



The NEW YOU

August 2018

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

From The Desk of Dr. D



I'm officially 59 1/2 years old so the next 6 months better be good because nothing fun happens after 60 I'm told! July was much more busy than I'd like in my old age!

Family: Claire has moved back to Albany to live with her mother and take online college courses. She just got a waitress job at Jack's Oyster House so I have one more reason to drive up there. Hope has made it to the Bay area of California to work for Google. She's found an apartment and the week she started they gave her a promotion already! Smart young woman she is.



Isa getting ready for college and I signed the lease for her dorm room. My mother, Elaine, has been in the news so to speak: she finally listed her house for sale (you can see it at www.homesnap.com/PA/Lebanon/175-Forney-Road) AND she cracked her hip socket! She was pulling down branches from an old maple tree and one gave



way and she fell on her butt. No surgery but my 84-year-old mother was using a walker for the first time in her life. Boy, she was mad! I finally got into her attic on a hot and humid July afternoon to clear out the EIGHTEEN boxes of books I had there. Most were old moldy and chewed up by a squirrel. I winnowed them down to one and a half small boxes of classic science fiction that miraculously escaped. My son John has laid claim to those. Laura and I had dinner at a Bonefish Grill with



my brother Bret and his new girlfriend who is from Ohio but living in New Jersey now. She was very sweet. My 50 year old confirmed bachelor brother was actually saying the M word that evening (marriage!)



I hit a deer for the what seems like the 20th time in my life and it shattered the headlight and created some damage to the car... It's in the shop as I write this and I'm now looking for the next vehicle to schlep me around in. Sedan or SUV... I can't decide! Claire wants this one after it's repaired.

I've always wanted to go to the Finger Lakes Wine Fest at Watkins Glen but I'm not a camper. This year, however, they had glamping with a private area with large tents set up with everything one could need. It was still loud at night but fun. Laura and I went to Manhattan for a weekend in July to see the sights and had dinner at my favorite steakhouse, Smith, and Wollensky. The prices are obscene but worth doing once a year. We had a nice quiet 4th of July vacation at our cabin in the Poconos with our new patio in the backyard. Unfortunately, a bear tore down Laura's bird feeders not once but twice!



We attended the West Kortright Center Gala Dance on a Saturday night in July with a French techno band Ginkgoa and spicy Mexican food made by the volunteers. If you're in the Oneonta area, make sure you attend next year! Some of us ate at the new Hacienda Mexican restaurant on Old Vestal Ave, Binghamton and it was delicious! The salsa was especially tasty. Their liquor license is still pending so no margaritas yet. My favorite restaurant of all time (Quarter Moon in Delhi) has been reincarnated in the form of Goldenrod. They are open Thursdays thru Sundays for dinner and more details are Goldenrod607.com. Brighton Beach Memoirs put on by Stuff of Dreams Productions at Foothills was delightful. Of course, the scene between the father and son at the end made me tear up. We've been going to all the Glimmerglass Opera productions but will be missing the best of all, West Side Story, since



Laura has a pistol target shooting competition at the Pennsylvania Olympics! I'm looking forward to the GG event with Bill Murray!



What I'm Watching: Tour de France! It goes on all of July and I never miss it. They show it live in the morning and replay it at night too. Also,



Dietland which was recommended by my good friend Wendy Wade at Stanleywadeschoolofdance.com

We're resuming our dinner parties in the fall and the theme for Client Appreciation Day in October is Royal Wedding in honor of all the goings on this year.



"I love how summer just wraps its arms around you like a warm blanket."
- Kellie Elmore, Author

My Menopause Madness Dinner Party was a huge success and I enjoyed chatting one on one with many of my guests. One of the biggest questions of the evening was bioidentical hormones and where one could buy them. So I am now offering two creams that can erase the problems of menopause. The first



has only progesterone and the second has both estrogen and progesterone and both in a bioidentical formula. They are available at the Binghamton and Oneonta offices and come in a convenient pump bottle that gives you the amount you need. Ask for it today!

