

HEALTH ALLIANCE & YOU

EXCEPTIONAL HEALTHCARE CLOSE TO HOME

Living With Joint Pain?
>>> Don't Wait to Take Action

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>> EAT A RAINBOW OF FRUITS AND VEGETABLES FOR BIG HEALTH BENEFITS
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Welcome Home to HealthAlliance

With a great sense of pride in our rich history of service to our community, I accepted the appointment of President and Chief Executive Officer of HealthAlliance. Together with the HealthAlliance Board of Directors, I remain optimistic about the future as we pioneer a new model of excellence for healthcare in the Hudson Valley.

With more than 30 years of experience in hospital financial operations, I naturally watch the bottom line. However, in these rapidly changing times I find it imperative that our customer service exceeds our patients' expectations. Our medical capabilities are solid with HealthAlliance hospitals receiving high scores for our clinical quality from many independent rating systems. Now, it is our customer service efforts that we are looking to improve.

As I visit our many specialized departments, I am pleased with the level of warmth, support, and encouragement I receive from everyone I meet. It is this kind of compassion and care that I expect every HealthAlliance patient to feel, especially in stressful situations, such as visiting the Emergency Department. Our Emergency Department sees more than 37,000 patients annually. Our highly skilled physicians, nurses, and other caregivers are ready to help you and your family at a critical time of need. We have not always delivered on those expectations, so as we redesign care delivery in the Emergency Department, you will see improved performance. Our commitment to excellence will be seen throughout our entire hospital system. We will make every effort to provide great care in a timely manner and keep you and your family informed about your treatment. Our goal is simple: Every patient walking through our doors is entitled to a positive patient experience.

As we work closely with our board of directors and local physicians to define the next era of healthcare for our community, my focus is centered on the experience our patients have when they interact with our staff and facilities. I want to assure you that whenever I, my wife, my daughters, or your family visit HealthAlliance hospitals, our service will be of the highest quality and the care will be compassionate. Caring for our patients is at the very core of who we are, but caring *about* our patients will increase the bond that we wish to have with you, our community. HealthAlliance never forgets our responsibility to deliver quality care for our community, and we need your continued support in order to be successful.

Sincerely,

Dave Scarpino
President & CEO



What Our Patients Say

As a community hospital provider, here's what our employees say about us when their family member is a patient. . .

“Thank you to the wonderful staff at the Broadway Campus Emergency Department and the amazing team of techs, nurses, and doctors in the Catheterization Lab. I am proud to say I am a part of HAHV. You made a scary situation feel a little easier knowing you had my back. As scared as I was, I knew my husband couldn't have been in better hands. Thanks really isn't enough.”

Sincerely,
Danielle Conklin, Recovery Room (PACU) Tech/Unit Clerk/
Aide, and family

“To whom it may concern: My mom was hospitalized for hip surgery at the Mary's Avenue Campus. From the time my mother arrived at the hospital until her discharge, she had nothing but good things to say about her experience. I want to thank the Ambulatory staff, Operating Room team, Anesthesiologist, Post Anesthesia Care Unit staff, Hospitalist staff, Physical Therapy/Occupational Therapy team, and especially the staff of 3 Spellman for making my mother's stay so enjoyable. She was treated with respect, making her feel very comfortable.”

With the greatest appreciation,
Sara Oquendo, R.N.



Sales Brisk at Woodland Pond

The first eight months of this year have proven to be very busy for the marketing department at Woodland Pond. Already, more than 30 apartments and cottages have been sold with another 12 depositors scheduled to move in later this year. Future residents appreciate the fact that they can reserve their apartment or cottage and then move in once their house sells.

Small dinner parties have been held throughout the summer for those interested in learning more about Woodland Pond. Hosted by residents and the marketing staff, these events have proven to be effective venues to share the Woodland Pond story. For more information about Woodland Pond call 845-256-5520 or visit the website at wpatnp.org.

www.wpatnp.org

Benedictine Health Foundation: 44th Annual Winter's Eve Gala Celebrates St. Benedict Award Winners

The Benedictine Health Foundation awarded the 2013 St. Benedict Award to recipients, Julie H. Krieger of M&T Bank, and Carlos F. Valle, M.D., Medical Director and Chair of the Department of Psychiatry at HealthAlliance, with special recognition to the Mental Health Services Unit. The awards were presented at the Foundation's 44th Annual Winter's Eve Gala on December 6 at Diamond Mills Hotel & Tavern in Saugerties. More than 350 guests joined the Foundation



Carlos F. Valle, M.D.



