



# The NEW YOU

January 2019

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

## From The Desk of Dr. D



Ahh, January and the start of a new year. I don't have any resolutions because I'm always doing something new or introducing a new treatment or product for you! This month we are rolling out **GainsWave** for men (see page 5) and reintroducing **Thermi Tight** for turkey necks.



I'm writing this while all of my staff members are getting ready to have our annual Christmas party at **The Carriage House** (CarriageHouseOneonta.com) in Oneonta with the dance band **Splash** (Splash607.com). Of course, as I've been whining all year, this is my 60th Birthday Month and I'll be in Key West with Laura for the big event. I'll try not to start having my martinis before noon this year but I'm not promising anything! Looking forward to fresh fish and warm sunny days. Hopefully going to see the **Dry Tortugas** (DryTortugas.com). **Oh did I mention that I'm giving you all a present too this month?** See details below.



**Hope** will be home for Christmas from California for 10 days and it will be nice to see her since it's been 8 months since she left. **Ilsa's** final exam at ESF was on a Friday from 5 to 7 pm. Talk about torture! She made it home with all her plants and succulents just fine. **Claire** got two A's in her classes and is settling into her apartment on Lark St in Albany. I took her my old cherry futon from my med school days and Laura's old maple dining room table and it's now a real living space. **John** is working his butt off at Jack's Oyster House and is making plans for the future. There's a rumor that **Moriah's** husband is planning a visit back from Columbia South America and she's anxious to see him.

My good friend **Dr. Lia Briggs** has joined Dr. Mary Ellen Hoffman at Hoffman Family Medicine (HFM) in Oneonta and is now accepting new patients. The two physicians are using the **Direct Primary Care** method of delivering family care that "eliminates the 'middleman.'" This allows patients and doctors to have a relationship that is not influenced by greedy insurance companies and big health systems. Patients pay a flat low monthly fee which covers any and all office visits and also gives them **DIRECT** access to their doctor any time via text/email/phone. The doctors are able to spend 30 to 60 minutes with their patients. Patients can get in for acute sick visits and do not need to go to the walk-in or urgent care **AND** they get to see **THEIR** doctor every time. The office works with patients' insurance plans for prescriptions, lab testing, x rays and referrals to specialists. **Dr. Briggs** is a "local" - growing up in Davenport and graduating from Charlotte Valley. Before joining HFM, Dr. Briggs worked at the Bassett Family Medicine office in Oneonta for years. HFM has now allowed her to practice medicine the way she always wanted to, spending time with her patients and delve into the issues they are having. More info is at **HoffmanFamilyMedicine.com**

We saw **Christmas Belles**, "a Southern Fried Yuletide Comedy" by the **Catskill Community Players** in December with Diane and Ben Friedell and Kristen Sloth at the Wieting Theater in Worcester - hilarious! Watch for their spring play at CatskillPlayers.org. If you sign up early enough (I waited too long to do this, unfortunately) you can get a package deal with dinner at the Worcester Inn too **TheWorcesterInn.com**

I received the best Garlic ever by **Amy Goddard** of **Gibson Hill Garlic in Franklin**. Unfortunately, they are only growing it for family and friends so you can't buy it anymore. Amy passed on **Tips for storing garlic**: Store in the pantry or cabinet cool and dry away from heat and sunlight in a basket. Use the largest heads first because the smaller heads keep longer. Even if the heads start to sprout you can salvage some usable cloves. Don't store in the fridge because it's too damp!

You may have read that there were warnings about **ThermiVA** this summer. Well the FDA has cleared the treatment completely (which I knew it would) as safe and efficacious. ThermiVA works on women's **overactive bladder, bladder leakage, and vaginal atrophy and dryness**. It is painless and noninvasive and women love what it can do for them. Go to **NYSVC.com** for more info or call for my **book about ThermiVA**.



**Upcoming Events Of Note:** I just heard that Chef Mike of Bistro 163 in Binghamton will be offering a Valentine's Day French Food and Wine Pairing Event on Thursday, Feb 14th. For just \$75 per person, you will enjoy 5 delicious courses, 5 imported French wines, and live music. But hurry because there are only 22 tickets available. His last tasting menu was sold out. **Call Bistro 163 at 677-0039** for reservations now.



I spent a day in December with world-renowned plastic surgeon **Dr. Barry DiBernardo in New Jersey** and learned the secret to make **Thermi-Tight** give you back the smooth tight **NECK and BELLY** you've always wanted! The treatment only takes about an hour and in just 6 days your neck or belly will be tighter than an Army Recruits bedsheets. **Call for your private consult** now to learn more at (607) 286-0061.

