



The NEW YOU

December 2019

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

Natural Good Looks and Healthy Legs: **Our Specialty!**

From The Desk of Dr. D



Of late, I've been feeling more of a grumpy Grinch than a cheerful Whoville resident; mostly because winter is coming and I don't like it! Thankfully, I was able to take a few days out of the cold last month with a business trip to **Miami Beach** for the Global Aesthetics Conference from which I've brought back for you the latest and greatest skin treatments. **These incredible new treatments include:**

- 1. RadioFrequency Microneedling** with PRP (platelet-rich plasma) to smooth out fine lines, acne scars, and stretch marks as well as tighten skin - all with only 24 hours of redness!
- 2. New Radiesse** filler treatment to help stimulate and tighten the skin of the cheeks, neck, chest, upper arms, belly, thighs, knees and buttocks.
- 3. A new vein treatment using glue** to seal the feeder veins shut without the need for ANY anesthesia or stockings afterward! Watch your email for more details.
- 4. Hair Growth Stimulation** with PRP (see above) to increase your hair by 50% or more! Watch your email for more info.

I'm very thankful that my long-time friend and mentor, Dan K., who I told you about a few months ago, got kicked out of Hospice and is on the mend!!!! This is pretty amazing given his original diagnosis but then he's a remarkable man.

I was scheduled for jury duty in November and blocked off two days for it but 5 minutes after I arrived at the courthouse, I was told to go home! I took the rest of the morning off to explore the library and back roads of Cooperstown revisiting **Le Art Garage** (which is owned by my good friend Sydney Waller) and **Origins Cafe** (both on Beaver Meadow Road) while driving around. Claire worked at Origins and loved it!

As I write, **Thanksgiving** is upon us and this

year I will be spending it with my **best friend** Tom and his wife Donna in Lancaster PA and also in Staunton VA at the **American Shakespeare Center**. My kids are all doing their own thing this year which is both sad and to be expected at their ages. I will get to see them over Christmas along with my daughter **Hope** who is flying in from San Francisco for 2 weeks.

Claire is working at Albany Med Center in the main laboratory full time while working at Jack's Oyster House and taking a full load of college classes too. What a worker! Ilsa turns 19 this month (on Pearl Harbor Day) right in the middle of her final exams and will be finally getting her driver's license over Christmas. My wife, **Laura**, is working hard on another degree (this time in English as a Second Language) while teaching at SUCO and excelling at target pistol shooting competitions with the Oneonta Rod and Gun Club.

Even though summer is gone, I'm still playing **tennis** three times a week at the Binghamton and Oneonta indoor clubs. Not only is it great fun, I have lost over 20lbs! And it's a good excuse to buy specialized tennis rackets with a myriad of tennis string options too. A boy and his toys! I saw the most interesting movie on Netflix: **Mi Obra Maestra** from Argentina - You HAVE to see it!

I recently took a solo **Sunday afternoon drive** - remember those trips with your parents going to your aunts and uncles and grandparents with nary a thought of letting them know you were coming! I went through Andes, Bovina and Delhi and stopped to do a little Christmas shopping. I can't tell you what I bought (my wife, friends and kids read my newsletter) but I can tell you that there are some pretty neat stores out that way! In Delhi I suggest **TheStoneHouseShop.com** with much more than the website has, and **Stewart's Department Store**. In Andes check out **Paisley's Country Gallery** and **Tin Horn**. In Bovina check out **Fisk Antiques** with some huge chickens and **Russell's General Store**. As you're sure to get hungry after all that shopping, check out: **HollowCatskill.com** in Delhi: They have a great potato dish and cornbread with a little bit of heat. They are open Thursdays to Sundays for dinner with full bar, or the newly opened, **Bluestone Bar and Grill** at the Delhi Golf Course. And don't miss The

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



Originally known as Oneonta LaserDerm, 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.



Stan Anderson, RPA-C
Physician Assistant
in Dermatology

Michael Weinberg, RPA-C
Physician Assistant
in Dermatology

Anne St. Pierre, NP
Nurse Practitioner
in Dermatology

Why Do I Write This Newsletter to You Every Month? 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.

Andes Hotel and **Two Old Tarts** for brunch or dinner.

Our **Downton Abbey Patient Appreciation Party** was a blast! We raised over \$2000 worth of donations for RISE and Family Services Assoc. You'll find the prize winners and pictures at: TinyUrl.com/PADpictures.

Worrying about how you'll look for those Christmas and New Year's Parties and selfies? We have some great last minute treatments to ensure that you'll look your very best. **See page 4 for details.**

Dr D's "A Child's Christmas in Pennsylvania" Dinner

I grew up in the heart of Pennsylvania Dutch country where it's often said that, "We use everything except the "oink" from a hog". When your life calls for frugality, you learn to waste nothing (scrapple anyone?). Every year on Thanksgiving and Christmas my mother used to make **Pig's Stomach**, also known as Seimaage (sigh-maw-guh), a delectable German dish made from potatoes and sausage stuffed into a pig's stomach. No really, it's delicious! Unfortunately, it's hard to find pig's stomach at the butchers these days but you can get Caul Fat (the stretchy net like fat from under the skin of the pig) and that works (almost) as good as a pig's stomach. Here's a twist on my Mom's recipe - don't knock it until you've tried it!



Hog Maw (Serves 10)

Ingredients:

2 lb Caul fat (available from the butcher) to wrap	2 tsp Hungarian pepper
5 lb potatoes	2 tsp garlic powder
1 whole large onion	1 tsp onion powder
2 lb smoked sausage Links	4 tsp fennel seed
3 lb fresh sausage, casing removed	Salt and pepper to taste

Directions:

Rinse the caul fat and set aside. Wash and dice the potatoes into bite size pieces. Dice the onion. Toss the potatoes and onion in a large bowl, salt and pepper liberally. Slice the smoked sausage links into rounds no more than a half inch thick, then cut into quarter rounds, place in a large mixing bowl. Add the fresh sausage, Hungarian pepper, garlic powder, onion powder and fennel seed and blend together. Mix potatoes and sausage together well.

