

# New York-Presbyterian Hudson Valley Hospital

Expanding Expert Cancer Care  
in Our Community



healthyliving

Winter 2016-2017

# Accolades and Achievements

*Striving to achieve the best possible patient outcomes and improving access to care are at the heart of the mission of NewYork-Presbyterian Hudson Valley Hospital.*

Within the past year, numerous prestigious regional and national accreditation organizations have acknowledged the hard work that has led to our outstanding patient outcomes:



### THE JOINT COMMISSION

As a Top Performer on Key Quality Measures® for 2015, NYP Hudson Valley Hospital earned honors for improving patient outcomes in areas such as heart attacks, heart failure, pneumonia and stroke.



### PRESS GANEY

The Ambulatory Surgery Team was awarded the Guardian of Excellence Award for improving patient experience year after year – for the third year in a row.



### AMERICAN NURSES CREDENTIALING CENTER

NYP Hudson Valley Hospital was the first in the region to earn the American Nurses Credentialing Center's Magnet Award for Nursing Excellence. The hospital also earned two Magnet re-designations, in 2012 and 2016, acknowledging its outstanding clinical nursing team and high standard of patient care.



### AMERICAN HEART ASSOCIATION

NYP Hudson Valley Hospital has achieved the highest possible designation from the American Heart Association for stroke care, the Get With The Guidelines® – Stroke Gold Plus Quality Achievement Award with Target: Stroke Honor Roll.



### AMERICAN COLLEGE OF SURGEONS

The Ashikari Breast Center at NYP Hudson Valley Hospital received a full, three-year accreditation from the National Accreditation Program for Breast Centers for operational excellence and achievement.



### METABOLIC AND BARIATRIC SURGERY ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM®

For meeting the highest standards for patient safety and quality of care, NYP Hudson Valley Hospital's Department of Bariatric Surgery has been accredited as a Comprehensive Center under the MBSAQIP®, a joint program of the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery.



### NICHE

NYP Hudson Valley Hospital is a designated NICHE (Nurses Improving Care for Healthsystem Elders) facility with "Exemplar" status, an impressive recognition from the Hartford Institute for Geriatric Nursing at New York University College of Nursing.



### THE AMERICAN ORTHOPAEDIC ASSOCIATION

In 2016, NYP Hudson Valley Hospital implemented The American Orthopaedic Association's "Own the Bone" program that recognizes the hospital's commitment to superior orthopedic care for the elderly, and improving patients' bone health following a fracture.

## President's Letter



Dear Friends,

The American Cancer Society reports that in 2016 more than 110,000 New Yorkers were diagnosed with cancer. While statistics also show the vast majority will survive the disease, at NewYork-Presbyterian Hudson Valley Hospital's Cheryl R. Lindenbaum Comprehensive Cancer Center, we are truly motivated by the fact that every one of our cancer patients is an individual, with unique physical, mental and emotional challenges that receive personalized treatment. From diagnosis to survivorship, we do everything in our power to make the entire process surrounding a complex disease easier for our patients.

This year at our Cancer Center we have added capacity and expertise. Serving our cancer patients since May are three senior practitioners – two board certified in oncology and one in hematology – from ColumbiaDoctors, the faculty medical practice of Columbia University Irving Medical Center. In June our Medical Director, who is board certified in both medical oncology and hematology, joined the team which, together, provides expert care for breast, lung, esophageal, and head and neck cancers, as well as caring for patients with benign and malignant blood diseases.

Our organization's affiliation with NewYork-Presbyterian, the No. 1 hospital in New York, makes access to even more medical experts, advanced technology and clinical trials possible. As you will read in this issue, you will receive expert and compassionate care, provided in your own community.

This is an exciting time for our award-winning hospital as we expand NewYork-Presbyterian Medical Group Hudson Valley and our specialty services. Since the beginning of the year we have seen the growth of our medical team from 350 physicians to more than 450 today.

