



The NEW YOU

March 2020

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

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

From The Desk of Dr. D



So glad that spring is coming! Winter was way too long even if it was milder than usual. I'm feeling it more and more as time goes on, thus the trips away in the winter. This month we're extra busy at the office as many of you are getting ready to look just right for Easter, graduations, weddings, reunions, and Mother's Day. And we're getting all dolled up for the **Spring Garden and Flower Client Appreciation Party** on March 25 and 26. Details below and on page 4.

Family

Ilsa is plugging along in her studies at ESF in Syracuse. She can't wait till she can move out of the dorm into her apartment with other students in June (Dad as well since it will cost one third what the dorm does).

Claire's laptop died which is a catastrophe when you're doing online



college. Dad to the rescue with a new one from Apple. (Fathers! Like your own personal ATM!) I just figured out that my current MacBook has lasted SEVEN years. Why can't my kids' computers be this durable? Claire has to fly to **Phoenix** in June for a week to complete an organic chemistry lab that she can't get in Albany. Talk about the good life! She and **John** are still talking about moving to **Brooklyn** (of all places) when she completes her Biology degree in August. One more reason to visit the **City That Never Sleeps!**

Travels Galore: The Oscars party I had hoped for did not happen but I did attend one in **Ithaca** at the **Cinemapolis Theater** and won a whole basket of DVD's that night. My favorite restaurant there is **Mercato** even though the menu is limited. I'm heading to a



private training with **Dr. Obagi** in Los Angeles as I write this at the end of February. I'll be going back



to Key West at the end of March to help my friend Richard open his practice there. He had some setbacks with his father's hip fracture and his girlfriend's father's demise. I am very interested in his success as I may want to take over his practice in KW in my old age. LOL. Next trip after that is Staunton VA for **American Shakespeare Theater** for a long weekend beginning of April.



Whoever said Tennis is not a contact sport is WRONG. I've had two 'incidents' recently that were more than a sprain! The first was from a fall trying to avoid a lightning fastball heading towards my face resulting in a fall on my elbow and it hurt! The funny part was everyone surrounded me on the court as I lay there and they asked if I was alright. I said yes and nothing is broken. Someone asked, "how do you know nothing is broken?" I spate out (because I was feeling grumpy), "cause I'm a doctor!" The second was more serious: while chasing down a ball, I ran straight into a supporting side pillar covered in foam. It felt so soft as I hit it but it bounced me off straight onto my back and cracking my head open. No stitches needed but it hurt and the wound on my head kept me from shaving my head for 10 days! My back is still healing but I've been able to play so all is well. So tennis is safer than football but not by much for me last month.



Lisa Nunez RN is back and fitting right in. See my interview with her and the special RayBan sunglasses offer on page 3.



What I'm:

Eating: To simplify my life my breakfast is now Oatmeal with Blueberries and Whole Milk.

Reading: *The War of Art* and *Do the Work* by Steven Pressfield.

Wearing: Vneck cashmere sweaters till the weather breaks.

Listening to Spotify!: Text me your playlists at **437-7084**, please!

The Spring Garden and Flower Client Appreciation Party is upon us.

This is our premier semi-annual event to show how much we love you and your support throughout the almost 20 years that we have been open. See details on page 4. **RSVP Now, please.**

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



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 called 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/NP's, 5 laser nurses and technicians, with two private surgical facilities for your safety, convenience, and privacy.

The **New You Newsletter** is a monthly conversation about life as it looks from my perspective and what's happening at the 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 a lot, 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 is my way of keeping in touch. Hope you enjoy it as much as I like writing it. **Dr. Eric Dohner.**

Some of Our Services for You:

- Medical Dermatology
- Varicose Veins Treatment: In-Office Awake Surgery
- Leg Spider Vein Sclerotherapy
- Wrinkle Fillers & Facial Restoration: Restylane, Radiesse, Sculptra, Bellafill
- Pixel8 RF Microneedling
- Tighten Turkey Neck & Belly with ThermiTight
- ThermiVA for Bladder Control and Dryness
- Acne & Acne Scar Treatments
- Excel V Laser for Rosacea, Facial Veins, Brown Spots
- Wrinkle Relaxers: Botox, Dysport, Xeomin
- Peels: for Pores, Melasma, Sun Damage, Acne
- Vacation Peel: Give Us a Week - We'll Give You Back a Decade
- InstiLift Weekend Facelift
- Laser Hair Removal
- Smooth Wrinkles, Crow's Feet, Smoker's Lines with CO2 Laser
- Exilis Lunchtime Face Lift
- Laser Tattoo Removal
- Vanquish Full Body Fat Melting
- Cellulite and Stretch Mark Clearing



They say that March comes in like a lion and goes out like a lamb - let's hope so! I am so over this cold weather. But the chilly days have been allowing me to "eat it up yum" one of my all-time favorite meals - Chicken Pot Pie. Although I started off with a pretty generic recipe; over the years I have perfected it into something sublime. Your family will love my recipe!

Dr D's Comfy Chicken Pot Pie (Serves 6)

Ingredients:

1 rotisserie chicken	4 cloves garlic diced small	1 ¾ cup chicken stock
1 cup sliced carrots	1 cup frozen peas	2/3 cup milk
1 cup sliced celery	1/3 cup butter	2 tbsp salt
1/3 cup diced onion	1/3 cup flour	1 tbsp pepper

Directions:

To Make Filling:

1. Melt butter in pot and sauté veggies till soft and add flour
2. Slowly pour chicken stock and milk into pot stirring the whole time
3. Remove bones from chicken and dice into ¼" cubes.
4. Add chicken add salt and pepper to taste
5. Cook till sauce is thick
6. Transfer filling to a casserole dish

To Make Pastry:

(Dr's Note: Don't want to make pastry? Don't worry, store-bought will work too).

8oz butter + 1lb flour

1. Add cold butter to a food processor and beat until sticky. Add flour and add ¼ cup cold water. Fold to form a dough.
2. Roll out pastry to fit casserole dish top and drape over filling. Crimp pastry edges, make two cuts in the center of pastry and brush pastry with milk.
3. Bake at 350 until brown (approximately 25 minutes).
4. Serve with seasonal vegetables

The Elderflower Martini (Serves 1)

What is a delicious meal without a good cocktail? This cocktail is my own twist on one served at popular Oneonta eatery "b-side ballroom". I like them so much that I have to limit myself to one (ok, maybe two) with dinner.

Ingredients:

- 1 oz vodka*
- 2 oz ruby red grapefruit juice
- 1 oz St.Germain elderflower liqueur
- ½ oz simple syrup

Directions: Combine the gin, grapefruit juice, and St. Germain in a cocktail shaker with a few cubes of ice, and shake for 10 seconds to combine. Strain into a cocktail glass and enjoy! *Dr's Note: This cocktail works equally as well with either gin or vodka



What's Happening in March

4th Rickety Fence

B-side Ballroom Oneonta

5th Live Music Thursdays:

Andru Bemis Bohemian Moon Norwich

6th Fundraiser Family Service

Association B-side Ballroom Oneonta

7th Mardi Gras Party

Benefiting Boys and Girls Club Oneonta

7th Parade Day

Binghamton

7th Woodshed Prophets

Rita's Tavern Norwich

7th New Oxford String Quartet

Phelps Mansion Binghamton

7- 8th Broadway in Binghamton

presents: Riverdance at Forum

11-12th Film Noir Double Feature:

The Big Clock and the Act of Violence Cooperstown Library

12-13th Behind Blue Eyes Play

Hartwick College Oneonta

13-15th Venus in Fur Play

Foothills Oneonta

14th Fifth Annual Shamrock Swing

Foothills Oneonta

25th Grammy Winner Trumpeter:

Shunzo Ohno B-side Ballroom Oneonta

21-22nd Home and Garden Show

Bing Univ Fieldhouse

21st Binghamton Philharmonic

presents: Dual Destinies at Forum

25-26th Spring Garden and Flower

Party New York Skin and Vein Oneonta & Binghamton

29th Broadway in Binghamton

presents: The Buddy Holly Story at Forum

Welcome Back Lisa Nunez RN

Lisa Nunez, R.N. worked as a laser and injection nurse at New York Skin & Vein Center for 6 years before moving to Albany, NY to further her education. Now, fortunately, she's back and we couldn't be more excited! On a recent gray February morning, I sat down with Lisa in her new Treatment Room at our Binghamton office.