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  Starts in Morris	2 Glimmerglass Festival Concert: Perfect Pitch  Glimmerglass FESTIVAL	3 Matt Nakoa 	4 16th Annual City of the Hills Art & Music Festival 
5 Circus Minimus 	6  GIVE US YOUR EMAIL ADDRESS TO GET Exclusive Email Offers info@NYSVC.com	7 National Lighthouse Day 	8 Tyler and Ethan  ballroom & supper club	9 Bon Bon Vivant East Park Norwich	10 Old Blind Dogs 	11 Honky Tonk Laundry  CHENANGO RIVER THEATRE <small>The greater Binghamton area's only Equity professional non-profit theatre company.</small>
12 Middle Child's Day 	13 	14 National Creamsicle Day <i>Happy National Creamsicle Day!</i>  <i>Orange is The Happiest Color!</i>	15 Sweet Marie  ballroom & supper club	16 Southside Johnny and the Asbury Jukes East Park Norwich	17 26TH ANNUAL AIC F&A'S GUMBICH 	18 26TH ANNUAL AIC F&A'S GUMBICH 
19 Happy Trails Tour 	20 NATIONAL RADIO DAY 	21 Dead Shot Mary  CHENANGO RIVER THEATRE <small>The greater Binghamton area's only Equity professional non-profit theatre company.</small>	22 Be an Angel Day 	23 Ride With the Wind Day 	24 Doubt 	25 Dar Williams 
26 WOMEN'S EQUALITY DAY 	27  Find Us On Facebook	28 National Cherry Turnovers Day 	29 More Herbs, Less Salt Day 	30 Shinribs 	31  National Trail Mix Day	

Address/links to events: bside ballroom: Clinton Plaza, Oneonta (www.bsideballroom.com) - Turning Stone: Verona, NY (www.turningstone.com) - Foothills Performing Arts Center: Oneonta, NY (www.foothillspac.org) - Proctors: Schenectady, NY (www.proctors.org) - Otesaga Hotel: Cooperstown, NY (www.otesaga.com) - Anderson Center: Binghamton University (www.binghamton.edu/anderson-center/) - SUNY Broome Ice Center: Binghamton, NY (www.sunybroome.edu/web/campus-life/ice-center) - CANO Gallery: at the Wilber Mansion, Oneonta (www.canoneonta.org) - Hunt Union Ballroom - SUNY Oneonta: Oneonta, NY (www.oneonta.edu) - West Kortright Centre: East Meredith, NY (www.westkc.org) - Magic City Music Hall: Binghamton, NY (www.themagiccitymusicall.com) - The Forum Theatre: Binghamton, NY (www.broomearenaforum.com) - Oneonta Theatre: 47 Chestnut St, Oneonta, NY (oneontatheatre.com) - Brewery Ommegang: 656 Co Hwy 33, Cooperstown, NY (www.ommegang.com) - NY Faerie Festival: Ouaquaga NY (www.nyfaeriefest.com) - The Blarney Stone Pub Norwich, NY - Oneonta Outlaws Baseball (www.OneontaOutLaws.com) - www.stagecoachrun.com - Studio O: 50 Dietz St, Oneonta, NY 13820

**NEW YORK SKIN & VEIN CENTER: 6 Country Club Rd., Oneonta, New York 13820 - (607) 286-0061 also at
157 East Main St, Norwich, NY - (607) 286-0695, 6 Franklin Rd, Walton, NY - (607) 865-5800, 150 Broad St, Hamilton, NY - (315) 750-1470
and 75 Pennsylvania Ave., (Next to BGH) Binghamton, NY 13903 - (607) 286-0694
info@nysvc.com - www.nysvc.com**

We Have the Solution for Anything Your Face or Body Needs

- Tighten Turkey Neck, Batwings & Belly with ThermiTight
- ThermiVA for Bladder Control and Dryness
- Medical Weight Loss
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- Excel V Laser for Rosacea, Facial Veins, Brown Spots
- Wrinkle Relaxers: Botox, Dysport, Xeomin
- Don't Just Fill Wrinkles - Look Younger with Sculptra
- Peels: for Pores, Melasma, Sun Damage, Acne
- Vacation Peel: Give Us a Week - We'll Give You Back a Decade
- Microneedling
- Instilift Weekend Facelift
- Fungal Toenail Laser
- Medical Dermatology: Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Microdermabrasion, Facials
- Smooth Wrinkles, Crow's Feet Smoker's Lines with CO2 Laser
- Radiesse: Restore Cheekbones
- Wrinkle Fillers: Restylane, Juvéderm, LYFT
- Restore Your Complexion with ZO
- Rid Your Legs of Spider Veins
- Varicose Veins Treatment: In-Office Awake Surgery
- Exilis Lunchtime Face Lift and Tummy Tuck
- Bellafill - the 5 Year Filler
- Laser Tattoo Removal
- Vanquish Full Body Fat Melting

Contact Us:

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 Facebook: [NewYorkSkinandVeinCenter](https://www.facebook.com/NewYorkSkinandVeinCenter)
 Visit our website at www.NYSVC.com



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Who We Are. What We Do. Where To Find Us.

Originally known as Oneonta Laser Derm, New York Skin and Vein Center was founded in 2001 by Dr. Dohner, who is the area's only board certified varicose vein specialist (ABVLM). Originally located at 41-45 Dietz St in Oneonta as Oneonta Laser Derm, the practice expanded and changed the name to New York Skin and Vein Center. We now have 5 locations with 3 dermatology PA's and NP's, 5 laser nurses and technicians, with two private surgical facilities for your safety, convenience, and privacy.



