential Care Center and Woodland Pond at New Paltz received a five-star rating in U.S. News & World Report's annual Best Nursing Homes issue. Mountainside is receiving a five-star rating for the fourth year in a row. For more information about U.S. News & World Report's Best Nursing Homes, visit <http://health.usnews.com/best-nursing-homes>.**



## U.S. Population is Aging

The growth in the number and proportion of older adults is unprecedented in the history of the United States. Two factors—longer life spans and aging baby boomers—will combine to double the population of Americans aged 65 years or older during the next 25 years to about 72 million. By 2030, older adults will account for roughly 20 percent of the U.S. population.

*Source: Centers for Disease Control and Prevention.*

 **If you're interested in learning more about Woodland Pond's community and care options, stop in for a visit and take a tour, or call 877-505-9800.**

# Mental Health Expo 2014



## Mental Health Services

The HealthAlliance of the Hudson Valley's Mental Health Services offers evaluation and treatment of a wide range of psychiatric disorders through inpatient hospitalization, adult and adolescent partial hospitalization, or psychiatric emergency services. Our team of board-certified psychiatrists, psychiatric nurse practitioners, nurses, activity therapists, art and music therapists, and social workers are compassionate professionals who are committed to helping you improve your emotional health, whether you need short-term care or ongoing outpatient services. To request a referral form for the Adolescent PHP call **845-334-3110** and for the Adult PHP call **845-334-3120**.

**H**ealthAlliance held its first Mental Health Expo on May 31, at the Mary's Avenue Campus Auditorium.

Approximately 200 people attended the event from 10 a.m. – 2 p.m., enjoying light refreshments, snacks, giveaways and an art exhibit. The expo, which was sponsored by the Benedictine Health Foundation and HealthAlliance's Mental Health Services, also featured depression screenings, music therapy, an art table for children and stress management techniques.

Several mental health service providers, including the Mental Health Association in Ulster County, Gateway Community Industries, Always There Home Care and Hudson Valley Mental Health, Inc., had exhibits and information available throughout the day.

Additionally, the expo included two presentations. Fran Wishnick spoke eloquently about the prevalence of mental illness and the problems with categorizing people based on mental illness. She also shared some of the writings of her mentally ill son, detailing his experiences and difficulties with systems and people. Kimberly Addesso, LCSW, provided attendees with an introduction to dialectical behavioral therapy with the help of Reagan Murphy, R.N.

Overall, the expo was a success, and HealthAlliance's Mental Health Services hopes to expand the event next year by incorporating additional mental health service vendors.