As we grow and innovate, we also remain anchored as a responsible community partner, continuing our many programs and events to help you learn more about healthy living overall, with our physician's "Lunch and Learn" lectures, health fairs, Farmers' Markets and cooking classes at the Chef Peter X. Kelly Teaching Kitchen, among other community initiatives.

You have many choices today for your health care. Thank you for putting your trust in NewYork-Presbyterian Hudson Valley Hospital as we continue with our mission to bring the best medical care and resources to the region.

Sincerely,

Stacey Petrower, President  
NewYork-Presbyterian Hudson Valley Hospital

NewYork-Presbyterian  
Hudson Valley Hospital

WINTER | 2016-2017  
healthyliving

This free publication is prepared by the Marketing Department of NewYork-Presbyterian Hudson Valley Hospital, 1980 Crompond Road, Cortlandt Manor, NY 10567.

For comments or to be removed from our mailing list, email [marketing@hvhc.org](mailto:marketing@hvhc.org) or call 914-734-3576.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# Expanding the Team

Welcome to our new physicians from NewYork-Presbyterian Medical Group Hudson Valley, who join 450 medical staff members to deliver the highest quality and most reliable and empathetic care to our patients and their families.



**NICOLE S. BELKIN, MD**

*Orthopedic Surgery*

35 South Riverside Drive  
Croton-on-Hudson, NY  
914-233-3005

Dr. Belkin specializes in nonoperative and operative treatment of injuries and conditions affecting the knee, shoulder and hip. She is an expert in minimally invasive and arthroscopic techniques.



**DOUGLAS D. SANKAR, MD**

*Neurology/Clinical Neurophysiology*

1978 Crompond Road  
Cortlandt Manor, NY  
914-293-8600

Dr. Sankar has special interests in neuromuscular disorders, as well as general neurology, including headache, epilepsy and stroke.



**SOO KWAK, MD**

*Allergy and Immunology*

35 South Riverside Drive  
Croton-on-Hudson, NY  
914-271-0001

Dr. Kwak treats pediatric and adult patients and has been featured in several published articles and abstracts that have appeared in peer-reviewed journals.



**FRANK TURCHIOE, MD**

*Gastroenterology*

2050 Saw Mill River Road  
Yorktown Heights, NY  
914-376-5828

Dr. Turchioe provides the full range of gastroenterology services and has a special interest in gastrointestinal motility.



**YAEL RAPPEPORT, MD**

*Neurology*

1968 Crompond Road  
Cortlandt Manor, NY  
914-736-6180

A member of the American Academy of Neurology, Dr. Rapoport's interests include all aspects of adult neurology. Dr. Rapoport authored several scientific publications. She strives to stay up to date on new techniques and findings for her patients.

To find a physician at NewYork-Presbyterian Hudson Valley Hospital, please call 914-788-4635 or visit [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley).

## THE LEADING-EDGE OF CATARACT SURGERY

*At NewYork-Presbyterian Hudson Valley Hospital, surgical ophthalmologists use advanced laser technology to take a common procedure – cataract surgery – to the next level.*

Cataracts are areas of cloudiness in the eye that occur when proteins in the lens clump together and don't allow light to properly pass through. The changes gradually impair vision, which sometimes progresses to blindness. Surgery to remove the cataracts and replace the lens was once the only treatment option.

Now, NYP Hudson Valley Hospital is one of only two hospitals in the area to offer a procedure that uses new technology to more effectively treat

cataracts and provide patients with the highest level of care.

It is called femtosecond laser-assisted cataract surgery and allows the ophthalmologic surgeon to perform the procedure bladelessly.

Instead of cutting into the cornea, a high-tech laser is used to soften the cataract and break it into small pieces for removal by the surgeon.

The advantages of the laser option over the traditional cataract surgery are greater precision

for the doctor and quicker healing, less trauma and less downtime for the patient.

