



# The NEW YOU

March 2018

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

## From The Desk of Dr. D



Loving the longer days and warmer temps except for the ice on the sidewalk outside my



house. Don't forget Daylight savings on March 11. I usually hate DST but when the sun sets a whole hour later, it seems to make it worth it

for a while. Look for me and Laura at **Parade Day Saturday March 3rd in Binghamton** - I never miss it since discovering it 10 years ago. Don't know where to hang out this year but I won't be anywhere near the drunken students! I used to stand right at the beginning of the parade at Pine and Fayette next to the now closed **Tranquil**. They had a tent with food and beer which was a nice retreat. Speaking of Tranquil: what's happening at their old space? Laura used to live right up the street from Tranquil and I ate there at least a 100 times. Yup I'm turning into an nostalgic old fart.



**Easter** is very early this year and I've always given my staff off for Good Friday. Laura and I are looking to stay at the **Mohonk Mountain House** in New Paltz over Easter. I got off easily

for Valentine's Day since Laura told me she wanted to go to **Bassett's Valentine's Soiree** at the Otesaga Hotel. I donated a gift certificate for the auction and some lucky duck got a steal! Our friend **Tina Boggs** and her husband were at our table as was Ed Nichols and his daughter.

**Family: Hope** has been in the very northern tip of Michigan taking a breather after finishing her masters in mechanical engineering at Carnegie Mellon. She is looking for positions in Colorado but can't find what she wants. Now she's off to Arizona to look at companies there. I told her just to get to a low tax state with lots of sunshine. **Claire** is looking at Hunter College in NYC for a biology degree to eventually to be a park ranger. I have not thought of her as a peace office in the past but now I can see it. She can be very imperial. I still remember her asking/telling me: "Daddy please get me my hot chocolate!" LOL. She just got her car back from the garage after a breakdown - a good lesson in paying her own way in life. **Ilsa** is going to ESF - the College of Environmental Science and Forestry in Syracuse. My



**baby** is going to college - wa wa. My **Mom** sent a nice letter at Valentine's day (of course written on scraps of paper she found in the trash in the tradition of a child raised in the Great Depression.) She has confirmed that the move to live in the State of Delaware with my sister Beth is really going to happen. The big problem for me is I have to get my old books, model rockets and high school yearbooks moved out of her attic. I can't remember the last time I was in that old musty hot attic. I'll be taking a truck to get all my stuff out.

**Local Business:** The **Otesaga Hotel** has international dining on Wednesdays. This month it's featuring Brazil, Ireland, France and

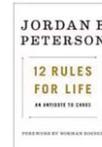


Israel. A friend of ours **Andrea Menke** has an interesting boutique in Delhi with home goods, tribal rugs and textiles. Check it out what they

have at **TheStoneHouse.NYC**. Another friend, **Gary Lozer**, is a real live Santa Claus from Cherry Valley and reminded me of a German sausage shop in the Hudson Valley: **Smokehouse of the Catskills**. I used to stop in there when I was in Saugerties much more than I am now.



The Catskill Symphony Orchestra is having their annual Cabaret Concert on Sat March 10th with the Mambo Kings. It'll be wild concert! Tix at catskillsymphony.net



**Reading:** Too many to list except for **12 Rules for Life: An Antidote to Chaos** by Jordan B. Peterson

**Eating:** Fish! I bought the freshest red snapper at Captain Cooks Seafood. Find them on FB at captcookseafood. They now have even-ing hours too.



**Watching:** Well! Spectrum sent out a notice that they were changing to digital boxes and it cancelled 50 channels we were getting therefore I'm looking into alternatives. We really only need PBS for Victoria, TCM for movies, Lifetime for Project Runway and ABC for Modern Family. We can't get DISH because our neighbors dish takes up the only spot available. Maybe Sling TV?

### ThermiVA Lunch and Learn with Lisa and Elizabeth, our laser nurses.

Childbirth, Aging, and Medical problems can take a toll on a woman's body. Urinary incontinence, overactive bladder, vaginal dryness and atrophy can make life a drag sometimes. In the past the only options were surgery, pills that gives you constipation and dry mouth, or dangerous hormones.

Now we have **ThermiVA**, a painless treatment that restores your bladder control and improves vaginal health and moisture too.