**This month we're rolling out Gainswave!** This is the new method of rejuvenating the clogged blood vessels that cause most of ED. See page 5 for more details.

**It's My 60th Birthday this month but You get to have all the presents!** In a shameless attempt to get you to visit our new website, I am only putting the details of our January special at **NYSVC.com** and go to **'News and Events'**. This is the only way you can learn about what I'm giving YOU this month!

**QUOTE OF THE MONTH**

### QUOTE OF THE MONTH



"For last year's words belong to last year's language. And next year's words await another voice. And to make an end is to make a beginning."  
**T.S. Eliot**

# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 New Year's Day</p> 	<p>2</p>  <p>Find Us On Facebook</p>	<p>3 National Fruitcake Toss Day</p> 	<p>4 Trivia Day</p> 	<p>5 The End of America</p> 
<p>6 Feast of the Epiphany Three Kings Day</p> 	<p>7</p>  <p>GIVE US YOUR EMAIL ADDRESS TO GET <b>Exclusive Email Offers</b> info@NYSVC.com</p>	<p>8 Bubble Bath Day</p> 	<p>9 Play God Day</p> 	<p>10 Houseplant Appreciation Day</p> 	<p>11 Step in a Puddle and Splash Your Friend's Day</p> 	<p>12 Greg Greenway</p> 
<p>13 Make Your Dream Come True Day</p> 	<p>14 Dr D Turns 60!</p> 	<p>15 National Hat Day</p> 	<p>16 Martin Luther King Jr. Birthday</p> 	<p>17 Ditch New Years Resolutions Day</p> 	<p>18 International Winnie the Pooh Day</p> 	<p>19 Reggie Harris</p> 
<p>20 National Cheese Lovers Day</p> 	<p>21</p>  <p>EVERY DAY!</p>	<p>22 National Blonde Brownie Day</p> 	<p>23 National Pie Day! See My Recipe on Page 4</p> 	<p>24 Beer Can Appreciation Day</p> 	<p>25 The LYNNes</p> 	<p>26 National Spouse's Day</p> 
<p>27 Broadway in Binghamton Presents "Chicago" The Forum Binghamton</p> 	<p>28 National Kazoo Day</p> 	<p>29 National Puzzle Day</p> 	<p>30 National Inane Answering Message Day</p> 	<p>31 National Backwards Day</p> 		

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

# 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.

**We Get Mail!:**



Carol Chesser from Oneonta told me to tell everyone (while we were enjoying martinis in Bella Michaels in December) that she held off on seeing anyone in Florida for her dermatology visit till she flew back for the holidays. Thanks Carol! Her real estate agency is at ChesserRealty.c21.com. Bella's is at Bella-michaels.com



**Dr. Eric Dohner, M.D.**



**Stan Anderson, RPA-C**  
Physician Assistant  
in Dermatology



**Michael Weinberg, RPA-C**  
Physician Assistant  
in Dermatology



**Anne St. Pierre, NP**  
Nurse Practitioner  
in Dermatology

## We Have the Solution for Anything Your Face or Body Needs

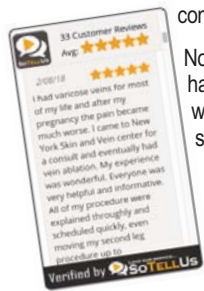
- Tighten Turkey Neck, Batwings & Belly with ThermiTight
- ThermiVA for Bladder Control and Dryness
- Medical Weight Loss
- Acne & Acne Scar Treatments
- Excel V Laser for Rosacea, Facial Veins, Brown Spots
- Wrinkle Relaxers: Botox, Dysport, Xeomin
- Don't Just Fill Wrinkles - Look Younger with Sculptra
- 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, Juvederm, 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

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](mailto:INFO@NYSVC.com) and I will be sure to respond right away.

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](mailto:INFO@NYSVC.com).



## Upcoming Events:

### January:

It's Dr. D's Birthday **BUT YOU Get the Presents!** Go to [NYSVC.com](http://NYSVC.com) and click on the Events page to find out what we're giving you!

### February:

Watch for Details for Our VIP Dinner!