Donate Back To School Supplies To Children In Need And Earn DOUBLE Your Donation in "Dohner Dollars" As Your Thank You Gift From Dr D. Details on page 6.

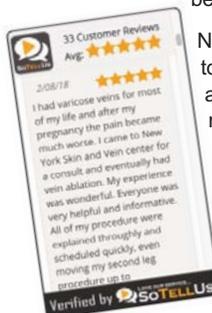
We Get Mail!:

Dr Dohner and his staff are very nice and helpful. They were very friendly and answered all my questions. Glad I had the procedures done. My legs feel so much better. They will even sing to you during the procedure.-- D R

The New You is a monthly conversation about life as it looks from the helm of New York Skin and Vein Center. I believe in strong relationships; and this newsletter is my way of showing you who we are.

Some of you I see often, some of you come in every three months and few of you only once every few years - so we can go a long time without seeing you. And lot can happen in a year or two! This newsletter is my way of keeping in touch. The purpose of creating an open dialogue

between us so that you can get to know who we are as a company.



Nothing makes me happier than when I get mail. I'm interested in what you have to say and enjoy responding to your comments. So send your thoughts, wishes and questions to me, Dr Dohner, at INFO@NYSVC.com and I will be sure to respond right away. BTW: Summer TV is awful. If you're watching anything interesting let me know.

Dr D

P.S. Every month I try to rise to the mammoth challenge of making a "medical newsletter" a great read. If I've failed in your eyes to do that, you can unsubscribe by sending an email to INFO@NYSVC.com.



6 Country Club Road, Oneonta



75 Pennsylvania Ave., Binghamton

Dr. D's Dog Days of Summer Cookout



This delicious recipe is perfect for hot August days when it's just too darn hot to cook. Best of all it's simple to make and guaranteed to wow your summer visitors. Don't be afraid to mix this recipe up a little. Trying substituting your favorite melon for the watermelon or burrata cheese for the mozzarella.

Grilled Shrimp with Watermelon Corn Salsa (serves 4)

Ingredients:

1 pound large shrimp, peeled and deveined
3 1/2 tablespoons olive oil and a little extra for drizzling
1 tablespoon minced garlic
6 tablespoons fresh basil, finely sliced

Salt & pepper, to taste
4 ears of fresh corn
1 1/2 tablespoons balsamic vinegar (white balsamic if you have it)
3 cups watermelon cubed
2 balls fresh mozzarella, halved

Directions:

1. Preheat grill.
2. Combine 2 tablespoons of olive oil, garlic and 1 tablespoon of the sliced basil in a small bowl. Add the shrimp and toss about until well coated. Season with salt and pepper and thread onto skewers.
3. In another bowl, toss the corn with balsamic vinegar, the remaining basil and olive oil. Add the watermelon and toss.
4. Cook shrimp on direct heat for about 1 to 2 minutes per side. Dr's Note: Shrimp cook quickly and you don't want to overcook them so watch for them to turn just pink and for the ends to curl. If you overcook them, they get dry and too firm.
5. Divide the mozzarella cheese and corn watermelon salsa among the four plates and top each with an equal amount of shrimp. Drizzle a little extra virgin olive oil over the mozzarella along with a little salt and pepper, to taste and serve.

3 Bottles of Rosé To Try Before Summer Ends

Looking for the perfect wine to serve with shrimp? Right now Dry Rose is hotter than the weather! Here are 3 of my current favorites:



Fleur de Mer Côtes de Provence Rosé \$19.99

At less than \$20 a bottle, this delicious rose is bursting with the flavor of freshly cut watermelon, ripe raspberries, and the slightest trace of ocean salt. Juicy and easy on the palate, our experienced tasting panel (my staff) loved this wine. Found in all most larger wine stores.



Kendall-Jackson 2015 Grand Reserve Rosé \$25.00

This wine is a little pricey but well worth the extra money for a special event or dinner party. With its pale ruby hue and subtle notes of peach and watermelon, this rosé is delicious paired with grilled steak, salmon, and charred veggies.



Fleur de Mer Côtes de Chloe Rosé \$12.99

This light rosé sourced from California is elegant, and refreshing making it the perfect choice for a bridal shower or birthday party but at less than \$15 a bottle why save it just for special occasions?





Dr D's Guide To Late Summer Fun

Wait, it's August already? Although summer is almost over there's still time to make great memories right in your own backyard (or close to it anyway). From glamping to hiking, picnics to impromptu film festivals, make this month your best ever with my easy living guide.

Stage Your Own Film Festival

Pick a theme then have friends and family bring their favorite movies (based on that theme) for a "screening" If the weather agrees, consider taking your Film Fest outdoors, we found great instructions for a super cheap screen here: <http://neriumgb.com/diy-backyard-movie-screen/> For the full effect make popcorn and buy some of the little boxes of theater candy (it's a lot cheaper at the grocery store than the movie theater) and settle back for an evening of drama, romance and comedy. For added fun points why not end the evening with your own "Best of ..." awards?



