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SPRING 2016

# HEALTH ALLIANCE & YOU

EXCEPTIONAL HEALTHCARE CLOSE TO HOME

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HAHV.ORG

# Green Light for New Hospital & Medical Village

It is with great pleasure that I begin this edition of *HealthAlliance & You* announcing that HealthAlliance has received state support and an award of \$88.8 million to transform the Mary's Avenue Campus in Kingston into a single, state-of-the-art hospital and to redevelop the Broadway Campus into a "medical village."

The Mary's Avenue and Broadway campus transformations will be the most comprehensive construction and facilities renovations in the 122-year history of the two hospitals, and will emphasize patient comfort, privacy and efficiency.

We have worked tirelessly to develop a comprehensive project plan that will efficiently serve our community's needs. We're excited to enhance our technology and facilities in the new single hospital and deliver a superior experience for patients.

All current HealthAlliance services will remain available throughout the transformations.

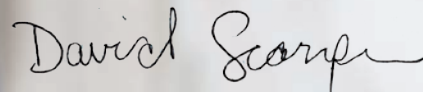
The new, expanded HealthAlliance Hospital will provide technologically sophisticated surgical, diagnostic and therapeutic services for acute and critical-care inpatients. It will also house a larger Emergency Department and Fast Track program and be designed for walk-up accessibility and urgent timeliness so staff can focus on providing patient-centered care, which has consistently been shown to improve patient health outcomes. Patients will feel more welcomed, more comfortable and better cared for than ever before.

This award from the state set the stage for completing our affiliation talks with Westchester Medical Center.

Thank you very much for your continued support in HealthAlliance. The excitement is building! View our new *Healthy Neighborhood Initiative* video at [hahv.org](http://hahv.org).

If you have any questions about our campus developments, we have set up a special email address to respond to you quickly. Please feel free to write to [build@hahv.org](mailto:build@hahv.org).

Sincerely,



David Scarpino  
President and CEO

View our new  
*Healthy Neighborhood  
Initiative* video  
at [hahv.org](http://hahv.org)



# Letters to HealthAlliance: ‘You Guys Are the Best!’ ♥

We regularly receive letters from patients and their families commending us on the high quality of healthcare we provide. Here are highlights from a few recent ones:

Dear Charlene,  
Thank you and your staff for making my husband Mahlon's stay as pleasant as possible during his hip-replacement surgery.

All the nurses were so exceptionally professional. Everything, from their communication skills to their empathy to their attention to detail, was amazing! In fact, every single person was phenomenal!

Patient satisfaction #1

The cleaning staff — spotless!!

The kitchen staff — kudos!

Also, the pharmacy is the best I have seen ever! They were with us, in our room, triple-checking my husband's medications because he has allergies.

And the physical therapy people couldn't do enough for us!

My husband and I don't have a single thing to complain about — anywhere!

With sincere thanks and appreciation.

**Gail Pfeil**  
**Saugerties**

*Charlene Cohen R.N. is the Charge Nurse on the Third Floor of the Spellman Pavilion of HealthAlliance Hospital: Mary's Avenue Campus.*

To the nurses in the Family Birth Place, I wanted to say thank you for all you did for me and my family and baby Ellis ♥ during my stay.

You were all so amazingly kind and had me smiling and laughing during a crazy time.

All I can say is: You guys are the best! ♥

**Theresa Antunovich**  
**Kingston**

*Compassionate doctors, nurses, midwives and lactation specialists are just part of the team offering complete mother/baby care at the Family Birth Place.*

Dear Mr. Scarpino,  
I recently was an unexpected short-term guest at the Broadway Campus due to severe back and chest pain.

The care and attention I received were wonderful! From the hospitalist and Emergency Department physician to the unit nurses and the room cleaner, the staff members were kind, courteous, empathetic and sometimes very funny.

I felt in good hands and reassured my needs would be met.

Many thanks! You've got a great hospital!

**Jeanette Baggot**  
**Kingston**

*David Scarpino is HealthAlliance's President and Chief Executive Officer.*

Dear Dr. Kutler,  
I want to bring to your attention the outstanding medical services provided by your staff at the Wound Healing Center. I have been a patient at other facilities and your center sits at the very top.

I am not a person who drops accolades very easily, but I felt compelled.

Continue your outstanding work.

**Gary Van Allen**  
**Kingston**

*Charles Kutler M.D. is the Medical Director of the Wound Healing Center at HealthAlliance Hospital: Broadway Campus.*



# Are You Ready for a Natural Disaster?

**P**reparing ahead for an emergency, such as a fire or severe weather, can mean the difference between coping with disaster and falling victim to it. Make a family plan so that you'll all know exactly what to do in an event such as a fire, a flood, a tornado, a hurricane or an earthquake.

## BASIC STEPS TO PREPARE

- Keep emergency phone numbers, such as the electric and gas company, on or near your phone.
- Have one telephone in your home that does not need electricity. Cordless phones do not work when there is a power outage.
- Know how to safely turn off your electric, gas and water supplies.
- Keep your car's gas tank full in case you need to evacuate.
- Keep a fire extinguisher and know how to use it.
- Fill your bathtub with water to use if you have a well and a heavy storm is predicted. The well's power-operated pump won't work if you lose electricity.