6 Country Club Rd,  
Oneonta

75 Pennsylvania Ave.,  
Binghamton

**Two  
of Our  
Locations**



**Contact Us: Oneonta: (607) 286-0061 - Norwich: (607) 286-0695 - Walton: (607) 865-5800  
Hamilton: (315) 750-1470- Binghamton: (607) 286-0694- Email at: [Info@nysvc.com](mailto:Info@nysvc.com)  
Facebook:NewYorkSkinandVeinCenter - Visit our website at [www.NYSVC.com](http://www.NYSVC.com)**

# Dr Ds Guide To Mid-Winter Comfort Food

When the weather turns cold I crave the comfort foods of my youth - especially savory pies! Although she doesn't use curry in her pie, my mom makes a great Chicken Pot Pie. I have taken her recipe and added a few touches of my own. Because it makes use of leftovers (and store-bought frozen pastry) it is quick to prepare after a long day at the office. My kids love it and I hope yours will too.

## “Not Quite Mom’s” Curried Chicken Pot Pie (serves 4)



### Ingredients:

- 4 cups leftover mixed vegetables (carrots, peas, mushrooms and corn)
- 2 tablespoons of olive oil
- 3 tbsp butter
- 1 cup chopped onion
- 1 cup chopped celery
- 1 ½ cups chicken broth
- ½ cup milk
- 2 tbsps flour
- 1 tsp curry powder
- 2 tbsps dried parsley
- 1 tsp salt and ½ tsp ground black pepper (use to season flour before adding to mix)
- 2 cups cubed cooked chicken
- 1 package puff pastry

### Directions:

Preheat oven to 400 degrees F.

Toss vegetables with olive oil and spread evenly onto a sheet pan. Place into oven and roast until golden brown.

Add 1 tbsp butter to a saute pan and sweat the onion and celery.

In microwave, heat broth and milk together until hot (2 mins).

Add 2 more tbsp of butter to the celery mix and continue to stir until liquid is completely gone. Add seasoned flour and curry powder to the celery mix and stir for 1 to 2 minutes. Whisk in the hot milk mixture slowly (stirring continually) and cook until thickened. Add parsley, the browned vegetables and the chicken and stir to coat. Pour mix into a shallow oven-safe pie dish, lined with foil, and top with puff pastry.

Place in preheated oven and cook until puff pastry has browned and the mixture is hot and bubbly about 25 minutes

**While the pie is baking it's time to mix yourself a drink. This drink was a Major Hit at the Christmas Cocktail Parties! I thought I would share the recipe with you.** (We didn't add an orange twist during our parties but it's a nice addition).

## Dr D's Going For Gold Cocktail (makes 1 cocktail)

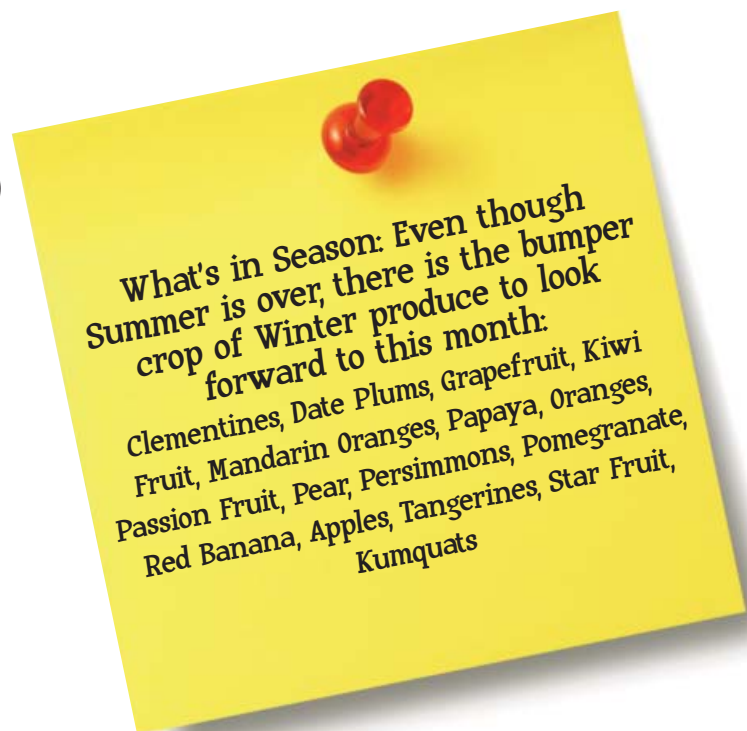


### Ingredients

- 2oz Bourbon (Buffalo Trace is best)
- ¾ oz lemon juice
- ¾ oz honey syrup (mix equal parts honey to hot water)
- An orange twist

### Directions

Shake over ice, strain and pour into a highball glass containing a large ice cube.



# How Sound Waves Are Being Used To Reverse Erectile Dysfunction In Men



Erectile dysfunction (ED) is defined as "the inability to develop and maintain an erection for satisfactory sexual intercourse or activity". ED begins to affect men much earlier than we once believed. Although most men seeking treatment for erection problems and low sex drive are likely to be between the ages of 50 and 59, it is estimated that 40% of men will start to see signs of ED as early as age 40. Most ED is caused by a blood flow problem and can be a marker for other "clogged artery" problems such as coronary artery disease.

