

# HEALTH ALLIANCE & YOU

EXCEPTIONAL HEALTHCARE CLOSE TO HOME

WELLNESS Programs and Events! page 14



Taste a Rainbow of Fruits and Vegetables

PAGE 4  
////////

Health Benefits of Recreation in Our Beautiful County

PAGE 8  
////////

Mental Health Services for Adolescents

PAGE 10  
////////

>> ASK THE DOCTOR!  
YOUR HEALTHCARE  
QUESTIONS ANSWERED  
PAGE 11





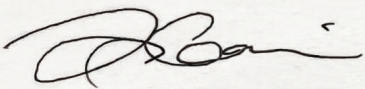
# New and Positive Progress

**W**elcome to “HealthAlliance & You,” your source of health and wellness information and updates on your local partner in healthcare, HealthAlliance of the Hudson Valley.

I’m honored to accept the role of chairman of the HealthAlliance of the Hudson Valley Board of Directors and, along with the entire board of dedicated and engaged community members, I’m excited to help lead HealthAlliance as we transform how we care for you. We are eagerly awaiting approval and finalization of plans that will further improve our services, efficiency and patient satisfaction. To learn more about these advancements, please see the article on Page 3 about our plans for the future.

We are proud to see that HealthAlliance is making headway in regaining the trust of our patients and the community. We receive many letters of thanks and praise. Patient satisfaction scores have improved at both of our Kingston campuses. The number one priority of our board and staff continues to be enhancing the quality of care and the satisfaction of our patients, family and friends.

As a local business owner for over 30 years, I’m dedicated to ensuring that HealthAlliance provides the quality services this community needs, through a sustainable healthcare system, right here in our community. With the trust of, and collaboration with, the community, HealthAlliance can and will achieve success — for all of us. From one neighbor to another, I thank you for your continued patience, support and trust in HealthAlliance as we build the healthcare delivery system of tomorrow.



Thomas A. Collins, Chairman  
HealthAlliance of the Hudson Valley





# Q&A: HealthAlliance, Westchester and Our Community

## What will the affiliation with Westchester Medical Center mean for HealthAlliance in Kingston?

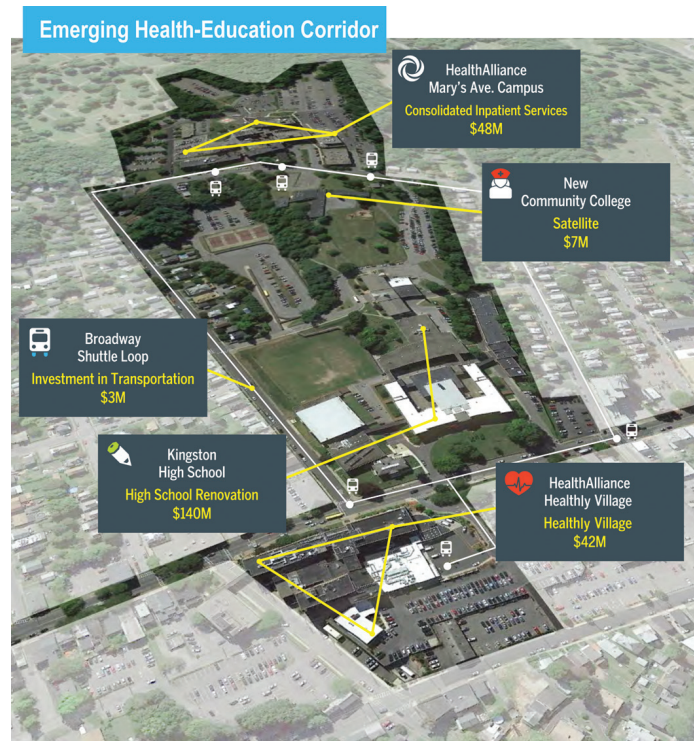
HealthAlliance expects to become stronger and to be able to invest in enhanced and expanded healthcare services by affiliating with Westchester Medical Center, in part by developing clinical centers of excellence at the hospital and recruiting much-needed physicians in our community. The expanded services will let patients receive the best specialty care close to home, without having to travel long distances. At the same time, the relationship will let HealthAlliance integrate and coordinate care with Westchester and the other Hudson Valley hospitals and providers affiliated with the medical center, so our patients will benefit from clinical and other quality best practices.

## You've said you plan to combine hospital services in Kingston onto one campus. Can you say more about that?

We plan to move our Emergency Department and inpatient services in Kingston to a single campus, which we hope will be at the former Benedictine Hospital on Mary's Avenue. The move, involving substantial facility upgrades, will improve patient care and provide more effective and efficient operations. The innovative single campus will be designed to improve the overall experience for everyone. Needless to say, everything will be located in one space, which will be convenient for patients, staff and doctors alike. Assuming we receive regulatory approvals, we expect to begin the transition this year and complete it in two years.

## Will HealthAlliance still provide all the same services it does now?

HealthAlliance fully expects to provide all the same services as it does now. Indeed, we anticipate we will be able to provide additional clinical services as a result of the affiliation.