## Don't Wait to Get Help

**Ulster County Suicide Prevention Hotline:**  
845-338-2370 or 845-679-2485

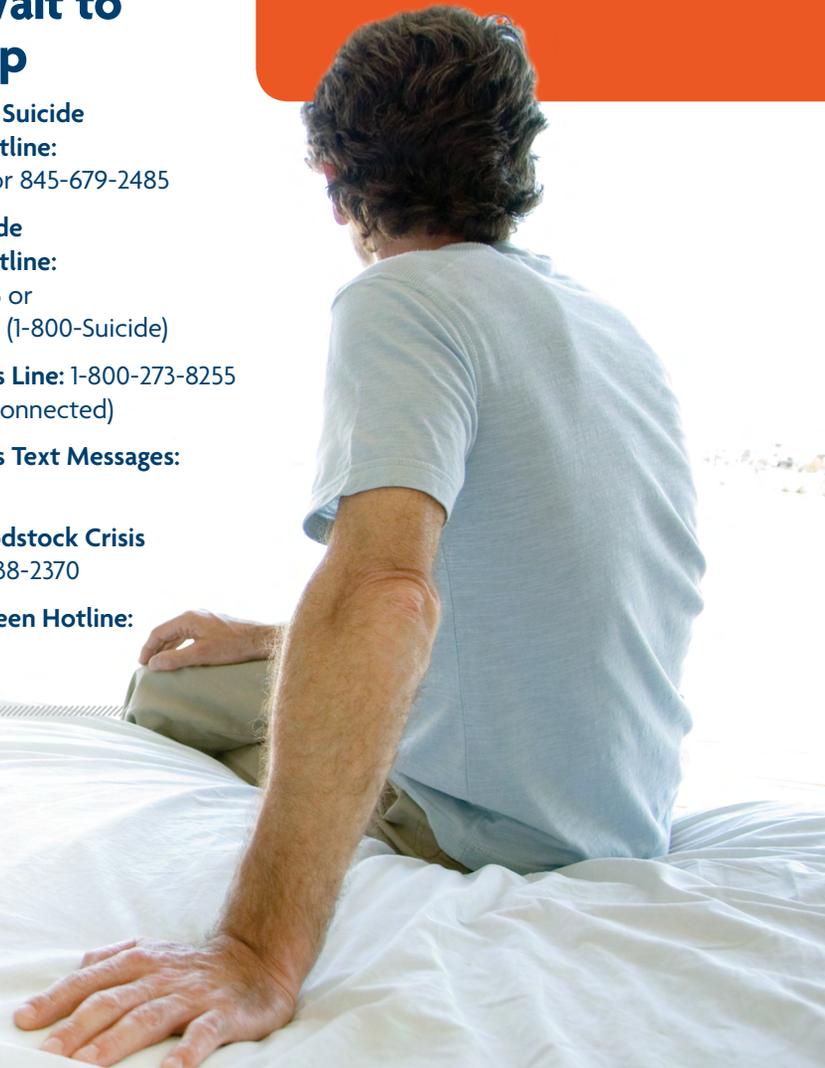
**National Suicide Prevention Hotline:**  
1-800-273-8255 or  
1-800-784-2433 (1-800-Suicide)

**Veteran's Crisis Line:** 1-800-273-8255  
(press 1 when connected)

**Veteran's Crisis Text Messages:**  
text to 838255

**Family of Woodstock Crisis Hotline:** 845-338-2370

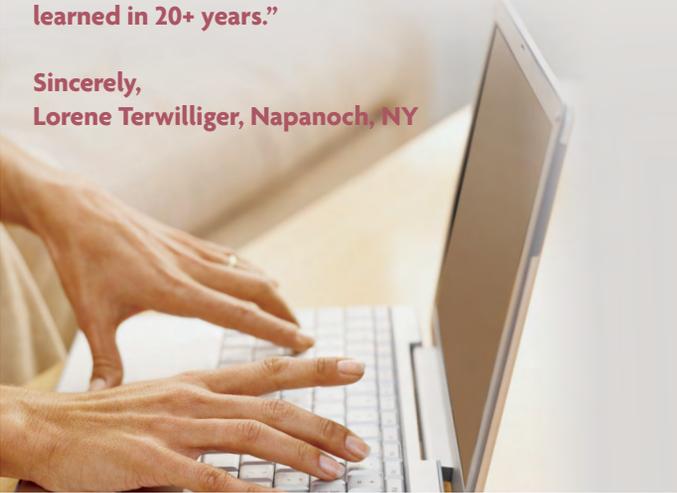
**JustConnect Teen Hotline:**  
845-331-5565



## What Our Patients Say about the Diabetes Education Center

"I can't say enough good things about the Diabetes Education Center. The educators are wonderful and caring. Very technical information is presented so it is easy to understand. The visual aids are extremely helpful in controlling portions. I have learned more in 5 sessions at the Diabetes Center than anything I have learned in 20+ years."

Sincerely,  
Lorene Terwilliger, Napanoch, NY



### English & Spanish Mobile Website

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.



## Baked Salmon Dijon

This salmon entrée is easy to make and has a tasty sauce the whole family will enjoy!