## MAKE A PLAN

Create a plan that includes:

- An evacuation route. Familiarize yourself with your community's emergency plans, warning signals, evacuation routes and emergency shelter locations.

- Meeting places right outside your home and out of the neighborhood
- Contact information for an out-of-town friend who can help reunite separated family members
- Steps to provide care for older adults or those with special needs
- Pet care

## GATHER EMERGENCY SUPPLIES

Store disaster supplies in a plastic tub or container that's easily accessible. Include a three- to seven-day supply of water, nonperishable food — such as canned vegetables and dried fruits — and medications you may need. Other recommended items include a flashlight and batteries, a first-aid kit, a battery-powered radio, clothing, extra blankets, baby and/or pet supplies, a tool kit, and sanitation supplies, such as moist wipes.

## KEEP A TO-GO BOX OF ESSENTIAL INFORMATION

If you need to evacuate, take copies of important family papers, such as birth, marriage and death certificates; prescriptions; health and insurance information; and bank account and credit card numbers. Keep a written and visual record of all major household items and valuables for insurance purposes. Also, bring keys, driver's licenses, passports and work ID badges.

For more information about Ulster County's Emergency Services, visit [tinyurl.com/UlsterEmergency](http://tinyurl.com/UlsterEmergency).

## Patient Safety Comes First

At HealthAlliance, patient safety is a top priority, which means we do everything we can to be prepared in case of an emergency. To improve upon our preparedness, HealthAlliance is installing three new 500 kilowatt generators and associated equipment at the Mary's Avenue Campus to upgrade its emergency power system. Although the current generators are in good condition and supply sufficient capacity for the hospital's current needs, the new generators will have increased capacity and redundancy for anticipated future electrical loads when the two hospitals in Kingston consolidate to a single hospital at the Mary's Avenue Campus. These new generators will provide reliable emergency power and critical life safety in the event of utility power loss.





# Watch the New Family Birth Place Video

**A** new video shows a homecoming of sorts — new and recent moms returning to HealthAlliance’s Family Birth Place with the babies they delivered with us.

You can see the beautiful video on YouTube at [tinyurl.com/FamilyBirthPlace](http://tinyurl.com/FamilyBirthPlace). It’s also available on Facebook at [tinyurl.com/FamilyBirthPlace-FB](http://tinyurl.com/FamilyBirthPlace-FB).

The screenshots here give you a flavor.

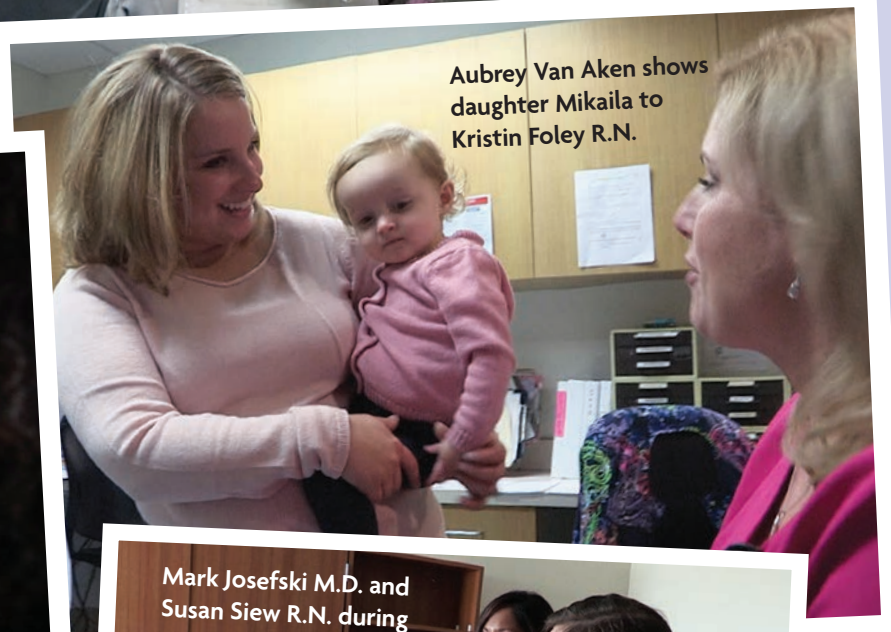
The four-minute video includes brief exchanges with the moms and a mom-to-be, as well as with nurses, doctors and midwives.

All the clinicians at the Family Birth Place are dedicated to providing women and babies with expert, personalized prenatal, labor and delivery, and postpartum care. They also believe every childbearing experience is unique, so they work in partnership with each woman and her family to design a care plan tailored to her particular needs and preferences.

Let us know what you think of the video!



Dominique Delma M.D. smiles at Marta Sanchez M.D.’s baby Emma.



Aubrey Van Aken shows daughter Mikaila to Kristin Foley R.N.