To learn more about how laser-assisted cataract surgery at NewYork-Presbyterian Hudson Valley Hospital can help you, make an appointment with Kerline Marcelin, MD, at 914-737-6360, or with Kayvan Keyhani, MD, at 914-245-3303. For an appointment with Phillip Calenda, MD, an ophthalmologist with NewYork-Presbyterian Medical Group Hudson Valley, call 914-736-1100.





# Expert and Compassionate Cancer Care *That's Right Down the Road*

A diagnosis of cancer calls for having immediate access to highly skilled and compassionate physicians, nurses and specialists. For patients in the Hudson Valley region, that means visiting a cancer center close to home for the type of care that once was available only in New York City.

“We are bringing academic-level cancer care to this community that reflects the best of both worlds: patients have access to the highest quality cancer treatment in a comfortable, friendly and familiar environment,” said Namrata Patel, MD, Medical Director of NewYork-Presbyterian Hudson Valley Hospital’s Cheryl R. Lindenbaum Comprehensive Cancer Center and Assistant Professor of Medicine at Columbia University Irving Medical Center. “Our board-certified physicians and experienced Magnet nurses treat our patients using the latest breakthroughs in oncologic care, and we understand the emotional challenges also faced by patients with cancer and their families.”

## **WORLD-CLASS, NOT A WORLD AWAY**

Joining an esteemed team of cancer experts, Dr. Patel and several of her Columbia University faculty colleagues bring to our communities the expertise of one of the country’s premier academic cancer centers. Medical and radiation oncologists treat a wide variety of cancers (lung, breast, prostate, colon, stomach, blood and most common cancers) alongside a dedicated Magnet nursing staff. This is done under one roof: medical oncology, radiation oncology, the infusion center and support services are centrally located in one building at the rear entrance to the Cortlandt Manor campus.

*“Our relationship with NewYork-Presbyterian broadens access to a broad spectrum of cancer care for residents of the Hudson Valley. Patients can access advanced technologies, emerging therapies via clinical trials and top experts in the oncology field, all in the place where they feel most supported: their own community.”*

—Stacey Petrower,  
President of NewYork-  
Presbyterian Hudson  
Valley Hospital

“As diagnosing and treating cancer becomes more and more sophisticated, patients need multidisciplinary teams to ensure they receive the highest quality care,” Dr. Patel said. “The vast experience of the Columbia physicians who’ve joined our team at NYP Hudson Valley Hospital will help us optimize patient care.”

The Cancer Center’s professionals meet weekly with the hospital’s physician leadership and surgical and other specialists to discuss patient cases, and Cancer Center experts also participate in roundtable videoconferences with Columbia colleagues, who can provide additional consultation on complex cases. Joining the physicians on weekly interdisciplinary patient rounds are nurses who average 10 years of experience in caring for cancer patients.

“Our Magnet nurses are compassionate, smart and thoughtful in their approach to care,” said A. Bonnie Corbett, Chief Nursing Officer and Vice President, Patient Care Services at NYP Hudson Valley Hospital. “Working alongside our physicians, the nurses at the Cancer Center have added unique components, including nurse navigators, to bring cancer treatment here to another level. We discuss each and every case and participate in a complete plan of care, including the emotional support a cancer patient needs.” (See “Making the Journey Together,” page 5.)

## **LEADING-EDGE TECHNOLOGY=MORE CONVENIENT CARE**

Complementing the Cancer Center’s physician expertise are some of the most advanced diagnostic and treatment technologies available. Clinicians in the Women’s Imaging Center, for example, use a type

## Making the Journey Together

At NewYork-Presbyterian Hudson Valley Hospital's Cheryl R. Lindenbaum Comprehensive Cancer Center, patients have a team of providers on their side. The face of the team is Nurse Navigator Marthia Nichols, RN, MSN, MHA, OCN, CN-BN. She works with breast cancer patients as well as individuals who receive exams and monitoring through the low-dose computed tomography lung cancer screening program.

