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TELEMEDICINE SPEEDS
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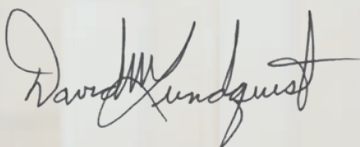
Welcome Home to HealthAlliance

With the inaugural issue of our new community magazine *HealthAlliance + You*, we are reaffirming our commitment to being more than a hospital; we are your partner in wellness. In addition to quality services and outstanding physicians and staff, we offer a great number of educational resources and free activities that can help you manage health issues and even prevent them. As we enjoy spring, the season of rebirth in the Hudson Valley, our organization is undergoing a transformation of its own to continue to serve you.

The role of traditional community hospitals is changing. We are transforming our hospitals to better suit an evolving community while preparing for the future of health care reform. Patients will live longer with more complex health issues; common outpatient procedures will continue to be performed outside a hospital environment; fewer people will be uninsured with more demand for preventative services; and our nation is working to reduce the overall cost of care.

A single, more modern and sustainable facility will enable us to improve the patient experience now and for years to come. We are combining Benedictine Hospital and Kingston Hospital into a single campus known as HealthAlliance Hospital, located on Mary's Avenue. You may have already noticed that our building names have changed: we are now HealthAlliance Hospital: Mary's Avenue Campus and HealthAlliance Hospital: Broadway Campus, and both will remain open while we develop our single campus.

Our area's quality of life is outstanding. We have diverse restaurants, unique shops, an active arts community, and proximity to both stunning nature and New York City. Since moving here in 2009, my family has enjoyed becoming a part of and contributing to this community. HealthAlliance is always mindful that it is a major driver of Ulster County's growth, and we are committed to earning your trust and support as we move forward. Our hospitals' names may have changed, but our priority remains the same: It's you.



David Lundquist, CEO
HealthAlliance of the Hudson Valley



What Our Patients Say

“I came face to face with a tremendous staff of nurses and other support personnel that gave me reason to believe they are ‘angels from heaven.’”

I recently lived through the experience of a lifetime, spending more time in the HealthAlliance Broadway Campus (formerly Kingston Hospital) Intensive Care Unit due to my wife’s illness than I ever imagined.

Personally, I never thought either of us would become ill enough to require the services provided in such a unit. That was, of course, until I came face to face with reality. I also came face to face with a tremendous staff of nurses and other support personnel that gave me reason to believe they are “angels from heaven” with special talents and a purpose so priceless that mere words to compliment them are insufficient.

Each individual reflected their dedication and devotion to their position and the devout friendliness to my wife and me throughout the month-long endeavor.

The ICU nurses are exceptional and their caring for each patient is unique. Yet they are just ordinary people that you might pass on the street. They never blow their own horn or pat themselves on the shoulder for a job well done. Such rewards should come from those of us fortunate enough to experience and receive every ounce of professionalism they could possibly offer.

To each and every member of the Intensive Care Unit at HealthAlliance: Broadway Campus and the entire support staff, my wife and I are proud to take this opportunity to express our never-ending gratitude for your extremely high level of professionalism, love, and total dedication. You are truly angels of mercy and you deserve every ounce of respect, gratitude, and loud applause that can be heaped upon you.

Thank you.

Sincerely,
Joseph and Genevieve Sills
Ulster Park, N.Y.



Building a Strong Foundation

The HealthAlliance Foundations support many health care services offered throughout the area, build lifelong relationships with our neighbors, raise funds, and dedicate their resources to support the needs of the people we serve.

Contributions to our Foundations are used to improve medical programs and services, update technology, and support future development and improvements to our hospitals and senior facilities.

Your donation will strengthen our investment in quality health care now and in the future. To learn more about our Foundations, visit www.hahv.org and enter “foundations.”