Go Glamping

Yes, camping can be glamorous! There are actually campsites that specialize in making your under the stars experience "out of this world" but if you can't get away this month why not create your own little getaway. You're going to need a tent of course (buy, rent or borrow the type with a wide opening), a couple of strings of battery operated lights, an air mattress, some brightly colored bedding, a small table and some chairs and a lot of pillows! Extra credit for hanging small lightweight artwork on your tent walls.



Take a Hike!



There are hikes and then there are hikes! Though only 2.4 miles along the Gorge and Indian Trail at Watkins Glen Park will make you feel like a great advent-urer. As you wind through caves, across bridges, and over waterfalls -- 19 of them, to be exact.

The wide stone pathway has been carved into the rock and makes for easy walking, so instead of looking down at your feet you can admire the dramatic rock formations and pools around you. This is one of the more popular parks in the Finger Lakes region, so aim for off-peak hours if you're looking for a little peace and quiet. Don't forget to pack your picnic basket because there are some great picnic areas in the park.



Run Through a Sprinkler

Remember when you were little and summer's seemed to last forever? Playing outdoors with your friends until dark or Mom called you home. Bring back some of that excitement with your own backyard sprinkler. Punch lots of small holes in a two-liter plastic soda bottle, then attach it to the end of a garden hose with a male-to-male hose coupling. Hang the bottle over a tree branch, turn on the hose, and enjoy a refreshing outdoor sprinkler shower.

Finally, Make Peach Ice-Cream

Though there's no "instant gratification", making ice-cream is easy. Try my favorite recipe:

Dr D's Easy Peasy Peach Ice-Cream

4 cups peaches, peeled and sliced
3 Tbsp honey
1 Tbsp lemon juice
½ tsp unflavored gelatin
1 cup heavy cream, whipped
Food processor
Ice cream maker

Place the peaches in a medium bowl. Add honey and lemon juice. Toss well. Cover and set aside for 2 hours. **Drain** the peaches, reserving the juices. Transfer to a food processor. **Pour:** ¾ cup of the reserved juice in a small saucepan. Sprinkle with gelatin and let sit for 5 minutes to soften. Stir over low heat until gelatin is completely dissolved. **Add** gelatin mixture to peaches and process until finely chopped. Transfer the peach mixture to a bowl and refrigerate until it begins to thicken. **Fold** in whipped cream. Pour into the canister of an ice cream maker. Freeze according to the manufacturer's instructions.





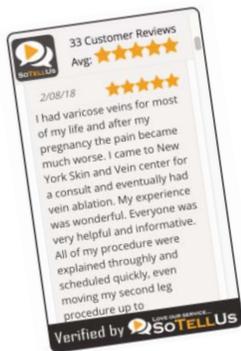
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What's Inside This Issue?

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- I've Been Very Busy Of Late! Discover Why On Page 1

If You or Anyone You Know Would Like a Copy of This Newsletter, Please Call Us at **607-286-0061** or email us at **Info@NYSVC.com** with your name, address and email.
We'll Get One in the Mail ASAP!

Donate Back To School Supplies To Children In Need And Earn DOUBLE Your Donation in "Dohner Dollars" As Your Thank You Gift From Dr D.

Want to help kids in need and score some cash credits towards services for yourself? **Family Services in Oneonta** is seeking **New** School Supplies for children in all grades and Dr D has pledged to help. We are asking you to donate \$10 or more in Back To School Supplies and in return, **Dr D will give you DOUBLE that in "Dohner Dollars"** (and that's good for every \$10 receipt you show us so the more you spend the more you earn!) Being kind is a beautiful thing!



Supplies Needed:

- Pens, Pencils, Rulers Erasers, Pencil Boxes
- Graph paper, Loose leaf paper, and Notebooks (all types)
- Binders and Book Covers, Calculators and Thumb Drives
- Index Cards, Highlighters, Scotch Tape and Divider Tabs
- Construction Paper, Scissors, Glue Bottles, and Sticks.
- Sketch Pads. Markers, Crayons and Colored Pencils
- Backpacks and Lunch Boxes
- Tissues, Hand Sanitizer, toothpaste, and toothbrushes, Floss, and Deodorant

Supplies can be dropped off at any of our NYSVC offices Monday through Fridays between 9 am to 5pm. Ideally donations should be dropped off by August 17, but we will be accepting throughout the month.

****Dohner Dollars* are good until September 29th and may be used for any product or service we offer. Cannot be combined with any other offers, special pricing, coupons or prior purchases. Cannot be used for insurance copays or deductibles.**