Julie H. Krieger

to recognize the accomplishments of the honorees and to support the work and mission of the Foundation.

Our community has a long and rich tradition of philanthropy rooted deeply in the simple act of "neighbor helping neighbor." This was never more demonstrated than by the tremendous support of the Foundation's Bike for Cancer Care event in September to benefit the Rosemary D. Gruner Memorial Cancer Fund and of our annual Gala. It is a privilege to work with you, our donors, to help care for our neighbors as we continue to support our hospitals, pastoral care providers and community-based healthcare providers sensitive to the needs for quality and compassionate healthcare.

The Benedictine Health Foundation recognizes the importance of our relationship

with HealthAlliance of the Hudson Valley and the importance of their role to sustain vital healthcare services close to home. In addition to our core pillars of giving, Pastoral Care and Education, Cancer Patient and Family Services, and Mental Health and Addiction Recovery services, we will continue to offer financial support for capital requests as prioritized by HealthAlliance administration and that are in line with our mission.

We extend our gratitude for your spirit of giving! For further information, please contact Barbara Klassen, Executive Director, Benedictine Health Foundation, at 845-334-3186. Please visit our website to learn more about our rejuvenated Mission and Vision, Your Gifts at Work and upcoming events: www.benedictinehealthfoundation.org.

Your Support of the HealthAlliance Foundation is Greatly Appreciated!

The HealthAlliance Foundation is proud to support HealthAlliance's mission of "exceptional healthcare close to home." The Foundation continues to support the HealthAlliance Hospital on Broadway, the Woodland Pond CCRC in New Paltz, and the HealthAlliance Hospital on Mary's Avenue.

Community leaders, physicians, hospital staff, volunteers, and you—the hospital contributors—have already made a difference with recent financial support to The Foundation. A successful Golf Classic and Halloween Bash were supported by major sponsors, including CDPHP, Emergency Medical Associates, M&T Bank, Cross River Anesthesiologist Services, Rose & Kiernan Inc., Mobile Life Support Services, PMA, The Reis Group, Timely Signs, Romeo Chevrolet-Buick-GMC, Toshiba Business Solutions, and Tonner Doll. In addition, the Ulster Savings Charitable Foundation provided a grant of \$15,000 to purchase wireless point-of-care computers, allowing our caregivers to readily enter and access patient information using secured technology at the patient bedside.

Your support of services at HealthAlliance Hospitals: Broadway Campus and Mary's Avenue Campus focuses on purchasing state-of-the-art technology and training staff to assist with inpatient and outpatient care. Your contributions continue to make a difference in the lives of nearly 60,000 individuals who use the HealthAlliance network of services, including:

- A HealthAlliance Nurses' Conference at the Mary's Avenue campus
- Online continuing education for all HealthAlliance nurses
- New computers and medical journals for both campus libraries
- Education and training equipment for HealthAlliance staff support



L to R: Mike Groppuso, Paul Casciaro, Mike Ferrara, Ty Krop and Steffen Kraehmer, Executive Director, HealthAlliance Foundation

- Emergency Department exam room equipment
- Wireless workstations on wheels for point-of-care services
- Wound Healing Center nursing certification

The HealthAlliance Foundation also continues to work with the Dyson Foundation on its support of the translation services at the hospitals.

Your continued support is greatly appreciated. For additional information, contact Steffen Kraehmer, CFRE, Executive Director, HealthAlliance Foundation, at 845-334-2760.

From Tomatoes to Blueberries: Color Yourself Healthy with a Disease-Fighting Diet

Bright colors abound in the produce section of your local grocery store. These vibrant foods are more than just pleasing to the eye. If you look closely, nature's pigments can yield clues to disease prevention.