<b>1 cup fat-free sour cream</b>	<b>2 teaspoons dried dill</b>
<b>3 tablespoons scallions, finely chopped</b>	<b>2 tablespoons Dijon mustard</b>
<b>2 tablespoons lemon juice</b>	<b>1½ pounds salmon fillet with skin, cut in center</b>
<b>½ teaspoon garlic powder</b>	<b>fat-free cooking spray as needed</b>
<b>½ teaspoon black pepper</b>	

- Whisk sour cream, dill, scallions, mustard and lemon juice in small bowl to blend.
- Preheat oven to 400 F. Lightly oil baking sheet with cooking spray.
- Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
- Bake salmon until just opaque in center, about 20 minutes.

**Yield: 6 servings**

Serving size: 1 piece (4 ounces), Each serving provides: 196 calories, 7 g fat, 2 g saturated fat, 76 mg cholesterol, 229 mg sodium.

Source: National Heart, Lung, and Blood Institute

In order to improve, you must change from within.

We're equipped with the expertise to meet 95% of the community's healthcare needs.\*

\*NYS Statewide Planning and Research Cooperative System (SPARCS)

People who eat fish two to four times per week are **20% less likely** to die of heart disease and **6% less likely** to have a stroke than those who dine on seafood less than once weekly.



# 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.



## 2014 EVENTS

**Aug. 6**

Golf Classic at Apple Greens in New Paltz

**Oct. 1**

Breast Cancer Awareness Cruise on the Rip Van Winkle

**Oct. 25**

Tonner Halloween Costume Party at Lazy Swan Country Club

## HEALTHALLIANCE FOUNDATION

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Robert Normann	Terri Lee

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Cecelia Macauley	Travis (Ted) Rothlein
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Visit us at [FoundationUpdate.org](http://FoundationUpdate.org) or call 845-334-2760.

## HealthAlliance Foundation Funds Hospital Equipment & Staff Training

The HealthAlliance Foundation funded the following initiatives for HealthAlliance Hospitals at the Broadway and Mary's Avenue campuses:

- A HealthAlliance Nurse's Conference for more than 150 attendees
- Continuing Education Through RN.com for 400 Registered Nurses
- New Computers and Medical Journals for Both Campus Medical Libraries
- Education and Training Equipment for HealthAlliance Staff Support
- Emergency Department Equipment for 18 Exam Rooms
- 17 Wireless Workstations on Wheels for Point of Care Services
- Wound Healing Center Nursing National Certification
- Healthcare Scholarships for Graduating High School Seniors
- Community Wellness Programs Including Kingston Walks and Tour de Kingston
- Translation Services Equipment and Staff Training
- Louise Myers Nursing Scholarships

## HealthAlliance Foundation Announces Tulip Ball Success

The HealthAlliance Foundation is pleased to announce the success of the 25th Annual Tulip Ball. With 430 people in attendance, the event raised \$185,000 for HealthAlliance Hospitals' patient care services and programs.

"The HealthAlliance Foundation would like to thank all sponsors and individuals for attending this annual fundraising event and give special congratulations to all of this year's honorees and their families," says Steffen Kraehmer, Executive Director of the HealthAlliance Foundation.

The event took place on Saturday, April 26, 2014 at the Lazy Swan Golf and Country Club Village in Saugerties, N.Y. This year's HealthAlliance honorees were Dr. Ali Hammoud and Dr. Joseph Christiana. Both are well-known cardiologists who have practiced in the area for more than 10 years. Additionally, the Lifetime Achievement Award was presented to Kathleen and Ozzie Beichert, and the Community Service Award was presented to Ellen O'Leary and Thomas Murphy.



>> 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!



**Benedictine**  
HEALTH FOUNDATION  
*Supporting the Benedictine Spirit of Compassionate Care*



## 11th Annual Bike for Cancer Care To Benefit the Rosemary D. Gruner Memorial Cancer Fund Sunday, September 21, 2014 - Dietz Stadium, Kingston [bikeforcancer.org](http://bikeforcancer.org)

A vital component of the Benedictine Health Foundation's work is the **Rosemary D. Gruner Memorial Cancer Fund**. In partnership with the Gruner family, the Benedictine Health Foundation established the Fund in 2004 to provide for individuals who are facing financial challenges while receiving cancer treatment. The primary patient referral sources to the Fund are the oncology staff at HealthAlliance, oncology practices and treatment facilities in the Mid-Hudson Valley.