As I arrived Lisa was saying goodbye to a Vacation Peel (Blue Peel) client who looked very happy with her outcome. When I commented on this Lisa said, "I love helping women achieve naturally beautiful results. Restoring what they've lost without looking like Joan Rivers, God bless her soul. No one wants their friends whispering thinking they look freakish. They want everyone to be jealous of how great she looks."

As Lisa started to prepare for her next client she told me about her life before NYSVC. "I grew up in New Jersey and attended County College at Morris where I got my nursing degree. After leaving college I worked for 18 years in the emergency room at St Clare's Jersey Medical Center in Denville, NJ. Although I loved working there, I eventually felt that I needed a change. My sister, who lives in Oneonta, suggested that upstate New York might be good for us (Lisa has two teenage daughters, aged 19 and 16 as well as a Golden Retriever named Sadie). I enjoy the outdoors and love to hike. My sister was right! The Southern Tier is beautiful - even on crappy days in February!"

When Lisa first arrived in Oneonta she went to work in the Orthopedic department at Bassett. Although she enjoyed her time there, Lisa quickly realized that she needed "a second act" in her life. A chance conversation with me when she came in as a client completely changed her mind about the direction her nursing career was taking. Lisa was fascinated by what we were doing at New York Skin & Vein Center and was full of questions for me. Within a few months, she asked if we had any openings and we were looking for a laser nurse and she applied.

"You know Dr D, when you first told me there was an opening I was excited but also a little scared because I had no experience with cosmetics or lasers but with you and Kathy Dugan as my mentor, I quickly learned our 10 different lasers and attended several training programs and seminars all over the country. I was learning so much and I couldn't get enough."

As a whole, we are taking better care of our bodies with exercise, eating healthy and losing weight. But when we wake up and look in the mirror and what we see does not match how we feel inside that can be pretty hard to take.

me with her natural talent and her eagerness to learn the latest techniques. She is now highly proficient with all types of wrinkle fillers and relaxers and has emerged as an expert on which ZO skincare products are right for each individual skin type.

When I ask her what she loves most about her job Lisa says, "I love connecting with patients on a deeper level. I like making them feel better about their appearance. As a "woman of a certain age" myself, I understand the concerns of our mature clients. I can sympathize with



the changes occurring to their face and body. It's not fun seeing frown lines between your eyes, or that your cheekbones aren't as high as they used to be, or your lipstick bleeding into those little lines. One day you think, "Ok, I want to do something about this" We women aren't making these improvements for anyone but ourselves. Being in my 40's that's something I understand. This isn't about anyone but THEMSELVES. Women spend a lot of time fixing things for others but not a lot of time taking care of their own needs. It makes me happy to see them happy. I have never had a patient tell me they wished they hadn't had that wrinkle relaxer or the laser treatment that smoothed their acne scarring, or that they didn't love their skin after using ZO skincare. On any given day I can help a woman feel better about her skin (Excel V Skin Rejuvenation), help another regain intimacy with her husband (ThermiVA) and begin figure-shaping treatments on another (Vanquish) that will make her feel more confident in her clothing - and that's all before lunch!"

Lisa is moving around her new office space preparing for her next client and I can see her eyes flick to the clock, watching the time. As I turn to leave she stops me and says, "You know what I really love about this job? It's that after 18 years in the ER, where people came in with pain and suffering and often there was not a lot we could do to help, well now I get to help patients look and feel better. I love this job!"

Lisa Nunez, R.N. spends her time between our Oneonta and Binghamton offices where she provides Wrinkle Relaxer and Fillers (Restylane, Sculptra, Radiesse, and Bellafill), Laser treatments, ThermiVA, Exilis Skin Tightening and more. Although her schedule is getting pretty full already, call our Client Care Coordinator, Denise, at 607/286-0061 and we will do our best to make sure you get an appointment quickly.