## What will happen to the other campus?

We're working on plans to convert the other campus into a "healthy village." The healthy village will be similar to a healthcare mall — a one-stop destination where consumers will have easy access to outpatient, preventive and other health and wellness services. Key to the healthy village will be enhanced access to integrated primary care and behavioral healthcare as well as new services for seniors. We imagine the providers offering these services will be the "anchors," while smaller "boutique" providers in the building could offer child and adult day care, various types of rehabilitation, diabetes management and other health education, and social and public health services. Compatible retailers such as a beauty shop and a fresh-food deli might also be in the village.

The health and wellness providers throughout the building will function as a "coordinated network" and not as a configuration of independent organizations. Due to this coordination of care, as well as the one-location convenience, patients will be able to have a whole range of health issues cared for within hours rather than days.

The healthy village will also be an integral part of Kingston's emerging health-education corridor (see above). In that capacity, we envision the village providing seminar space, clinical simulation labs and other tools for educational and workforce-redevelopment programs. These programs — created and implemented in partnership with area colleges, unions and professional associations — will train or retrain healthcare and allied workers to get necessary qualifications for new or changing healthcare positions.



# TASTE A RAINBOW

## of Fruits and Vegetables

To make your diet healthier this summer and beyond, think of your shopping basket and your plate like an artist's palette. Fill it with red, orange, yellow, blue, purple, green and white fruits and vegetables from your local farmers market or grocery store.

"Phytochemicals give produce its rich color. They also work in conjunction with vitamins and minerals in fruits and vegetables to help us be healthier," says Nancy Treumann, M.S., C.D.N., R.D.N., Director of Clinical Nutrition Services at HealthAlliance of the Hudson Valley.

Over the past 20 years, thousands of phytochemicals have been identified that may help prevent many health conditions, including cancer, heart disease, diabetes and high blood pressure. To get as many phytochemicals as you can, "be sure to include all of the colors in your meals and snacks throughout the week," Treumann says. The more colorful and varied your produce choices are, the more likely you are to get a broad range of these plant compounds and bona fide nutrients to put up a food fight against disease. Cast a wide net. "There's no one 'super' food that's going to contain everything," Treumann says.

### COLORFUL CLUES

This colorful chart can help you fill your farmers market basket and your grocery cart with vibrant produce choices.



#### » RED

Red apples, beets, red cabbage, cherries, cranberries, pink grapefruit, red grapes, red peppers, pomegranates, red potatoes, radishes, raspberries, rhubarb, strawberries, tomatoes, watermelon

#### Benefits

Red signals the presence of anthocyanins. This plant pigment helps protect against cell damage, reducing the risk of cancer and heart disease. Tomatoes that are slightly cooked, red peppers and pink grapefruit are also a good source of lycopene, which may help reduce the risk of prostate cancer.



#### » ORANGE/YELLOW

Yellow apples, apricots, butter-nut squash, cantaloupe, carrots, lemons, mangoes, nectarines, oranges, papayas, peaches, pears, yellow peppers, persimmons, pineapple, pumpkin, rutabagas, yellow squash, sweet corn, sweet potatoes, tangerines

#### Benefits

Orange-yellow fruits and vegetables contain beta carotene, which may help reduce the risk of heart disease.



#### » GREEN

Green apples, artichokes, asparagus, avocados, green beans, broccoli, Brussels sprouts, green cabbage, kale, cucumbers, honeydew melon, kiwi, lettuce, limes, green onions, peas, green peppers, spinach, turnip greens, zucchini

#### Benefits

Green is a sign that lutein is on board. Lutein helps reduce the risk of cataracts and macular degeneration, keeping your eyes healthy. Leafy greens, such as spinach, kale and turnip greens, are also potent sources of lutein and zeaxanthin, which may help reduce the risk of some cancers.



## 'Pescovegetarianism' may cut colon cancer risk

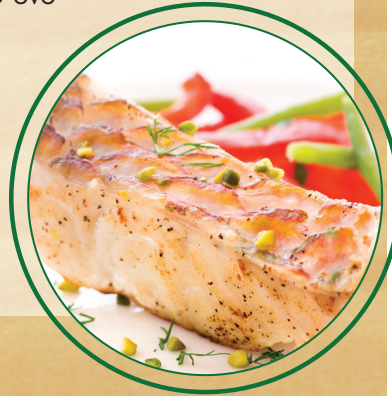
A vegetarian diet that includes fish significantly decreases colon cancer risk, a study finds.

According to researchers at Loma Linda University in California, fish-eating vegetarians, or pescovegetarians, had a 43 percent lower risk of colorectal cancers than non-vegetarians.

Fish-eating vegetarians scored better in the study than vegans, who had a 16 percent lower risk, and lacto-ovo vegetarians, who eat dairy and eggs and had an 18 percent lower chance.

Combined, all types of vegetarians had a 22 percent reduced risk for colorectal cancers than non-vegetarians.

The study's results appeared in JAMA Internal Medicine, published by the American Medical Association.



