



# The NEW YOU

January 2019

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

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

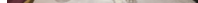
## From The Desk of Dr. D



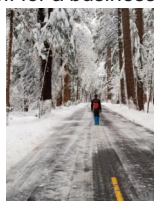
Wow, didn't I just have a birthday last year! I've heard people tell me they were NOT going to have any more birthdays and now I know what they mean by that. 61 just seems old when I say it out loud but I don't feel it in the least with all my tennis! Speaking of that, my standings in the men's singles round-robin has LEAPED up to #7 out of 27 last month. I used to hate singles in tennis 'cause it felt like work and like I got beat up afterward. Now however it's invigorating! My annual trip to **Key West** is coming up this month but shorter as I'm so busy with vein surgery. Speaking of leap, 2020 is a Leap Year and you know what that means - babies born on Feb 29th actually get a year older! While January can be a downer for many after the Holidays, we've got all sorts of things happening this month at the office for you to discover an even better version of yourself!

### Family Happenings: Ilsa's 19th birthday party

was delayed due to the 5 inches of snow Syracuse got in December. I was nervous because as a popular teenager, I thought she was not going to be able to fit dear old dad into her busy schedule of final exams at



ESF. Not to worry: she accepted the bribe of a 28 day aged huge Cowboy steak at Prime Steak in downtown Syracuse. We had a great time even though her picture doesn't seem to indicate it. **Hope** spent her Thanksgiving in **Yosemite Park** and then took off for a business trip for Google in London! The stinker kept it from me probably thinking that I'd fly over there to see her! She came to the East Coast for Christmas for 2 weeks. My brother **Bret** has formulated plans for a

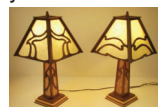


vacation at a beach house in Rehoboth, Delaware in July. First time in decades that I'll be in the same place with my sisters, brother, and mother for a whole week! I foresee a lot of day trips to ease the tension!

**The Holidays: Thanksgiving** was spent at my friend Tom's restaurant (Amorette.com) and then on to Staunton VA (pronounced Stanton)



to go to the American Shakespeare Center. Had the fanciest Bloody Mary ever there! I highly recommend it if you like live theater or the old Bard for a long weekend. I'm planning to go back in the Spring, Summer, and Fall for their different seasons. **Our office Christmas party was held at The Carriage House** in Oneonta with lots of karaoke by the staff and someone who could not sing a lick (me!) My staff was very generous in gifts with the best one being my NP Kim Halaquist taking call for me over the whole week between Christmas and NYE! **Christmas weekend** had the 4 youngest kids visiting: John, Hope, Claire, and Ilsa while Christmas Eve was spent at my brothers in Pennsylvania. **New Year's Eve** was at Turning Stone which I have not been to in years! While at the Holiday Art Show at CANO



in Oneonta, I bought a handmade wooden lamp from my good friend Joe Muehl at his furniture display in December. It's on my desk in the Oneonta office.

### I'm pleased to offer to Upstate NY: PIXEL8

Pixel8 is RadioFrequency Microneedling and is considered the "Holy Grail" of Skin Rejuvenation. **Pixel 8** Tightens Wrinkles & Smooths Acne Scars, Fine Lines, Pores, and Lipstick Lines, & Clears Uneven Blotchy Skin Color all in One Treatment with minuscule downtime! **Call Denise at 607/431-2525** to get started on it in the Binghamton and Oneonta offices.

I'm reminding all of my friends that if you're heading **SOUTH** this winter don't forget to pack your **ZO Skincare Travel Kit**. Available for all skin types, this kit contains everything you need to care for your skin on the go. **Call or Text Denise at 607/431-2525**

## 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).

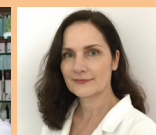
Originally located at 41-45 Dietz St in Oneonta as Oneonta Laser Derm, the practice expanded and changed the name to New York Skin and Vein Center. We now have 4 locations with 3 dermatology PA's and NP's, 5 laser nurses and technicians, with two private surgical facilities for your safety, convenience, 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 and what we have to offer you.

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 a lot can happen in a year or two! This newsletter is my way of keeping in touch. Hope you enjoy it as much as I like writing it.



I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something.

**Neil Gaiman, Author**



# Paleo Thai Chicken Meatball Soup Recipe (Serves 10)



A few years ago my daughter, Hope, went on a Paleo diet as she was experimenting with food. Back then Paleo was a new concept while these days everyone has heard of it. This Thai meatball soup recipe is typical of Paleo and very delicious. Don't let the fish sauce and Thai red curry paste scare you off - they are easy to find in the International aisle of all supermarkets. Rather than making the soup "fishy", they make it taste savory and satisfying. The addition of coconut milk make it creamy and only mildly spicy. It is perfect for a cold and gray January day. You can substitute pork for the chicken too. "Hope" you enjoy this recipe!