When: **12 Noon on Tuesday March 13th at the Binghamton office and Wednesday March 14th in the Oneonta office.** Call **353-1800** to RSVP at our 24/7 registration line or email **INFO@NYSVC.com** with your name, cell and any guests. We'll have a light lunch and end by 12:45.

# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>The secret is out <b>ThermiVA</b></p>		<p>Join us at Noon on <b>March 13th</b> (Binghamton Office) or <b>March 14th</b> (Oneonta Office) for our first <b>Lunch and Learn Program to Discover How ThermiVA Can Change The Way You Live Your Life.</b></p>		<p>Purim Begins <sup>1</sup></p> 	<p><sup>2</sup></p>  <p>Community Room Southside Mall</p>	<p><sup>3</sup></p> <p>Mediterranean Crossings: The Peril for Refugees Cooperstown Library</p>
<p><sup>4</sup></p> <p>Academy Awards</p> 	<p><sup>5</sup></p> <p><b>FREE</b> <b>Varicose Vein Ultrasound</b> WITH DR. DOHNER (9 a.m. – 3 p.m.) CALL TO SCHEDULE AN APPOINTMENT IN ONEONTA</p>	<p><sup>6</sup></p> <p>Notables</p> 	<p><sup>7</sup></p> <p>Rob Roman Jazz Group</p> 	<p><sup>8</sup></p> <p>Be Nasty Day</p> 	<p><sup>9</sup></p> <p><b>sign up</b></p> <p>GIVE US YOUR EMAIL ADDRESS TO GET <b>Exclusive Email Offers</b> info@NYSVC.com</p>	<p><sup>10</sup></p> <p>Paintfest 2018 Foxcare Center</p> 
<p><sup>11</sup></p> <p><b>DAYLIGHT SAVING TIME BEGINS</b></p> 	<p><sup>12</sup></p> <p>Girl Scouts Day</p>  <p><b>Girl Scouts®</b></p>	<p><sup>13</sup></p> <p>Have a drink with the Author</p> 	<p><sup>14</sup></p> <p>Lunch and Learn: ThermiVA with Elizabeth and Lisa</p> <p>I Pee When I Laugh... <b>We Can Fix That!</b> THERMIVA</p> 	<p><sup>15</sup></p> <p>Ides of March</p> 	<p><sup>16</sup></p> <p><b>SHAMROCK SWING</b> Mother &amp; Son Dance! <b>FRIDAY MARCH 16th</b> 6PM-9PM \$65 couples / \$400+ couples / \$250+ couples Buy tickets at <a href="http://foothillspac.org">foothillspac.org</a> for event &amp; payment!</p> <p>DINNER! DANCING! ACTIVITIES! PRIZES!</p> 	<p><sup>17</sup></p> <p>St Patrick's Day</p> 
<p><sup>18</sup></p>  <p><b>Find Us On Facebook</b></p>	<p><sup>19</sup></p> <p>Poultry Day</p> 	<p><sup>20</sup></p> <p><b>Spring HAS Sprung!</b></p> 	<p><sup>21</sup></p> <p>Fragrance Day</p> 	<p><sup>22</sup></p> <p>National Goof Off Day</p> 	<p><sup>23</sup></p> <p>Happy National</p>  <p><b>Puppy Day!!!</b></p>	<p><sup>24</sup></p> <p>GFEST 18</p> 
<p><sup>25</sup></p> <p><b>Palm Sunday</b></p> 	<p><sup>26</sup></p> <p>National Spinach Day</p> 	<p><sup>27</sup></p> <p>Let's Start With Skin Dinner Party</p> 	<p><sup>28</sup></p> <p>Swan Lake Russian National Ballet</p>  <p>ANDERSON CENTER for the Performing Arts BINGHAMTON UNIVERSITY</p>	<p><sup>29</sup></p> <p><b>GUARANTEED SATISFACTION GUARANTEED</b></p> <p><b>EVERY DAY!</b></p>	<p><sup>30</sup></p> <p><b>Good Friday</b></p> 	<p><sup>31</sup></p> <p>3rd Annual City of the Hills Bluegrass Festival</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)

**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](mailto:info@nysvc.com) - [www.nysvc.com](http://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
- 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, 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:

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. 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

## 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.

**Events:** You can always RSVP for our events by calling our 24/7 Registration Hotline at **607/353-1800** or email us at **INFO@NYSVC.com** with your name, cell # and any guests names.