The Fund provides gift cards to Hannaford Supermarkets to purchase nutritious food and/or to Stewart's Shops to purchase fuel to access treatment. Residents of Ulster County (regardless of where they receive

treatment) and neighboring Mid-Hudson Valley Counties (receiving treatment from a facility within Ulster County) are eligible to apply.

- Over \$500,000 in financial assistance has been provided to more than 1,000 cancer patients in the Mid-Hudson Valley since 2005.
- Significant increase in distribution each year:  
2005 - \$14,200 (first year)  
2013 - \$90,000  
2014 - \$100,000 (estimate)

The Bike for Cancer Care is the main fundraising event to support the Fund. Please join us on Sunday, Sept. 21. The event features a bike rodeo for youth, a family fun ride and 12-, 25- and 50-mile routes. A great day for the entire family!

>> GET INVOLVED!

For details about the Fund and the Ride, please visit [bikeforcancer.org](http://bikeforcancer.org). Your support will allow us to continue to make a meaningful difference in the lives of cancer patients in the Mid-Hudson Valley who turn to us in their time of need. We hope to see you in September!

## Support for Healthcare Services in Ulster County

Since 1979, the Benedictine Health Foundation has had the privilege of working with the Benedictine Sisters and to partner with our community to provide financial support of healthcare services in Ulster County.

We are pleased to continue our support of HealthAlliance of the Hudson Valley (HAHV) and its team of medical professionals. Their commitment to excellence, combined with the ministry of the Benedictine Sisters and spiritual care services, provides an exceptional experience for each patient served at HealthAlliance hospitals.

The Foundation recently provided HAHV with funds for:

- **Wireless on Wheels (WOWS)** laptop carts. WOWS provide critical data at the patients' point of care and are compatible with the new Electronic Medical Records technology at HAHV.
- **Lifesaving GlideScope Intubation Equipment** for the Intensive Care Unit (Broadway) through a gift from Cross River Anesthesiologist Services.
- Construction of the **Mental Health Inpatient Comfort Room** (Mary's Avenue) through a generous grant from Ulster Savings Bank.
- Sponsorship of the **HealthAlliance Mental Health EXPO** held on May 31, an educational and fun day for families. Speakers and vendors provided valuable resources on mental health services in Ulster County.

The philanthropic support of our community strengthens the Foundation's ability to further our mission and support the work of our hospitals and community-based healthcare providers, and we thank you.

For more information, please contact Barbara Klassen, Executive Director, at 845-334-3186 or visit us online: [benedictinehealthfoundation.org](http://benedictinehealthfoundation.org)

# Faces of HAHV: Mary Jo Murray



**“It’s gratifying to be a part of such a supportive and wonderful community, and to be able to help them is just so special.”**

— Mary Jo Murray  
Wellness Nurse at Woodland Pond

**M**ary Jo Murray didn’t always work in healthcare. She started off her career teaching at a nursery school she owned in Hyde Park. But after volunteering at a nursing home on the weekends, she began a new career path.

Mary Jo found working at the café getting coffee and tea for the nursing home residents to be rewarding, and she enjoyed talking with the residents and their families, but she wanted to assist them even more. So, with the support and encouragement of her fellow volunteers, nursing staff and other employees, Mary Jo went back to school for nursing.

For the last 26 years, Mary Jo has held various roles in nursing, and although she hasn’t always worked in geriatrics, she’s always had an interest in that specialty. Now, Mary Jo works as the Wellness Nurse at HealthAlliance’s Woodland Pond at New Paltz—a continuing care retirement community with various levels of care—and she couldn’t be happier.

“It’s gratifying to be a part of such a supportive and wonderful community, and to be able to help them is just so special,” she said.