Krista DiBlanca says she “loved her birth at HealthAlliance.”



Mark Josefski M.D. and Susan Siew R.N. during patient rounding.



Krista says having a water birth helped her manage the pain.



# Training for a Half Marathon

Spring is here and it is the perfect time to get out of the house and challenge yourself. A great way to get outdoors and stay healthy and fit is to sign up for a half marathon, the fastest-growing type of road-running race. Here are some tips and advice to make your training fun and beneficial!

- **Build a strong foundation.** A half marathon is slightly more than 13 miles, so you should be able to run at least 4 miles before starting a half marathon training plan.
- **Pick a training plan that works for you.** Talk with a trainer or check out these websites to find a plan:
  - [halhigdon.bluefinapps.com/training-plans.html](http://halhigdon.bluefinapps.com/training-plans.html)
  - [rw.runnersworld.com/training-plan-finder](http://rw.runnersworld.com/training-plan-finder)
  - [halfmarathons.net/training-tips](http://halfmarathons.net/training-tips)
- **Cross-train.** Mix up your workouts to strengthen different muscles. Try:
  - Biking
  - Swimming
  - Aerobics
- **Get plenty of rest** to avoid injury or exhaustion.
- **Make sure to stretch** before and after every workout.
- **Stay hydrated.** Your muscles need water and electrolytes to train. Staying hydrated is unique to every runner. Electrolytes make sure that specific body functions run at optimal levels. Too few electrolytes can cause cramping.
- **Fueling up with the right nutrients is very important.** Your body needs healthy carbs for energy, protein to avoid excess hunger and potassium to avoid cramping. Eat healthfully throughout your training, not just during the week leading up to the race.

- **Partake in smaller races beforehand.** This will eliminate any intimidation before your half-marathon race day.
- **Make sure you have running shoes that fit properly.** Go to a store where they can help to correctly size sneakers for you.

## MAKE TRAINING FUN:

- Run with a friend or your dog.
- Keep an active running log.
- Set goals for yourself.
- Wear gear that makes you feel good about how you look.
- Find a scenic place to run.
- Make a “half-marathon training” music playlist.

## GREAT PLACES TO RUN IN THE HUDSON VALLEY:

- Walkway Over the Hudson, including the Dutchess Rail Trail and Hudson Valley Rail Trail
- Ashokan Reservoir
- Minnewaska State Park Preserve
- Hurley Rail Trail
- “Kingston Walks” Trails
- Mohonk Preserve
- New Paltz Rail Trail
- Wallkill Valley Rail Trail
- Kaaterskill Rail Trail

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## Upcoming Local Half Marathons:

- **Kiwanis Kingston Classic: April 24**
  - **Rhinebeck Hudson Valley's Half Marathon: May 14**
  - **Walkway Over the Hudson Half Marathon: June 12**
  - **New Paltz Challenge Run's Half Marathon: June 19**
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## Douglas F. Tumen D.P.M.

Board certified in foot surgery  
Fellow of the American College of Foot and Ankle Surgeons

Need help finding a doctor? Visit our website at [hahv.org](http://hahv.org).  
Then click the "Doctors" button (you can see the new page below).

### Q: What are stress fractures and why do runners often get them?

A: Stress fractures are one of the more challenging injuries runners can sustain. They're tiny cracks in one or more of the weight-bearing bones connecting to your toes, and they're brought on by repeated stress over time, rather than by a single severe impact. They challenge runners because they're initially hard to feel or detect. But if they don't heal properly, they can lead to serious complications.

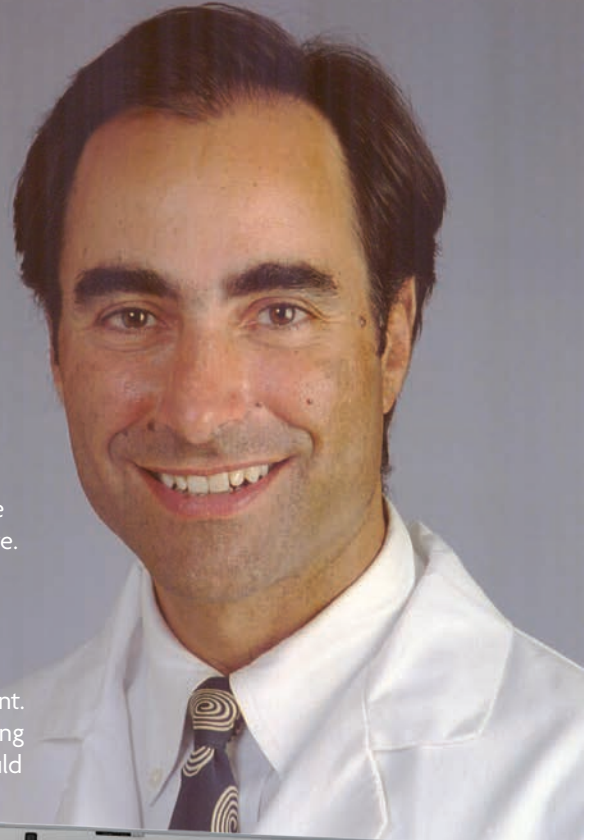
Stress fractures most often develop with a new runner, or with a seasoned runner pumping up for a big event, such as a marathon, or shooting for a personal best in an upcoming race. Simply upping your mileage too quickly or adding an extra speed session can create one.