ED is a frustrating condition which can hurt relationships leading to feelings of anger and loss. Although great strides have been made, ED can't always be treated with medication, injections or surgery. Many men are not candidates for these other treatments such as Viagra, or Cialis, due to heart issues or diabetes. Fortunately there is now Gainswave, a noninvasive treatment for erectile dysfunction

Unlike other current treatment options for ED, Gainswave actually treats and corrects the underlying problem. This treatment restores the body's natural ability to achieve natural, spontaneous erection. It also works well with the medications for men who have severe ED too.

## How Does Gainswave Work?

To better explain how GainsWave works let's take a quick Biology refresher course. Inside the penis shaft are two cylinder-shaped chambers (corpora cavernosa) which run the length of the penis. The corpora cavernosa house a cluster of blood vessels, tissue, and open pockets. The urethra - the tube through which urine and semen flow - runs along the underside of corpora cavernosa, in the spongy tissue called (appropriately) corpus spongiosum. Each of the corpora cavernosa has a major artery running through it from which several veins move blood in and out. If these veins become damaged or clogged in some way, blood cannot flow and erection becomes difficult or even impossible.

Gainswave is a safe medical treatment which uses shockwaves to open up those damaged arteries restoring a more natural erection than those which occur as a result of medication.

## Dr D. Shockwaves Sound Painful! Does The Procedure Hurt?

Shockwaves are only sound waves which carry energy to the diseased area. The Gainswave treatment simply uses painless sound waves to target the deep tissues of the penis where they stimulate regrowth of arteries and the release of growth factors to stimulate new tissue and restore diseased areas. The result is an improvement in blood supply to the penis which is necessary for a spontaneous erection to take place.

## Is Gainswave Safe?

Shockwave therapy has been used for decades - primarily as a treatment for breaking up kidney stones using high-frequency acoustic waves. Fifteen years ago, researchers in Europe realized that by using lower intensity acoustic pulse waves, they could apply these same waves to the penis clearing out blocked veins, without damaging the skin or organ. And best of all, Gainswave works where medications have failed.

## Is GainsWave Right For My Husband?

### GAINSWave Could Be Right For Him If He Is Experiencing:

- Insufficient or complete lack of erection
- Is able to get an erection but unable to maintain it long enough to have sex
- Complains of pain or difficulty obtaining an erection (Peyronie's disorder)
- Has a reduced sex drive

## What Can He Expect From The Treatments?

- Increased sensitivity
- Decreased time between erections and orgasm
- Increased erection quality
- Larger and fuller erections
- Ease of getting and maintaining an erection
- In many cases there is no further need for medications and or injections
- Improvement in post- prostatectomy patients

## After 6 treatments Patients Have Reported:

- 80% "Improved erectile function"
- 72% "Improved sexual performance"
- 72% "Improved ability to engage in sexual activity" 82%
- "Increased size and fullness of erections"
- 67% "Able to stop the use of PDE5i (Viagra or Cialis)"
- 82% "Respond better to PDE5i (Viagra or Cialis)"

## Is The Procedure Covered By My Insurance?

Gainswave is not covered by insurance but compared to the cost of ongoing ED medication, the procedure is cheaper and longer lasting. The consult with Dr D is covered by insurance however.

## What People Are Saying About Gainswave

"Gainswave has allowed me to be intimate with my wife again." *John P*

"Having tried everything else without success, I was initially reluctant to try Gainswave but my wife insisted. I'm glad she did! We are now able to be intimate without waiting for pills to work. I'm not saying I'm 25 again but things have definitely improved a lot." *Bob S*

"Before Glenn had this procedure our marriage was in bad shape. He was angry all the time and I was felt unloved and undesirable. When I first heard about Gainswave I was a bit hesitant to bring up the subject but Glenn was really excited to try. We are both very happy with the results." *Barbara T*

Want to learn more about how Gainswave can help improve your marriage? Call (607) 286-0061 now for a FREE copy of my latest book: **The ED Book: Is It Possible to Regain Your Confidence Without Pills, Injections, or Surgery?** OR if you're ready NOW to take the next step, call 286-0061 for your GainsWave consult with Dr Dohner.