"Much of what Marthia does is to help patients and families get through the initial difficult period following diagnosis, when they're trying to understand the disease and what's next," said Anne Campbell-Maxwell, RN, BSN, MBA, Administrative Director of Oncology Services at NYP Hudson Valley Hospital. "Many patients see a number of physicians throughout their cancer journey, and Marthia is

devoted to conveying the physicians' messages in a consistent way, to eliminate confusion so patients understand their plan of care."

Nurse navigation is a key aspect of the support patients receive at the hospital's Cancer Center. Prior to their first treatment, patients experience an orientation session which involves touring the facility, learning about their therapy and meeting the nurses in the Infusion Center. Patients also learn about community-based support groups held on-site. Additionally, a financial services counselor is at the Cancer Center full time to discuss with patients their

insurance benefits and provide more information about a variety of payment options and resources.

"We truly are devoted here to healing the whole patient," Nichols said.



Marthia Nichols, RN, MSN, MHA, OCN, CN-BN, Nurse Navigator  
NYP Hudson Valley Hospital's Cheryl R. Lindenbaum Comprehensive Cancer Center

of mammography called 3-D tomosynthesis to detect breast abnormalities with greater precision than traditional mammography.

"With 3-D mammography, we can thoroughly examine each part of the breast tissue in one-millimeter slices," said Maddalena Duarte, MD, Director of the Women's Imaging Center at the hospital's Cortlandt Manor campus. "Having a tomosynthesis mammogram significantly reduces the chances of patients needing to be recalled for extra imaging, and our patients are grateful for that."

Earlier this year, the Cancer Center began offering stereotactic body radiation therapy (SBRT) and stereotactic radiosurgery (SRS), two highly precise forms of radiation therapy that can be delivered in much less time than traditional external beam radiation therapy.

"We use SRS to treat malignant tumors in the brain, and SBRT is used to treat cancers in multiple other locations in the body, including the lungs, spine, liver and prostate," said Lawrence Koutcher, MD, Medical Director of Radiation Oncology at NYP Hudson Valley Hospital. "In both methods, we give a high, focal dose of radiation to kill the tumor but spare normal surrounding tissues. SRS patients have one treatment and SBRT patients receive one to five treatments every other day. External beam radiation typically includes five treatments a week for six to seven weeks."

"Being part of the NewYork-Presbyterian system allows us to offer treatments we wouldn't have been able to otherwise, including SBRT and SRS," Dr. Koutcher noted. "That is life-changing for patients."

Do you need more information about cancer care at NYP Hudson Valley Hospital? Visit [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley), "Patient Services" and select "Cancer Center" or call 914-293-8400.

## Meet the Physicians

The following Columbia University faculty members see patients at NewYork-Presbyterian Hudson Valley Hospital's Cheryl R. Lindenbaum Comprehensive Cancer Center:



**Daniel Feingold, MD**  
Colon & Rectal Surgeon



**Namrata Patel, MD**  
Medical Oncologist



**J. Gregory Mears, MD**  
Hematologist



**Roy Oommen, MD**  
Cardiothoracic Surgeon



**Martin Oster, MD**  
Medical Oncologist



**Mark Stoopler, MD, FACP**  
Medical Oncologist

To make an appointment with Drs. Patel, Mears, Oster and Stoopler, please call 914-293-8400.

To make an appointment with Drs. Feingold and Oommen, please call 914-293-8600.

# Now You're *Cooking!*

*New York-Presbyterian Hudson Valley Hospital's "Harvest for Health" initiative includes The Chef Peter X. Kelly Teaching Kitchen, an organic garden, Farmers' Markets and a locally sourced food service. Our goal is to provide you – whether a patient or a community member – the tools and skills you need to manage your health through diet and lifestyle changes.*

We've heard all the excuses: You don't have time to cook. Fresh fruits and vegetables are too expensive. No one will eat healthy meals in your house. Together, NYP Hudson Valley Hospital's Chef Peter X. Kelly Teaching Kitchen, the on-site Organic Garden for Healing and twice-monthly Farmers' Market combine to remove barriers to nutritious foods and improve our community's access to easy-to-cook, delicious meals.