### » BLUE/PURPLE

Blackberries, blueberries, eggplant, figs, plums, prunes, purple grapes, raisins, purple potatoes

#### Benefits

Anthocyanins are also present in blue/purple produce, which help beat heart disease. Tip: Keep the skin on eggplant instead of peeling it.



### » WHITE

Bananas, cauliflower, ginger, garlic, jicama, mushrooms, onions, parsnips, potatoes, turnips

#### Benefits

Even white produce has a lot to offer. It tends to be rich in alliin, which may help lower cholesterol and blood pressure, reducing the risk of heart disease. Potatoes and bananas are also decent sources of potassium, which may help reduce blood pressure.

## Farmers Market Rainbow Veggie Soup

This gorgeous soup is not only good for you, it's "souper" satisfying because colorful produce makes meals more appealing. "We eat with our eyes," Treumann says.

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1 tablespoon extra-virgin olive oil  
 1 medium onion, chopped  
 4 cloves garlic, minced  
 2 carrots, diced into ¼-inch pieces  
 32 ounces reduced-sodium chicken broth  
 (vegetable broth may be substituted)  
 15 ounces chickpeas, rinsed and drained  
 2 medium yellow squash,  
 sliced into ¼-inch pieces  
 1 medium zucchini, sliced into ¼-inch pieces  
 2 medium potatoes, diced into ½-inch pieces  
 1 cup fresh corn kernels  
 6 asparagus spears, cut into 1-inch pieces  
 2 tomatoes, coarsely chopped  
 ¼ cup fresh basil, finely chopped  
 ¼ cup of fresh chives, coarsely chopped  
 Salt and freshly ground black pepper to taste

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1. In soup pot, heat oil over medium heat. Add onion and garlic and sauté for 6 to 8 minutes. Add carrots and cook until softened, about 5 minutes.

2. Stir in broth, chickpeas, squash, zucchini, potatoes, corn, salt and pepper. Bring to boil. Reduce heat and simmer about 5 minutes. Stir in asparagus and cook 2 minutes or until squash and potatoes are tender, but not mushy. Then stir in tomatoes and cook 2 minutes.

3. Place in bowls, garnish with basil and chives and serve.

Makes 6 servings

*Recipe courtesy of the American Institute for Cancer Research*





## Woodland Pond Update

Since Woodland Pond welcomed its first residents more than five years ago, the success has been impressive, to say the least. With only a handful of apartments and only one cottage currently available, more than 300 satisfied residents are enjoying their lives in one of the most sought-after senior living options in the entire Hudson Valley.

With resident satisfaction high and a recent five-star rating earned by the skilled nursing center, it's easy to see why residents and staff are proud to call Woodland Pond their home. The tremendous value provided by the life care program is highly endorsed by residents, their families and residents' financial advisers. Life care is only available in 12 New York communities, so the availability of this type of financial protection is enviable.

To hear more rave reviews from Woodland Pond's residents, visit the website at [wpatnp.org](http://wpatnp.org) and watch the recently added resident videos.

Some of the newest Woodland Pond residents are, from left: Deborah Moore and her husband, Robert Lukey; Steve Kohn; Katherine Moslander; and Joy Dryer.



## MOUNTAINSIDE ON BEST NURSING HOMES LIST 5TH STRAIGHT TIME

U.S. News & World Report has once again ranked Mountainside Residential Care Center in Margaretville as one of the Best Nursing Homes in the United States. The ranking



lets Mountainside, an integral part of HealthAlliance of the Hudson Valley, display a badge recognizing its status for the fifth year in a row.

“At the top of the New York nursing homes list are those with a rating of five stars from the federal Centers for Medicare & Medicaid Services for their overall performance in health inspections, nurse staffing and quality of medical care,” U.S. News said in explaining the criteria that form the basis of its ranking. Mountainside is among 21 percent of New York state nursing homes that earned an overall five-star rating.

Mountainside also earned the American College of Health Care Administrators' 2015 Eli Pick Facility Leadership Award. The award, conferred after an independent evaluation of CMS Quality Measures and Survey Data, was presented to Mountainside in May.

## Pumping Iron Later in Life

**Many older people know they need regular aerobic exercise to strengthen their heart and lungs and tone their bodies. But many dismiss weight training, thinking it's for the young or vain.**

**Weight training, also called resistance training, is the only form of exercise that can substantially slow, or even reverse, losses of muscle mass, bone density and strength that many people once considered inescapable aging consequences.**

**Weight training has also been found to boost “executive function,” or higher-level brain tasks that let us plan, organize, switch focus, solve problems, remember details and juggle multiple tasks successfully, following them through to the end.**

**A healthy person in his or her 60s can gain 2 to 3 pounds of muscle in six months to a year.**

**Check with your doctor before starting any exercise regimen.**





**H**ospital stays can be stressful — even more so when a patient fears he or she may not be able to pay for treatment. At HealthAlliance, a financial counselor can help patients understand their financial responsibilities and, if needed, help them find financial help through Medicare, Medicaid, HealthAlliance’s Charity Care Program or other sources. This can relieve patient anxiety and ensure patients get the care they need, while helping the hospital remain fiscally sound.