Recently, the bright colors that attract the birds and the bees have begun to capture the attention of researchers, too. Colorful plant chemicals—such as carotenoids and flavonoids—contain antioxidants that can strengthen your immune system, reduce your risk for heart disease, and help prevent some types of cancer. Experts believe they destroy disease-causing free radicals.

A plant's color alone is often a reliable indicator of its nutritional and disease-fighting value. However, fruits and vegetables also may boast other important antioxidants, such as vitamins C and E, which are not identified with a certain color.

Some of the most valuable carotenoid plant pigments are lycopene and lutein:

- The lycopene in luscious red tomatoes and tomato products may help prevent certain cancers. Studies have shown that women and men who eat tomatoes are less likely to develop lung and stomach cancer.
- Lutein is found in yellow or orange fruits and vegetables. Chlorophyll masks lutein's

telltale yellow color in many dark green vegetables. But kale, spinach, and collard greens actually provide your richest lutein sources. Lutein seems to cut the risk for macular degeneration, the leading cause of blindness in the elderly. High intakes also may reduce the risk of developing cataracts. Yellow corn, peaches, and oranges are also good sources of lutein.

Many colored fruits and vegetables boast several different antioxidant pigments. A group of researchers looked at how well selected fruits, vegetables, and juices performed at the antioxidant task of destroying free radicals. The best performing vegetables were kale, spinach, red bell peppers, and beets. Blueberries, strawberries, and Concord grape juice came out on top in the fruit category. The flavonoids found in red, blue, and purple pigments helped win this top ranking. In fact, in another study, just two-thirds of a cup of blueberries showed as much antioxidant strength as a high dietary allowance of vitamin E or vitamin C.

Whatever your preference in color, texture, or taste, the rainbow selection of fruits and vegetables offers big health benefits.

According to nutrition experts, people on a 2,000-calorie diet should get 2 cups of fruit and 2.5 cups of vegetables every day. Depending upon your calorie needs, you may need higher or lower amounts.



Arts & Healing Programs

Healing Arts is therapy through music, art, writing, photography, and theater for those affected by cancer, offering opportunities to express one's feelings and connect to a supportive community. You don't have to be a musician, an artist, or a writer to benefit from any of these programs ... just have a willingness to enter into the creative healing process. Join the Oncology Support Program for any or all of the following:

- >> **OSP Choral Ensemble, "Songs of the Heart,"** cosponsored by the Mill Street Loft Arts for Healing Program along with the Oncology Support Program. This wonderful group is led by teaching artist, Debbie Lan, and is open to all members of the community.
- >> **OSP Memoir Group,** under the guidance of renowned local author Abigail Thomas.
- >> **Watercolor and Words,** inspired by the *The Linda Young Healing Garden*, will be the inspiration for an art workshop facilitated by Alexandra Geiger, L.C.S.W.
- >> **Music and Imagery,** sessions for people living with cancer, is offered by Dr. Montserrat Gimeno, Assistant Professor of the Music Department at SUNY New Paltz.
- >> **The Healing Circle Improv Group,** composed of cancer survivors, continues its long tradition of visiting cancer patients and offering a creative way to uplift their spirits.

For more information, please contact the Oncology Support Program at 845-339-2071 or by email, Doris.Blaha@hahv.org, or go to www.hahv.org.

RELIEF for >> Painful Joints



Frank Lombardo, M.D.



Richard Moscovitz, M.D.

If you're among the 27 million Americans living with osteoarthritis (OA), the potentially debilitating disease in which cartilage—the tissue that cushions the ends of joints—breaks down over time, don't wait to take action. Joint replacement—when an arthritic or damaged joint is removed and replaced with an artificial one—can keep you active and therefore, healthier.

Once reserved for people in their 60s, 70s and 80s, “joint replacements aren't just for older people anymore,” says Richard Moscovitz, M.D., an orthopedic surgeon and sports medicine specialist at The Center for Orthopedic Specialties at HealthAlliance Hospital: Mary's Avenue Campus. The surgery is on the rise among midlifers with OA who aren't content to reduce their activities, sidelined with pain. While almost any joint can be replaced, shoulders, ankles, knees and hips are the most common. According to the National Institutes of Health, more than 1,000,000 Americans have a hip or knee replacement each year.