## TEACHING LIFELONG LESSONS

The Chef Peter X. Kelly Teaching Kitchen – located on the hospital's Cortlandt Manor campus – provides cooking classes to community members of all ages. Each month, Emilie Berner, Chef and Coordinator of the Chef Peter X. Kelly Teaching Kitchen, teaches general cooking classes and programs devoted to helping heart patients, breastfeeding moms, and those with diabetes and cancer improve their health through diet.

"The hospital's mission is to weave cooking, wellness and education together, in a way that is accessible, easy and fun," Chef Berner said. "I want to empower people by sharing the skills I have learned. Our goal is to offer a supportive

and educational environment that will encourage people to make small – or hopefully big – changes in their lives."

Classes offered at the Teaching Kitchen include some conventional picks, like "Hors D'oeuvres for Your Party," "One Dish Wonders" and "Chocolate Bliss," and all have an emphasis on healthy ingredients. Other class offerings by this hospital-based teaching kitchen reflect the needs of patients, former patients and their families. Interested in reducing cholesterol or improving blood pressure? Take "Low Fat & Low Salt Cooking with Flavor." Or learn more about "Low-Carb Desserts for Diabetics." For new mothers, a recent class focused on making baby food from scratch.

January brings a new class: "Bariatric Supportive Cooking" in which students will learn about the basic rules of eating following bariatric intervention, sample food and take home recipes.

"Our hope is that the mix of targeted and open classes will attract different groups of people interested in a variety of topics," Chef Berner said.

## HEALTHY HEART

Classes also serve all ages, from seniors to young students. Local middle-schoolers participate

in a program held three times a year called "Young Chefs of Hudson Valley." For adults, the hospital offers free community lectures and a five-month Healthy Heart Program that combines cooking classes with a membership to the hospital's Wellness Center, a fully equipped exercise facility. Participants in the Healthy Heart Program are recommended by their physicians and progress is monitored by a registered nurse, who checks monthly participants' blood pressure, weight and body mass index.

## MORE ABOUT THE WELLNESS CENTER

A state-of-the-art gym and exercise facility on site at the hospital, The Wellness Center offers every adult, regardless of his or her fitness status, the tools and support needed to achieve optimal wellness. Exercise specialists and fitness trainers welcome new members with a comprehensive fitness evaluation to develop a personalized exercise plan and provide orientation to equipment, which features FitLinxx® technology. A varied schedule of exercise classes is also offered (see [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley)).

"By including exercises and healthy changes in lifestyle behaviors, members can reduce their risk of disease and experience the benefits of a more active lifestyle," said Greg Schrader, Exercise Trainer.



▲ Chef Emilie Berner



◀ Spring 2016 graduates of the hospital's "Young Chefs of Hudson Valley" program, joined by Gemma Martini-Mahon, RN, (left) and Adam Strauss, NYP Hudson Valley Hospital's Food Service Director and a certified Chef by the American Culinary Association (right).

Winter 2016-2017

# CALENDAR

## OF EVENTS

### SUPPORT GROUPS

Please call 914-734-3557 for dates, times and locations for these free support group meetings.

**Diabetes Support Group**

**Living With Cancer Support Group**

**Breast Cancer Support Group**

**Look Good...Feel Better®**

**Bariatric Support Group**

### “ASK THE DOCTOR” LUNCH AND LEARN LECTURE SERIES

Each month we feature a new physician and a new topic. To learn about upcoming lectures or to register, please call 914-734-3557.