UPCOMING FOUNDATION EVENTS:

Kingston Foundation
Kingston Walks – Tuesday, May 18, 9 a.m.
Tour de Kingston Bike Ride
Sunday, June 23, 10 a.m.
For information, call 845-334-2760

Benedictine Health Foundation
13th Annual Richard L. Petro Memorial Golf
Tournament
Monday, June 24
Bike for Cancer Care
Sunday, Sept. 15
For information, call 845-334-3186

Margaretville Foundation
Piano recital with blind pianist
Dr. Timothy Schmidt and
mezzo soprano Marie Schmidt
Saturday, June 15
Golf Tournament at Hanah Country Club
Sunday, August 18
For information, call Iris Mead
at 845-586-2631, x 3181

BYE-BYE

>> Back Pain

Looking for relief
from back pain?
New surgical options
may help

Oh, my aching back!” If you’ve never groaned about your back before, there’s a good chance that someday you will. Back pain affects 80 percent of us at some point in our lives. A back flare-up doesn’t necessarily warrant a trip to the doctor if you know what caused it—say you went rock climbing for the first time. However, if you’re stumped about the origins of back pain and it’s limiting your daily activities, a spine specialist can help pinpoint the problem and prescribe the best course of treatment.

“Most spinal conditions don’t require surgery,” explains Richard Perkins, M.D., a board certified spinal surgeon with HealthAlliance of the Hudson Valley. In fact, unless it’s an emergency situation, such as paralysis from a herniated (slipped or ruptured) disk, you’ll typically start with exercise, medication, cortisone injections, and/or physical therapy for three to six months.

“ We typically do [microdiskectomy surgery] in 30 minutes or so and get patients home the same day.”

— Richard Perkins, M.D.
Board certified orthopedic surgeon
at HealthAlliance of the Hudson Valley

In many cases, such conservative measures will remedy the problem. Even if you have something wrong on your MRI or X-ray, like a worn-out disk, the pain may get better in time without surgery. “Studies show, for example, that patients with herniated disks will be about the same after a year whether they have surgery or not,” says Stephen Maurer, M.D., chairman of the Department of Surgery at HealthAlliance of the Hudson Valley.

But if you’ve done everything you can and back or neck pain still limits your daily activities, or if you simply can’t wait to feel better, here’s the good news: The newest surgical techniques are much less invasive due to smaller incisions and more precise imaging methods. That often means less time, if any, spent in the hospital, followed by faster recovery. Here are three of the latest surgical options.

Minimally invasive lumbar fusion: In this MRI-guided surgery, bone-growing protein is produced in the lab and then carefully inserted between painful spinal disks. The disks are then fused with titanium rods and screws to form a single, solid bone. The best fusion candidates have degenerative disks or spinal stenosis, which is a narrowing of the spinal canal from chronic pinching of the nerve roots. Symptoms of spinal stenosis typically include pain in the back and buttocks, numbness, weakness, and tingling in the legs.

Interspinous spacers: With this emerging technique, up to two hard, plastic polyethylene spacers are surgically wedged between degenerated vertebrae to add stability to the spine and take the pressure off nerves. The procedure is performed under local anesthesia. The ideal patient for this surgery has spinal stenosis.

Microdiskectomy: Under the guidance of an operating microscope, which minimizes the size of the incision, this microsurgery removes a small amount of tissue from a disk that is impinging on nerve roots. Ideal candidates for microdiskectomy are those with herniated disks. “We can typically do the surgery in 30 minutes or so and get patients home the same day,” says Dr. Perkins. >>



Stephen Maurer, M.D.



Richard Perkins, M.D.

Prevent a Back Attack

Your lifestyle can help treat back pain and even help prevent it in the first place. Check out these back-saving strategies.

STAY SLIM. Maintaining a lean physique can reduce your risk for back pain. Excess pounds cause wear and tear on ankles, knees, and hips that are transferred to the spine. Excess weight can also put extra stress on disks and ligaments and back joints themselves.

QUIT IT. Smokers face a higher risk for back pain because nicotine and cigarette smoke constrict blood flow to the spine. “Smoking can cause spinal disks to dry out, crack, and tear,” says Dr. Perkins. Need help quitting? Join the Tobacco Free Action Coalition (TFAC) at HealthAlliance Hospital: Broadway Campus. For more information, contact Director Ellen Reinhard at 845-334-2700, ext. 5581 or email ellenreinhard@hahv.org.

GET MOVING. Keep back muscles limber with low-impact activities that boost blood flow to your back, like walking, swimming, or aquatic exercise; logging miles on the elliptical machine; or biking boosts. And avoid prolonged sitting. “If you sit at a desk all day, get up and walk around for a minute or two every hour,” Dr. Maurer says.