Natashia McNabb, 35, has been a HealthAlliance financial counselor for four years. She is widely praised for her compassionate and reassuring manner as she explains medical fees to patients and offers resources that may help them with payments.

Natashia has a long history with HealthAlliance and its Kingston Hospital predecessor. She first volunteered at the hospital’s Patient Accounting Department when she was 14 and in high school. In a remarkable coincidence, the person she reports to today, Charles Worden, Assistant Director of Account Resolution, was her supervisor back when she volunteered. Natashia started her employment here as a customer service representative in 2003. She then became a billing rep and advanced to Credit and Collection before becoming a financial counselor.

**Q: WHAT DO YOU LIKE MOST ABOUT YOUR JOB?**

I love that I’m able to help people — including people who are very, very sick but have no health insurance. I can help them get insurance or find other assistance so they can get the treatment that they need. I love serving people, helping people. Whether they’re poor, rich, what they look like, my job is to help people find sources to fund their care.

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

HealthAlliance has a long history of providing care to patients regardless of their ability to pay. We always put the needs of the patient before everything else. I love that this is such a caring place. At the same time, I’m a people person and I get to show that in my work. I love talking to people. I love smiling. I like to brighten other people’s days. I like making sure I’ve helped people to the best of my ability, to meet or surpass their expectations.

**Q: YOU’RE INVOLVED IN THE COMMUNITY AND YOUR CHURCH. CAN YOU TELL US ABOUT THAT?**

I’m part of the Kingston Seventh-day Adventist Church. I work with the youth of the church. We do a back-to-school drive, where we collect school supplies and clothing for children going back to school. I’ve brought children from my church to the hospital and to nursing homes to sing and visit with patients. My goal is for them to feel what it’s like to serve other people and bring happiness and joy to people who are in need or sick or older.

**Q: DO YOU HAVE A VISION FOR HEALTHALLIANCE?**

I would like for us to be widely known for what we are, which is a strong community organization that is committed to people’s health and well-being. I would like every person to know that if they go to HealthAlliance, they will always be our highest priority. We are a great hospital that truly cares about people. This is important because when people are sick, the best thing we can do is to meet their needs and show that we truly care.

## Faces of HAHV: Natashia McNabb



**“We always put the needs of the patient before everything else. I love that this is such a caring place.”**

— Natashia McNabb  
Financial Counselor



# Health Benefits of Recreation in Our Beautiful County

From hiking and kayaking to fishing and picking your own fruits and vegetables, our area is abundant with delightful summer outdoor activities. Taking part in them is fun — and has many health benefits.

“Physical activity helps to control obesity, boost the immune system, diminish the risk of disease and increase life expectancy,” says Kevin Rudolph, HealthAlliance Outpatient Physical Therapy Manager.

A U.S. Surgeon General report found physical activity can prevent or improve symptoms of heart disease, high blood pressure, adult-onset (non-insulin-dependent) Type II diabetes, colon cancer and osteoporosis.

Outdoor activities can also improve mental health and quality of life, says Dr. Carlos Valle, HealthAlliance Medical Director of Mental Health Services.

“They can help reduce depression, relieve stress and improve self-esteem and personal growth,” Dr. Valle says. “Just being with nature has been shown to increase positive feelings and improve one’s physical condition.”