“Hip and knee replacements are happening in younger people because the technology of the components has improved and surgical techniques have become more precise,” says Frank Lombardo, M.D., a joint replacement specialist at The Center for Orthopedic Specialties, whose special interests include gender-specific hip and knee replacements, minimally invasive surgery, and partial knee replacements. As a result, today's generation of prosthetic joints lasts longer than ever. “The average knee replacement used to last 10 years, now it's 20 to 30 years,” Dr. Lombardo says. Consequently, orthopedic patients are less likely to need a revision, the surgery performed to replace a worn-out implant, so putting in an artificial joint sooner makes medical sense.

BIG-CITY EXPERTISE WITH A SMALL-TOWN TOUCH

Joint replacement surgery is a specialized procedure that requires a high level of skill. The orthopedic team at The Center for Orthopedic Specialties, which consists of eight board certified surgeons as well as specialized nursing staff, physical therapists, anesthesiologists, and pain management specialists, has the training and expertise you might expect at a major urban, university-affiliated medical center. Yet patients get the benefit of a small-town

feel. The team is dedicated to making sure patients receive the individual care and attention they need to restore their health and function.

“We’re able to provide individualized, concierge service so patients are really cared for,” Dr. Lombardo says.

A JOINT EFFORT

Before joint replacement surgery, you’re encouraged to attend an hour-long Total Joint Replacement Class at HealthAlliance Hospital: Mary’s Avenue Campus because patient education is an integral part of the surgical experience. During the class, HAHV’s orthopedic coordinator will discuss the surgery, along with what to expect during your hospital stay and afterward. The coordinator will also answer any questions you may have, and the physical therapist will demonstrate the equipment you’ll use to regain strength and mobility during your recovery period. Orthopedic surgeons also attend. “I take a half an hour just to explain the actual prosthesis,” Dr. Moscovitz says.

“We’re able to provide individualized, concierge service so patients are really cared for.”

— **Frank Lombardo, M.D.**
**Joint replacement specialist at
The Center for Orthopedic Specialties**

After surgery and an average three-day hospital stay, you’ll be discharged to a rehabilitation facility or sent home to have physical therapy as an outpatient. After four to six weeks of recovery and physical therapy, you’ll likely get the go-ahead to resume your normal life.

“I don’t recommend running triathlons or playing football,” says Dr. Moscovitz, who equates that level of activity to putting 400,000 miles on a car. At that rate,

a prosthesis isn’t going to last for decades. “But you can certainly play golf and tennis, go hiking, skiing and bicycling, and run mini-marathons.”

SIDESTEPPING SURGERY

Joint replacement surgery is elective. If X-rays show little to no cartilage cushioning your joints, you’ve tried other pain relief options that your doctor recommends (such as cortisone injections), and everyday activities such as walking around the block are too painful, you may be a contender. But if it’s not that bad yet, here are steps you can take to dull pain and possibly even avoid surgery altogether:

- Shed pounds, especially if you’ve got a bum knee or hip. Extra weight on these weight-bearing joints can create excessive wear and tear. “Weight loss can reduce the force on a joint and relieve pain,” Dr. Lombardo says. It can also increase the likelihood of a successful surgery if you do have it, and prolong the life of the prosthesis.

- Seek therapy. A physical therapist can work with you on specific exercises that can help maintain muscle strength and flexibility to enhance joint stability. Ask your doctor for a referral.

If nonsurgical methods fail, joint replacement can be a relief. The Center for Orthopedic Specialties provides quality, comprehensive orthopedic care in the surgical and nonsurgical treatment of the knee, hip, shoulder, spine, head, elbow, foot and ankle.



Plan to Attend the Total Joint Replacement Class

We believe that patient education is an integral part of the surgical experience. Understanding the procedure and knowing what to expect afterward can ease recovery and ensure maximum benefit from a joint replacement.