**Let's start with skin:** Thur Mar 22nd at the Binghamton office and Tue March 27th at the Oneonta office.

**ThermiVA Lunch and Learn:** Tuesday March 13th at 12 Noon at the Binghamton office and Wednesday March 14th in the Oneonta office

**Client Appreciation Day Wed April 25th**

### We Get Mail!

**Hello Dr. Dohner!**

I have to say I look forward to every newsletter and read every word! I'm impressed with the variety of the articles and especially how you personalize them. I'm in Florida now and feel like I have to take a little trip down to the Keys again thanks to you!

**Make it a Great Day!**

Carol Chesser  
Century 21 Chesser Realty

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.  
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

# No Guilt My Favorite Belly Filling Recipes For Spring

I am often asked by patients which diet is better, Paleo or Primal? Well, although both diets strip out all unnecessary processed foods (gluten, sugar, grains etc) but Primal allows for the use of olive oil whereas Paleo forbids anything not animal derived. For most people Primal is easier to follow because it has a familiar taste profile. Although both diets are great for those of us looking to lose weight (and keep it off), I personally prefer Primal eating over a Paleo diet. Here is one of my favorite spring recipes.

## Primal Brie Stuffed Chicken Breast

(serves 2)



### Ingredients:

2 butterflied chicken breasts (see right)  
3 oz Brie (rind removed and gently warmed until softened)  
small handful of fresh basil chopped  
1 tablespoon olive oil  
4 leaves fresh tarragon chopped  
1 tablespoon stone ground brown mustard  
Salt and pepper to taste  
2 cloves garlic minced  
1 egg (beaten)

### Directions:

- 1 Slice chicken breast lengthwise down the middle leaving about half inch of flesh connected (to form a butterfly shape)
- 2 Chop fresh basil garlic and tarragon to medium coarseness and mix together with brie
- 3 Divide brie into 2 and place in the middle of each breast. Fold the breast back over on itself
- 4 Whisk up an egg and use this to seal the edges of your reformed chicken breast.
- 5 Once each breast is properly secured season with salt and pepper then brush each breast evenly with mustard.
- 6 Heat pan over medium high heat and when hot, add olive oil
- 7 Sear both sides and place chicken in oven at 350 degrees until juices run clear
- 8 Serve with asparagus tossed in balsamic vinegar and a sprinkle of fresh Parmesan cheese.

## Dr D's No Regrets Raspberry Lime Rickey

(serves 1)

When I was in Key West (this past January) I developed a taste for Lime Rickey's. Sadly most of the recipes I found upon my return were high in sugar and carbs - not good for my waistline! After playing around at my bar I created this delicious "skinny" version using low sugar raspberry syrup and vodka because I prefer vodka instead of gin (I had a run in with gin in college that left me unable to even smell it without getting sick, LOL). Here's my recipe and just a little reminder that summer will (eventually) be back. Enjoy!

4 oz club soda  
½ oz sugar-free raspberry syrup  
½ lime  
2 oz vodka  
2 fresh mint leaves  
ice

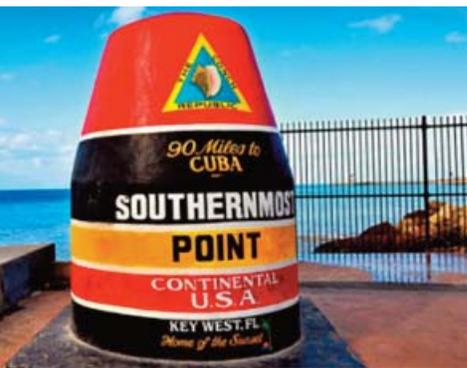
Muddle together lime and mint leaves in a tall glass. Add ice, vodka, syrup, vodka and club soda Stir and garnish with raspberries and a slice of lime!



An easy way to save on fruits and vegetables is to buy what's in season. Here's a guide to help you identify the best produce deals month-by-month:

# Spotlight On... Spring Getaway Destinations

With still a month to go until spring, many of my patients are telling me that they are ready to trade in their sweaters for shorts and head somewhere warm. I have to agree. It's time to say "Goodbye, winter whites" and Hello solar-blessed cities!" So here is my guide to some of the best places to visit in March.