LEARN MORE

We’ve Got Your Back. Neck and back pain affect up to 80 percent of adults in the U.S. HealthAlliance of the Hudson Valley offers a full range of orthopedic services, from total joint replacement, to sports medicine, to rehabilitation services. For more information, call 845-334-3130 or visit www.hahv.org.

When Breast Cancer Strikes, A Patient Navigator Can Help

Through one-on-one contact, the patient navigator works with patients to help them solve problems and overcome barriers that might keep them from getting the care they need.

Every three minutes, a woman in the U.S. is diagnosed with breast cancer. Timely diagnoses can be lifesaving, and a patient navigator can help women ensure that they have access not only to diagnostic testing but treatment and other supports, both emotional and practical.

Patient navigators understand patients' fears and hopes, and can provide resources and assistance to achieve the best care and results possible. They can reduce or eliminate many of the barriers to care, including lack of insurance, lack of transportation to attain treatment, language barriers and much more.

As their title suggests, patient navigators are there to help patients "navigate" the often complex health care system. They can:

- Direct patients to health care services for timely diagnosis and treatment
- Help patients keep track of and get to appointments
- Help patients communicate with their health care providers
- Help patients complete insurance paperwork in a timely manner, and get financial help for patients without insurance
- Connect patients with vital community resources and support, along with health care education

The good news: more women are surviving breast cancer than ever before. About nine in 10 will live five years or longer after diagnosis. If you are in need of health care services, a HealthAlliance Hospital patient navigator can help. >>



Breast cancer patient Kim Costello, second from left, with her HealthAlliance health care team: from left, Janine Mower, R.N., surgeon Zoe A. Weinstein, M.D., mammographer Megan Valyou, and Kay Dee of the clerical support department.

HealthAlliance Breast Care Program Earns Your Trust—and The Joint Commission Gold Seal

Our Breast Cancer Care Program is the first in New York state to earn The Joint Commission National Gold Seal, recognizing quality and safety in disease-specific care. We offer:



- Digital mammography
- Breast exams
- Laboratory services
- Stereotactic biopsy
- Ultrasound/3-D ultrasound
- Ultrasound-guided cyst aspirations
- Ultrasound-guided needle localization

Dense breast tissue can make it harder to find cancer on a mammogram. To lessen patient anxiety, HealthAlliance informs all patients of their breast density, whether it is fatty, average, dense, or very dense. This information enables women and their physicians to be proactive about this important aspect of health care.

We urge all women to talk to their physicians about other risk factors, such as family history.

Can Blueberries Fight Disease?

Often called a superfood by nutritionists, blueberries are a small but potent fruit. They boast a number of disease-fighting antioxidants, including vitamin C, which help protect against free radicals, unstable molecules that can cause cell damage and possibly lead to conditions such as cancer, heart disease, and Alzheimers.

Blueberry season starts in mid-April and lasts all summer, so now's the time to stock up. For the rest of the year, you can find blueberries frozen, canned, and dried at most grocery stores.



From a Distance: Telemedicine Connects Emergency Departments

Do you need to consult with an emergency department physician miles away? Telemedicine bridges the gap.

Imagine rushing to the Emergency Department at Margaretville Hospital and being able to instantly see and talk with a board certified emergency medicine physician at HealthAlliance Hospital: Broadway Campus in Kingston—without having to travel any farther.

Sound unlikely? Welcome to the age of telemedicine, which enables physicians to provide real-time care from a distance.

Just as Skype enables two parties to speak face to face from different locations, telemedicine allows diagnostic information to be transmitted from one health care provider to another, says Paul S. Llobet, M.D., medical director of the Margaretville Hospital.

“Telemedicine allows us to provide complete care to patients who live in remote areas,” says Dr. Llobet. “For example, a stroke victim can be connected to a neurologist, and the patient can receive immediate attention from a specialist.”

“Physicians have always had the ability to call and consult with each other about patient care,” adds Alexander Cohen, M.D., associate director of Emergency Medicine at HealthAlliance Hospital: Broadway Campus. But telemedicine is a game changer. “With video and audio cameras,” says Dr. Cohen, “emergency medicine providers and patients in separate locations can see and hear each other.”

That’s an important distinction, says Fareed Fareed, M.D., medical director at the Emergency Department at HealthAlliance Hospital: Broadway Campus. “The more visual data you have, and the more you can listen to patients and ask questions directly, rather than having the provider be an intermediary, the more information you have to make accurate diagnostic and treatment decisions,” says Dr. Fareed.