At first, you may barely notice the pain, and the break will likely be too small to show up on an X-ray. But the pain tends to worsen with time, and an X-ray will usually show the fracture after a couple of weeks.

Here's the rub: You must not run. If you don't rest your foot, the hairline fracture may become a complete fracture, and the bone may even dislocate. Then a short window to heal could evolve into missing an entire season — and you may even need surgery.

The rule of thumb: If you have pain in the forefoot, especially on the top of the foot, and the pain is accompanied by swelling around the painful area, consider it a stress fracture until proven otherwise. Swelling is the key component.

A sports podiatrist is your best bet for diagnosing your injury, determining when it's safe to run again and recommending what type of treatment would help you heal most quickly.



Check out our  
**NEW WEBSITE**  
at [hahv.org](http://hahv.org)

 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.





# Get on the Fast Track at the HealthAlliance Emergency Department

**We've all heard stories of people who rushed to an emergency room with a swollen ankle — only to wait hours to see a doctor.**

But this is not the case at HealthAlliance Hospital. Its Emergency Department has a Fast Track Center so patients with injuries and illnesses that are urgent but not life-threatening can be treated quickly. Most Fast Track patients are discharged within 90 minutes.

The treatment is in a separate, comfortable 10-bed unit that's overseen by board-certified emergency medicine physicians. The Fast Track environment is also more appropriate than that of the main ED for minor but urgent conditions.

**Fast Track is open from 10 a.m. to 11 p.m., 7 days a week, all year round.  
Call 911 for immediate assistance. If you consider your condition an emergency,  
HealthAlliance Hospital Emergency Department is the place to go.**



The ED's Fast Track Center treats less-severe conditions needing immediate care, including:

- Dehydration
- Eye redness or irritation
- Minor accidents or falls
- Minor fever or flu
- Minor fractures (fingers, toes)
- Minor injuries
- Minor lacerations
- Moderate back problems
- Nausea
- Rashes
- Skin infections
- Sore throats
- Sprains and strains
- Upper respiratory tract infections
- Urinary tract infections

The hospital's main Emergency Department generally treats sudden, serious health changes requiring immediate attention, such as:

- Burns
- Coughing or vomiting blood
- Choking or difficulty breathing
- Open fractures
- Deep cuts or bleeding that won't stop
- Difficulty urinating
- Feeling suicidal or homicidal
- Fever in newborns and infants
- Facial droop or weakness on one side of the body
- Head or spine injury
- High fever
- Injury from a car crash, fire or near-drowning
- Knife or gunshot wound
- Loss of consciousness
- Poisoning
- Problems related to pregnancy
- Seizures
- Severe abdominal pains
- Severe chest pains
- Severe or persistent vomiting
- Sexual assaults
- Sudden dizziness
- Suspected strokes or heart attacks
- Visual disturbances or loss

The main HealthAlliance Hospital ED is open 24 hours a day, every day.  
**HealthAlliance Hospital's Emergency Department considers it an emergency.**  
396 Broadway, Kingston • 845-331-3131

## Social Interaction and Preventing Depression in Seniors

As people age, social interaction and activity can greatly improve mental and physical health. According to the Centers for Disease Control and Prevention, in 2006, nearly 8 percent of adults older than 50 were depressed. Additionally, depression is more common in older adults who have other illnesses, such as heart disease or cancer, and those with limited functionality.

The best way for seniors to avoid depression is through social interaction, especially with family and friends. Researchers at Oregon Health & Science University in Portland found that elderly individuals who met with family or friends three or more times a week had only a 6 percent risk of depressive symptoms, whereas those who got together only once every few months had an 11 percent chance of depression. Additionally, other studies show that individuals who regularly spend time with others have a lower rate of developing dementia or related conditions.

HealthAlliance's Mountainside Residential Care Center — ranked among the top

nursing homes nationwide and recognized annually since 2011 as a five-star facility in U.S. News & World Report's Best Nursing Homes issue — offers stimulating group activities to help residents easily socialize with peers and avoid isolation and depression. Last year, the facility hired Matthew Perconti as Director of Activities to bring stimulating and diverse programs, outings and experiences to the residents at Mountainside.

"Matthew has a vast amount of experience with people of varying levels of physical and cognitive challenges and considers every resident a special and valued individual," said Mountainside Administrator Philip Mehl.

"He has a genuine enthusiasm and a sincere interest in enhancing the lives of all the residents with exciting, out-of-the-box ideas that incorporate music, technology and staff interaction with the residents. We are happy to have him on our team."