## Key West:

If you've been reading my newsletter for any length of time you will know that my favorite place to escape the winter chill is Key West. From the moment the plane sets down I feel like I have been transported back to a calmer more sedate era. Even the airport is a throwback to the 1950's; you have to exit the

plane via roll up steps and walk the 200 yards to the terminal. Fortunately, you're more than likely to arrive on a balmy, sunny day (rain is so rare there that it might even be illegal!)

Once you are in Key West you can find as much (or as little) to do as you like. Being a foodie I love exploring markets and tiny restaurants. And of course the seafood is amazingly. If theatre is more your style then you must visit the Red Barn Theatre! This tiny space (about the size of my waiting room) only holds 50 people so be sure to book your tickets as soon as you arrive in KW.

If you do nothing else on your vacation in Key West be sure to catch the Catman (Dominique LeFort) and his amazing trained house cats. It's fun to watch their feline antics while sipping a mojito. And of course you must head down to Sunset Pier just before sundown to watch the sun set on another beautiful day in paradise. This is a daily ceremony on KW and you will meet a lot of interesting and fun people there.

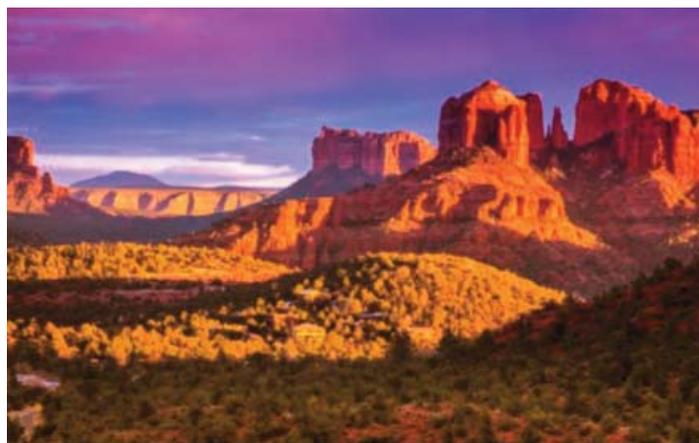
## Palm Springs:

Desert city Palm Springs is one of the most consistently sunny and warmest places in the U.S. The desert climate results in limited rainfall, and by March daily temperatures increase to the mid-70s and 80s. With this abundant sunshine, Palm Springs boasts a wealth of outdoor and recreational activities, such as 18-hole golf courses with panoramic mountain views and prime hiking trails. The city also welcomes pro tennis players during the annual BNP Paribas Open, as well as college-aged revelers looking for adventure.

Palm Springs is a quick drive to LA where you will find incredible restaurants, fun outdoor markets and of course those incredibly expensive clothing stores whose windows I can only afford to



press my nose up against. And don't forget to take one of the celebrity bus tours! There's just so much to do there but simply clocking time poolside in Palm Springs is the favorite pastime of many visitors (including myself)



## Phoenix, Arizona:

With its arid, desert-like climate, Phoenix is warm year-round, with temperatures sometimes exceeding 100 degrees in the summer. However, during March the city's climate is balmy, making it an ideal time for a sojourn from the North. Temperatures average a high of 85 degrees, so you can enjoy a respite from snow boots and break out the flip-flops and sunglasses. Particularly exciting for baseball fans is the onset of the Cactus League spring training in March, bringing 12 Major League Baseball teams and their followers to the city.

## Miami Florida:

Miami's reputation precedes itself as one of the top party-towns in the country. The year-round tropical climate and internationally renowned nightlife scenes brings tourists from all over the world to south Florida during the month of March. While most of the U.S. is just starting to defrost, Miami is enjoying daily highs of 80-degree temperatures. In addition to sunnier skies, the Atlantic Ocean enjoys the warmest temperature this time of year, especially at Miami Beach and Key West. March does tend to bring an influx of spring breakers though so accommodation and flights tend to be slightly more expensive than other spring vacation spots.