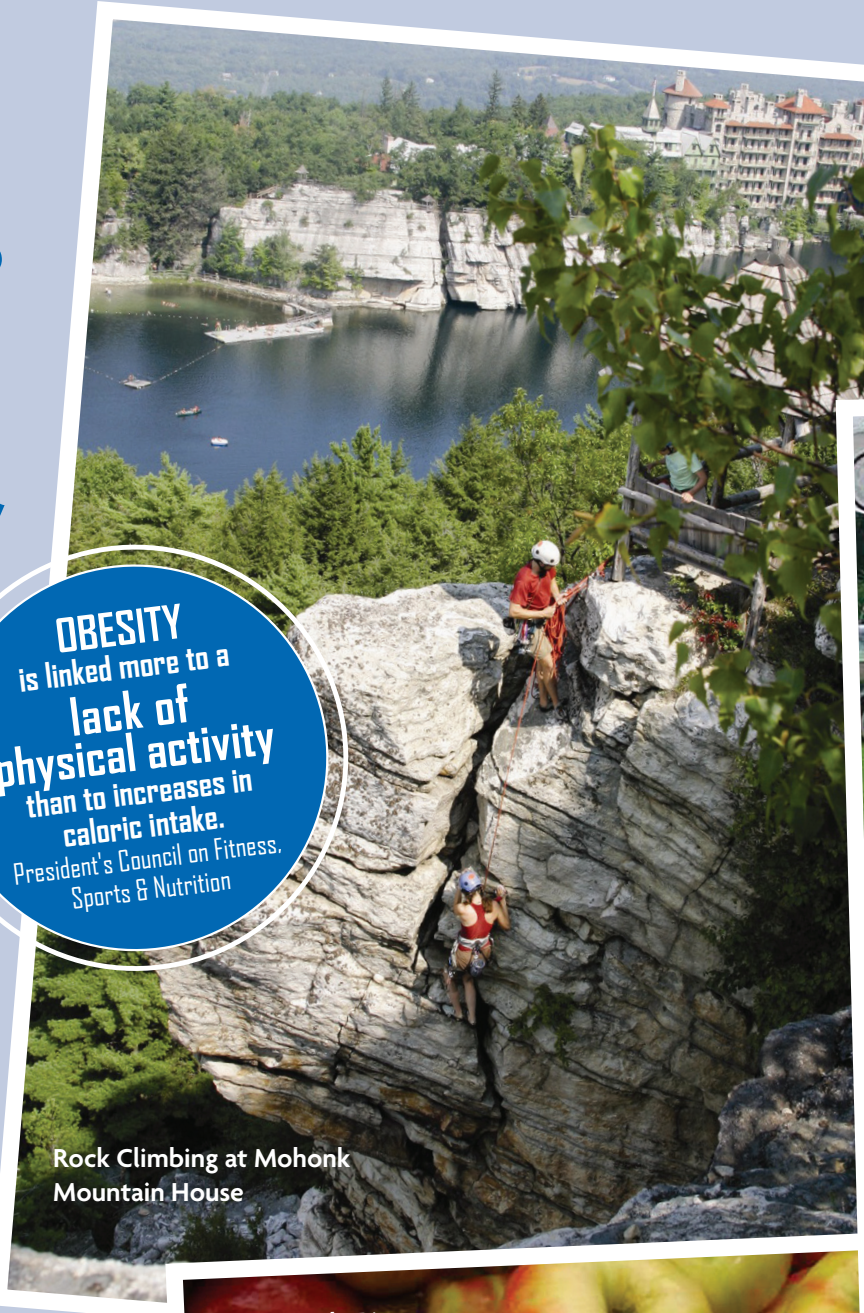
Perhaps most significant: The benefits of outdoor recreation can act in tandem. They can, for instance, decrease obesity while increasing self-esteem, reduce alcohol use and even build family bonds, all at the same time.

Of course, it’s sometimes best to check with your doctor before you engage in physical activity. This is especially true if you have heart disease, asthma, lung disease, diabetes, kidney disease or arthritis.

For more information about local outdoor activities, visit [ulstercountyalive.com](http://ulstercountyalive.com) and then click on “recreation,” “camp” and “agritourism.”



**OBESITY**  
is linked more to a  
**lack of**  
**physical activity**  
than to increases in  
**caloric intake.**  
President's Council on Fitness,  
Sports & Nutrition



Rock Climbing at Mohonk Mountain House



Fresh Apple Bin



**9 IN 10**  
outdoor recreation  
participants say they're  
satisfied with their  
personal health and fitness  
while **6 in 10** who don't  
participate say they're  
unsatisfied.  
American Recreation Coalition





Kayaking on the Rondout Creek  
Photo by Lee Courtney

**7 IN 10 U.S.**  
adults are not regularly  
active during their  
leisure time and 4 in 10  
are not active at all.  
Centers for Disease Control  
and Prevention



Berries from Wilflow

**90% OF AMERICANS**  
consider outdoor  
recreation the best way  
of being physically active.  
Roper Center for  
Public Opinion Research

### HealthAlliance's TFAC Initiates Smoke-free Parks

If you have kids, parks, playgrounds, beaches and other recreational areas are great places to take them to release some energy. In Ulster County, many of these areas are tobacco free to keep the air cleaner and minimize exposure to secondhand smoke and tobacco litter, which is hazardous to children and wildlife.

HealthAlliance's Tobacco Free Action Communities (TFAC), an Advancing Tobacco Free Communities partner, worked with and educated policy makers and community organizers to help make this happen. TFAC works to increase support for New York state's tobacco-free initiatives through youth action and community engagement. Efforts are evidence-based, policy-driven and cost-effective approaches that decrease youth tobacco use, motivate adult smokers to quit and eliminate exposure to secondhand smoke. For more information about TFAC, visit [www.hahv.org/tfac](http://www.hahv.org/tfac).



Belleayre Beach at Pine Hill Lake, Belleayre Mountain



## Margaretville Hospital to Offer Mental Health Services for Adolescents

Access to mental health care is one of the priorities HealthAlliance has defined as a critical need. Beginning this summer, Margaretville Hospital, a member of HealthAlliance, will begin offering psychiatric services for adolescents. A psychiatrist who specializes in adolescent mental health needs will be available two days a week, twice a month.

For the first year, the program will be fully supported by a federal- and state-funded Vital Access Provider (VAP) grant that was awarded to Margaretville Hospital to address and improve accessibility of population healthcare needs. The goal is to sustain the program after the grant period ends through private insurance, private pay and Medicaid reimbursement.