<b>Meatballs:</b>	1 tbsp grated ginger
1½ lbs ground chicken	2 tbsp olive oil
(or boneless breasts)	1 tbsp fish sauce
¾ cup chopped cilantro	½ tsp salt
2 small shallots	½ tsp cumin powder
¾ cup diced carrots	¼ tsp black pepper

<b>Curry broth:</b>	1 cup chicken broth
3 tbsp Thai red curry paste	1 tbsp fish sauce
1 tbsp coconut oil	Juice of ½ lime
14 oz can coconut milk	Extra cilantro leaves

## Directions:

### Meatballs:

Place the first 5 items under the "meatball seasonings" into a food processor. Pulse a few times until finely chopped. Mix into ground chicken with the rest of meatball seasonings (fish sauce etc). Use your hands to form small round meatballs (about 23-24 meatballs).

### Curry Broth:

1. Warm a large soup pot over medium heat and add 1 tbsp coconut oil. Add 3 tbsp red curry paste and stir-fry for a few seconds. Pour in coconut milk and bring it to a boil, then reduce the heat to medium and cook, stirring occasionally until the red oil rises to the surface.
2. Add meatballs (one-by-one) and cook for about 10 minutes until they are done.
3. Season the broth with 1 tbsp fish sauce, ½ lime juice.
4. Turn off the heat and add cilantro leaves.
5. Serve and Enjoy!

## Dr D's Hindsight Cocktail (Serves 1)

Now that the New Year is with us, I am determined to continue my efforts to keep my weight under control. This doesn't mean I'm giving up everything I like! My 2020 diet will still allow for the occasional libation and this deliciously light cocktail is the perfect reward for sticking to my New Year's resolution. Because after all, "Hindsight is 2020" (groan!).

<b>Ingredients:</b>	wedge of lime
½ oz pineapple juice	½ oz simple syrup
sprig of fresh cilantro	2 oz vodka
½ oz fresh ginger root	3 oz club soda

**Directions:**  
Muddle the cilantro, ginger, and lime together with the sugar syrup. Add 1 cup of small ice cubes, pineapple juice, and vodka. Stir and pour into a highball glass. Top the drink with the club soda, add a slice of lime and serve.