# Dr D's Guide To Facing The World

(Or 7 Dr Dohner Recommended Treatments For Common Skin Woes)

Every day I see women who hate the way their skin looks. From angry acne to age related dark spots, fine lines and wrinkles to sagging jawlines and diminishing lips - I've seen (and heard) it all! But fear not, whatever your skin woes New York Skin and Vein Center has the answer - if it bothers you, we have the solution. 80% of your skin problems can be improved just by the proper skin care that you use on your face. However who and what is a woman supposed to believe anymore since there are hundreds of companies trying to sell you "glop." With 18 years of experience in taking care of faces, I will tell you that ZO Skin Health products are the best. What I really like is that the products are scientific, reliable and predictable. They are NOT "secret Ingredients from the jungles of Borneo" or made from "ground up baby foreskins." They are well researched and modern products developed by Dr Obagi himself. So how to start? We are your guides and coaches in getting the skin you want. We have helped thousands of women and men and we can help you too. Here is my quick guide to the most common skin related complaints:

**1. Large Pores - The ZO 3 Step Peel** is an innovative combination in office peel that targets fine lines, large pores, dullness and acne.

It is followed by an at-home treatment that gives you longer lasting results than ordinary peels. This highly effective peel is designed to renew and stimulate your skin. It uses a blend of exfoliants, retinol and multi-action agents to significantly improve skin health and treat many signs of aging.



**2. Brown Spots, Rosacea, and Spider Veins - The Excel V Laser System**

uses focused light to repair damage from sun and veins. The laser attacks and treats the problem without cutting or blisters or bruising unlike older lasers. It's safe, painless and affordable. There are 3 different ways that the laser can be used on your skin depending on how fast you want to see the improvement. My highly trained laser nurses, Kathy,

Lisa, Elizabeth and Barbara will take the time to go over all of your laser options with you.



**3. Acne - The ZO Correct & Conceal Acne Spot Treatment** targets acne spots to relieve the discomfort and inflammation. And it absorbs excess oil that can lead to further acne. The exclusive Blur Technology gives instant, natural-looking coverage of pimples with a long-lasting matte. It leaves your skin with a flawless soft-focus look. The Triple-Action Nourishing Complex heals the skin and acne, and prevents post-acne marks.



**7. Dry Skin - ZO Overnight Recovery Crème.**

This complete anti-aging formula works overnight to repair and regenerate severely dry, irritated skin. It calms and soothes while restoring hydration. It also nourishes the skin, creating a protective barrier that prevents further dryness. It is NOT just another bandaid moisturizer but a real solution to dry skin.



**6. Fine Lines around the Eyes - ZO Hydrafirm Eye Brightening Repair Crème.**

Specially designed for the delicate eye area. Helps minimize the multiple signs of aging, including puffiness, dark circles and fine lines. Dark eye circles and wrinkles are caused by fluid, loss of volume, dark skin and fine blood vessels and Hydrafirm helps with all of these problems.



**5. Dull Looking Skin - ZO Exfoliating Polish.** This Ultra-fine scrub exfoliates dead skin cells, polishing the skin to create a cleaner, smoother texture and healthy glow. Suitable for all skin types.

It feels amazing. Women rave about their Polish to me everyday!



**4. Sensitive Skin - Calm sensitive skin with ZO Skin Health Calming Toner.** This calming solution is designed to invigorate dry, weak skin. It also removes impurities and balances the skin's pH to improve the penetration of other skin care too.



If you want to find out more about getting the Clear Smooth Skin you want, then you must attend my dinner party this month. **See page 8 for details** or if you're ready to do something about your skin **NOW**, then sign up for a **ZO Stimulation Lunchtime No-Downtime Peel and Skin Care Consult** with the Laser Nurses for only **\$19.00**. This usually costs \$175 and you'll also receive a **Free ZO Skin Care Kit and \$50 off any other treatment**. They will diagnose and set up a treatment plan for your complexion. While supplies last. **Call 607/286-0061** and ask for your appointment now! **Limited to 4 appointments in each office in the month of March.**

# Reinvent Your Space



Recently my dear friend, Sylvia, decided to move into a much smaller space. Though she was excited about the move, after a lifetime of collecting (art, furniture, books...) she was struggling to let go of her "excess" items. Because I am known for my ability to ruthlessly purge unnecessary things she obviously turned to me for advice. I tried very hard not to cheer at the possibility of editing down her footwear collection (who REALLY needs 108 pairs of shoes?) and set to work helping her to adjust to living with less

The first thing we did was assess each room so that she could decide what she couldn't live without. In the living room she identified the leather sofa she had handmade in Italy, her entire book collection, the rug she found at a flea market in NYC (back in the days when she loved the idea of living in a tiny apartment), several pieces of art she had been given as gifts over the years, photographs of her children and (for some reason) a rather ugly metal bird she calls Gorgeous

George. She also wanted to keep an antique desk, a tapestry chair and the ENTIRE contents of her large closet.