Lay the caul fat flat and pile on the sausage filling. Pulling the edges together, tie off with butchers thread to form a ball.

Place the Hog Maw in a roasting pan, add a little water to the bottom, cover with foil and bake at 350 F for approximately 4-5 hours. Occasionally checking to make sure the pan still has some liquid in the bottom. If it doesn't, add more water.

During the last hour of roasting, remove foil and continue to cook until the outer layer is brown.

Transfer to a serving platter and slice into about one inch thick slices. Serve with sides of Sauerkraut, cabbage or applesauce (the way Mom makes it) minute). Add additional salt and pepper if desired. Transfer to a platter and top with smoky shallots. Serve.

Dr D's Christmas Cocktail (Serves 1)

When we were children we toasted the season with cider but now that I am all grown up, nothing goes better with Christmas dinner than Bourbon. So while you wait for your delicious feast to roast, delight your guests with this Christmas cocktail (it's also great on New Year's Eve).

Ingredients:

1 oz Buffalo Trace bourbon	5 dashes
½ oz orange liqueur	of Peychaud's bitters
5 dashes	Champagne
of Angostura bitters	1 long lemon twist

Directions:

Add first 4 ingredients to a mixing glass containing ice cubes and stir for 15 seconds. Strain into a coupe glass and top off with champagne. Garnish with a lemon twist.



Celebrate The Season! Fun Things To Do This Month

December 1 - 23

Holiday Show and Sale

Cooperstown Art Association, Cooperstown

December 6 - 7, 13 -14, 20 - 21

North Pole Express

Cooperstown and Charlotte Valley Railroad, Cooperstown

December 4

Fenimore Art Museum's Holiday Decorations

Fenimore Art Museum, Cooperstown

December 7-8

A Weekend of Holiday Fun

Foothills Performing Arts Center, Oneonta

December 8

Holiday Glimmerglass Afternoon Tea

The Otesaga Resort Hotel, Cooperstown

December 14

Candlelit Evening

The Farmer's Museum, Cooperstown

December 15

Bolshoi Ballet in Cinema: "The Nutcracker"

Foothills Performing Arts Center, Oneonta

December 15

The Sweetback Sisters Christmas

Spectacular Supper Club

B-Side Ballroom, Oneonta

December 20 - 22

Charles Dickens 'A Christmas Carol'

The Farmers Museum, Cooperstown

December 1, 6-8, 13-15, 20-22

Holiday Mansion Tours

Roberson Museum and Science Center, Bing.

December 5

Broadway in Binghamton Presents: "Rudolph"

Broome County Forum Theatre, Binghamton

December 14

Celtic Christmas at KNOW Theatre

KNOW Theatre, Binghamton

December 14

Binghamton Philharmonic Presents: "Home

for the Holidays"

Floyd L. Maines Veteran's Memorial Arena, Bing.

December 15

2019 Binghamton Santa Run

Downtown Binghamton

December 22

A Christmas Carol at The Cider Mill Stage

Cider Mill Stage, Endicott

2019 By The Numbers

(What A Year It's Been!)



Number of Emails Sent Out
161,897

Number of Babies Born to NYSVC Staff:
2



Dollar Value of Donations You Made To Charity
A whopping
\$12,850
YOU ROCK!



Number of Newsletters We Mailed Out
91,233

Number of Dr D's Kids In College This Year
2
Ilsa at ESF and Claire at Arizona State Univ online

BOTOX
Number of Botox Patients Seen
678

Number of Advanced Training Courses Dr D took
8

Number of New Employees Hired
8

Number of Parties Held
14



Number of Leg Patients Who Found Relief
562

Number of Women Who Now Look 10 Years Younger Thanks to The Vacation Blue Peels We Performed
38



Number of New Books Dr D Wrote
2



Number of Derm Patients Treated

30,267



Number of ZO Kits Sold
341

Call Lovey in Binghamton 607-286-0694 or Denise in Oneonta 607-286-0061

And ask for

“Your Special Gift From Dr D”

We're busier than ever! But there's still time to make 2019 **YOUR MOST BEAUTIFUL YEAR TO DATE!**



New York Skin & Vein Center
6 Country Club Rd
Oneonta NY 13820
(607) 286-0061

Also at:
157 East Main St
Norwich NY 13815
(607) 286-0695

75 Pennsylvania Ave
(Next to BGH)
Binghamton NY 13903
(607) 286-0694

150 Broad St
Hamilton, NY 13346
(315) 750-1470



New York Skin and Vein Center

4.9 ★★★★★ (49)
Medical spa

Merry Christmas From Dr D!

- We Had Another Incredible Year!
Check Out "NYSVC By The Numbers". On Page 3
- Dr D Is Looking Forward To An Old Fashioned Christmas Try
His Recipe For Hog Maw. Page 2
- It's Beginning To Look A Lot Like Christmas
Discover Fun Things To Do This Holiday Season
On Page 2
- What's Dr D. up to Now?
He's Telling All On Page 1

Good Friends Don't Let Their BFF Miss An Event
Sign Up Your Bestie For My Newsletter TODAY!
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!



Last Minute Christmas Suggestions

20 Complete Skin Care Kits:

- * Get Skin Ready Kit for Stocking Stuffer: **only \$69.99**
- * Type I Kit for ages 9 to 35: **only \$124.00**
- * Type II Kit for ages 35 and up: **only \$213.00**

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