## Celebrate The Season! Fun Things To Do This Month

### January 1

#### New Year's Day Vienna Style

Broome County Forum Theatre, Binghamton

### January 11

#### Wine and Chocolate Festival

Floyd L. Maines Veterans Memorial Arena, Binghamton

### January 12

#### The Cutler Flea Market

Broome County Regional Farmers Market, Binghamton

### January 16

#### Suitcase of Dreams - Book Signing

Koffman Incubator, Binghamton

### January 17

#### Bundy House Ghost Tours

The Bundy Museum of History and Art, Binghamton

### January 11

#### The MET Opera Live in HD: Wozzeck (Berg)

Foothills Performing Arts and Civic Center, Oneonta

### January 11

#### Alexis P Suter Band

The Otesaga Resort Hotel, Cooperstown

### January 12

#### The 2020 Wedding Expo at Foothills

Foothills Performing Arts and Civic Center, Oneonta

### January 26

#### Bolshoi Ballet in Cinema: Giselle

Foothills Performing Arts and Civic Center, Oneonta

### January 1

#### 2020 Masquerade Ball and Comedy Show

Castle on the Delaware, Walton

### January 18

#### "The Blah Blah Blah"

Castle on the Delaware, Walton

### January 25

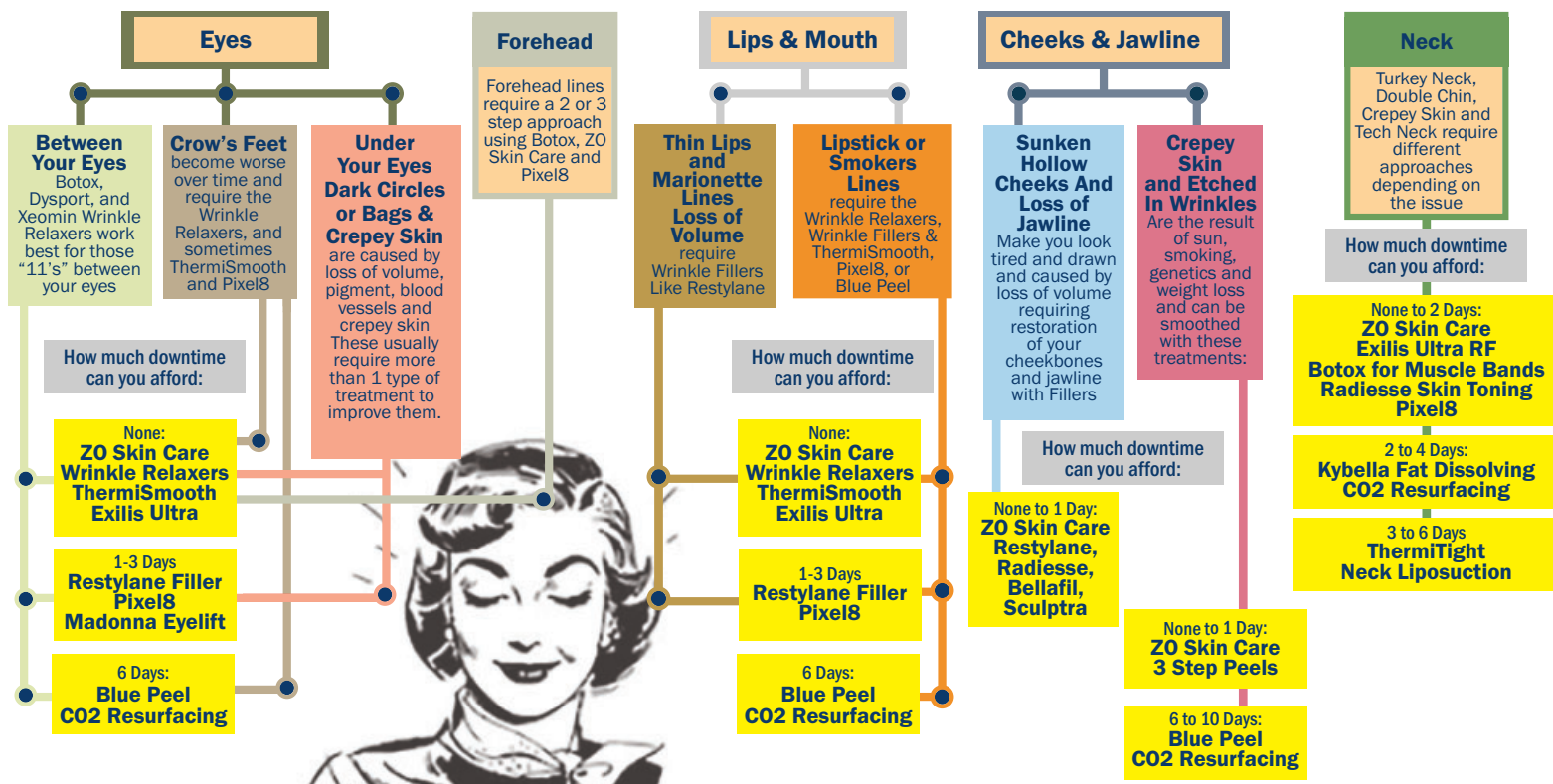
#### "SMASHING ATOM"

Castle on the Delaware, Walton

**Feb 2:** Sun 12 to 4pm in Oneonta  
CANO 16th Annual Chili Bowl

# How To **Reverse** The Signs of Aging And Have The Skin You've Always Wanted

## Where Wrinkle Is Located



## How We Treat Your Wrinkles Depends On How Long You've Been Suffering With Them How LONG Has The Wrinkle Been There?



## Out With Those Old Wrinkles, In with Gorgeous New Skin Make 2020 Your Most Beautiful Ever!

Tired of looking tired and ready to start the new year looking your very best? Dr. Dohner and his experienced staff are here to guide you through the steps to finally having the skin you deserve. New York Skin and Vein Center offers the latest in Cosmetic Treatments that are sure to give you the results you crave including:

**Wrinkle Relaxers**  
Botox, Dysport, Xeomin

**Wrinkle Fillers**  
Restylane, Radiesse, Sculptra, Bellafill

**Skin Tightening**  
Exilis, ThermiSmooth/Tight, Resurfacing, Peels

AND did you know that we also offer the

### "Holy Grail of Skin Rejuvenation"

**Pixel 8 RadioFrequency Microneedling** - this incredible new treatment not only Tightens and Smooths your skin, it also repairs Uneven Skin Color. **All in one safe and affordable treatment!**

**Start 2020 the right way, with beautiful, blemish free skin**

**CALL 607/431-2525 RIGHT NOW! Because this offer expires on Sat., Jan. 25th at 3pm**

### How to Get Started?

Sign Up for Our New Year Consult Special:

1. Comprehensive Skin and Wrinkle Consult
2. ZO "Get Skin Ready" Kit
3. ZO No Downtime Glow Peel
4. \$50 Off Any Treatments

**Only \$99** (value \$350)  
Expires Sat., Jan. 25th at 3pm





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 ★★★★★ (53)

Medical spa

## Happy New Year From Dr D!

- What's For Dinner?  
Try My Thai Chicken Meatball Recipe on Page 2
- I've Been Busy!  
Check Out What've Been Doing. On Page 1
- Wondering What's The Right Treatment For Your Wrinkles?  
Read My Easy To Follow Chart On Page 3
- What's Happening Around Town?  
On Page 2

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!

# The HOLY GRAIL of Skin Rejuvenation is Now Available at New York Skin and Vein!



**Pixel 8 RadioFrequency Microneedling** uses the latest technology to **Tighten Your Skin, Erase Wrinkles, Smooth Crepey Skin and Acne Scars and Fine Lines AND Clear Uneven Skin Tones!** It Even **Brightens** Your Skin making your Complexion **GLOW** Like it Used to!

**Pixel 8 Works on Your Face, Neck, Chest, Upper Arms, Belly, Thighs, and Knees!**

**Fast, Comfortable, and Safe with Only 1 Day of Redness!**

**Make 2020 the year you invest in yourself.  
Call or text 607/431-2525 for your Consult Today!**