We decided to talk about it over a martini and when her thought process was "limber" enough to let go she decided to donate a healthy amount of clothing, the boots she bought in Texas (and never actually wore), her paperback novels (the trashy ones she would never admit to having actually read) and pretty much all of the kitchenware. After the second martini she gave up 50% of her makeup collection and all her nail polish (she gets her nails professionally done anyway). Eventually she decided (did I tell you that she is smart?) that she really didn't need most of what she had been hanging onto so she called her children and let them take what they wanted/needed as I pulled out my laptop and googled "storage solutions"

And it turns out that there are some pretty nifty products out there these days. Here are just a few of the things we found (and put to use)



## Cube organizers

Many rooms have unused space that can be maximized by the addition of a cube organizer. The 12-16 inches of floor space won't be missed and the additional storage gained is a huge plus. Use without baskets as a towel holder in a small bathroom or with baskets in the living area to hold items you don't want to on display. Shown Home Decorators Collection William 53.25 in. W x 49.5 in. H White 8-Cube Organizer \$429 Home Depot



Though designed for a student, this tidy bedroom can work just as hard for an empty nester



**Under bed storage** is perfect for clothing and the desk area does double duty as a night stand. Prepac Manhattan Tall Double Platform Storage Bed in Espresso [www.houzz.com](http://www.houzz.com) \$518.63

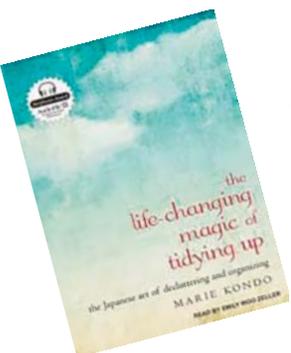
## Bookcases are affordable and serve many uses.

Two inexpensive bookcases create a "hidden" library headboard in this tiny apartment. The addition of curtains softens the look and can be closed for a more restful look. Find suitable shelving at big box stores like Lowes or Target for around \$50 a piece.



An inexpensive hack turns this Ikea bookshelf into a functional storage bench with the addition of a padded top and five linen baskets. Kallax Shelf Unit \$45.99 [www.ikea.com](http://www.ikea.com)

Though this requires either some woodworking skills (or the help of a handy friend) this gorgeous under the stairs library is the perfect place for beloved novels.



## Need help letting go of clutter?

I highly recommend reading:  
*The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*  
by Marie Kondō



**Pegboards** are a great way to organize kitchen utensils, office and craft items. Available from Lowes or Home Depot. Full directions can be found [www.gingersnapcrafts.com/2015/01/how-to-make-giant-peg-board-tutorial](http://www.gingersnapcrafts.com/2015/01/how-to-make-giant-peg-board-tutorial)



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



- What's Happening Around Town? Find Out On Page 2
- Get The Skinny On Dr D's Spring Recipes Page 4
- Discover Ways To Make Everyone Else Jealous of Your Complexion on page 6.
- Need To Downsize or Just Declutter Your Space? Check Out Dr D's Unique (and Affordable) Storage Suggestions On Page 7
- What's Dr D Up To Now? He Reveals All On Page 1
- Ready To Get Away From It All? See Page 5

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!

# This Month's Dinner Party ... Let's Start with Skin

Get the Perfect Smooth Clear Skin  
You've Always Wanted.

**Our Goal is Every Woman's Dream:**  
Go Out *Without* Makeup!

We'll teach you the secrets how to do it! Dr D trained personally with Dr Obagi of Beverly Hills and will reveal the most up to date skin care recipes with ZO Skin Health. You'll also learn what Lasers, Peels, and Microneedling can do for you! See the latest on MicoChanneling and MicroBotox too! We'll have demonstrations and give you the opportunity to get started on getting fabulous skin with **special pricing** just for attending!

As always we'll have Dinner, Wine, Prizes and Goodie Bags. **Meet the reps from ZO Skin Health and Botox too!**

When: **Thursday, March 22nd** in the **Binghamton office** and **Tuesday March 27th** in the **Oneonta office**. Both start at 6pm.

RSVP by calling our 24/7 Registration Line at **353-1800** or Email us at **INFO@NYSVC.com**

