

Spring 2017 Newsletter



Cornerstone Family Healthcare • cornerstonefamilyhealthcare.org • Issue # 6

Tobacco Cessation

The importance of staying tobacco free.

Smoking leads to disease and disability and harms nearly every organ of the body. It is also the leading cause of preventable death. If you quit smoking, you will experience more energy, improved breathing, an increased appetite and a more positive mood. But quitting smoking is often easier said than done. If you're a smoker, quitting can be the hardest, yet single most important step, you take to protect your health and the health of your loved ones.

When you are craving tobacco, remember the five D's of smoking cessation:

1. **Delay** until the craving to smoke passes. Most urges come and go within three to five minutes.
2. **Distract** yourself. Shift your attention away from thoughts of smoking — go for a walk around the block or call a friend.
3. **Drink** water to beat cravings to smoke.
4. **Deep** breathing is a quick and effective way to reduce the stress that comes with early smoking cessation.
5. **Discuss** your feelings with someone close to you or with other ex-smokers.

If you need additional support, there are many resources available to help you quit, such as cessation medications and tobacco cessation programs.



Sneha Shrivastava, MD

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When to Seek Help for Anxiety

Are symptoms affecting your daily life?



Yong-Suk Zarski, PNP, DNP

Anxiety is a normal emotion and is essential to our existence. Everybody becomes anxious when they face difficulties or problems. Commonly, anxiety is provoked when we feel something threatens our existence, security and self-identity. Examples include separation from our loved ones, fear of disapproval or humiliation, emotional or physical pain, loss of our function or job and fear of death. We begin to experience anxiety when we are aware of our existence and consequently the vulnerability of self-preservation starting in early childhood. Therefore, most anxiety disorders develop in childhood and can persist if not treated.

There are various levels of intensity from mild to severe to full panic attacks. These levels of anxiety are expressed differently through physical, behavioral, and emotional reactions. A mild level of anxiety helps us to focus, motivate, and promote our growth. However, when the level of anxiety becomes excessive, severe and chronic, it becomes debilitating, impacts our relationships and impairs our daily lives at work and school.

Signs and Symptoms of Anxiety Disorders

Symptoms that can present differently from person to person. Despite various forms of anxiety disorder, there are shared symptoms including excessive fear, excessive anxiety, and related avoidance behaviors. Generally, anxiety provokes physical, behavioral and emotional reactions.

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Healthy Spring Recipe

GRILLED PORK TENDERLOIN WITH TOMATO-MANGO SALSA

- 2 pork tenderloins (about 3/4 pound each)
- 1/3 cup reduced-sodium teriyaki sauce
- 2 medium tomatoes, seeded and diced
- 1 cup diced, peeled and pitted mango
- 1/2 cup minced yellow or green bell pepper
- 1/4 cup hot jalapeño jelly, melted
- 2 tablespoons white wine vinegar



DIRECTIONS:

1. Rub pork tenderloins all over with teriyaki sauce; let stand 5 minutes.
2. Combine tomatoes, mango, bell pepper, jelly and vinegar in medium bowl; mix well. Set aside.
3. Grill pork, covered, over medium-hot coals 20 to 25 minutes or until meat thermometer inserted in thickest part registers 160°F, turning once.
4. Slice and serve with salsa.

TOTAL TIME: 35 MINS

6 Servings

May is Healthy Vision Month

Look forward
to the future.



Some changes to vision are normal as we age, but vision loss and blindness are not. Get a dilated eye exam and protect your sight.



Meet our Optometrist, Neha Dada, O.D.
Neha Dada, O.D. develops an understanding of each patient as a whole person to help improve and protect their quality of life. Her clinical interest is Preventative Eye Care.



Who we are.

A full-service, state-of-the-art medical practice. We are a not-for-profit Community Health Center and a Medical Home for more than 26,000 patients. We believe health care is a right and not a privilege.

Our staff of more than 370 employees includes over 45 board certified/board-eligible physicians and dentists, physician assistant, nurse practitioners, a large nursing staff, and social work and counseling staff.