The Center for Orthopedic Specialties is committed to providing state-of-the-art joint replacement care with two new operating suites and advanced physical therapy equipment, as well as specialized nursing staff, physical therapists, and anesthesiologists who all provide the highest level of care.

The class includes a discussion with our orthopedic coordinator about your surgery and what to expect throughout the course of your hospital stay as well as what to expect when going home. The orthopedic coordinator will be able to answer your questions, and a physical therapist will demonstrate equipment use.

Date: 2nd and 4th Monday of the month (except holidays)

Time: noon–1 p.m.

HealthAlliance Hospital

Mary’s Avenue Campus

The Center for Orthopedic Specialties Gym

3rd Floor

105 Mary’s Ave.

Kingston, NY 12401

For additional information and to RSVP, please call 845-334-3130.

LEARN MORE

We’re Here to Help. The dedicated and experienced staff members of the HealthAlliance Center for Orthopedic Specialties assist patients through diagnosis, procedure, recovery and discharge. Call us at **845-334-3130** for more information.

Protect Yourself from the Flu



It's estimated that roughly 36,000 people die and 114,000 people are hospitalized from the flu each year in the U.S. The flu is a highly contagious respiratory illness that infects the lungs, nose and throat. Each year, new strains of the disease develop, making it difficult for individuals to build immunity to infection and a challenge to produce new vaccines.

Last year the flu season was moderately severe, with higher than average rates of hospitalization and deaths attributed to the flu. It is the sixth leading cause of death among adults and particularly impacts those 65 years and older. "One of the things that's important to point out is that we're not

talking about the common cold, it's not a routine virus. The influenza virus is much more severe," 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 the flu, prevention is key. Take these steps to stay healthy.

Get your flu vaccine. "The single most effective way to prevent the flu is to get an annual flu shot," says Dr. Tack. You can get your vaccine at the doctor's office, county-sponsored clinics and retail stores. Anyone older than six months of age is eligible to receive the vaccination. On average, it is 50-70 percent effective.

Wash your hands well and frequently.

Keeping your hands clean is one of the best ways to prevent the spread of illness. "Wash your hands, wash your hands, and wash your hands some more," Dr. Tack says. Use soap and warm water and rub your hands for about 15-20 seconds.



Marc A. Tack, D.O.
HealthAlliance
Medical Director of
Infectious Disease

Stay home when you're sick. People can have no symptoms and still be contagious, spreading the virus through direct physical contact or by touching common objects such as doorknobs and telephones. Some flu strains can live on surfaces for up to two hours. "Many people get infected because healthy people don't get flu shots, get sick, go to work, go visit their child's school, and they infect these at risk populations," Dr. Tack says.

Get a full night's rest. Lack of sleep can reduce immune functioning, which can lower the body's ability to fight off viruses. Seven to nine hours of sleep each night is ideal.

Flu Signs and Symptoms

- **Fever and/or chills**
- **Extreme fatigue**
- **Headache and body aches**
- **Cough**
- **Sore throat**
- **Nasal congestion**
- **Nausea and vomiting (typically occurs only in children)**

If you notice these signs or symptoms, especially if you are at high risk for complications, see your doctor. The flu is unpredictable and can vary widely from season to season, so don't assume you'll be fine in a few days. It can lead to pneumonia, dehydration, sinus infections, brain infections or worsening of chronic medical conditions.

Walter Woodley, M.D.