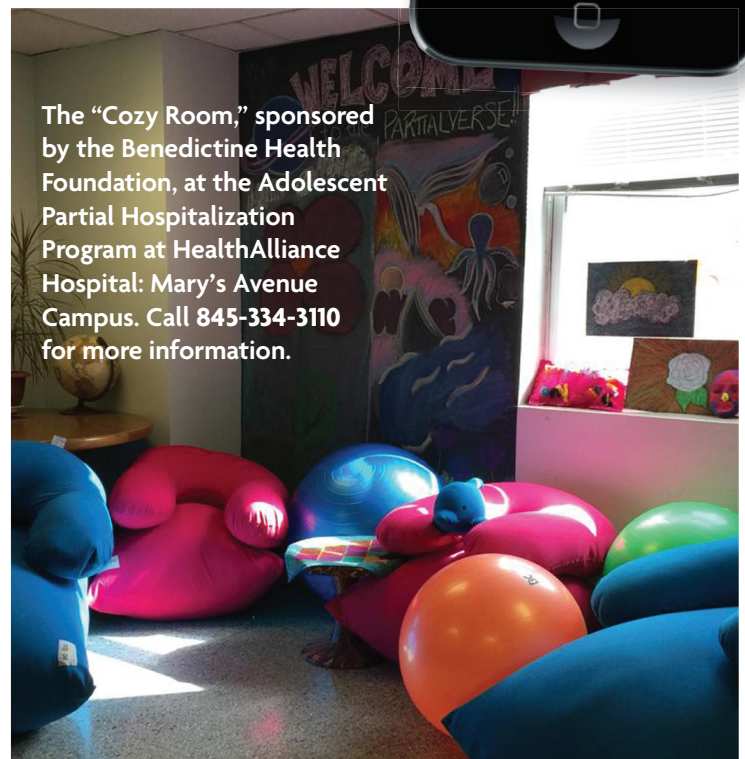
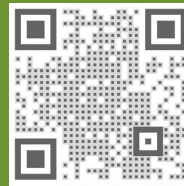
For more information about this program, contact us at **845-586-2631**.

## Ulster County Suicide Prevention Education and Awareness Kit App

Ulster County has developed a free smartphone app to aid with suicide prevention and awareness. The app provides suicide warning signs and corresponding levels of risk, helpful videos and guidelines on what to say to someone who may be experiencing suicidal thoughts. Additionally, the app supplies the user with local, state and national contacts, and instant call buttons for immediate help that link to local, national and veteran hotlines. The app is currently only available for Apple products and can be downloaded at:

<http://modo.ly/IEF5ocD>.

Or you can scan the QR code below.



The "Cozy Room," sponsored by the Benedictine Health Foundation, at the Adolescent Partial Hospitalization Program at HealthAlliance Hospital: Mary's Avenue Campus. Call 845-334-3110 for more information.



## James P. Corsones, M.D.

Hospitalist at HealthAlliance  
Board Certified in Internal Medicine

### Q. What's a hospitalist?

A: A hospitalist is a relatively new but fast-growing category of physician who specializes in the care of hospitalized patients. Unlike cardiologists, who specialize in an organ, or oncologists, who concentrate on a disease, hospitalists focus on the site of care, which is the hospital.

In their job, hospitalists gain a great deal of experience in the unique aspects of patient needs during hospital stays. They're often much more familiar with the hospital's systems and functions than other doctors. Yet, they regularly consult with primary care physicians to ensure the best patient care.

Because they typically spend most or all their workday in the hospital, hospitalists are more readily available to patients than doctors who spend much of the day outside the hospital in an office or clinic. Patients often prefer being cared for by a hospitalist, who can review tests and answer patient or family questions in a timely manner. Hospitalists have also been shown to reduce the length of stay and improve overall care efficiency.

HealthAlliance has hospitalists on site 24 hours a day.

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.



## Letters to HealthAlliance: 'A Great Bunch of Professionals'

We regularly receive letters from patients and their families commending us on our service. Here is one from Janice Peterson of Port Ewen thanking us for our exceptional levels of caring professionalism during very trying times. Her husband, George, was on life support in the HealthAlliance intensive care unit.

"All the staff in the ICU showed such compassion, care and understanding," she wrote in her letter to HealthAlliance President and CEO David Scarpino. "They not only took care of the medical needs of my husband, but they included me in his daily care (being part of the 'daily rounds' regarding my husband's care and explaining any new procedure, etc.)."

She recalled that one day during that stressful time, which could seem so dominated by machines, tubes, beeps and flashing messages, she felt the critical-care staff's human goodness and gracious consideration.

The weather had gotten so bad that Janice decided to spend the night in a nearby waiting room.

"One of the staff offered to provide me with comfortable 'scrubs' to sleep in and provided me with a cup of tea in the a.m.," her letter said. "This is something that will always remind me of the 'human aspect' of a very professional staff. They also always expressed such great pleasure in any progress my husband made."

Janice asked that her letter be posted in the ICU area. "They are a great bunch of professionals," she said of the staff.



FEEDBACK

**We'd love to Hear from You.** To submit a comment about the care you have received at one of our facilities, email HealthAlliance of the Hudson Valley at [YOU@hahv.org](mailto:YOU@hahv.org).