On a regular basis, residents enjoy arts and crafts, board games, Nintendo Wii video games, discussion groups, educational presentations, and

cooking and exercise programs. Activities such as lectures and art classes can help maintain cognitive and physical capabilities. Mountainside also organizes special events that can include barbecues, flea markets or car shows.

"By facilitating these activities, we provide the possibility for relationships to grow beyond the walls of Mountainside and help the residents and their families to be the active community members they've always been and wish to remain," said Perconti.

Mountainside also provides a Skype-enabled computer with a webcam so residents can keep in touch with faraway friends and family. Additionally, the facility has unrestricted visiting hours so friends and family are welcome to visit residents at any time.

"From the involvement of care and inclusion in scheduled activities, to hosting gatherings such as birthday parties or anniversaries, family has always played a big part at Mountainside," said Perconti.

For more information about Mountainside Residential Care Center, visit [hahv.org](http://hahv.org) or call 845-586-1800.



# Faces of HAHV: Alexis Hammerle

Although the job title on her ID badge says “Food Services Worker,” Alexis Hammerle is much more than that. At age 16, Alexis started working at the Mary’s Avenue Campus in the dish room, but over the two years since, she’s also been a food preparer, a hard worker, a server, a listener and, more important, a cook. As Alexis’ role in the Nutritional Services Department has expanded, so has her interest in the field.

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

A: I’ve usually been the one cooking at home, and when I started to gain more responsibilities at HealthAlliance, I wanted to challenge myself and suggested working as a cook to my supervisor. He thought it was a great idea. I knew I’d enjoy it, and so far it’s been rewarding. In the future, I’d like to be a baker, maybe decorate cakes. Cooking will help with that since it gives you a basic understanding of how everything works. It’s kind of like chemistry — you need to know what chemicals go together to create the final product. Cooking helps you understand what flavors and foods work together to make a dish.

**Q: WHAT IS YOUR FAVORITE ASPECT OF YOUR JOB?**

A: I really enjoy cooking at the hospital on the weekends because I get to create my own menu, unlike during the week when there is a set menu with set ingredients. I’ll usually make pasta or wraps because everyone typically likes them.

I also like interacting with the patients and getting to know if they’re happy and how they’re feeling. I used to deliver meals to patients in the mornings, and once they got to know me and saw me frequently, a lot of them would tell stories. They’d also provide feedback about the food and what needed to be improved upon. Good quality food is important because it makes the patients feel better.

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

A: It’s a really friendly environment. For example, someone who was just hired said that they felt more at home here in their first three days than they did all three years at their previous job.

**Q: WHAT DO YOU DO WHEN YOU’RE NOT WORKING?**

A: I’m currently going to school for business. I’d like to receive my associate’s degree and then go for culinary. I’m lucky that HealthAlliance will work around my school schedule so that I can do both. I also like creating artwork when I have spare time.

**Q: IS THERE ONE DISH YOU’D REALLY LIKE TO PERFECT?**

A: There isn’t just one recipe. I’d like to get altogether better at cooking. Really, you can work to better anything you do in life.



“Good quality food is important because it makes the patients feel better.”

— Alexis Hammerle  
Food Service





# TWO MISSIONS **ONE** COMPASSIONATE HEALTH SYSTEM

>> HealthAlliance is fortunate to have two organizations — the Benedictine Health Foundation Inc. and the HealthAlliance Foundation — whose decades of philanthropic support have led to the development of lifesaving and quality-of-life-changing programs and centers at our hospitals. While the two foundations have separate and distinct missions, they share a common goal: to help HealthAlliance provide excellent, compassionate and individualized care to everyone who comes through the doors, while strengthening the diverse communities we serve.



## BARBARA KLASSEN EXECUTIVE DIRECTOR



Barbara Klassen, a Saugerties resident for more than 20 years, has been with the Benedictine Health Foundation since 2007 and says she's "grateful to work with a very

dedicated board of directors, the wonderful Benedictine sisters and a remarkable group of volunteers and donors. It's truly a close-knit community that gives back to help others without reservation."

Klassen counts her development manager, Bernadette Rexford, who joined the foundation in 2013, as one of her fortunes. "She's streamlined day-to-day office procedures and brings tremendous energy and new ideas," Klassen says.

Both women work closely with their board to implement events and programs that "focus on serving those who are most vulnerable, and our grass-roots endeavors reach people on an individual basis," Klassen says.

### EXPANDING BEYOND THE HOSPITAL

Over the past four years, the foundation has expanded its support of patient healthcare needs beyond the hospital walls and into the community.

Its core focus areas are cancer care, behavioral-health and substance-abuse services, "and spiritual care for patients and their families during times of need," Klassen says. The foundation continues supporting the Benedictine sisters within the hospital, carrying forward their spirit of compassionate care that has been part of the community for more than a century.

The **Rosemary D. Gruner Memorial Cancer Fund** is a vital foundation component, serving more than 1,540 local cancer patients with upwards of \$675,000. The fund provides gift cards of up to \$500 a year to cancer patients to buy food at Hannaford Supermarkets and fuel for transportation at Stewart's Shops.