#### Frank Turchioe, MD, presents “How Common are Heartburn and Reflux?”

Dr. Turchioe of NewYorkPresbyterian Medical Group Hudson Valley is a gastroenterologist who provides the full range of services and has a special interest in gastrointestinal motility. More than 60 million American adults experience heartburn and gastroesophageal reflux disease (GERD) once a month, and more than 15 million adults suffer daily. Learn about GERD and the recommended lifestyle and dietary changes aimed at decreasing symptoms and reducing potential damage to the lining of the esophagus. A complimentary light lunch will be available. Jan. 19 • Noon-1 p.m.

NYPVH Ground Floor Conference Room  
Seating is limited. Please register by calling 914-734-3159.

#### Yael Rapoport, MD, presents “Stroke: What You Need to Know”

Dr. Rapoport of NewYorkPresbyterian Medical Group Hudson Valley is a neurologist and a member of the American Academy of Neurology whose interests include all aspects of adult neurology. She will discuss the signs and symptoms of stroke, types of treatments, steps to take for prevention, and the latest research findings. A complimentary light lunch will be available. Feb. 15 • Noon-1 p.m. NYPVH Ground Floor Conference Room  
Seating is limited. Please register by calling 914-734-3159.

### HEALTH & WELLNESS IN THE COMMUNITY

#### Annual Healthy Heart Fair

Feb. 9 • 9 a.m.-Noon  
Hospital Main Lobby  
Please visit our fair for complimentary screenings such as blood pressure, sleep evaluation and body fat analyzer. Enjoy a seated yoga demonstration, learn about cooking for heart health, speak with a stroke education specialist, and enjoy light refreshments. This is a free event. No registration is required.

#### Weight-Loss Surgery Seminars

Jan. 24 and Feb. 22 • 6-7 p.m.  
Ground Floor Conference Room  
Presented by Eric A. Sommer, MD, FACS, FASMBS  
A monthly educational seminar for people interested in bariatric

surgery, hosted by Dr. Sommer. Discuss virtually scarless surgical options, such as gastric bypass, sleeve gastrectomy and adjustable gastric banding. Hear from patients who have undergone surgery. Family and friends are welcome! Registration required. Please call 1-800-633-8446 to learn more.

### NEW BEGINNINGS

#### FREE Breastfeeding Group

Second and Fourth Friday of the month  
Jan. 13 & 27, Feb. 10 & 24 • 11 a.m.-1 p.m.  
Ground Floor Conference Room  
For information, please call 914-734-3257.

#### Breastfeeding With Certainty

Jan. 3, Feb. 7 • 6:30-9 p.m.  
Ground Floor Conference Room  
For information, please call 914-734-3896.

#### New Baby in the House/Sibling Class; Sibling Attending a Birth; VBAC Class; and Tours for Maternity

Please call 914-734-3257 to learn more.

All programs at NewYork-Presbyterian Hudson Valley Hospital are free of charge unless otherwise indicated. For more information about these programs and events, please visit [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley).

CALENDAR CONTINUED ON BACK

# WORLD-CLASS CANCER CARE WHERE YOU NEED IT. CLOSE TO HOME.

AMAZING THINGS ARE HAPPENING HERE

*NewYork-Presbyterian Hudson Valley Hospital*

At our comprehensive cancer center, we offer the same high standard of care you've come to expect from New York's #1 hospital. With top oncologists and surgeons, including ColumbiaDoctors and NewYork-Presbyterian Medical Group specialists, we're advancing cancer treatment right here in your backyard.

To learn more or to make an appointment, visit [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley) or call 914-788-4635

## OF EVENTS

### THE CHEF PETER X. KELLY TEACHING KITCHEN

1992 Crompond Road, Cortlandt Manor  
For a complete listing of upcoming classes, visit [nyp.org](http://nyp.org), email [teachingkitchen@hvhc.org](mailto:teachingkitchen@hvhc.org) or call 914-734-3780. Classes are \$15.