#### **Q: WHY ARE YOU INTERESTED IN GERONTOLOGY?**

A: I’ve always been drawn to the older clients. Whether they have Alzheimer’s or stories to share, that relationship with them has resonated with me. I was always attracted to the CCRC (Continuing Care Retirement Community) model—and it works very, very well. And now there is a greater need for geriatrics and long-term care with the baby boomer generation in that age range.

#### **Q: WHAT DID YOU FIND INTERESTING ABOUT NURSING SCHOOL?**

A: In 1995, while working on my Bachelor’s in nursing, I had the opportunity to take transcultural health, which consisted of a three-week course in England. We saw all elements of the healthcare system from a nursing perspective while there. We also went to Florence Nightingale’s Museum, which was very eye-opening and encouraging. I went there without friends or family, and it was the furthest I’ve ever traveled. I didn’t expect to feel as much as I did. Just meeting other people was rewarding, and it made me really appreciate our healthcare system here.

#### **Q: WHAT DO YOU ENJOY DOING OUTSIDE OF WORK?**

A: I like to be outside, so I enjoy hiking and gardening. The Hudson Valley is so rich with areas to explore. Whether you want a short trail or an all-day hike, the mountains have something to offer you. It’s hard to pick just one!

#### **Q: DO YOU HAVE ANY TIPS FOR THE FIRST TIME GARDENER?**

A: I would start with a small potted garden or raised bed and do simple things that grow easy, like cucumbers or zucchini squash. Always grow things you or your family like a lot of! And embrace the local area resources. There are a lot of great places to go locally for help with gardening.

#### **Q: WHAT’S THE BEST PART OF YOUR JOB AT HEALTHALLIANCE?**

A: I feel very fortunate because it’s very gratifying to be a part of a first-rate, exceptional community where you see members sharing, enjoying and developing new creativity. It’s great to be a part of their journey. Being here every day to experience it and see it in action is just spectacular!

# 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 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 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.

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

Third Monday of the month, 4:30-6 p.m.

### Continuity of Care Bereavement Group

Fourth Monday of the month, 1-2:30 p.m. and/or 5:30-7 p.m.

### Nurturing Neighborhood Network Program

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

## \*Save the Date\* - Sept. 13, 2014

### Cruise on the Hudson Special Fundraiser for the Linda Young Ovarian Cancer Support Program

Enjoy the beauty of autumn, a delicious dinner and music on "The Teal."

Seats are limited to the first 75 reservations. For more information, please call **845-339-2071** or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org).

## 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**

## Exercise and Wellness 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.

### Jazzercise Class, with Cathy Shaw

Tuesdays, 5:30-6:30 p.m.  
HealthAlliance Hospital:  
Mary's Avenue Campus Auditorium  
This fun and effective class combines elements of dance, resistance training, Pilates, yoga and kick-boxing to get and stay in shape.

### 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.

## Art & Healing Programs of the Oncology Support Group

For more information, please call **845-339-2071** or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org).  
Reuner Cancer Support House - 80 Mary's Ave.

### DSP Memoir Group

A memoir writing group for cancer patients.  
Thursdays, 3-5:30 p.m. with Abigail Thomas (wait list)  
Fridays, 2-3:30 p.m. with Carol Dwyer

### Watercolor and Words with Alexandra Geiger

An art workshop inspired by nature.  
Mondays, 1:30-3 p.m.

### Photography Workshop with Juliet Harrison

Translating experience into imagery  
Thursdays, 7-9 p.m., June 3-July 8

### Poetry Circle with Blaze Ardman

Fourth Monday of the month, 3-4:30 p.m.  
Poetry reading and discussion group.

## See your question in a future issue of HealthAlliance & You!

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

**FREE first-aid kit!**

We'll feature one of the questions in  
a future issue of  
*HealthAlliance & You!*

*Please speak with your doctor if you have  
any concerns. We cannot respond to specific  
questions or dispense medical advice.*



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



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# Healthy starts here



Happiness contributes to longevity and better health. Though a few extra smiles each day alone cannot prevent disease, we can help keep you in tip-top shape.



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)