Mid-Hudson Regional Medical Director of the Institute of Family Health

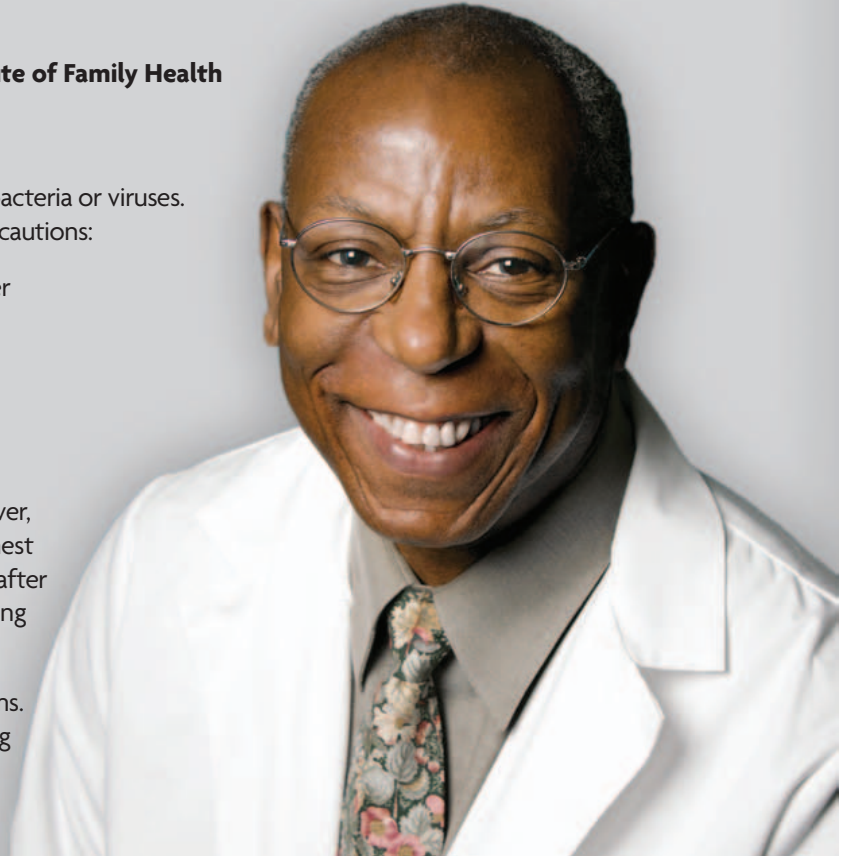
Q. How can I avoid getting pneumonia?

A. Pneumonia is a lung infection that's usually caused by bacteria or viruses. You can avoid many lung infections with a few simple precautions:

- Get the pneumococcal vaccine if you're age 65 or older or if your doctor recommends it.
- Have a flu shot every year.
- Wash your hands frequently.
- Quit smoking, if you're a smoker.
- Eat a nutritious diet and get enough rest and sleep.

Watch out for symptoms of pneumonia. They include: fever, shaking, chills, worsening cough or shortness of breath, chest pain when you breathe or cough, suddenly feeling worse after a cold or the flu, and an increase in mucus, mucus becoming thicker, or yellow or green mucus.

See your doctor right away if you develop these symptoms. Fast action can often prevent a lung infection from turning deadly serious.

**Eugene Heslin, M.D.**Head Physician at Bridge Street Medical Group
HealthAlliance Board Member**Q. Why don't antibiotics work for colds?**

A. Antibiotics fight illnesses caused by bacteria. These microscopic creatures only cause some types of illnesses, such as strep throat and urinary tract infections. But antibiotics are helpless against viruses. Many common illnesses are caused by viruses, including colds, the flu, and most coughs and sore throats. Fortunately, viral infections usually resolve on their own within a week or two.

It can be difficult to tell if your illness is caused by a virus or by bacteria. For instance, the flu is a viral infection. But sometimes flu symptoms mimic signs of a more serious bacterial infection, such as pneumonia. Always call your doctor if your symptoms get worse or last longer than a week or two. Call, too, if you develop more serious symptoms, such as a high fever, vomiting, or chest pain.