#### “Physician in the Kitchen” with William J. Higgins, MD, and Ellen Higgins, FNP, of NewYork-Presbyterian Medical Group Hudson Valley

Jan. 12 • Noon-1:30 p.m.  
Cuban cuisine, like Cuban culture, has been shaped by many influences. In this unique class, Dr. and Mrs. Higgins and Chef Emilie Berner will create traditional dishes from Cuba, such as platanos maduros, frijoles negros and arroz blanco. Combined with a few key ingredients such as olive oil, garlic and cumin, these dishes are loaded with flavor and a few substitutions can make them even healthier. Tastings will be available. No charge to attend.

#### Power Plant: A Lesson in Anti-inflammatory Foods

Jan. 20 • 11:30 a.m.-1 p.m.  
In this class we will discuss what inflammation is, and the various ways it manifests in the body. You will learn which foods to eat, and which to avoid, as well as strategies to comfortably transform your every day approach to eating.

#### Cleansing Soups and Stews

Jan. 31 • Noon-1:30 p.m.  
Cleanse your body gently, and support weight loss with soups and stews! Nothing beats a warming bowl of soup or a stew loaded up with vegetables. Learn how to fill your bowls with nutritious and delicious soups for the season.

#### Farmers’ Market 2017

Special Valentine’s Farmers’ Market: Tuesday, Feb. 14 11 a.m.-4 p.m.  
Main lobby, NYP Hudson Valley Hospital, 1980 Crompond Road, Cortlandt Manor, NY  
Stop by our Farmers’ Market to purchase fresh, local produce, artisan baked goods, freshly prepared goods and get some gift ideas. We welcome EBT/SNAP customers, and many of our farmers also accept FMNP checks.  
Please call 914-734-3797 to learn more. Stay tuned for details about our May-November Farmers’ Market season.

#### 2017 Program for Individuals with Cancer and Their Loved Ones

Planning is underway for a new program at The Chef Peter X. Kelly Teaching Kitchen, to be held biweekly in January and February. Dr. J. Gregory Mears, Clinical Professor of Medicine at CUMC, who has joined NYP Hudson Valley Hospital’s Cheryl R. Lindenbaum Comprehensive Cancer Center, along with Chef Emilie Berner, are developing informational sessions that integrate non-pharmacologic interventions such as yoga and meditation, and also present seasonal cooking classes focusing on recipes for managing side effects of treatment and promoting healing. For more details, call 914-734-3780 or email [teachingkitchen@hvhc.org](mailto:teachingkitchen@hvhc.org).



NewYork-Presbyterian Hudson Valley Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley).

**NewYork-Presbyterian  
Hudson Valley Hospital**  
1980 Crompond Road  
Cortlandt Manor, NY 10567

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
WHITE PLAINS, NY  
PERMIT NO. 313



*Help support the*

## Foundation of NewYork-Presbyterian Hudson Valley Hospital!

*Cut out and mail the form below, along with your check or credit card information, to the **Foundation of NewYork-Presbyterian Hudson Valley Hospital** • 1980 Crompond Road • Cortlandt Manor, NY 10567*

**I/we would like to support the Foundation of NewYork-Presbyterian Hudson Valley Hospital with a gift of \$ \_\_\_\_\_**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

Select one:

I have enclosed a check made out to The Foundation of NewYork-Presbyterian Hudson Valley Hospital.

Please charge my donation to my  MasterCard  Visa  American Express  Discover

Card number: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Signature: \_\_\_\_\_ Security code: \_\_\_\_\_

I would like to make this gift in  honor or  memory of: \_\_\_\_\_

Please notify the following person that a special gift has been made: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

The Foundation of NewYork-Presbyterian Hudson Valley Hospital is a 501(c)(3) not-for-profit organization. All gifts of cash, securities or property are deductible to the limit prescribed by law. The Foundation does not rent or sell its donor list. All donors will receive a letter for tax purposes.