As a critical-access hospital, Margaretville has a five-bed Emergency Department staffed by nurse practitioners and physician assistants trained in emergency medicine. Telemedicine adds 24/7 access to board certified emergency medicine physicians at the high-volume hospital in Kingston.

The capability is especially useful for Margaretville patients needing critical care who will be later be transported



Clockwise from center: Stuart Hirsch, standing, director of Emergency Services at HealthAlliance of the Hudson Valley, views a diagnostic report with Sean O'Sullivan, P.A., Fareed Fareed, M.D., chairman of the Department of Emergency Medicine at HAHV, and Colyn Freundorfer, seated, of Clinical Information Management.

to Kingston. “Telemedicine can help with stabilizing the patient at Margaretville and give the Emergency Department at Kingston a heads-up about the specialty care the patient may need,” says Dr. Cohen. The system can also transmit radiology and other imaging studies and lab results to present a more realistic clinical picture of the patient’s condition.

Due to shortages of physicians in hospitals across the U.S., including emergency room physicians, telemedicine is expected to grow significantly over time. The bottom line for patients in an emergency: it can improve care when care is needed most.

“Telemedicine increases situational awareness for the receiving medical team,” says Stuart Hirsch, administrative director of Emergency Services at HealthAlliance of the Hudson Valley, “and improves overall operational effectiveness and quality of care for our patients.” >>

regional provider of behavioral health services

In addition to comprehensive substance abuse and psychiatric services, our Psychiatric Emergency Services, at HealthAlliance Hospital: Broadway Campus, provide emergency psychiatric care 24 hours a day, seven days a week. An assessment is conducted by a mental health evaluator, and a board certified psychiatrist determines the appropriate service to meet the needs of the patient.



Alexander Cohen, M.D.



Fareed Fareed, M.D.



Paul S. Llobet, M.D.

LEARN MORE

Is It an Emergency? Margaretville Hospital's Emergency Department is staffed by a team of expert medical professionals, including ER nurses certified in trauma care, advanced cardiac life support, basic life support, and pediatric advanced life support. For more information about our Emergency Department, call **845-586-2631, extension 3224**. If you are experiencing a medical emergency, please call **911**.

Reduce Your Risks for Peripheral Artery Disease

Without knowing it, you could have a common condition that multiplies your risk of dying of a heart attack or stroke. Peripheral arterial disease (PAD) is caused by fatty buildup in the arteries that blocks circulation to the legs and feet. The same process may affect the arteries to your heart and brain.

The risk for PAD increases with age. Men face a higher risk than women. Other risk factors include diabetes, high cholesterol, smoking, obesity, and physical inactivity.

PAD often begins without symptoms. Eventually, though, many sufferers experience cramps or fatigue in their hips, buttocks, thighs, calves, or feet when they walk.

These symptoms typically ease while resting.

Unfortunately, only about 25 percent of people with this condition get treatment. Many older adults assume the pain they have while walking is a natural result of aging.

A healthy lifestyle can help you slow the progression of PAD. Plan on walking for at least 30 minutes every other day. Walk until it hurts, rest for a few minutes, and then walk some more. Rest assured that the pain won't do any damage. And if you smoke, quitting will go a long way toward preventing future cardiovascular troubles.

Certain medications and procedures, including angioplasty, are also effective in treating PAD. >>



do you have PAD?

The Center of Vascular Excellence at HealthAlliance Hospital provides diagnostic and therapeutic treatment of vascular diseases including PAD. For more information, call 845-334-4709.

Vascular surgeons, from left, Andreas Spirig, M.D., FACS, Jeffrey Hnath, M.D., and Stephanie Salzbart, M.D., FACS, of HealthAlliance of the Hudson Valley.

Uncovering Sleep Disorders

An occasional restless night isn't cause for concern. But continual tossing and turning may indicate a sleep disorder such as insomnia, the inability to fall or stay asleep, or sleep apnea, in which sleepers periodically gasp or stop breathing, disrupting healthy rest. You may have a sleep disorder if you experience any of the following three or more nights a week:

- You can't fall asleep within 30 minutes after going to bed.
- You wake up often and have problems falling back asleep.
- You're sleepy during the day and may nod off unexpectedly.
- You don't feel well-rested after sleeping seven or more hours.