How to Get Started with Lisa?

Sign Up for Our "Look as Good as You Want"

Consult Special in which You'll receive:

1. Comprehensive Skin & Wrinkle Consult
2. ZO "Get Skin Ready" Products Chosen Just for You
3. ZO No Downtime Glow Peel
4. \$50 Off Any Future Treatment

\$350 Value for **ONLY \$99!**

Expires: Tuesday, March 31st @ 5 pm

Make your appointment **TODAY** and in just a few short days, you'll be very happy! Call **607/286-0061** for your appointment with Lisa Nunez, Cosmetic RN Now!

Already Know You Want a Wrinkle Filler?

Get Your Treatment This Month and You'll receive a Coupon to Receive Your Choice of a Pair of Rayban Sunglasses

Valued up to \$200.00!

Only **10 Coupons Available** as I Write This!

Call **607/286-0061** Now!

(Cannot be combined with any other specials, discounts, coupons, or prior purchases.)





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 ★★★★★ (55)
Medical spa

It's Spring-Time!

- Nurse Lisa Nunez is Back!
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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!

You're Invited To Our Springyest Garden and Flower Patient Appreciation Party Ever!

Time To Throw Off Your Winter Sweaters 'Cause
Spring Is Finally Sprung! And We Can't Wait To Celebrate!

Join us on **Wednesday, March 25th in Oneonta** at 6 Country Club Rd.
OR Thursday, March 26th in Binghamton at 75 Pennsylvania Ave.
From 4pm - 7pm (each Event)

WE FEATURE:

- * Delicious spring food, wine, dessert, and the drink of the month, The Elderflower Martini
- * Meet the reps from Restylane, Botox, Radiesse, Xeomin, Instilift Threads, & ThermiVA
- * Live demonstrations of lasers, Wrinkle Relaxers, Wrinkle Fillers, and Instilift Threads.
- * Special Pricing on all the services that we offer!
- * Amazing prizes (including a BOTOX Party for group prize!)
- * Goodie Bag with lots of Swag AND a Spring Plant for Everyone Who Attends.
- * Chair Massages and Acupuncture Information
- * Learn about Rosacea Clearing, Hair Removal, Skin Tightening, and Fat Melting
- * Find Out About 7 YEAR Wrinkle Filler: Bellafill
- * Find Out About The New Non-Surgical Treatment for Leaky Bladder and Dryness
- * Watch The Latest Non-Surgical Neck Lift with ThermiTight

Entry Fee: As Always This Event is Free but we ask that you bring a donation of items for needy women and children. In **ONEONTA** for Family Services Association and in **BINGHAMTON** for RISE Women's Shelter please bring: Cleaning supplies, personal hygiene items (toothbrushes, brushes, deodorant, shampoo, etc), socks, new underwear for women and children and light jackets or sweaters for spring.

REMEMBER! The more Items you bring, the greater your chances of winning:

THE GRAND PRIZE of \$1,000 Makeover

(can include Laser, Wrinkle Relaxers/Fillers, Skin Tightening, etc.)



Prize Categories Include:

- * Springyest Outfit
- * Biggest Spring Hat
- * Most Florals in an Outfit.
- * Best Overall Outfit
- * Best Garden Boots (muck, etc)
- * Person Who Brings The Most Newbies (win a Botox party for all - min 3)
- * Guest Who Drove The Furthest To Attend

**BEST OF ALL WE WILL BE OFFERING
Special Pricing on EVERYTHING We Offer
on This Day ONLY Starting at 15% Off!**
(See Your Email for More Details)

Special Pricing
Revealed on Friday
March 20th at
NYSVC.com/Events

How to RSVP: You MUST sign up via the following:
Call our 24/7 Registration Hotline at 607/353-1800 or
Email Info@NYSVC.com or Text 607/431-2525
with your name, address, cell, and names of guests you're bringing.