"The program is simple but life changing," Klassen says. "It helps provide peace of mind to people facing arduous treatments and financial distress."

A key fundraiser for the Gruner Fund is **Bike for Cancer Care** (bikeforcancer.org), held each September. "We are proud that 92 cents of every dollar raised goes directly to cancer patients," Klassen says.

### INSPIRING AND EMPOWERING YOUTH

The foundation's annual **Kick for Mental Health** kickball tournament supports adolescent behavioral-health programs. Developed by the foundation, the HealthAlliance Adolescent Partial Hospitalization Program and the Kingston

City School District, the programs include motivational assemblies and coping-skills programs. At one assembly, Kingston High School graduate Tay Fisher, who's now a Harlem Globetrotters star known as "Firefly," spoke about overcoming odds, accessing support and empowering oneself. The coping-skills programs focus on emotion regulation, mindfulness, distress tolerance and interpersonal effectiveness. Yoga and nutrition are among additional programs.

### SUPPORTING HEALTHALLIANCE HOSPITAL

In support of HealthAlliance Hospital's traditional needs, the foundation has committed \$2 million for capital improvements to the Mary's Avenue Campus as the hospital moves to a single campus. The foundation also provides continuing-education scholarships and emergency financial assistance to hospital employees.

Klassen thanked immediate past President Rich Gillette for his leadership from 2012 through 2015. She said this year was already shaping up to be a stellar one under the guidance of current President Bob Ryan Jr.





**STEFFAN KRAEHMER C.F.R.E.  
EXECUTIVE DIRECTOR**



Steffen Kraehmer, an Ulster County resident for 30 years, is a certified fundraising executive who has been with the HealthAlliance Foundation for 16 years.

“I can’t say enough about the generous spirit of individuals and the businesses in Ulster County, which is one of the reasons I came to HealthAlliance 16 years ago and stayed,” Kraehmer says.

**TECHNOLOGY, TRAINING AND TREATMENT**

Since joining the foundation in 2000, Kraehmer has led it in its mission to support HealthAlliance programs, services and facilities.

“We work closely with the HealthAlliance administration to determine its priorities and needs in three areas — technology, training and treatment programs,” Kraehmer says. “We fill the gaps by helping to support programs and services that aren’t in the hospitals’ budgets.”

The foundation recently purchased state-of-the-art recliners for dialysis patients, ultrasound machines, Emergency Department equipment, bladder scanners and continuing education through RN.com for 400 registered nurses. Past capital campaigns have supported the construction of the current ED and the enhancement of women’s healthcare services.

**SPECIAL EVENTS WITH A PURPOSE**

To help fund those needs, Kraehmer spearheads six major community fundraisers a year. Each fundraiser looks as effortless as a duck gliding across a pond, but beneath the surface, he, Foundation Relations Director Cheryl McKeever and other organizers furiously paddled for weeks beforehand.

“The smoother an event goes, the harder we’ve worked on it,” Kraehmer says.

Incidentally, Kraehmer is also the author of 100 *Great Places Just North of New York City*. His guide touts must-see attractions and hidden gems “that make the Hudson Valley one of the world’s Top 20 destinations,” Kraehmer says.

“I love finding gems,” he says. “And I apply this love to my foundation work. When we develop ideas for supporting HealthAlliance, we always look to create something outstanding.”

The foundation starts its fundraisers in April with the annual Tulip Ball — Ulster County’s largest black-tie event. The ball raised \$200,000 for HealthAlliance last year.

“The Tulip Ball is a production, like planning a wedding,” Kraehmer says. “It’s exciting to get as many people involved as we can.”

To learn more about the six other events planned for this year, visit [foundationupdate.org](http://foundationupdate.org).

The foundation also runs the Main Street Gift Shop at HealthAlliance Hospital’s Broadway Campus. Net gift shop proceeds support the hospital.

All told, the foundation raises an average of \$1 million a year.

**SMALL OFFICE, BIG ACCOMPLISHMENTS**

With just two full-time employees and one part-timer, “we’re a small office, but we do a lot with the help of everyone who supports us,” Kraehmer says.

He adds, “We’re indebted to our volunteers and board members — such as Chairman Richard A. Mantey, immediate past Chair Glenn L. Decker, First Vice Chair Mary Ann Hildebrandt, Second Vice Chair Robert Tonner, Treasurer Chris Smailer and Secretary Beverly Lastig — for their commitment to the hospital and its good works.”

**Mark Your Calendar**

**27th Annual Tulip Ball**

Saturday, April 30  
Lazy Swan Golf & Country Club Village  
1754 Old Kings Highway  
Saugerties, New York  
Join us at our annual gala as we honor Dr. Mark Josefski and present the Lifetime Achievement Award to Glenn L. Decker and the Community Service Award to Thomasine and Greg Helsmoortel. For more information, visit [foundationupdate.org/events/tulipball-2](http://foundationupdate.org/events/tulipball-2) or call 845-334-2760.