Possible sleep stealers include stress, caffeine, alcohol, certain medications, and conditions such as heartburn and arthritis. But bad sleep habits are often to blame. Simple lifestyle changes, such as following a consistent sleep schedule and keeping your bedroom TV- and gadget-free can help alleviate many sleep problems.



LEARN MORE

Need More ZZZ's? The Sleep Center at HealthAlliance Hospital: Mary's Avenue Campus provides outstanding services in the diagnosis and treatment of sleep disorders, including sleep apnea, narcolepsy, insomnia, and restless leg syndrome (RLS). To make an appointment, call **845-334-4248** or **877-418-4248**.

Charles Kutler, M.D.

Medical Director, The Wound Healing Center
and the Hyperbaric Oxygen Center

Q. I have type 2 diabetes, and I've developed a wound that won't heal. How can I promote healing and avoid infection?

A. Chronic wounds cause complex medical problems including pain, loss of function and compromised quality of life. If you have a non-healing wound, call the Wound Healing Center. You may need to seek treatment if your wound has not healed or has become worse after four to six weeks, or has resisted healing for months or years.

At the Wound Healing Center, our team of board certified physicians, certified wound and ostomy nurses, and certified hyperbaric technologists work closely with you and your physician to develop a treatment plan specifically designed for your medical needs. Your plan of care will include regular visits for therapy and assessments throughout the course of treatment. Patients are routinely seen within one or two days of calling for an appointment.

To learn more about The Wound Healing Center and The Hyperbaric Oxygen Center, call **845-334-4325**.



Darren Rohan, M.D.

Co-Chairman, Department of Surgery

Q. I have chronic heartburn and have recently been diagnosed with GERD. I understand there may be a new treatment for the condition. Could you explain?

A. Gastroesophageal reflux disease, commonly known as GERD, affects tens of millions of Americans. It stems from the breakdown of the natural anti-reflux barrier between the stomach and mouth, causing symptoms such as heartburn, irritation, belching, difficulty swallowing, sore throat, hoarseness, food regurgitation, and trouble sleeping.

Transoral incisionless fundoplication (TIF), a new, minimally invasive solution, may be for you. This surgical repair of the anti-reflux barrier is performed through the mouth with a video-equipped endoscope. No incisions are made, so there is a shorter recovery and no scar compared with a traditional laparoscopic procedure. After the one-hour TIF procedure and an overnight hospital stay, patients can return to work and normal activities within a few days.

To learn more about Hudson Valley Surgical Specialists, call **845-331-1235**.



 LEARN MORE

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

Faces of HAHV: Kersten Fros

HealthAlliance is justly proud of its staff, from a team of dedicated medical professionals and board members to the countless “unsung heroes” who help keep the organization at its best. During a visit to the hospital, it’s only natural to focus on physicians and others who are directly involved in patient care. But hundreds of support staff work around the clock to keep HealthAlliance running smoothly. Take Kersten Fros, who has served at Kingston Hospital for over a quarter of a century, and now works at HealthAlliance Hospital: Broadway Campus.

Kersten was born in Paraguay, South America, and lived there until he was 7, when his family moved to Holland. Three years later, they settled in Rifton, New York. In 1967, Kersten’s father, Herman, started working in the Maintenance Department at Kingston Hospital. Kersten joined him in 1976, becoming a carpenter in 1980. Since then, he has worked on countless projects—including building the hospital’s chapel—and walks to work each day from his Kingston home.

Kersten’s wife, Peggy, is a 23-year survivor of a liver transplant. The couple, who recently celebrated son Matthew’s wedding, is thankful for the ongoing support of the community.

Q: WHAT DO YOU LIKE MOST ABOUT CARPENTRY?

A: I find it very satisfying, being able to design and build based on what the supervisors on the floors need for their patients. It’s challenging and rewarding.

Q: WHAT ARE YOUR FAVORITE THINGS TO DO OUTSIDE OF WORK?

A: I love being outdoors, hiking and kayaking and photographing landscapes. The Hudson Valley really lends itself to that. Mohonk, the Catskills, and the Adirondacks are great. I’m also involved with Morning Star Christian Fellowship in Kingston.

Q: WHAT’S THE LONGEST HIKE YOU’VE COMPLETED?

A: In 1978, I did the Appalachian trail from Georgia to Maine.