# What To Wear This Winter

Unless you've been living in a cave for the past few months, you know that the old song is causing controversy right now but really, baby IT'S cold outside! Yup, January in Upstate New York means biting cold, snow, and more snow. So if you're feeling the winter blues here are some winter fashion ideas to brighten your day:



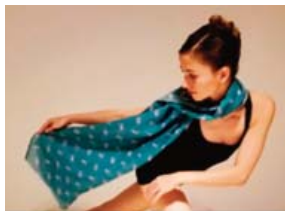
Red is everywhere this year. From Pantone's Red Pear to Vibrant Poppy (and everything in between) Show your true colors in this highly wearable **red leather trench coat available at neimanmarcus.com for just \$315** (sizes xs to 2xl)

Prefer something more muted? You're in luck! Olive green is also popular this winter. Stay warm and fashionable in these **Modern**

**Bootcut Corduroy Pants from Loft \$59.50** available both Marisa and Julie fit (check out the site to see which is best for your body type) in sizes 24" to 34" waist.



This bee-utiful scarf (\$31.85) is available at etsy.com in this season's most desired shade - quetzal green (if you don't know what that is it think of the blue/green hue of a peacock's tail feathers) Quetzal blue is glorious and uplifting which unfortunately, (despite being all over the runway) is still hard to find in clothing stores. But fear not, Rit offers a dye in this shade (if you're feeling adventurous) otherwise, check out **Ocaelis for more amazing handmade shawls and scarfs.** Etsy listing 656116437



Stay warm all winter long in this chunky **Hygge Cardigan from anthropologie.com** Available in both regular and petite sizes. This cosy cardigan isn't cheap at \$198 but the quality is definitely there so we think it's worth the splurge. Throw this on over jeans and be the hippest mom/grandma in town.



**The Reversible Black Striped Cardigan from chicos.com** does double duty this winter. Black and sleek on one

side, it's for the work day. And when 5pm rolls around simply turn inside out for fun stripes that take you from office to cocktails seamlessly. \$125



We can't get enough of this "**On a Boat Sweater Dress**" from Free People. This versatile dress is great worn with thick tights, over leggings or atop your favorite jeans - and it helps hide those extra pounds you picked up over the holidays! Available in the Fiesta (shown), black, brick or jewel seas \$168 freepeople.com.

Prefer something a little more muted? Try the gorgeous weathered leather **Carmichael Trench Coat from sundancecataloge.com.** This coat is sure to be the starring piece in our winter showcase. Sure, at \$548 it's an investment piece - but aren't you worth investing in?



This season cowboy boots are back! But this time anything goes - textures, snakeskin, impossibly bright colors - take your pick! So long as they're mid-calf or knee high you can wear what you love this winter. We particularly like:

## Roper Penny

These equestrian-inspired boots have a sleek silhouette with just Western accent to make them both fun and functional. Available from zappo.com for \$84.99.



**Old West Boots:** Also from zappo.com these traditional cowgirl boots are perfect for wearing with jeans. \$150



**UOFOCO Women Buckle Shoes Boots Snakeskin Pattern Thick Pointed Booties Toe.** They won't miss you in these sexy snakeskin boots! available on amazon.com for just \$22.95



Whatever you chose to wear this winter be bold, be beautiful and always "do you!"

# 2018 By The Numbers

(What A Year It Was!)



Number of Babies Born To Staff Members

1

My nurse Colleen and her baby Ruby Juliet

Number of Staff Marriages

2



Dollar Value of Donations You Made To Charity! A Whopping

\$9,300

YOU ROCK!



Number of Newsletters We Mailed Out

24

Number of Dr D's Kids Who Entered College This Year

2



Number of Botox Patients Seen

635

Number of Advanced Training Courses Dr D took

5

Number of New Employees Hired

6

Number of Parties Held

14

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

32



Number of Leg Vein Patients Who Found Relief

523

Number of New Books Dr D Wrote

1



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

32



Number of Derm Patients Treated

20,160



Number of Emails Sent Out

321



Number of ZO Kits Sold

161

We were busy! Thanks for helping us to make 2018 great. Happy 2019!



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

6 Franklin Rd  
Walton NY 13856  
(607) 865-5800

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

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



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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](mailto:Info@NYSVC.com) with your name, address and email. We'll Get One in the Mail ASAP!



It's Dr Dohner's Birthday and You Get the Presents! BUT You'll Only Learn the Details at our Website.

Go to [NYSVC.com](http://NYSVC.com) and click on the Event Page.

Our Lips are Sealed BUT Your Gift Does Involve the Number 60!

The Deadline to Claim the Loot is Thursday, January 31st at 5 pm.

Don't Delay,  
Cause We're Sure  
to Run Out!  
Visit [www.nysvc.com](http://www.nysvc.com) Today!