Comprehensive Medical Care

PRIMARY CARE

- Pediatrics
- Internal Medicine
- Ob/Gyn
- Dental Care
- Behavioral Health
- Pharmacy
- Radiology
- Laboratory

SPECIALTY CARE

- Addiction Services
- Audiology
- Cardiology
- Endocrinology
- Infectious Diseases
- Nutrition
- Optometry
- Podiatry

Joint
Commission
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Patient Centered
Medical Home
Level III



Newburgh • New Windsor • Plattekill
Highland Falls • Goshen • Binghamton

Tobacco Cessation

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What are the common cessation medications and how do they work?

First-line drug therapies for smokers are combination nicotine replacement therapy (NRT) or the centrally acting medications varenicline or bupropion.

NRT: Nicotine patch, gum, or lozenge that will help decrease withdrawal symptoms that a patient might experience after quitting smoking.

Varenicline: nicotine receptor agonist that helps in decreasing cravings for nicotine and therefore helps in quitting smoking.

Bupropion: believed to act by enhancing central nervous system noradrenergic and dopaminergic release that help in decreasing cravings for nicotine and therefore help in quitting smoking.

What is Tobacco Cessation?

Cornerstone Family Healthcare, in partnership with the Orange County Department of Health's Tobacco Use Prevention and Control Program, provides a Smoking Cessation program that runs year-round. In this program, the health education team works with participants on creating their individualized plan to quit. Together, we determine their skills and build on their previous attempts to quit, if they have been unsuccessful. The FREE Smoking Cessation program provides the tools and support to quit when the time is right for them. Please call (845) 563-8043 for information.

Important factors to consider when building a plan to quit smoking

Personal health: smoking increases your risk of having heart attack and stroke. If you already have these medical conditions, quitting smoking would reduce further deterioration of health. If they don't have these medical conditions, smoking cessation will help prevent these conditions.

Family's health Second hand smoke effects everyone, even young children.

Timeline: When exactly do they want to quit smoking.

Social situation: Does anyone smoke in their house? Are you around smokers when you go out to dinner? Come up with a plan to deal with situations that trigger the need for smoking.

Personal motivation for quitting.

Resources: family support, access to health care.

June is Men's Health Awareness Month

Did you know?

- On average, men live about **5 years less** than their female counterparts.
- Men have a higher death rate for preventable causes of death, including cancer, heart disease, and diabetes.
- Men make **half** as many physician visits for prevention as women.

Make Prevention a Priority.

Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

We took the pledge to speak to our Hero's to get a physical.



Be a Hero! Get Checked.

June is Men's Health Month. Make sure you're here to be a hero for those you love.

Schedule your
appointment today!
845-563-8000

CORNERSTONE
FAMILY HEALTHCARE
1967 2017 Fifty Years of Caring



Be a hero.

Schedule a checkup today!

845-563-8000

URGENT CARE

SAVE TIME.

SAVE MONEY.

FEEL BETTER!

CORNERSTONE
FAMILY HEALTHCARE

When life's little
"UH-OH"
MOMENTS
STRIKE
We're here to help.

845-563-8000

147 Lake Street, Newburgh

When to Seek Help for Anxiety

...continued from page 1

Generalized Anxiety Disorder Symptoms:

- Fear of objects, people or places
- Obsessive or compulsive behaviors
- Avoiding the public for fear of being negatively judged, rejected or criticized by others.

Physical Symptoms of Anxiety:

- Palpitations, headaches, or chest discomfort
- Dizziness, nausea, diarrhea or sweating
- Shakiness, difficulty breathing, feeling of numbness or muscle tension
- Fatigue or sleep trouble

Severe Anxiety Symptoms

- Difficulty controlling anxiety
- Irritability and restlessness
- Lack of concentration
- Feeling nervous and anxious
- Feeling that awful things might happen in the future

Anxiety can deteriorate your body both mentally and physically. You may be experiencing anxiety for a number of reasons, including going through a traumatic event. If you have prolonged symptoms or symptoms that are interfering with your day-to-day life, speak to a behavioral health specialist.

Spring into Wellness

Creating new goals with family in mind

What is more encouraging than a new bloom peaking up from under a layer of snow? Bells ring off in my head that say "yes, the first sign of spring is finally here." Personally, I have been dreaming of going on a family hike, camping, walking around the farmer's market and smelling the fresh, clean air.

Have you been dreaming about what the spring will bring to you and your family? What does the spring mean in terms of your wellness goals?