# 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.



**"The Foundation has always generously supported our nurses through educa-**

**tion initiatives like our annual Nursing Skills Day and the Louise Myers Award, and for patient care provisions such as the purchase of much needed patient equipment," says Sandra Horan, R.N., B.S.N., Chief Nursing Officer.**

The landscape of healthcare is swiftly changing across the country and here in Ulster County. The HealthAlliance Foundation (HAF), which supports the programs, services and facilities of HealthAlliance of the Hudson Valley, has geared up to meet these changes with a three-pronged approach in 2015. The Foundation has identified three critical areas that will benefit from funds raised this year: technology and equipment to help medical professionals diagnose illnesses more accurately and efficiently; treatment advances in the Emergency Department and specialty services such as dialysis, cancer and wound care; and training to keep hospital staff on the cutting edge of patient care.

Excellence in hospital services through employee-based training will gain increased emphasis in the years beyond 2015. "The HealthAlliance Foundation Board and staff are working on a three-year fundraising plan aimed at supporting hospital-wide departmental staff-training needs," HAF Executive Director Steffen Kraehmer explained. "Our Executive Committee — Glenn Decker, Chair; Mary Ann Hildebrandt, 1st Vice Chair; Robert Tonner, 2nd Vice Chair; Rick Mantey, Treasurer; and Chris Smailer, Secretary — is eager to meet with sponsors and community members to discuss giving options." For more information on the funding goals of HAF, call the Foundation office at 845-334-2760.



## HealthAlliance Foundation 2015 Events

- 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

For more information, visit [FoundationUpdate.org](http://FoundationUpdate.org).



HEALTHALLIANCE FOUNDATION'S

## Tulip Ball

The 2015 Tulip Ball brought in \$200,000. Proceeds from the event will benefit health- and patient-care initiatives such as iPads to facilitate our new Rounding System, ServeSafe training for our Dietary Department, and a state-of-the-art ultrasound for bedside care.



From left: Dr. James P. Corsones, 2015 Tulip Ball honoree; Barbara Connelly Cohen, Lifetime Achievement Award recipient; and Robert Tonner, Community Service Award recipient





## 12th Annual Bike for Cancer Care To Benefit the Rosemary D. Gruner Memorial Cancer Fund Sunday, September 20, 2015 - Dietz Stadium, Kingston [bikeforcancer.org](http://bikeforcancer.org)

A vital component of the 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 fund's primary patient-referral sources are the Oncology Support Program and oncology staff at HealthAlliance, medical practices and treatment facilities in the mid-Hudson Valley.

The fund provides a unique form of support — gift cards to Hannaford Supermarkets to purchase nutritious food, and/or to Stewart's Shops for fuel to help cover the expense of transportation to treatment. Each patient receives \$500 a year.

Residents of Ulster County, regardless of where they receive treatment, and

residents of neighboring counties receiving treatment in Ulster County, are eligible to apply.

More than \$615,000 in financial assistance has been provided to more than 1,400 mid-Hudson Valley cancer patients since 2005.

The Bike for Cancer Care is the main fundraising event to support the fund. Please join us on Sunday, Sept. 20. The event features a bike rodeo for youth, a family fun ride, and 12-, 25-, and 50-mile routes. All participants and volunteers will enjoy great food and beverages provided by Hannaford Supermarkets, live entertainment and giveaways. Prizes are awarded to the top fundraising individuals and teams. A great day for the entire family!

Register online, set up your fundraising page, sign up to volunteer, or become a sponsor: [bikeforcancer.org](http://bikeforcancer.org).

### >> GET INVOLVED!

Please get involved! Your support lets us continue making a meaningful difference in the lives of mid-Hudson

residents who turn to us in their time of need. We hope to see you in September!

For further information, please contact Barbara Klassen, Executive Director, at 845-334-3186 or [bklassen@bhfoundation.org](mailto:bklassen@bhfoundation.org).

Thank you for your continued support!

### NEW FRACTURE TABLE ENHANCES ORTHOPEDIC SERVICES

Generous donations enabled the Benedictine Health Foundation to support the purchase of a \$90,000 specialized operating table for the Center for Orthopedic Specialties at HealthAlliance Hospital: Mary's Avenue Campus.

Orthopedists at HealthAlliance use the state-of-the-art table when treating patients needing specialty surgery including hip fracture surgery, hip arthroscopy, and minimally invasive joint replacement surgery.

"This table is a tremendous addition to our Orthopedic Service Line. The new technology offered by this table, with its unique patient positioning capabilities, provides us with the tools to care for our patients better," says Jane Ulrich, Director of Surgical Services.



From left: Jane Ulrich, Director of Surgical Services; Marisol Nunez, Surgical Technician; Karin Willms-Fernandez, R.N.; Dr. Stephen Maurer, Chairman of the Orthopedic Department and Co-Chairman of the Department of Surgery; Dr. Martin Cascio, President, HealthAlliance Medical Staff



### A Letter About a Fund Recipient

"We're sending you an update on Andy Finnigan, and our gratitude for the Rosemary D. Gruner Fund. Andy is clear of cancer after recent scans. A brilliant 8-year-old, he says he doesn't want to commit to any one thought or idea. He wants to experience all he can in life, and so he does. Andy is always going and active — scootering, researching, BMXing, running, swimming, reading, playing and loving — he literally jumps, hops and skips through life.