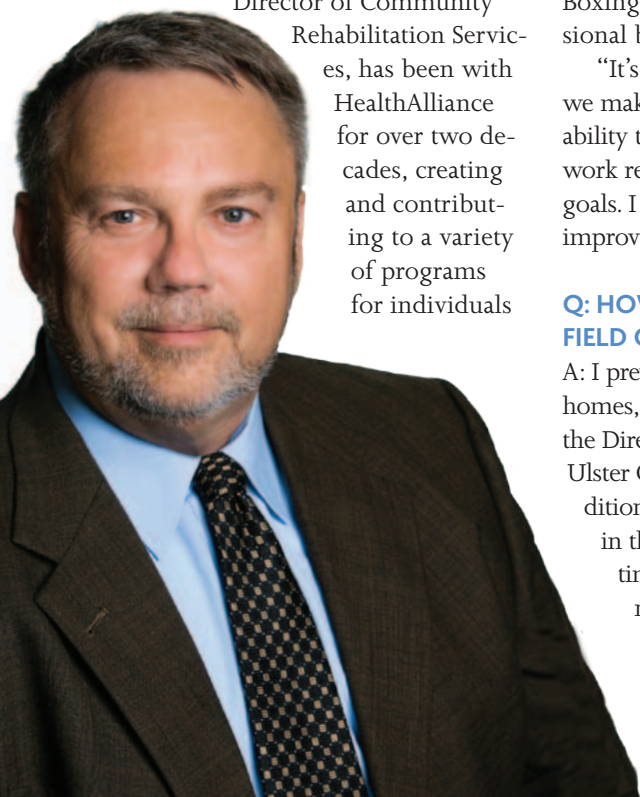

 **LEARN MORE**

We'd Love to Hear from You. To submit your healthcare questions, email HealthAlliance of the Hudson Valley at YOU@hahv.org.

Faces of HAHV: Allen Nace

Our mission is simple: YOU. HealthAlliance's team of dedicated medical professionals and supportive staff is the best the industry has to offer. From the role of a counselor to that of a husband, parent, volunteer or leader, Allen Nace embodies, completely, what it means to keep our community at the forefront of our mission.

Allen Nace, LMHC, CASAC, Forensic Counselor, Administrative Director of Community Rehabilitation Services, has been with HealthAlliance for over two decades, creating and contributing to a variety of programs for individuals



battling addictions. "Allen has a huge heart, and is very generous with his time. He's easy to talk to, and has a wonderful sense of humor," says his wife.

He also serves as President of the Board of Ulster County Community Action; as past-President of the Task Force on Co-Occurring Disabilities; as founder of the Annual Tour de Kingston bike ride; and as a Director of the Kingston Police Athletic League Boxing Program. Al is also a professional boxing judge.

"It's nice to know that sometimes we make a difference, and have the ability to assist someone in doing the work required to achieve his or her goals. I enjoy being that small part in improving someone's life," says Allen.

Q: HOW DID YOU GET INTO THE FIELD OF BEHAVIORAL HEALTH?

A: I previously worked in children's homes, NYS Division for Youth, and as the Director of Homeless Project for Ulster County Community Action. Additionally, I volunteered at the hospital in the Detox Unit which lead to full time positions. During this time, I noticed a lot of family dysfunction—much of which stemmed from alcohol and drug use and mental health issues. I saw

the damage that came from these addictions early on and it interested me. My role as a volunteer became part-time, then full-time, and eventually a series of different positions.

Q: HOW DO YOU FEEL ABOUT YOUR ROLE AS A DIRECTOR AT HAHV?

A: The most important aspect of my role is coming to understand that we're all just people, and we each have issues in our lives that we battle. The person sitting in front of me, as a patient, is also a mother, sister, lawyer, etc. We each play a variety of roles but we all have potential—sometimes we just need some guidance in reaching it.

Q: AS AN AVID BASEBALL PLAYER AND BOXER, WHAT PROMPTED YOU TO TAKE ON BICYCLING AS WELL?

A: After years of playing baseball, hot summer days were just too much. I've always been a decent athlete, so when I see an opportunity, I take it. One day, bicycling came to mind, so I started. I participated in the Tour de Bronx and then thought, "Why not do something in Kingston?" I founded the Annual Tour de Kingston, and eight years later we have nearly 500 cycling enthusiasts!

Q: AS A BUSY MAN, WHEN YOU FIND FREE TIME, HOW DO YOU SPEND IT?

A: I love to paint. I paint landscapes and still-lives in acrylic. I also spend a lot of time with my two dogs. I am currently co-writing a manual for the USA Boxing Committee which oversees the US Olympic Boxing Team. As my term as Director of Boxing is due to expire, I hope to use that time to spend more time with my kids and grandchildren.