Many of us have renewed energy to create balance in our bodies and create wellness goals to help us get back on track. With summer around the corner, we are motivated to get back in shape, de-stress and plan time to be with our families. Often, we are challenged with finding time to care for ourselves and our families.

At Cornerstone Family Healthcare, we have a health education program that fits into your schedule. Your family will enjoy reconnecting on a Saturday morning at our "Strong Families Eat and Play Together" program. This program gives you the chance to spend time with your family as well as all of us here at Cornerstone Family Healthcare. Meet other families like yours who have similar goals and develop your family's goals for the spring, summer and beyond.

In this monthly program, we will:

- Prepare healthy snacks with your family
- Engage in creative ways to be active
- Play indoor and outdoor games
- Offer tips on budgeting your food dollars
- Explore growing your food
- Learn how to add flavor to vegetables

If you are interested in learning more or registering for this program, please call 845-563-8043.

Conveniently Located



1967 - 2017 Fifty Years of Caring
2570 Route 9w, Suite 10
Cornwall NY 12518

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
NEWBURGH, NY 12550
PERMIT NO. 8604

The Kaplan Family Pavilion

147 Lake Street, Newburgh, NY 12550
(845) 563-8000
Mon - Thurs: 8:30AM - 8PM
Fri: 8:30AM - 5PM
Sat: 9 AM - 1 PM

Urgent Care: Mon - Thurs: 7AM - 9PM
Fri: 7AM - 8PM Sat: 9AM - 5PM Sun: 10AM - 3PM

New Windsor

91 Blooming Grove Turnpike
New Windsor, NY 12553
(845) 220-2074
Call for hours.

Highland Falls

127 Main Street,
Highland Falls, NY 10928
(845) 446-4076
Mon: 9AM - 6PM Tues - Wed & Fri: 9AM - 5PM
Thurs: 9AM - 7 PM Sat (1st & 3rd): 9AM - 1PM

Harper Health

For individuals & families
in transition
290 Broadway, Newburgh, NY 12550
(845) 561-3759
Mon - Fri: 9AM - 5PM

Binghamton

35 Felters Road
Binghamton, NY 13903
(607) 201-1200
Mon, Tues, Thurs, Fri: 9AM - 5PM
Wed: 8AM - 7PM
2nd & 3rd Sat: 9AM - 1PM

Lipman Family Dental

100 Broadway, Newburgh, NY 12550
(845) 569-8412
Mon - Fri: 9AM - 5PM
147 Lake Street, Newburgh, NY 12550
Mon - Thurs: 9AM - 8PM Fri: 9AM - 5PM
Sat: 9AM - 1PM
(Lake Street location only)

Center for Recovery

3 Commercial Place,
Newburgh, NY 12550
(845) 220-2146
Chemical Dependency:
Mon - Thurs: 8AM - 8PM
Fri: 8AM - 4:30PM Sat & Sun: Closed
Opioid Treatment: Mon - Fri: 6AM - 2PM
Sat: 7AM - 12PM Sun: Closed

Cornerstone at Inspire - Audiology & Dental

Open to the community
2 Fletcher Street, Goshen, NY 10924
(845) 294-8806 Option #3
Dental Hours:
Mon: 10AM - 8PM
Tues - Thurs: 8AM - 6PM
Fri: 8AM - 5PM
Audiology Hours:
Mon - Thurs: 8AM - 6PM

Coming Soon: Plattekill

24 Old Firehouse Road
Plattekill, NY 12528

Welcome!



Family Nurse Practitioner

OB/GYN
147 Lake Street,
Newburgh, NY 12550
Jennifer McLane, FNP is a
compassionate provider who
relates to her patients by
empowering them with
knowledge to enhance their
health. She believes that it is vital
to listen and relate to patients on
a personal level.

Jennifer McLane, FNP



Family Nurse Practitioner

Urgent Care
147 Lake Street,
Newburgh, NY 12550
Danielle Kich, DNP, FNP-BC listens
and acknowledges patient's
concerns. She chose to be a
family nurse practitioner
because she enjoy working with
and caring for all people from all
walks of life.

Danielle Kich, DNP, FNP-BC

50th Anniversary Visionary Sponsors



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Program and other unfunded Programs
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