"He is a gift with a sound understanding of himself, yet with true heart and innocence. Our lives go on with such richness ... thank you all for your constant caring and blessings. — The Finnigans"



# 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 Tuesday of the month, 2–3:30 p.m.

### Coping Skills for Cancer

Third Tuesday of the month, 2–3:30 p.m.  
Learn tools to reduce stress related to diagnosis, treatment and fear of recurrence using awareness and body-centered techniques.  
Please call 845-339-2071 for intake.

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

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

### Nurturing Neighborhood Network Program

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

## Art and Healing Programs of the Oncology Support Group

### DSP Memoir Groups, with Abigail Thomas

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

### Watercolor and Words, with Alexandria Geiger

Every Monday (through July), 2–3:30 p.m.  
Reuner Cancer Support House  
Watercolor workshop inspired by Linda's Healing Garden



## Support Groups

### 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 Cynthia 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 with Larry McGrath, Director of Respiratory Therapy

July 13, 15, 20 and 22, 6–7 p.m.  
William A. LeDoux Administrative Conference Room  
HealthAlliance Administrative Services Building  
Mary's Avenue and Webster Street

### 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 for both programs, 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.–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 Drives

July 21

HealthAlliance Hospital: Mary's Avenue Campus

August 5

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.

### Kingston YMCA Farm Project

3–4 p.m. every Tuesday

Alternating between HealthAlliance Hospital:

Broadway and Mary's Avenue campuses

Buy fresh produce, farmed using an organic

method, at a bike-powered Mobile Market farm

stand. All produce is grown and harvested by local

children and teens at the YMCA of Kingston and

Ulster County's urban garden.

Sponsored in part by HealthAlliance

Contact Susan Linn, 845-334-3013 or susan.linn@

hahv.org, for details.

## Special Event

### Fall for Art

Sept. 10, 6–9 p.m.

Wiltwyck Golf Club, 404 Steward Lane, Kingston

HealthAlliance Mental Health Services will be

the 2015 Special Award Recipient at this gala

fundraising event supporting area nonprofits and

showcasing top Hudson Valley artists.

[fallforart.org](http://fallforart.org)

## 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

Stretch and strengthen while calming and focusing the mind.

Mats provided.

### Jazzercise Class, with Cathy Shaw

Tuesdays, 5:30–6:30 p.m.

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

Energy exercise to train the breath, body and mind.

### SmartBells® Class, with Angel Ortloff

Thursdays, 9:30–10:45 a.m.

HealthAlliance Hospital: Mary's Avenue Campus Auditorium

Exercise for health and fun using sculpted weights.

### Tai Chi, with Annie LaBarge

Mondays, 10–11 a.m.

Reuner Cancer Support House

Learn moving meditation to increase strength,

balance and flexibility.

### 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.

Call 845-339-2017 to register



## Seniors Health & Wellness Breakfast Club

The HealthAlliance of the Hudson Valley's free monthly Seniors Health & Wellness Breakfast Club offers a valued service to the region's senior citizens.

The club, open to the public, meets in the Hudson Valley Mall Community Room from 8:30 to 10 a.m. on the third Wednesday of the month.

"It's a great program," says Earl Johnson, 80, of Port Ewen, a retired IBM Corp. programmer and engineer who attends club meetings with his wife, Cathy.

"I love going to it," says regular attendee Betty Vanderzee of Kingston, a retired New York City schoolteacher.

"I've developed new friendships," says Bob Walker of Lake Katrine, who goes to the club with his wife, Joan.

Attendees receive a free "heart-healthy" breakfast and occasional entertainment in addition to discussions with HealthAlliance medical experts about a wide variety of health and wellness issues.

Here's the calendar for the rest of the year:

**July 15 — Movement for Health**, with Celeste Graves-Hoyal M.A.

**Aug. 19 — Immunizations Across the Lifespan**, with Sherry Van Loan R.N., HealthAlliance Employee Health Services Director

**Sept. 16 — Healthy Aging and Food Safety**, cooking demo, with Nancy Treumann, registered/certified dietitian-nutritionist, HealthAlliance Clinical Nutrition Director

**Oct. 21 — Reducing Breast Cancer Risk**, with Ellen Marshall, certified oncology social worker, HealthAlliance Oncology Support Program Director

**Nov. 18 — Lung Cancer Awareness**, with Dr. Nirmal Parikh, pulmonologist at HealthAlliance, board-certified in internal medicine

**Dec. 16 — Holiday Party**, with food, music and fun!





HealthAlliance of the Hudson Valley  
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# An extra step today is a step away from diabetes.

Countless U.S. diabetes education centers help patients gain the knowledge and skills needed to manage the disease – so does the changing face of healthcare. With more options, treatment and affordability 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.**



**TAKE CONTROL.** The Diabetes Education Center at HealthAlliance.