**Second Annual Kick for Mental Health**



Sunday, June 5  
10 a.m. to 2 p.m.  
Dietz Stadium, 170 North Front St., Kingston, New York  
You’ll get a kick out of this round-robin kickball tournament, which helps raise money for adolescent mental health services in Ulster County. To learn more, visit [benedictinehealthfoundation.org](http://benedictinehealthfoundation.org) or call 845-334-3017 or 845-334-3186.

**We Can’t Do It Without You!**

Consider volunteering or pledging your support. For more information about the Benedictine Health Foundation or the HealthAlliance Foundation, visit [benedictinehealthfoundation.org](http://benedictinehealthfoundation.org) and [foundationupdate.org](http://foundationupdate.org).

# Wellness, Education & Support

## Oncology Support Program: Caring for Those With Cancer

Professionals and volunteers offer compassionate support. Most programs take place in the homelike Reuner Cancer Support House, 80 Mary's Ave., Kingston. Call 845-339-2071 or email [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org) for info and to register.

### Free Support Groups/Programs

#### Women's Cancer Support Group

First Thursday of the month, 11 a.m.–12:30 p.m.

#### Younger Women's Cancer Support Group

Third Thursday of the month, 5:30–7 p.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 Wednesday of the month, 5:30–7 p.m.

#### Support Group for Couples Facing Cancer

Third Wednesday of the month, 5:30–7 p.m.

#### Coping Skills for Cancer:

##### Finding Ease and Inner Balance

Reduce stresses related to diagnosis, treatment and fears using awareness and body-centered techniques.

Fourth Tuesday of the month, 2–3:30 p.m.

Intake required. 845-339-2071, ext. 101, [valerie.linet@hahv.org](mailto:valerie.linet@hahv.org).

#### Kid/Teen Connection: Support for Youth Facing Cancer in the Family

Receive encouragement and help in coping with a loved one's condition.

#### Nurturing Neighborhood Network Program

Connect with trained peer volunteers for individual support.

#### Advanced Directives Workshop

Define end-of-life choices and treatment guidelines.

April 12, 5:30–7:30 p.m.

Registration required.

#### Explorations on Being Mortal

First and Third Wednesdays, 1:30–3 p.m.

For those with a catastrophic illness, including very advanced or recurrent cancer, explore purposeful living.

Intake required. 845-339-2071, ext. 102,

[elise.lark@hahv.org](mailto:elise.lark@hahv.org).

#### Healthy Living Support Group: Change for Good

Enhancing our lives during and after cancer treatment.

Fourth Monday of the month, 5:30–7:30 p.m.

Registration required. 845-339-2071, ext. 103,

[ellen.marshall@hahv.org](mailto:ellen.marshall@hahv.org).

#### Free Legal Services for Those Facing Cancer

First Thursday of the month, 10 a.m.–2 p.m.

Provided by Legal Services of the Hudson Valley.

Appointment required.



## Exercise and Wellness Classes

\$8 suggested donation for exercise classes

#### Gentle Yoga, with Deb Albright

Wednesdays, 9:30–10:45 a.m.

HealthAlliance Hospital: Mary's Avenue Campus Auditorium  
Mats provided.

#### Qigong, with Jeff Bartfeld

Tuesdays, 7–8 p.m.

HealthAlliance Hospital:  
Mary's Avenue Campus Auditorium  
Train the breath, body, mind.

#### SmartBells®, with Angel Orloff

Thursdays, 9:30–10:45 a.m.

HealthAlliance Hospital:  
Mary's Avenue Campus Auditorium  
Healthy fun using sculpted weights.

#### Tai Chi, with Annie LaBarge

Mondays, 10–11 a.m.

Reuner Cancer Support House  
Moving meditation for strength, balance, flexibility.

#### Miso Happy Cooking Club, with Kathy Sheldon

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

Reuner Cancer Support House  
Nutrition education and cooking with macrobiotic principles.  
Registration required.

#### Hypnosis to Stop Smoking, with Frayda Kafka, Certified Hypnotist

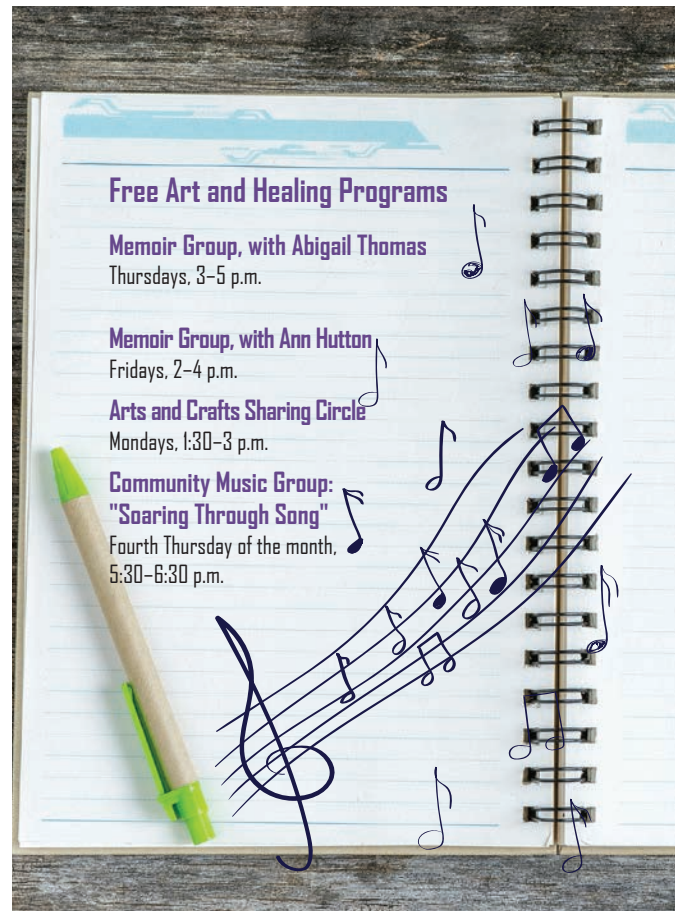
First Wednesday of the month, 5:30–7 p.m.