Q: WHAT ELSE DO YOU DO FOR EXERCISE?

A: This year I actually got into snowshoeing. I also am involved in snow removal for the first time at the hospital.

Q: WHAT’S THE BEST PART OF WORKING AT HEALTHALLIANCE?

A: I enjoy the satisfaction of knowing I’m impacting patient care in a positive way. I’m proud of the facility and environment when someone walks in, whether to visit or to seek care.

Q: WHAT’S YOUR FAVORITE RESTAURANT IN THE AREA?

A: We love going to Ship to Shore.



Learn more about the health, wellness, and financial advantages of life at Woodland Pond

Woodland Pond is an upscale continuing care retirement community exclusively for those 62 and older. Nestled beneath the shoulder of the breathtaking Shawangunk Ridge, Woodland Pond is an 83-acre enclave of natural beauty ripe with services, amenities, housing, and long-term health care options designed to embrace exactly where you are in your life.

Enjoy inspired dining and a full calendar of educational, social, cultural, and entertainment opportunities in the company of accomplished, interesting neighbors. Let the art, history, and energy of the area inspire you and the varying levels of all-inclusive individualized care support you for a lifetime of confident living.

www.wpatnp.org



Wellness, Education & Support Programs



Oncology Support Center: 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 home-like 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

Thursdays, weekly 11 a.m.-12:30 p.m. and bi-weekly, 2nd and 3rd 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.

Healing Arts Program for Children/Teens

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

Men's Support Group

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

Metastatic Support Group

1st & 3rd Tuesdays, 2-3:30 p.m.

Healthy Living Group

1st and 3rd Wednesdays, 6-7:30 p.m.

Nurturing Neighborhood Network Program

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

(Suggested donation of \$8 for most exercise classes.)

Rosemary D. Gruner Memorial Cancer Fund

Financial support for eligible cancer patients.

Breast Cancer & Cervical Cancer Screenings

Special programs available for uninsured and underinsured patients.

Contact Mary Martin, Breast Patient Navigator at The Fern Feldman Anolick Center for Breast Health. **845-334-8927** or email: **Mary.M.Martin@hahv.org**.



Childbirth, Breastfeeding, CPR, New Moms Group

Contact the Family Birth Place. 845-331-3131

Dementia Support Group

Contact Yvette Drake. 845-334-2813

Diabetes Support Group

1st Thursday of the month, 6 p.m.

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

Ostomy Support Group

2nd Tuesday of the month, 4-5 p.m.

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

Stroke Support Group

1st Thursday of the month, 6 p.m.

Contact Yvette Drake. 845-332-2813

Weight Management Program

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

Healthy Lifestyle Wellness Club

3rd Wednesday of the month, 9 a.m.

Hudson Valley Mall Community Room

Contact Lori Petramale-Ozores at 845-334-4786

Kingston Auxilliary Blood Drives:

Broadway Campus: June 5 and August 6

Mary's Avenue Campus: July 22

Ongoing Classes

Gentle Yoga, with Deb Albright

Wednesdays, 9:30-10:45 a.m.

Benedictine Hospital Auditorium

Stretch and strengthen the body, calm and focus the mind. Mats provided.

Qigong, with Jeff Bartfeld

Tuesdays, 7-8 p.m.

Benedictine Hospital Auditorium

Gentle exercises increase stability and strengthen the constitution.

SmartBells® Class, with Angel Ortloff

Thursdays, 9:30-10:45 a.m.

Benedictine Hospital Auditorium

Use sculptured weights and gentle movement to increase flexibility, strength, and balance.

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

1st and 3rd Fridays

11-12:30 p.m.

Reuner Cancer Support House

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

Laughter Yoga, with Jim Gordon

2nd and 4th Fridays

11-12:30 p.m.

Reuner Cancer Support House

Laughter is a natural way to improve mood, boost the immune system and enhance well-being.





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

HealthAlliance & You is published by HealthAlliance of the Hudson Valley to provide general health information. It is not intended to provide personal medical information, which should be obtained directly from a physician. © 2013.



Our mission is simple ...

It's you.

It all begins with you. Let our hospitals make you the most important part of us. We are your neighbors in life, and your neighbors in health.

Exceptional Healthcare Close to Home
Visit us at hahv.org or call 845-334-4248



Jessica, RN
Medical-Surgical Nurse