Whistle-Blower/Non-Retaliation Policy:

HealthAlliance of the Hudson Valley has instituted a Compliance Program to ensure that all of our business practices are in compliance with the applicable organization policies and procedures and applicable civil and criminal laws, rules and regulations.

A key element of the organization's Compliance Program is the ability of employees to express problems, concerns or opinions without fear of retaliation or reprisal. At the same time, employees have an affirmative duty to report issues of concerns that come to their attention through the appropriate channels. Failure to do so can result in disciplinary action up to and including termination. In addition to reporting potential compliance issues, employees can participate in

the Compliance Program by assisting in the investigation of compliance issues, performance of self-evaluations and audits, implementation of remedial actions, and/or by reporting to appropriate officials as provided in Labor Law 740 and 741.

The organization will not take disciplinary or retaliatory action against an employee who in good faith raises a compliance concern or otherwise participates in the Compliance Program. Retaliation in any form by any individual associated with the organization is strictly prohibited and is itself a serious violation of the Code of Conduct.

Thank you.
Jackie Petro
Director of Corporate Compliance



Wellness, Education & Support Programs



Oncology Support Program: Caring for Those with Cancer

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

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

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

Women's Support Group

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

Linda Young Ovarian Cancer Support Group

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

Family and Caregiver Support Group

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

Men's Support Group

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

Metastatic Support Group

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

Nurturing Neighborhood Network Program

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

Healthy Lifestyle Wellness Club

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

Blood Drive

HealthAlliance Hospital: Mary's Avenue Campus
Tues. January 14, 2014

Childbirth, Breast Feeding, CPR, New Moms Group

Contact The Family Birth Place. 845-331-3131

Dementia Support Group

Contact Yvette Drake. 845-334-2813

Diabetes Support Group

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

Ostomy Support Group

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

Stroke Support Group

Contact Yvette Drake. 845-334-2813

Weight Management Program

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

Ongoing Classes

(Suggested donation of \$8 for most exercise classes.)
For more information, call us at 845-339-2071.

Gentle Yoga, with Deb Albright

Wednesdays, 9:30-10:45 a.m.
HealthAlliance Hospital:
Mary's Avenue Campus Auditorium
Stretch and strengthen the body; calm and focus the mind. Mats provided.

Qigong, with Jeff Bartfeld

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

SmartBells® Class, with Angel Ortloff

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

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.

Proud Partner and Sponsor

HealthAlliance is proud to partner with and sponsor many national and local organizations that give back to our community. Here is a sampling of 2013:

American Cancer Society
American Heart Association
American Red Cross of the MHV
Arts Society of Kingston
Bardavon 1869 Opera House
Belleayre Music Festival
Benedictine Academy
Boy Scouts of America
Boys and Girls Club of Kingston
Business Alliance of Kingston
Catskill Ballet Theatre Company
Central Catskills Chamber of Commerce (MH)
Community Foundations of the Hudson Valley
Ellenville Regional Hospital Foundation
Food Bank of the Hudson Valley
The Gateway Foundation
Hospice Foundation
Hudson River Maritime Museum
Hudson Valley Autism Awareness (Society)
JDRF Hudson Valley Branch
Jewish Federation of Ulster County
Kingston Farmers' Market
Kiwanis Club of Kingston
New Paltz Chamber of Commerce
The New York Cardiological Society
Queens Galley
RCAL
The Rhinebeck Science Foundation
Ride the Ridge
RUPCO (Rural Ulster Preservation Company)
SUNY Ulster County Community College Foundation Inc.
SUNY Ulster RSVP Volunteer Program
Ulster County Chamber of Commerce
Ulster-Greene ARC
Ulster Literacy
United Cerebral Palsy of Ulster County
United Way of Ulster County
WGHQ Happy Christmas Fund
Women's Health & Fitness Foundation
Woodstock Farm Festival
YMCA of Kingston and Ulster County
YWCA Ulster County Tribute to Women





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

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the Hudson Valley

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Our mission is simple ...

It's you.

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Jessica, RN
Medical-Surgical Nurse