Reuner Cancer Support House  
\$25 a session — FREE to HealthAlliance employees.

#### Smoking Cessation Program: "The Butt Stops Here," with Larry McGrath, Director, Respiratory Therapy

April 4, 6, 11, 13, 6–7 p.m.

HealthAlliance Hospital: Mary's Avenue Campus  
4 Spellman Conference Room  
Registration required.



## Free Art and Healing Programs

#### Memoir Group, with Abigail Thomas

Thursdays, 3–5 p.m.

#### Memoir Group, with Ann Hutton

Fridays, 2–4 p.m.

#### Arts and Crafts Sharing Circle

Mondays, 1:30–3 p.m.

#### Community Music Group: "Soaring Through Song"

Fourth Thursday of the month, 5:30–6:30 p.m.



# Programs and Community Events

## Free Clubs

### Seniors Health & Wellness Breakfast Club

Third Wednesday of the month, 8:30–10 a.m.  
Hudson Valley Mall Community Room  
Enjoy a heart-healthy breakfast, socialize and engage with HealthAlliance medical and wellness experts.

- April 20 Aging and Sleep, with Barbara Chatr-Aryamontri M.D., Medical Director, HealthAlliance Sleep Center
- May 18 Healthy Mind, Longer Life, with Janet Dickel, Nurse Manager, HealthAlliance Inpatient Mental Health Services, and Sharon Miller L.M.S.W., Manager, HealthAlliance Psychiatric Emergency Department
- June 15 Balance Training and Falls Prevention, with William Shashaty, Licensed Occupational Therapist, HealthAlliance
- July 20 Movement for Health, with Celeste Graves-Hoyal M.A.
- Aug. 17 Shoulder and Elbow Pain, with Stephen Maurer M.D., shoulder and elbow specialist



## Free 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  
845-334-3130 (Chip Alsdorf)  
Note: Not for 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 experts.  
845-331-3131, ext. 2543 (Barbara Naccarato)

### Donate Life Hudson Valley

May 17, 5:30–7 p.m.  
William A. Le Doux Administrative Conference Room  
Ground Floor  
HealthAlliance Hospital:  
Mary's Avenue Campus  
Unsure about donating organs? Don't let misinformation keep you from saving lives.  
518-264-8740 (Shaina Kaye)

### Blood Drives

July 26 and Nov. 8  
HealthAlliance Hospital:  
Mary's Avenue Campus  
Support your community by giving blood. It's a simple thing to do and can make a big difference in others' lives.  
845-334-2761 or 845-334-4712 (Amy McAden) or amy.mcaden@hahv.org



## Free Classes

### Childbirth Education

#### Saturdays

April 16, May 14, June 18, July 16,  
Aug. 13, 10 a.m.–4 p.m.  
Family Birth Place  
HealthAlliance Hospital:  
Broadway Campus  
845-331-3131, ext. 2241

### Breast-Feeding Mondays

April 18, May 16, June 20, July 25,  
Aug. 22, 6–8 p.m.  
Family Birth Place  
HealthAlliance Hospital:  
Broadway Campus  
845-331-3131, ext. 2241

### Diabetes

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



## Free Support Groups

### Multiple Sclerosis

Fourth Thursday of the month, 6–8 p.m.  
HealthAlliance Hospital: Broadway Campus  
Conference Room 1 (Mezzanine Level)  
845-331-6267 (Rosalyn Marcus, call in afternoon)

### Myasthenia Gravis

Second Saturday of the month, 11 a.m.–12:30 p.m.  
HealthAlliance Hospital: Broadway Campus  
Second Floor Conference Room  
Lambert-Eaton myasthenic syndrome patients also  
welcome. Family members welcome too.  
845-331-3131, ext. 2288 (Patricia Bohcali)

### Ostomy

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

### Stroke/Dementia/Alzheimer's Caregivers

First Thursday of the month, 6–7:30 p.m.  
HealthAlliance Hospital:  
Mary's Avenue Campus Auditorium  
845-331-3131, ext. 2615 (Donna Dahl)



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

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